

Unedited First Draft Transcription - Needing And Not Needing Attention - 2017 February  
12

Sebastian, Florida retreat  
Questions #100 through #112

Good morning. Okay we've lots to cut through today. My first priority is going to be to people who haven't been up already; we've got Bernie and Charlie in the queue and Jeannie, Barbara, Kathleen. Okay that's our first five and we'll see what's left, unless there's anybody else who needs to come up.

**Audience:** 00:28 I have a 30 second question from my chair I'd like to ask.

**Jac:** Perfect. Chester are you going to come up? Good! Sit down for a minute and we'll just do another little round. There's a seat over there beside Barbara. 00:49  
**Indiscernible name** do you want to come up? Okay, am I missing anybody? Phil do you want to come up?

**Phil:** I'll see, if the time is right.

**Jac:** All right, is there anybody else that I missed? I have a feeling that somebody else didn't come up. Diane didn't come up, Lisa would you like to come up?

**Lisa:** As we go I'll let you know.

**Jac:** Okay, all right I just want to make sure that everybody has a chance if they need to. Okay just to add one or two things from the floor, and we'll do Sid's request and Lynn as well.

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#### #100 / 1:44

**Jac:** I remember a question that just came from you Ragda in the middle of where we were all talking, and I heard you and it just got parked and I remembered it again this morning, you said, "what about when there's a crisis," remember? Okay, so what level of perception would you be at in order to recognize.... Yes you're already in story. If there's a crisis you're already in story.

**Q:** So in the phenomenal I downloaded an hour and a half this morning when I woke up, and got some clarity.

**Jac:** Downloaded it from where?

**Q:** I mean, it was it was in my head and it had to come out. It was just story and it had to come out, it had to get on paper.

**Jac:** Aaah it was story, okay.

**Q:** Yes, but it was me thinking about.... I had to go into story to kind of unravel what's going on. Like I know it was story....

**Jac:** Yes sometimes you do, sometimes you do.

**Q:** 2:45 Yes, so two things became very clear; like with me right now with what's going on, there is definitely the phenomenal world and all of that, but at the same time it's the trajectory of the spiritual path, and it's like these interlacings but I'm navigating my way trying to figure out what's what, and how to handle the phenomenal while staying on the spiritual path.

**Jac:** Yes.

**Q:** And then with the spiritual route it's almost like there's two components too; one is the me, myself and 'I' drama that you wanted me to pick apart, which I did, and then the other is just things that get me caught up in story.

**Jac:** Yes.

**Q:** 3:27 So it's almost like there's two; the me, myself and "I" is more the emotional, reactive, the gut feeling, what predicates all that. And then there's stuff that just sticks me in story, like: my children and substance abuse, stuff like that. And there are many crises, always you know? And it's story I know, but it has to be dealt with in the phenomenal world at the same time.

**Jac:** Are you saying pure consciousness doesn't deal with the phenomenal world?

**Q:** It does.

**Jac:** Better or worse?

**Q:** Better.

**Jac:** So there's some belief in there that if you're resting in Spirit that there won't be enough of you there to manage the kids in crisis. You've some little glitch that your mind has set up, that to be in Spirit really you won't be able to manage the crisis, you won't be able to be there fully present. But it's actually the opposite is what's going to happen. Can you see it?

**Q:** Kind of, it's blurry.

**Jac:** 4:41 Yes, yes, yes. A child and substance abuse, from pure consciousness, that's what's happening, but from story it's a disaster and there's crisis and there's adrenaline and there's all these thoughts and there's all these feelings. Which one are you going to stand in? From where are you going to operate? It's just what's happening. The moment you feel it's a crisis you've lost touch with that which is the most efficient way, the only way. You've brought in your own filters thinking you can improve on pure consciousness, you the mom has more skills than pure consciousness; not a hope, not a hope, you see? It doesn't deny, pure consciousness doesn't deny whatever is going on it actually addresses it for what it really is, not what we think it is and what our conditioning and our ideas are about what's happening. Do you see?

**Q:** Kind of.

**Jac:** That's what needs to be seen.

**Q:** Would you say that one more time because it just kind of went...

**Jac:** 5:47 Yes it's funny the mind is filtering, the mind filters what it really doesn't want to hear. It happens all the time. I can see it, people are like, "you've heard enough from there," you know, so okay. That's how it works until it's actually ready to surrender the filter. So there's a teen who's got caught in substance abuse; in pure consciousness that's just what's happening, it's not denied, it's not commented on, but pure consciousness will make moves to intervene, as it always does. It will take action or it won't take action, and for something like that of course it's going to take action, of course it is. It's not going to make you deny your motherhood, it's not. So from pure consciousness that's what's happening. From the story making mechanism there's a real issue, there's a real issue here and you're firing on all cylinders. Now, pure consciousness has the wiser solution, it does, always, and the wiser solution is underneath it, and the filters of your own conditioning try to upgrade what pure

consciousness is going to do, which involves, "this is very serious, this is a crisis so we've got to do A,B,C, D, this needs to be addressed." So all that kind of contraction is the labeling mechanism cranking up a personal response, and of course it will tip you into overwhelm quite quickly because you've already contracted the movement of pure consciousness into your own perspective, right?

**Q:** Yes.

**Jac:** 7:31 Because you've been trying to do better than pure consciousness. Pure consciousness's direction is underneath all the time but you ain't listening then because it contracted into the personal perspective and you're in charge. You know, it feels like you need to take charge but of course you're not in charge, like what you really are is not in charge at all but you're trying to upgrade it with your ideas of how it should be. That's surrender, but listening, attentively listening without the (sound effect – sharp intake of breath 8:01); the stress and all the emotion of what goes on in the usual "I" story mom, when there is a perceived crisis.

**Q:** It's hard.

**Jac:** It's hard for the mind to surrender, that's for sure.

**Q:** But with this particular case. I feel like I've done it in many other cases you know, but in this particular case it's really, really, really sticky, really sticky.

**Jac:** 8:28 Yes. Yes, whatever are the big rocks for people are the really, really, sticky ones, and everybody believes that there's is super, super, huge. That's what makes it persistent, because we believe that it's really, really, important, and really tough and really serious. That's the belief system that's making it feel like it's really tough to surrender there, you see? So it's mind supporting itself, building a mechanism to support itself. So it's about listening and seeing, "what does what I really am say about this, what does that want to do?" That's the wiser route. Nothing else is going to work. The rest of it is going to go belly up. It has to go belly up; on the spiritual path the mind approach has to start not working, because you have access to something else and it's not working, and why? because pure consciousness is saying, "stop all that bull shit, stop cranking up the personal I and listen to what you really are." Listen, and stand back and let that do it, you know? You've got it? Yes.

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### #101 / 10:00

**Q Sid:** A quick follow-up; heart is finally opening, but what was really helpful that you shared was about the spinning of the mind, and I don't know how to calm that down.

**Jac:** Yes, so the spinning of the mind for some calms down and for some it doesn't. It really doesn't matter it's about pulling your attention away from it, it's about putting it to the side. When the mind is spinning and if you're in the story of the mind, of course you can do nothing until you see, "oh my god I'm totally caught in my head, I'm totally caught in thoughts!" what's happening right now, and shifting your attention to like, "what's happening right now?" and it's a much softer place. So one thing that works is like, "oh my god I'm caught in my mind. Okay let's just relax my system." Because when your mind is spinning it's going to have your body tight, so one way to go around it is to stop the tight body, and when your body relaxes the spinning slows down a little bit, you see? So it's another way around it, because to fight the mind, to fight thoughts, that

doesn't work at all that just contributes to the spin, it just adds more fuel to it. So the idea is to pull away from it, we pull away the body's support of it and we pull away our attention from it, gently. So it's like, "whoops, I'm not going there anymore." So it's like the cookie jar you know, it's like, "nope I'm not going there anymore."

**Q:** Perfect.

**Jac:** Okay, the two techniques. The body will probably work for you actually because you know when your nervous system is wired, you can feel that zzzzz, that buzz, very easily you know.

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**#102 / 12:04**

**Jac:** Good morning

**Q:** Hi Jac.

**Jac:** Hi, you're doing a lot of reorganizing there?

**Q:** Yes I'm finding my center here. So wow, thank you.

**Jac:** Thank you!

**Q:** Thank you thank me. Just as a funny sideline, I've always thought of myself as a rebel without a cause, and now I'm a rebel without a cause and effect.

**Jac:** That's fantastic I love it!

**Q:** 12:53 Yesterday morning when you were talking about story and about trauma, I was thinking, "well what am I... you know my life is very easy, peaceful, "now what was it that happened lately that sent me spinning?" I don't get angry very much, but when I get angry poor Alan — he's my husband — but it had to do with violating my space. It's nothing really, it was so stupid but it was violating my space and feeling like I didn't have a voice. So I thought, "okay I'm going to track that back." So I tracked it back and I found of course the story behind it, which was a heavy story for this character, and as soon as I thought of it yesterday my heart just went (sound effect 13:54-dropping sound).

