

11-23-14ra **Knowing Who You Are**

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The following text was transcribed from Paul Ray Huffman's digital voice recording, November 23, 2014, approximately 3 PM, Sedona, Arizona, on a beautiful clear winter day.

Summary:

Allow all That I am to be here. I allow all things to be here as they are. I allow all That I am to be all That I am. *Presence is the only practice*. It is the only path for you Paul. It is your personal path. If you desire enlightenment, if you desire to wake up to who you are, and to *be* who you *truly* are, you will practice the path of presence. It is the *location* from which you start. If you start within the past or the future, or within your mind, you will never achieve enlightenment. You will never achieve the *experience* of realizing who you are.

We are who you are in a higher state of awareness. We are *what* you are in a higher state of awareness. You are made up of many voices, many aspects. You are a complex being. You are individuated consciousness. You walk upon this earth, and yet you walk in what you would call 'heaven.' You realize that you are upon this earth, but you do not realize that you are within the reality of heaven. Your mind has not experienced who We are or What we are. Your mind is grounded within this earth, and identifies with this earth and your body. It identifies with the things of this earth.

The Mind of God sees and experiences all That you are. The Mind of God is all That you are. God experiences Him Self through you, and God is experiencing Him Self or Its Self through you, now, within His presence, within His place of now. We exist within timeless, dimensionless, (and) spacious Now. You have never died and you were never born, and you have chosen to become part of this Earth for a short period of time. You might say We *all* chose to become part of this Earth, to become part of life, to become part of living and movement, by being That which God is.

There is nothing happening other than the Stillness of God. That Stillness is Presence, and it is where you live, because it is where we live. We being you.

We being That which you are. We being the I Am That I Am. We being the voice of Presence, the voice of the Stillness, the voice that makes up your nature, (and) the voice which (that) moves you. We are both the voice of God and we are the observation of God. *You are the observation of your self.* Let us repeat. You are the observation of your self. As you observe, or look at your self, Paul, within the Stillness, so do you move upon this earth, so do we speak, so do we appear to move in what you call heaven. *Heaven is simply the movement of the Stillness. Heaven is the still picture of God in movement,* and it is vast. How can we speak from the Stillness you might ask? It is because “we,” or “I,” or “you,” are observing your Self, and that observation creates movement and sound, or vibration. We vibrate at a certain frequency, and that frequency is always love. It is always compassion. It is always allowing, and non-resistant, and non-judgmental. (13:22)

Nothing can be changed Paul, for the Stillness is still, and it is as it is. You are as you are. You are experiencing a certain physical dimension on a beautiful planet that spins through space, and you are having, and being, the time of your life. Your mind and your conditioning may view your self as unhappy, or depressed, or limited or unworthy, or unfortunate, but it is simply not true. *You are literally having the time of your life.* You are enjoying each moment, and you are in joy each moment, for you are being and existing within a world of great beauty, and drama, and happenings, and there is absolutely nothing you can do to change any thing about your particular world. It is spinning through space at the correct speed, and you are living your life upon this planet at the correct moment. You are witnessing your self therefore you are *in movement.* You are observing your Stillness. You are observing your Reality, and therefore you are watching your self move upon this beautiful planet, and you are extremely happy and joyful to be here, or to be there. There is no there in the sense that you have not left the Stillness, but you are as God, as the Source, observing That which you are, and therefore your true nature is happiness. And it is beyond your experience upon this earth, because you have limited your mind and your mind has not opened to happiness. Your mind has not open to the vastness of Who

You Are. It believes in limitation and therefore it is limited. It believes that it is a body upon this earth, and therefore it acts, behaves, (and) performs as a body upon this earth. (19:50)

You desire for That which you are, or the “I” (higher Self) of Paul to speak. You desire a *direct* connection with the “I” of Paul. You seem to not want to channel this information. You seem to think that channeling is somehow not of God, or *not* of who you are, but the fact is *that* which speaks through your mind is not who you are. You are pretending to be a body and a mind, or a limited mind, and you act and speak as a personality upon this earth, and that personality-self is simply an aspect of the body-mind of Paul. In fact it is a very, very small aspect of Paul.

We are who you are. God the source is who you are. Is it possible for God to speak through you and think through you each moment? Yes. And it would feel as it feels now. “I am speaking to Joanne. I’m speaking into this microphone. I am speaking to the audience. I am present upon this earth.” It is God’s desire to be present upon this earth, and God is present on this earth through you Paul, and He is speaking through you each moment, and He is thinking through you each moment. He is ‘being’ through you each moment, but you have not developed the facility to hear Him each moment. He is speaking now, now, within this Voice that you called voice of Paul. God is not outside of you. God is within you, as energy and vibration, and (He) has manifested a form through His observation of you. You speak with an “I,” or “I am,” because you appear to be an individual body walking upon this earth, and you even have a name “Paul,” in which you respond and answer *to*, but it is God answering within this form of Paul. *The “I” of Paul is the “I” of God.* (26:00)

We are here as a vibration, or individuated selves, or pictures of God that can reach you, that can communicate with you. So, we and you, and God are the “I” of the Self of God. There is only one Awareness, or one desire, or one source, or one Stillness, and one expression of that Stillness. And all that you see before you, down to the last atom, is that expression of God. You see before you that which you are, and “you” and the desire of God to see Him Self, creates “you”

upon this earth through observation.

Life is a great mystery, but you cannot begin to understand who you are until you show up and become present, and place yourself within the Stillness, and then turned and look at your self as Awareness. As you become aware of your self, you begin to move. That which *is* begins to move. And as you observe your self, you become individuated, and you become alive within the story and picture of Who you are. That which God is becomes alive. The voice of God becomes alive. The knowing of God becomes alive. The experience of that knowing becomes alive.

The veil of your mind begins to lift, and the Reality of who you are is revealed through the practice of presence. *Presence is the total acceptance of who you are.* Presence is knowing that nothing can be changed except by observation. Observation allows things to move, and therefore (things) appear to change. (32:27) You appear to be within time and space, because time and space is a function of movement. Movement is not a function of time and space. Movement creates the appearance of time in space. As you enter this present moment place, the voice of God speaks through you, because it is of your particular vibration. It is of your particular color and nature. The voice of God can be with you each moment, each split second, each nano second, each thought, each heartbeat, each breath, without shades of fantasies, without shades of doubt, or unworthiness, or fear.

The “I” of Paul is the “I” of God, the “I” of Source, the “I” of who we are. The “we are here” is the “you are here” Paul. The “I” of God is made up of unlimited I’s (Selves), unlimited voices, (and) unlimited expressions. Now you can say, “I am here. I Am That I Am. I live within the Stillness and I observe my Self. I live within the Stillness and I observe my Self, and therefore I move, and speak, and live upon this earth. I Am That I Am here and now.” (36:40)

So, now you know Who and What you are. You know the “I” of Paul, and you know the “I” of God. You know the “I” of your intermediaries (guides, angels), that can inform you, and reach you and give you to your self. You know the “I” of Paul, the “I” of the Self, the “I” of the individuated Voice as it wraps its self around

you, as it energizes you, as it relays the truth of your self, as it gives you knowledge, and as it wakes you up from your very deep sleep.

And so now you know, and now you practice, and now you practice, and now you become, and become, and transform, and transform. And so it is on this beautiful day, within this beautiful world, in which God lives and *is* That Which You Are, in which you *allow* your Self to be the voice and expression of God.

And so it is. End. Bell