**Jac:** Aaah.

**Q:** So okay, I thought, "aaah pay dirt."

**Jac:** Yes there is something there.

**Q:** So right after, maybe two minutes after that, you had just said, "you know, these stories we're making it all up, we're just making it all up," and I finally heard it.

**Jac:** Yes!

**Q:** 14:12 And when I heard it it was like there was a house of cards, and it just went *voomp* and everything collapsed, and my heart lifted and I thought, "oh my god," because part of the emotion was, "oh god am I going to have to get up and tell everybody this story," you know? And then I thought, "well no I don't but I'm going to anyway just because it's just a story." Of course I love that this character likes to do dramatic stories, so this was the dramatic story, which was when I was 20 I was involved in a meditation group, and so you know how this is going to end, with sexual abuse by the spiritual teacher who I fell in love with for 13 years. I was his mistress. And then he drove his car over a cliff. That's a good story!

**Jac:** Yes it's movie material.

**Q:** Oh my god, right?

**Jac:** Yeah.

**Q:** 15:12 It was such great movie material, and I could see why I made that story because it was such an opening for me. After that car crash I just went deeper and deeper and deeper, and I know that I could never have gone that deep so quickly if I hadn't had that happen.

**Jac:** Yes.

**Q:** So fast forward to this morning, I'm sitting under the tree and I'm thinking about what I'm going to say, and now all of a sudden I'm up in story-land again and I'm making a story about a story, right?

**Jac:** Yes.

**Q:** 15:45 I'm making a story about a story, and I'm thinking to myself, "okay, what is it that is my real trap door to wanting to be awake?" One of the labels that came up was that I was going to abuse my power, which is ridiculous because that wasn't my story that was his story.

**Jac:** Yes.

**Q:** So then I'm looking at the trap door and I'm saying, "God I've got to find this label, I've got to find this label," and all of a sudden I went, "oh my god I'm doing it!" I'm in the mind looking for an answer.

**Jac:** Yes.

**Q:** I'm trying to read the label on the trap door that is keeping me in my mind.

**Jac:** Yes, that exact activity is creating the whole thing.

**Q:** Yes, yes, and there's the whole, 'oh I love meaning, I love the spiritual path', you know I want to get the meaning so I can really understand this, and it's just a load of crap Jac! So I just drop down into pure consciousness and I went, "oh, well that's the trick, that's what keeps me out of pure consciousness." It's my mind wanting to be a smarty-pants you know, and try to figure out why I'm not in pure consciousness!

**Jac:** Yes, yes. I hope there's people saying, "oh my god that happens to me too!" Yes? Good.

**Audience:** There's nothing else.

**Jac:** There's nothing else, yes.

**Q:** 17:18 So I'm showing up. I mean I'm just...

**Jac:** It's so frigging simple.

**Q:** I know! It's so simple and you said it, the very first thing you said was, "what is deeper?" And of course I said yesterday how my mind... Yeah, I've been doing that since I was 15 you know, that hasn't worked yet; it's got to be more than that I've got to somehow analyze my personality, you know? I'm done.

**Jac:** Yes you're done.

**Q:** I'm done. I'm happy I'm done, this character is happy.

**Jac:** I want to just go back to one thing — it's just kind of a piece of information — You know very often how we play both sides of something, so being the one who was the recipient of the abuse of power, as that completely clears out of your system it flips, it flips. And if we're blind enough we end up wanting to, if we haven't enough work done, we want to experience the potency of being the abuser, you see?

**Q:** 18:22 (sound effect)!

**Jac:** Yes, when somebody's really stuck in story they do, the only way of finding personal power is through doing what was done to them, and hence the cycle of abuse goes on for generations and generations, right? So as that was breaking up you had to smell the flip side, that's what you were doing.

**Q:** I see.

**Jac:** But it fell down. It's absolutely normal of why that idea of, "I'll abuse my power," came up, it's like that was the thing turning over.

**Q:** Oh I see. Oh wow.

**Jac:** That was that turning over. So it has no value at all, of course not it was just the flipping over of that story. You're too far down the line to... The idea would be ridiculous, you know?

**Q:** Yes. So is there anything that you would like to point to me?

**Jac:** 19:09 No, I'd love to see you going... — No, and then she says something. Yes I'd love to see you going into — just for the heck of it — a scenario where there is, you know you mentioned it early on in the retreat, horrendous acts of inhumanity. I'd love to see you just dropping in and doing a stint somewhere for fun.

**Q:** Great. Do you see me doing that alone?

**Jac:** Yes.

**Q:** Okay! I like to do things alone. I'll report back.

**Jac:** Yes I'd love to hear how that goes on, yes.

**Q:** I know that in this life whatever I've done, that I've been afraid of and done anyway, I've always been so happy, so grateful.

**Jac:** Yes, yes. Yes, there is a stint to do there with people who really, really, need. You know it's like coming down from the mountain to check it all out, you know? It's like that you know, leaving the monastery.

**Q:** 20:16 Now that it's getting a little comfortable.

**Jac:** Yes it is, and it's like test it out now. Go back into the world and see like, "is it bullshit or really is this so stable that no matter what I do nothing can shake the knowing of what's the truth." That test is ready.

**Q:** I see it working with refugees.

**Jac:** Okay there we go, yes.

**Q:** Whew! Thank you.

**Jac:** Yes thank you.

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### #103 / 21:00

**Jac:** It's good to have you up here.

**Q Bernie:** Well thank you. So we've been here like four or five days, and I heard a lot of people coming over here at this chair and saying how they see this and everything else, and you know I was in my little corner and said, "I don't have any problems why should I go," right?

**Jac:** That's a great thought, personal thought.

**Q:** Like the young lady was saying awhile ago, "violating my space," that has been a big thing for me a lot of times without realizing it. I thought to give you a little bit of background; I come from a family of 15 children, and I'm sixth from the top which

means we kept kind of taking care of the one behind us, my mother was overwhelmed. It's not possible to have 15 children and to really love them all, even though you do you cannot give them the physical attention that they required and so forth.

**Jac:** That's right.

**Q:** 22:11 As a result you know, I feel like I raised myself.

**Jac:** Yes.

**Q:** 22:16 And my thing is *protect yourself* because nobody else will do it but you. So in life when my wife says, "okay you can't do that," that's violating my space, and I go into a depression and it sometimes takes me days to come back to where I feel good and at peace with myself, until somebody else again violates my space. And by that, it is something as simple as not agreeing with me. If I say, "this is how we're going to do it," and she'll say, "no we don't do it that way," and right off the bat I said this and now there's something wrong with that, and I shut down and I go into myself and it will be days before I come back out of it. It probably also has something to do with you know, maybe my heart being closed or... I close it as a protective means of being able to survive. My life in stories, outside of that, have been wonderful. I mean everything flows you know, I'm successful at anything and everything, I can fix anything, I can repair anything, I can construct anything, so it's amazing from that point of view. So our lives, my wife and I and we had three children, and we have a nice 5 acre estate and everything is beautiful, except this little problem. Just so you understand a little bit today, since we flew into Orlando from Austin Texas, and you know when you go up and your ears kind of... Well it did not go back to normal. So right now I cannot hear on the right side, this one sounds like I'm in a tunnel. So a lot of the things that you have said today I did not get. I mean, I hear the words but I cannot make it into, "okay what does that mean, what's that word," all I heard was, "blah blah blah," and that's it. So that made it a little bit more difficult to just sit and wait for the people to tell what happened to them. Since I was 10 years old, and I'm 76, I've been looking for a spiritual path, and naturally we were born into a Catholic religion and that for me did not last very long, and then we went into something else and then something else and two cults, and finally into this which is a fantastic.. I mean it answers, I would say, most of the questions that I would have.

**Jac:** Yes good

**Q:** 25:10 So I'm not here today to ask you to heal me or whatever, that's my responsibility. And here I am, so now if you have any suggestions for me.

**Jac:** Yes, yes. Well, all I'm doing here all week is holding up a mirror so that we can see ourselves better. So I want to talk about the thing that gets you caught and you sink down for two or three days. When you're like, "okay let's do it this way," and your wife says, "no we're not doing it that way," there must be some investment that's more than, "I want to make a path in the yard in that direction," more than the actual task that she is saying, "actually it would be better if we went in that direction." There must be something more that's invested there, because if it was just about the path to go that way and she says 'to go the other way', then there would be opportunity to like, "well why, why is that better than this?" and a normal dialogue would come and you come to a conclusion and the best way would be seen, but there's some personal investment in

there. It's more than your space. I know it feels energetically like someone's in your space, but it's what happens before that reaction is where we can heal it. Something has already been set up, it's like you're putting yourself forward — I'm going to play around with a few scenarios — you're putting yourself forward to make a suggestion and some part of you is personally invested in it. It's like, "if you reject this you're rejecting me and if we go with this then I know I'm okay again," right?

**Q:** Yes.

**Jac:** 27:08 That's the me, myself, "I" story who's doing that. Now, the innate need, the need that cranks up when like, to say yes to this, great, to say no to this your rejecting me, it's needing somebody external through your ideas, needing somebody on the outside to accept you, you're doing it through suggestions of how things could be. But the need for you to accept yourself totally and feel totally strong inside is really what's going on and that's kind of empty. So instead of you totally accepting and endorsing yourself and being self-confident inside, it's like, "am I okay, am I okay, oops I'm not." Ouch, that's a big ouch, you're in hell for a few days. Do you see?

**Q:** 28:07 I see that yes.

**Jac:** So what do you need to do to not put your self worth out there tagged on to a suggestion about a path down the yard?

**Q:** That's a good question. Right now, I mean I look inside of me and I say, okay I don't know why I do not accept somebody else's idea, the suggestion, because I think mine is better but probably... Well, it's not that it is better at this point, but I feel that it is better and it's been that way my entire life. So it's difficult you know 76 years later to say, "okay that's not good anymore that doesn't serve me so therefore let's try the other suggestion."

**Jac:** Mmmm, okay it's a bit deeper than that, it's a bit deeper than that; let's take it down another notch. So when you're presenting your suggestion, when you talked about it just there, it's like you're six or seven years old presenting a suggestion, and it's your only way of being heard.

**Q:** True, the only way.

**Jac:** The only way of being heard.

**Q:** Yes that is a definite thing, yes, because as I said a family of 15 you...

**Jac:** Yes, you have to find ways of being noticed, you have to find so some do it through being sick, everybody finds their own way of trying to get attention. But yours is like I make a suggestion, "does anybody notice, did anybody hear it, can they see me, can they see me, can they hear me," and if your suggestion is dismissed it's like, "okay, darn it didn't work. When will I get an opportunity again to be seen."

**Q:** It's still going back to the story though.

**Jac:** 30:06 Of course! We've got to use the story to solve this story, and then we can drop in.

**Q:** And to a certain extent, after reading your book, I have a much better idea of how the mind works, and then all of these little things that happened that says, "okay now you can go into depression because nobody really acknowledges you."

**Jac:** Yes, yes.



**Q:** Then the best thing to do naturally is to turn that around. I understand how the mind is trying to tell me something, the mind is trying to protect me or at least I feel that way. So therefore what can I say at this point to say, "okay I know what's going to happen and I know you don't agree with me," and therefore just take it in and try to turn it around? Would that work?

**Jac:** 31:06 What will work; before you make the suggestion know that, "okay this is where my mind will take over," and the mind is not really trying to protect you, I'd like to move it more into "the mind is trying to protect itself." It's trying to keep itself alive really, it's trying to keep its own loops active. It's more like that now, it's more self-centered than what you kind of imagine it to be. Do you know?

**Q:** Okay I can see that now, but what's....

**Jac:** Before you make a suggestion I need you to be kind of watching and thinking, "okay this will be the set up where I get caught," you can only catch it there. Before you make a suggestion it's like, "all right, so this might.... I believe it's the right way, I feel it's the right way right now, okay that's my old pattern but there actually might be a better way. There might be a better way, let's see, I I'm going to be curious and see what happens here, let's see if there's a game and we figure out another way that I haven't seen yet, let's see." If you can feel that, it's like you're just chucking out an opinion about something but you've no investment in it. So it has to be before you make the suggestion. If you're going to break the pattern you have to nip it at the bud. Once it starts to roll out it's too thick, it's too deep, you see?

**Q:** True.

**Jac:** 32:31 So you've got to like... even if he's making a suggestion around something it's like, "hold on, are you invested in this, are you just making a suggestion, can we play with this?" Even something like that would really help. Do you see? So it's like, "all right I'm going to make a suggestion now and I'm not going... It's not life or death whether or not my way runs here," so that your mind hasn't invested the old story of like, "my survival depends on this being accepted," and you die for three days if it's not. Do you see?

**Q:** 33:06 I see. I'm just thinking though that a lot of times it's not because I made a suggestion. I mean, we're walking along and so forth and bing you know, my wife or somebody else would say you know, "you can't do that," and so the trigger was not me but somebody else triggered me.

**Jac:** Right, it comes up and you're reacting.

**Q:** So my reaction at that point has already happened. So how do I turn that around?

**Jac:** 33:40 As soon as you see like, "wow there's my old trigger. So let's see, can I do it, can I not do it, what's my opinion here, what's my opinion," because they're obviously echoing something that you've heard way back, you see? And your very early response is still active, "you can't do it, (34:01 sound effect-intake of breath)," so you're cut down. So the second that it's triggered, that's the only way we can get it because as you see it's sprung upon you, it comes from the outside, so the second that it comes it's like, "aaah okay, there is my trigger. Now, I'm going to decide whether or not I need to do that." Sometimes I'll bet you you'll exactly do what you were going to do just to like, "I know

that's your opinion but I'm going to do this." I'd love to see you being bold and brazen and breaking the rules.

**Q:** 34:33 You know what's interesting is that, I mean I realize that now, is that sometimes when that happens I'm kind of happy to be in this painful situation, because it's been happening for so many years that that feels comfortable. So even though it's not good for me I feel comfortable so I have an interest in letting it go. Not letting go getting rid of it, I mean, to stay in this feeling and everything.

**Jac:** Yes, yes, it's familiar.

**Q:** Any chance that also this has to do with, not an open heart but a closed heart or a trapped heart or whatever? Because usually anything that happens around me does not disturb me. My parent died and there was nothing there, two of my sisters died and there was nothing there, you know? So is that because my heart is not open to love so that this way nothing affects me?

**Jac:** 35:42 There's a protective mechanism there for sure, but that can only come up if it's going to come up, and if it passes through and you don't feel grief that's okay too. That will come if it's going to come, you can't make something let that happen, you know?

**Q:** No that's true.

**Jac:** That's okay for now that one, but can you break the rules a bit when she says "don't do something?"

**Q:** Yes I can break the rules, yes.

**Jac:** Break the rules and see how that feels. The other thing, on the familiar comfortable feeling, the personal I has ways of remembering and making it cozy for it to recognize itself. It likes to recognize itself, "oh I know this feeling," and it has it somewhere banked in a little memory around like, "oh yes this is me, this is me in pain, emotional pain," but it's kind of sweet, you know?

**Q:** Yes.

**Jac:** And all that's happening there is that the personal I is getting stronger and it's got this candy coated poison going on. So you've got to see through the familiarity and chuck it out, chuck it out it's like an addiction, that's an addiction to the "I">

**Q:** True. Okay.

**Jac:** 37:04 If you throw that out you'll actually have more access to your own authentic feelings, like in maybe there's grief, maybe there's other emotions going on, but if the personal I has an old heavily invested memory bank of how it feels, that familiar comfortable suffering place, if it has that memory bank it will soak up a lot of your emotional energy, and instead of processing what emotionally needs to be processed it will go there instead because it knows how to do that one. Do you see?

**Q:** Yes.

**Jac:** 37:41 So we need to chuck that one out. It's like an addiction, really it is, It's like you're going back to hurt yourself but you actually feel good about it. You've got to be brutal on that one Bernie. And it will leave space for your emotional body to deal with new things and see what else is there.

**Q:** I'm definitely going to do that.

**Jac:** Okay great, great. All right.

**Q:** Thank you.

**Jac:** You're very welcome.

**Q:** Bye.

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**#104 / 38:11**

**Q Jerry:** Well first of all thank you so much for everything that you do.

**Jac:** You're very welcome. I have no option.

**Q:** Yes, my wife Gail and I first met you maybe six or seven years ago at Connie Gerber's place.

**Jac:** Oh my God that's way back!

**Q:** Yes, and we kind of lost track of you after that, but I wanted to thank Connie Gerber while we're at it because without that we wouldn't know about you, so thank you Connie.

**Jac:** That's like way back. Was that in 08 may be?

**Q:** Couldn't get a chance to thank her during the silent retreat, but anyway so that's good. So one advantage of going at the last day is that a lot of my questions have been answered, so that kind of streamlines things a bit. But I did have one question, and that is, you read in some spiritual books that to have an awakening you have to intensely want it with all your being, like a laser focus; like the person who's drowning wants to breathe.

**Jac:** Yes.

**Q:** 39:33 I've also read in other books that doing that won't do anything, and you should just relax and be like the leaf floating down the river. So would you care to comment on that?

**Jac:** Yes. So the fire in your belly thing, that is what makes you...

**Q:** I mean excuse me, it's there and now that we're retired in Florida, you know we're kind of in la la land, and I don't have... These other fires have gone out so I don't feel such an intensity about anything because we're in a very nice comfortable situation and it's like, thank you very much, you know? But go ahead I'm sorry.

**Jac:** Yes. It's nice to enjoy a comfortable life, why not? But at the same time it will be taken from you because it comes and it will go.

**Q:** Yes I'm well aware of that.

**Jac:** Pure consciousness can't be taken from you and to live from there is an entirely different thing.

**Q:** Right, right.

**Jac:** 40:38 The fire in your belly is really useful because it makes you choose what lens of perception you're going to look from. It's like talking with **Ragda** earlier, you can see a crisis and go into story or if you really have a fire in your belly every time you're going to go, "no, I'm not going into my story here, I'm not doing it." So there is like a detoxification, an intense detoxification. The personal I story is an addiction, it's a friggin addiction for the mind and it will always go into self referencing, me, myself, 'I', what I believe, what I think is right, and dot, dot, dot, all that bullshit, bullshit. So it's like, all right to want to pull back into pure consciousness the fire in your belly helps a lot, because it is much easier to cruise down the familiar route, it's much easier to be

like puffing up ourself, our personal I, and getting engaged and this is how it should be, right, but the fire in your belly is going to say, "I want to awake more than I want the juice of puffing myself up right now in this discussion."

**Q:** Right, that's why I'm here.

**Jac:** Yes. That's why the fire in your belly is really, really important because every time it makes you choose, because there is more of a pull to Spirit than there is to the 'I'. So it doesn't have to differ with your lifestyle at all. If you feel it could be cranked up a notch here's what I would recommend; start using like a prayer of like, "make me want it more, make me want it more." You're asking God, Spirit, you're really asking what you really are really.

**Q:** 42:17 We've been doing meditation for like 45 years, we do that every day twice a day.

**Jac:** Yes but, "make me want it more." That will start a fire but it might take about six weeks of like 'it's your go to' you know, you're driving the car, "come on make me want it more, make me want it more."

**Q:** So the wanting is really necessary.

**Jac:** Yeah!! That's what cranks up the fire and then the fire is just blazing, but that's what fans the fire.

**Q:** Right, and that makes it easier to put out the fire of I, I....

**Jac:** Of course it does it becomes like a no-brainer, "I'm not negotiating with the personal I, I don't care what the consequences are here I am not supporting, I'm not...."

**Q:** It's like competing fires.

**Jac:** Indeed it is like competing fires is right. So the "kick back and do nothing" is not appropriate for you now in terms of what's written in some books.

**Q:** Not nothing but just not so much.

**Jac:** Not so much yes. Just sit back and wait, it's like that happens really late on, like in Carolyn's case. There was somebody else as well who was like actually doing nothing, with Barbara as well. You know it's like, "if I do anything at all about my spiritual path I have left pure consciousness," so when pure consciousness becomes your dwelling place then kick back and do nothing.

**Q:** Then there's no activity.

**Jac:** Then there's no activity because to do anything engages the personal I and you've left it. But that only happens when the balance tips when there's very little personal I, and you're basically hanging out in pure consciousness, except the very odd thing like every few months you get caught in the story, but it can go that long of like you're just listening, it's ordinary.

**Q:** 43:58 So as long as there's activity you have to keep steering towards awakening.

**Jac:** You have it.

**Q:** Yes I get it. Yes it's perfect.

**Jac:** 44:04 Yes, so get that fire alighten, get that fire alight Jerry.

**Q:** Right.

**Jac:** Crank it up.

**Q:** Well you know how I am about fire.

**Jac:** I friggin do, you put them out!

**Q:** 44:16 I'll get you a red hat.

**Jac:** Yes, yes, yes. Yes, start one.

**Q:** Start one all right.

**Jac:** Yes start one.

**Q:** Okay very good, very good. I don't know if I have anything else. Thank you.

**Jac:** Yes, thank you

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**#105 / 44:54**

**Jac:** You're looking better today.

**Q Barb:** I am feeling way better.

**Jac:** Good.

**Q:** Yeah a big shift. I'll just start with yesterday, after satsang we went out and sat on the swing, and I could see Jack hitting the tree and all this sadness started coming up, and I thought, "oh poor Jack," and then it hit me, you know 10 seconds later, it's not really about jack it's about me; I was the tree.

**Jac:** Yes you were the tree! Aah.

**Q:** My whole life I've been the tree, and it was just interesting after that because different questions would keep coming up, but the answers were right there. I don't know, maybe feeling that sadness too the depth that I did just created an openness, and all these questions that I had the answers were right there.

**Jac:** Oh beautiful!

**Q:** They were right there. It was almost instantaneous that the answers would come in. I'm not sure which way to go with this. I probably... I don't know how many people know that I was sick this weekend...

**Jac:** 46:46 Nobody I don't think.

**Q:** Okay. Things have been going on for almost a year. I've had a very healthy life, you know I've really not had any real serious problems, you know just ski accidents mostly. But this last year it's been one thing after another, and then to get down here and then have something completely different happen. I'm done with it. You know all year I've been trying to figure out, "well why, why am I getting this, why is this happening, and this gets better and then something else happens." I'm just... It just happened because it happened.

**Jac:** Yes.

**Q:** And I think as we talked about the mortality, I think that was a big piece but there's more. You get a lot of attention when you're sick.

**Jac:** Yes.

**Q:** 47:58 And I don't need it.

**Jac:** No you don't need it, no.

**Q:** I didn't sleep much last night, which I often don't when I'm here with you anywhere, but all of a sudden I realized that, and maybe I have before, the mind didn't seem like an enemy anymore.

**Jac:** Ah ha!

**Q:** It's just a necessity, you know?

**Jac:** Yes, yes.

**Q:** It keeps you functioning, but it seemed during the night more friendly than I really ever experienced it before.

**Jac:** Oh yes!

**Q:** You know when a not too pleasant thought comes up, just go back into that peace and love.

**Jac:** Yes.

**Q:** If I had a little trouble dropping in it is more, it just is. It just is.

**Jac:** Yes.

**Q:** I think that word was getting in my way.

**Jac:** Okay.

**Q:** 49:18 But anyway, I think I have this illness thing figured out. I don't know whether I do or not, but it just was a year of making me look at, "now look at things." I don't think I saw any of this before but I do now. I don't need this anymore.

**Jac:** No you don't need it anymore.

**Q:** 49:49 I haven't had it all these years and I don't need it now.

**Jac:** No it was just an intense spin to throw off some stuff that was hiding.

**Q:** Yes, do you feel like those two pieces are complete as far as this goes?

**Jac:** 50:12 I think so, I think so. I think so yes, I don't see anything else around it.

**Q:** Well I got that big hit yesterday about the attention thing, and someone said it yesterday, and I'm not sure what her name is, but it was just like... now I can't even remember the word, illness or something... I can't remember what it was but it fit whatever it was. Every share fits somehow. It was big last night though feeling the mind not as the enemy.

**Jac:** 51:07 Yes, that **indiscernible name-Lyna** has to happen, because it's an exquisite tool it is pure consciousness in another form. It's the story making mechanism that makes all this frigging thing possible. It's fantastic, it's fantastic!

**Q:** Yes, you know it just seemed like a friend. And once in awhile something would come up and I would just drop into this, well I'm using the word now, but into the love or the peace and it's not there.

**Jac:** It's not there, it's not there.

**Q:** It has no meaning.

**Jac:** Yes, that's really just correct use of the mind because that's how it lines up, and you know it becomes your friend when it's given its proper job back again you know, just to help with functioning, just to enable this movie to appear in the first place.

**Q:** 51:58 Yes, and then we talked about the empowering, it's there I just need to go out and use it I guess.

**Jac:** Just use it, exactly. And it's tied in to the reason that you don't need attention, they're together, because otherwise there would be something to kind of heal around the attention. But needing attention, the flip side of that is not having personal confidence because there's a hunger, you see?

**Q:** Oh yes. Definitely.

**Jac:** Yes they're together, so that's why practicing that suit you know, opening up that aspect of pure consciousness, just that certainty comes into our personalities as silent confidence. It does when it's allowed to express, it's just a silent confidence that needs

no attention at all. How would it need attention it's just silent confidence, it has no needs like that.

**Q:** Right, I can feel that.

**Jac:** Yes, yes. It's tidying up for you Barbara.

**Q:** 53:29 What you just said before I came up about not having done anything, is that where you're referring to this past year? I'm not sure what you were referring to.

**Jac:** 53:54 When I mentioned you is it, Carolyn and Barbara, yes, that the more you actually do the more you'll be cranking up the "I". It's about seeing it, it's about letting something show itself, seeing it and being with what is, do you know, and the understandings come by themselves. Whereas, if you go after something and do something and resolve the story, you've actually done more, you've gone into the "I" to do it, you're using the mind to do it and at a certain point you can't use the mind it's about not doing. But it's quite far along on the path you know, and people need to know that because what the mind will do it will just become darn lazy and it will kick back and say, "oh this will resolve itself," and it's like, (sound effect 54:40) no it won't resolve itself unless there's enough light from pure consciousness going through your awareness to break it up. You know hanging out in pure awareness, pure consciousness, a light shines on all that you do and it illuminates and breaks up the mind because you're not in the mind to do something, you see? So there's a delicate time of when not doing and resting in pure consciousness is the only way actually, to let the end of the mind stuff fizzle out.

**Q:** 55:18 Okay. Just yesterday, I mean just having those questions come up and there are the answers, I wasn't doing anything.

**Jac:** That's right you weren't looking for it, you weren't trying to figure it out.

**Q:** Just being.

**Jac:** That's it, that's it, yes yes.

**Q:** All the answers were there.

**Jac:** That's right that's how it goes, yes. And you can't kind of decide, "oh yes, I'm just going to let the light of pure consciousness unravel my stuff," you can't decide it. You get to recognize at a certain point that like, "hurrah this is happening on its own, all alone," but you will know, "yes I go a couple of months without any story catching me," that's the only thing you'll have to monitor when it's happening, that you have a few months of hanging out in pure consciousness before there's a bit of crap coming up, stickiness coming up, you know? It needs to be that solid. You need to be awake basically you know, and the odd little thing that's still throwing up when there's something going on you know, but it's rare. It's rare that something crops up that catches you, you know? It's only then that the non-doing, let it happen by its own, it's only then that that phase is active, begins.

**Q:** 56:38 Instead of jumping in and trying to fix it.

**Jac:** Yes, and you've got to do that for the first few years, you've got to do that. For some it's the first 50 years and for some it's the first five, you know where you've got to go in and resolve story with story because it's just too darn sticky. You know resting in pure consciousness it's like the habit is still there, the habit is not breaking up what am I going to do about it, you know?

**Q:** 57:05 Yes I think I do.

**Jac:** Yes, yes, yes.

**Q:** Thank you.

**Jac:** Yes, thank you Barbara.

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**#106 / 57:44**

**Jac:** Hello ma'am.

**Q Kathleen:** Hello. So grateful.

**Jac:** Be grateful to yourself. You called it in, you're making it all up.

**Q:** The ordinariness, when I feel that total grace state it's full of joy. (she's laughing)

**Jac:** She's not nuts really. That's your own labeling mechanism, you can drop it.

**Q:** 58:49 It's not just story then?

**Jac:** That's the 'I' getting some juice out of these states that come, so you'll have to give them up at some point. When there's somebody there who is enjoying grace, ding ding ding ding ding ding, it's an alarm bell. Knowing that you're grace itself is a different thing. Don't put up with anything less Kathleen, and then what flows from there is kind of none of your concern. Do you see? But as long as we're there enjoying the state it's like, "okay, okay you're getting juice out of the spiritual path." It could be juice out of getting drunk or great chocolate or sex, I mean whatever; a fast car. In that way you know, the "I" gets beefed up, the experiencing capacity that is personal gets beefed up so it's a little bit of a trick. Recognize that you are all of it, that what you are is the source and you're not the one who's experiencing that that's the mechanism of your mind. And that can happen too but you're not that interested in it. You are the sugar and you're tasting the sugar, you are the sugar, do you know? Anything else is a lie.

**Q:** 1:01:00 And I don't want to leave.

**Jac:** Keep returning to pure consciousness, that's what you don't want to leave, you know? it's the access to pure consciousness. But that's there all the time there's just some bad habits that take your attention away from it, so you're not leaving at all. You're not leaving anything your body is leaving a physical place but what you've accessed is inside you. It always was there long before Kathleen and will be there long after Kathleen; unchanging, sitting, full, is what it is. Stay there, and any commentary that arises about it is just the mind trying to regain some status. It's not boring, it's not disappointing being the sugar, it's not it's just an entirely different stratosphere you know, there's no absence of tasting the sugar, and if you feel there's an absence of the experience of it, it's like, hmmm you haven't completely dropped into it, you haven't completely rested in it. Mind is still saying, "there's something better!" You know it's like... that thought will go if you drop into it and when that thought is gone (sound effect 1:02:52). Do you see?

**Q:** 1:03:09 It's taken it into the world. It seems ancient, the light and the dark, so ancient.

**Jac:** Yes. But you know, the thing is the dark is only on the top of our chart. The dualistic lens makes the dark, and as you drop into pure consciousness and you recognize that that's all there is, there's no dark there! There is nothing, there's only light, beauty, love, truth! It doesn't have an opposite. It's genuine it doesn't have an



opposite, do you know? So when you know that you are that then you can see the play of the light and the dark out there, but that kind of light, the pure consciousness light, has nothing to do with the dualistic light and dark play, nothing; the game is over, the competition is over. Pull out of it, pull out of it, go to truth. You can put down your sword and shield.

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**#107 / 1:05:52**

**Jac:** Phil would you like to come?

**Q:** Yes, but can I do so without being recorded?

**Jac:** Yes. Would you press pause Derek. Do you want it on the audio?

**Q:** It doesn't matter.

**Jac:** It doesn't matter, okay.

**Q:** 1:05:16 Perfect timing. So, there's been so many wonderful reflections here, and the last few have... they've all built on each other you know, to really point a way, and it's still coming together of course. When I was sitting this morning having a cup of coffee, which is a whole other story, that's just what's coursing through me right now way more than it needs to be.

**Jac:** Cause and effect.

**Q:** Exactly. I was really overtaken by an emotion, which has been really pretty rare. I feel like it's just a natural way of movement of not necessarily getting caught up in stories of emotions and such, and so it was really shocking. You know my mind was actually using a story to unwind a story, which you know is a tool.

**Jac:** Yes.

**Q:** 1:07:56 And then the space was made free and an emotion came up of... it felt like sadness, a really deep and profound kind of sadness and I was feeling into it. And to make a moment of sense about it on the story line, through a death experience I came to the place of what I felt merging with a light of pure unconditional love, and that being a foundational base, and then going through a process of you know, doing anything and everything along some level of spiritual lines around the world to deepen that or stay with it and share it and learn and grow, facilitate seminars and workshops and residential retreats, and you know to do whatever I thought was a part in a way of this entity, you know to share what it experiences or growth or you know, a growth possibility for others of benefit.

**Jac:** Yes.

**Q:** 1:09:12 And the emotion that showed itself this morning was, well I've had the desire for ordinary to flow in and I'm not quite sure what that's like. I mean I do know what it's like, I have a remembrance of what it's like in this physical go-round, and I consciously realized that through one part... Like it seemed like it took six or seven years actually to integrate a death experience, to actually get a hold and learn how to walk and talk again if you will.

**Jac:** Yes.

**Q:** And residing and abiding in a place of nowhere and nothingness in full whole and completeness is amazing. And so I have that route or that knowing.

**Jac:** And is it ordinary as well as being amazing?

**Q:** Yes!

**Jac:** Okay.

**Q:** 1:10:24 And, I can recall all the space in my own indiscernible this process of remembering a joyful space, and I don't know, you know all the subtleties that like going, "oh you're in this space," you know residing and abiding in this deep and profound nowhere-ness, and I feel like I allowed myself to go into a different space. I don't know if it was... It kind of feels like actually it was backwards, if that such a way or getting lost or forgetful, which was kind of backsliding it it felt like into a place of just joy, like a joyful place; "I prefer to live a joyful experience." And it just feels like it was a bit of a going sideways.

**Jac:** Yes.

**Q:** 1:11:30 Just to have an experience of joyfulness, like, "joyfulness that looks fun let's do joy for a few years."

**Jac:** Yes.

**Q:** And then it's like, "shit!" And so anyway, trying to stay a little more focused on... I'm feeling it's a story too to take some level of story made responsibility of sharing the light of unconditional love to others.

**Jac:** Okay.

**Q:** That's a flippin story!

**Jac:** Yes it is a story.

**Q:** 1:12:25 And spiritual teachers have it all over the place, "oh my God I'm going to go share this beautiful knowing that I have of the world!"

**Jac:** Yes it's like the good news thing in the Bible you know, 'go spread the good news'.

**Q:** Oh my god! You know, I mean I know it's done, I know people in this room do it in their own way and I do it mine, and you do it your...

**Jac:** Yes.

**Q:** But it was actually feeling.... It's a feeling of like, "oh this is just what I need to do at this time and this is my way to do it, and I know it benefits others and yada, yada, yada," and who gives a shit.

**Jac:** Okay.

**Q:** And there's one more piece, that's where some ordinary starts to ease in is letting go of that story that, "oh this person is a fabulous healer, I'm here to do this or I'm here to shine my light," like just let the fucking light shine. So the emotion that was arising was from letting go of that bullshit story that's so fucking ingrained.

**Jac:** Yes!

**Q:** It's an old story that you're... You know it's just an old story, it's a trap.

**Jac:** It's a trap.

**Q:** 1:13:58 It served the hell out of me it feels like for a long time, and I like to believe that it did assist in helping others somehow, and I'm letting that fucking thing go.

**Jac:** 1:14:09 It made no difference.

**Q:** It made no difference!

**Jac:** None.

**Q:** It wasted 20 years.

**Jac:** None, all it did was give you a sense of being potent, and that's what the trip was.

**Q:** 1:14:20 It did! And I can so see it and feel it, especially having this sadness come up about letting this bullshit story go. Okay, so I had this other experience that... okay through the ordinary, through me letting that go it seems to be coming from a place of some knowing somewhere, whatever it is, that in letting go of all of it, is if there's any hope or chance of being potent or making that one happy, you know that it wants to be the brightest light I possibly can, the little 'I' that wants that, then it's going to happen in letting it all go.

**Jac:** 1:50:05 Even drop that version of the story.

**Q:** Yes exactly. All of it.

**Jac:** Whether you end on being a bum and a jerk, and if that's how pure consciousness wants to roll through you, so be it. If it's going to turn you into a Jesus freak and you end up walking up and down the streets...

**Q:** Been there done that one.

**Jac:** Yes, and if you go back there again that's what pure consciousness rolls through you, there's got to be that much surrender, that much letting go, that whatever it does is unedited and unclaimed by an "I". So whatever it looks like no accounting of the consequences, making a difference is bullshit. The world is going to move exactly as it's going to move. Our labeling system imagines that we are potent and we're making a difference, and we have this way of thanking each other, and this was a really good influence in my life, and we run this fucking garbage. I mean it's bullshit! It's bullshit all this goddamn politeness and....! It's just garbage! Nobody has any option anywhere, we just are like ants following wherever the energy inside us moves, and then we superimpose this friggin story on top to puff ourselves up. What a set up! It's just bullshit!

**Q:** I know it's some deep shit.

**Jac:** It's amazing how it works and we fall for it! we're that stupid, we fall for it, we believe it! We invest so much in making a difference. There's nothing wrong with anything really! Really there's nothing wrong with anything except our our own perception, our own point of perception is screwed up and it makes right and wrong, good and bad, and which camp am I in, and let me be important. So is there something about this coming out that is less than what it could be, because you don't want the camera to record it.

**Q:** Could it be... Say that again please.

**Jac:** 1:17:19 Yes. Something about this like, just opening and honesty and seeing that gosh it was a trap you, know? It was a trap and it did what it did, but like it's got to go now; this sense, this value system that was running you. Is there something about the exposing and the seeing of that now linked to the idea that you didn't want this recorded?

**Q:** 1:17:45 It felt more like, "why does ego need to record anything?"

**Jac:** Why does 'ego' need to record it?

**Q:** Why is there a recorder necessary, period? That's what it feels like.

**Jac:** I don't know, somebody...Here's how it happened, somebody bought me this and somebody bought me the camera.

**Q:** I do like that recorder though by the way, it's really expensive looking.

**Jac:** 1:18:16 Somebody said these need to be recorded, and about a year later, "fine, if a recorder appears fine," and it appeared. A couple of years later a camera appeared, and it's like sometimes I use this stuff, sometimes I don't. If the pull is there toward it.... I have no motivation, none, none about what happens to any of it. These are just parts that kind of come in and it happens. So it might look like, "yeah it's a show, it's a...." something, it might look like that but I don't give a crap. Do you know? There will always be labeling, always, and it's positive and it's negative but it's all empty, all of it is empty! My only gig is to respond to whatever is flowing through this form. My 100% attention is there and that is the only thing I do. So then whatever, however it looks outside of that I'm not concerned with it, I'm not concerned with it. And I enjoy preening, and I never wore makeup before I did satsang, which is kind of interesting. I didn't give a hoot I was like a hippie with a pair of leggings, and you know that was the scene, you know? And some kind of preening started with satsang, and it's like, "I can't believe it." I'm actually one of those women I used to criticize, you know? "Why are you concerned with the body," you know? And it's like this preening just happens, it's like it just does whatever it wants to do, and it's kind of entertaining, do you know? It's the part of me that's watching it is kind of entertained, regardless of what it is it's kind of all a giggle. That's probably as much of my mind that's watching it, that's as deep as it goes, it's a giggle, do you know, because it's light it's not concerned with consequences, "I can't go there!" Do you know? "I just can't go there." So it's easy, of course it's easy because it's just ordinary, simple, only the mind will make it complex, do you know? So my original question was like, what was it that motivated you to turn off the camera? And I'm after that, what was it that believed...

**Q:** 1:20:47 I mean, I'm naming it an egoic part that may be attached to an 'I' of you know, creating an entire show, or it's connected somehow or attached to the spiritual teacher. And you know, if you don't have your name and if you don't have these recordings, you don't have YouTube, you don't have all these things, where do you stand?

**Jac:** The same as where I stand all the time with or without them. There are no teachings, this is just the bullshit that moves through this form, really. But there is a game being played, heck you might as well enjoy it, do you know? So that's the giggle part. It's like yes, there's a capacity to enjoy whatever I'm doing. You know life or pure consciousness grabs me by the scruff of the neck and takes me to work. Do you know? It's like there's something else moving because I'm just very happy walking on the beach every day, but there is nothing there to support that, "god that would be nice," you know? Sometimes I get to the beach for 10 minutes, and then go back again and off we go the form starts to work, you know? And sure this thing gets built, you know? Genuinely if it all collapsed we'll be just fine.

**Q:** 1:22:29 I think that's where.... Yes that might be... it might be a level of connection there with just really letting that collapse.

**Jac:** Let it all collapse!

**Q:** Yes because I'm actually really good walking on the beach.

**Jac:** Yes, yes, yes, yes.

**Q:** And I can even see like maybe a creation that's manifesting now, it seems to be about... it actually for many years has been about doing less, accomplishing more if you will; less is more program, and yes what can be let go of now and how simple can I make it to match where I'm at, you know?

**Jac:** 1:23:17 Okay, so if all of those ideas were to be parked and you just listened, just listened, and let that move you so that your mind was bowing down to the movement of pure consciousness.

**Q:** I love that way of rolling!

**Jac:** That's the only way the rest of it is a trick! The rest of it is you're just rearranging the furniture Phil. You really are, you're taking on a couple of pieces but you're just really rearranging the furniture. It goes a bit deeper than.... I want to just pull that remnants of the I out of you, you know?

**Q:** Well I think that's part of some process of simplifying life to allow that way of being. Like it is a, it is not like setting up an entire house of cards and then trying to do it, it's like I've dismantled the house of cards tremendously to the point of that's just where I'm going.

**Jac:** Yes.

**Q:** You know what I mean?

**Jac:** I do, I do. So if a good part of it is dismantled, great. Do that exercise of just not moving in the morning, just not moving so that you have a whole day of only pure consciousness grabbing you by the scruff of the neck or urging you to... Whatever way it is you know? Only have that moving your day, it has an entire pallet to paint your life so don't be concerned with how it looks, how it's going to work, nothing, nothing. Only listen to that and let your mind bow down. Be the tool that it needs to do whatever it's going to do. It might do something, it might do nothing, it might crank up the whole show again but with an entirely different energy behind it.

**Q:** 1:25:21 That's kind of what I... Yes, back four or five years ago I made a commitment that after I did this last workshop, facilitated this last workshop, I would do no more. And and I thought like, "okay another idea will roll around in a few minutes," well you know, a few years later... What an experience that is being with and trying to just allow a creation to flow through rather than mentally make the creation. So yeah that's pretty much what seems to be unfolding.

**Jac:** Good, good. And you'll hear a practical... The functioning part, the non-self referencing part of our left brain will be practical about putting the garbage out and doing the shopping, and to figure out the part that does the functioning, and that will make sure that you have food and shelter as well, it will!

**Q:** I remember setting an intent years ago because I was so afraid of like just sitting in one seat for weeks, you know only to get up and go to the bathroom kind of thing, like okay. One part was talking to the other going, "okay let's just make sure we pay the bills, take care of these functionality things."

**Jac:** Right, the common sense part.

**Q:** Yes and it was really.... Because I did hit a place of fear about that, so I just had to like somehow reinforce it that everything was going to be okay, to reside in that place.

**Jac:** 1:26:57 Yes. Yes exactly. So that common sense aspect, you know even if it leaves for awhile it will come back, it will come back you know, and for the rest just listen. Ideas like they used to come, let it all go, let it all go. Stay inside in that place 24/7, totally inside with that place, and see what it... Because it's doing everything, you're just superimposing the 'I' on top of it with the ideas of, you know a value system and being of use or whatever it is that you're running on top of it. You're superimposing it upon that which is moving through your form, so let's just whip that back and just see what's moving through the form. It's so simple, it has an energetic simplicity in it, you know?

**Q:** It's so amazing.

**Jac:** Yes, it's beautiful, it's beautiful. Let Phil be done you know, just be done. Whatever pure consciousness does, whatever, don't edit it, don't.... nothing. Total, total, total surrender is asked of you.

**Q:** Yay!

**Jac:** Let the 'I' die. Let it die it's nothing, it's nothing it's just a friggin thought, and what's that? And how the outside world receives it is none of your business.

**Q:** Thank you.

**Jac:** Thank you too.

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### #108 / 1:30.15

**Q:** So interestingly enough I feel like you took care of my.... Phil? That was really everything that I needed I think, so I'm left a bit with a blank feeling. But this is new for me, as you know. I think what I've been sitting with is, you know growing up — so you all know I grew up here; born and raised —, this is a place of much heart so everything, even the spiritual teachings were made of love, so there was tremendous power, and the connectedness to the essence of love is very, very, strong. But working with the mind was never something that... It was always missing for me, so I think I've spent my 20s trying to learn to do this, and I feel like that's very much what I've been paying attention to and what you've been sharing with everyone. So I don't know what my question is.

**Jac:** 1:32:03 All the paths, you know the path of devotion and the path of **Sava** and the spiritual paths, they all merge into the paths of Jnana; the path of self knowledge, that's the last strip, and self-knowledge is usually achieved through finding out what you are not and then finding out what you are. So that's why the working of the mind comes after the vibration of love. So it's like a funnel you know, like whether it's through **Sava** or yoga or whatever it is, love, devotion, all these other paths they're for the larger group, and then those who... you know when it gets distilled and distilled there's a narrower path of self knowledge at the end, and that's one of truth. That's what leads you to truth because what's real and what's not real, you see?

**Q:** I do very much.

**Jac:** So not a lot of people really authentically walk this part of the path, authentically. And that's fine because the experience of love, and you know this planet, this dimension, this illusion is for playing and helping each other, and you know, evolving in that way, but the waking up part is for very few. So if it makes sense to you it does, and

it's not a prize or anything it's just a different flavor, it's just another thing that happens here.

**Q:** 1:33:50 And I sort of watched this repeatedly over the past couple of days come up in me, is this desperation for meaning, and a lot of people have expressed that in there different varieties of ways.

**Jac:** Yes.

**Q:** And I see it play out in every way in my life, you know this assigning of purpose and meaning to everything, or else why, why bother. And I guess I'm just curious how to work with that?

**Jac:** So if you were to see through it, that it was the mind's way of asserting its position in terms of being, you know focused and goal oriented, but that it's only for the mind to keep itself happy and aligned with what it believes are good values and virtues, so it's a trick. So can you go to the place of where meaning and purpose have no meaning or purpose at all? Can you find the place inside you where they're just not valid concepts?

**Q:** 1:35:11 Yes, I don't know if I can live there though, not yet. I know I can.

**Jac:** Okay, if you have access to it and you know that actually it really, really — when the chips are on the table — doesn't matter. It actually doesn't matter but that's how I play the game. I like to have rules and purpose, but I'm just playing a game. That would soften it a lot because your investment will be in the truth but you know you're playing a game; a role of this young woman who has purpose and focus and it's a role, and that allows for that part of your personality to be there but you know actually. And the beauty of it is that you stop supporting it, you'll hear others' opinions better, and actually will become less driven and more open to a wider view as you function with sort of a perceived purpose and goal, you know, meaning. But hang on to the place of where that's transcended so that you can see both, 1:36:33 "there's purpose and meaning here and that indiscernible name woman, she needs it." She needs it in order to you know, do what she wants to do and that's fine, but in here there's something else known and that's between me and God because me and God are one there, they're just one.

**Q:** 1:36:57 Can I ask you about the role of compassion? Because you know you said repeatedly "pure consciousness is love," that's all it is. So in my experience the quickest way into that is through compassion, but I also see how I cling to the idea of compassion as an act, like it's something to play out, right?

**Jac:** Yes, yes.

**Q:** I need some help there.

**Jac:** Yes. So compassion for, your mind has hijacked it, and it has; "it's a good thing to do and it's the right thing to do, and it makes me a better person, and I feel good about myself." Basically it's all about puffing up the "I". But compassion rolls out of pure consciousness, out of the stillness, compassion flows, but it's love for itself; God taking care of God. So there is no 'for somebody else' because there is no other, there is nothing that you are not, there isn't. So compassion rolls through that unity consciousness layer and it's helping itself. It can't but help itself in this illusion. No matter what it does it's trying to help itself and that's pure compassion, but not because there's a judgment and there's the decision and it's the right thing to do and it's

politically correct or whatever. None of that needs to be there. So the authentic compassion comes from the emptiness, but it's helping itself because it knows there's no separation. That's a different type of compassion.

**Q:** Is that why you teach?

**Jac:** I don't know. I don't have any why. I don't know, it's just whatever rolls, rolls. I don't have any... It makes no difference at all if I'm doing this or walking on the beach, but somehow this is where this form gets pulled. There's no reason, there's no motivation, and I'm under no illusion that any difference is being made anywhere because it's not, the universe is just fine doing its own thing. It will always be fine. It's rolling out the only way it can roll out, but yet pure consciousness takes care of itself. In the illusion pure consciousness takes care of itself, it loves itself, it nurtures itself, it just does that for no reason it's just how it rolls. And it's really sweet to see that when you know that there is no thread of you wanting it to be so, you needing it to be so; you're having a value system so clear all that out and you'll see that, "oh my god it does compassion, it does love, it doesn't know evil, oh!" And it's like a lovely surprise you know, when it authentically shows itself to be only of love, you know?

**Q:** I do.

**Jac:** 1:40:30 Yes. So operating from there is more potent funnily enough, than operating with meaning and purpose. It's actually more potent because we're not riding on top of what we're doing to gain some personal satisfaction out of it. That's a contaminant you know, it adds a density. So it's kind of full of paradoxes. I keep contradicting myself but it's just like you know all these layers are playing simultaneously, and you've got to be able to see all these different layers and how they work and where the limitation is of each, and why the only direction is to rest in the truth, in what you really are, and surrender and let that work through you. Use the skills you have to communicate and to manage in the world. Use the skills you have, but not be invested in them as if that's life-and-death because it's not that's the game. That's the game of Gods playing with God. It's all God, it's all God.

**Q:** Thank you

**Jac:** You're welcome.

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### **#109 / 1:42:28**

**Jac:** Hi there.

**Q:** 1:42:30 Hi, I like your preening with bracelets.

**Jac:** Thank you.

**Q:** They're cute. The first day I think something that stuck with me was you were speaking about allowing things to come to us, and that's very relevant for this character because she is such an initiator of things, was, so I played with that throughout the whole retreat. I kinda of was attentive to my body, like when I'm forward and how that creates a certain pattern and when I'm like I'm just watching.

**Jac:** Yes.

**Q:** You know it's kind of helpful. My body, I'm pretty tuned into it so it's good for me to use that as a tool. And I feel that... I was somewhat shocked at whatever you said — I bought that tape because I can't even remember. Lori, where's Lori? She's gone.



**Jac:** She's coming into the hallway.

**Q:** Lori will you write this? I'm one of those like when it's done it's gone. I'm pretty aware of... I can't explain where it is I am but I sit wherever it is, and the things that pull me the most are less doing that or the parts where I go into the story are much less.

**Zeki** can be one, and that's kind of what he's there for you know, I get that.

**Jac:** Yes, yes.

**Q:** And he's also one that my 'this' makes him go away.

**Jac:** Yes.

**Q:** So it's a great lesson.

**Jac:** Perfect.

**Q:** 1:44:53 Right. So during the retreat I found myself being pretty alone a lot — you know I didn't go look at the shrines because I've already seen them. So I found a place that was like a little sanctuary with a pond, and this may or may not be my mind so I need help. At this pond I would sit and I knew that, like from the knowing, something would come and look at me in the pond, and I didn't care if it did, and I didn't even know what it was or if it was in this dimension, but it doesn't even matter because I get it, it's all those realms. But it wound up being this little turtle and he was so little and he was so brave you know, like he would put his head up and I saw that when I leaned over to like be closer to him, he got scared and he ran away. I love that little guy and when I would sit back he would climb up the dirt and get like really close to the bench. So I watched that and I found myself getting somewhat attached to this little guy, and my mind went into like, "should I feed him or maybe I'll bring bread or what do they eat," and then I started noticing all the fish in that pond and them coming and looking and going away. So what's the point of this? I'm not sure what the point of it is except that I was aware of the presence of the character and the presence of other things, and the spatialness and the way it affects things and the way that this character becomes like attached, especially to animals, and may give meaning. Yeah, because my mind went kind of into how brave this... I was anthropomorphizing this turtle like crazy, you know how brave was he and courageous to come all the way up like that. I just like make a Disney movie out of it.

**Jac:** 1:47:35 You started off saying that on the second day there was something that I said or was said.

**Q:** On the first day you said something about letting things come to us, and so that was the set up for the turtle coming, that was the theme.

**Jac:** Okay all right.

**Q:** And then when Jack was hitting the tree — I was in the forest near there — I heard the sound and for a long time I didn't pay attention to any of it, and then I heard the sound and put it together and said, "oh I'll bet that's Jack hitting the tree," — I couldn't see him — and then I remembered that I already knew that, like before I came to this retreat, and I already knew about the turtle putting his head up, and I already know what appears or feels like it will roll out with **Zeki**. And I wanted you to... I get stuck on this, and if it doesn't matter and it's like, who gives a shit, just tell me. I know you will, but the thing with it, a lapse in the time like with the tree, like I never ever get that. I don't understand that. Is it necessary for me to understand that or....?

**Jac:** 1:48:56 But it's as simple as, you see things before they're going to happen, and that's just literally the timeline being loose. That's all that is.

**Q:** What does that mean?

**Jac:** So time as in past, present, future, it's linear, that's the common assumption that it progresses and yesterday's before and tomorrow is after, and so...

**Q:** Right, it doesn't do that with me.

**Jac:** Yes, it doesn't do that for you it's not constructed in a tight line, but it is for most others to help our functioning. It's literally to help us to function as a species. We all have to have commonalities, it's just like a common language, you know? But for you it's just not that solid. So the fact that information comes before or after, it's important to see that it's nothing, it's nothing it's just the timeline not being tight. It needs to be not tight for you because that's the way you are, you know? So yes it gets a bit skew-ways you know, you get a glimpse of what's going to come way beforehand or also something feels like, "oh yes, that's already in memory," you know, because that's the timeline thing as well. It's like, "hmm, I know," and it's not a déjà vu you actually have a memory of something before it happened, you know? So it's just a loose timeline that's all it is, it's not special; loose, tight, they're just...

**Q:** It doesn't matter it's just...

**Jac:** Not at all.

**Q:** 1:50:32 It's just "that's what's going on," okay.

**Jac:** That's right it's just a loose timeline.

**Q:** Yes, I could see how the 'I' has used that.

**Jac:** Sure, anything that's extraordinary the mind will grab, be it trauma, be it a gift, any side of the spectrum. You've got to just see through it and like, "whoops," and let go, it's just ordinariness.

**Q:** Yes, and for this one that's ordinary.

**Jac:** Yes that's right.

**Q:** 1:51:13 Okay, yes I see that. And sitting back and allowing whatever comes into the space to come into the space is ordinary.

**Jac:** Yes, yes, is ordinary.

**Q:** Ordinary is like really easy...

**Jac:** Yes. It is, of course because that's what's natural.

**Q:** Like even, you know when you were talking about getting pulled by the scruff of your neck, and for me being like in a time is not that easy, so I have to go by my watch and I'm late a lot. It's hard for me to be on time because it's like... I don't know why it just doesn't feel normal.

**Jac:** Yes, so then you have to do that little extra effort in order to link up with the linear time that the rest of the world is working on, you've got to bridge that little gap there, you know? That's fine, but it would be wise to kind of do it, like, "oh I've got to take care of this." It's just like, "I've got to go the extra mile there to set myself up," you know like set a timer half an hour before to remind me to get ready, to kind of pull me into linear time.

**Q:** 1:52:32 But other than that, you know I feel as if I'm, not really walking on the beach, but my day to day stuff, even though it's really phenomenally busy, and like I work and

then I dance and I feed horses, so there's a lot of things that go on, but it doesn't... it's like I'm almost on automatic. Like I get in the car, and it's like the car just transports this body to this other location and I just do whatever I do there. I mean it's kind of... You know what I'm saying.

**Jac:** Oh totally! Sure, this form is just sitting here and I'm not here at all. I'm not here at all. Here? How can I be here this isn't real, Jesus. Do you know?

**Q:** 1:53:30 But part of it is there, like either you said this or.. I can't even remember who says things but it's like, you know the dance thing, it's like put 90% of my weight in the standing leg because it has to support me, but the supporting leg has 10%, and if you don't have the 10% there you will not stand upright, so it's a similar concept that like 90% can just stay down in pure consciousness but the 10% needs to have like time, space, in this grid kind of.

**Jac:** Yes. It's just attention. The 10% is just a bit of attention, a little bit of attention, that's all. You know, a capacity to engage, to participate, but very little will do it because it's just a sitting back not sitting forward. Very little will do it you know, and at this stage of our lives we've got habits and we know how to do things you know, we know how to cope so the 10% is enough, you know?

**Q:** Yes, it feels like very little.

**Jac:** Yes very little is required to participate really. Unless there's an 'I' then it becomes 100%, but when you step... when you're in the truth of course it's very little that's required to do it because it's happening on its own.

**Q:** 1:54:54 And when things start getting.. Like at work, I work in a very chaotic environment and there's a huge amount of talking, you know just bullshit, and so I just put the body in its... you know there's an office so she goes there and just sits there. I mean it's like... Yes it's okay, that's the only way... It's like it has to rest or something. Okay so there's nothing to think of, it doesn't....

**Jac:** No that's perfect how it's working out actually.

**Q:** It just does that. And when the character gets stirred up, you know when there's kind of a.... **Zeky** is supposed to come forward more either in the dance or not in the dance, just stay back and just watch the character wanting something different.

**Jac:** That's right. That's the only thing that causes suffering the character has a want, a need, a desire, for something other than what is inevitable; rejection of what is. Nuttiness, but that idea will create a whole scenario in a story, rejection of what is, "it should be different, it should be better." Wild huh?

**Q:** Right, right. And when that story, when that desire comes up, because that's still like the echoes of that 'I' you know, she's in there critiquing that, pulling back and just seeing the character doing that, that's what she's doing, like she's suffering, "okay she suffering, she doesn't have to suffer," you know? It's not even full on suffering it's like witnessing suffering.

**Jac:** Yes that's right, that's right. And you know, as you peel it back it's like, "whoops there she is she's got an expectation now that something should happen," off we go down the suffering path. "I know where this is going to end up," you know? And if you can see that and see, "oh here she is she's off now, she's going to hurt herself again," if you can have that commentary early on it's easier to just, "forget it girl, stop hurting

yourself, forget it, drop it," and you'll pull back from that 'I' story that wants something. You know you could do that.

**Q:** 1:57:50 The other thought that came was, you know the visual of the lenses. Somehow I heard you say that the filters, like on you they just slide really easily you know, and I thought, "well why am I thinking I have to even pick filters," you know, like get out of that even, just let them do whatever they're doing. Okay. In some situations, you know I've got work pretty well down, the dance environment is very intense, and you know there's so many egos and so much of....

**Jac:** Oh yes.

**Q:** So that one is a little harder and there's a lot of interacting, like I can't get away from the people so much, so I feel as if that's a situation to really surrender to the filtering. Like let the filters just give.... I don't know what that's called. It's like really lower than that, it doesn't even feel like love it doesn't have any...

**Jac:** Yes, yes, yes, there's the deeper than that, yes. It's just outside of all of it.

**Q:** It is, it is, but it's like let that regulate the filters, like it's the thing that runs the filters up and down.

**Jac:** 1:59:25 Okay, but it can be useful. Let's put it like this, it can be useful to recognize what filter is coming in and out. It can be useful. If you completely left it to autopilot and stay within, my only concern would be that the mind can be very tricky and it can say, "well I'm just going to engage here and you know, there is no personal I or I'm in my center," but actually you're talking crazy 'I' crap, but not noticing it. So just some level of how it works is useful, it is useful. It does itself automatically anyway but just to have the wisdom to know how it works is very useful.

**Q:** Do I have that?

**Jac:** It feels like you couldn't be bothered, do you know, that it's just easier to just let it take care of itself, and it does take care of itself but there is definitely an advantage in having the wisdom to know how the whole thing is happening.

**Q:** Do I need that information? I mean, do I know that? I don't know... Is that something you need to tell me?

**Jac:** It's a recognition that will come to you yourself I think.

**Q:** 2:00:57 I'm seeing right now that there's like one particular dance sister I have who is very codependent with Zeki and everything is about him. So as soon as we get together at 7 o'clock in the morning and whatever, her first question is always like, "did Zeki eat? And I will say things like, "no, but he changed his diaper." You know I like to... I'm just.... You know. And she gets a little mad at me but I... So I feel as if that's an area that filtration kind of needs to happen, because I'm reacting to her codependency. Does this make sense?

**Jac:** It is, but rather than it being a button get to know the difference between when she's pressing a button and when there's a response from a deeper place that you wouldn't have thought of, but it's not a button. Get to know the difference, like, "is she pressing a button," like Peter pressed a button the other day. Is she pressing a button and is your response coming from that? If that's the situation stop doing that one, but if your response is not a reaction...

**Q:** 2:02:23 Yes, sometimes it is a reaction, it's sort of like...

**Jac:** I think so.

**Q:** Like in, "please he's a grown man he can figure it out if he has to eat," you know it's that. It is actually the same thing that got pushed with Peter or other people. Yes it's that over caretaking, like the person can't do it themselves? Yes that sounds like it's a button.

**Jac:** Yes it sounds like it's a button.

**Q:** So when that is happening just go down.

**Jac:** Yes, and see, what would consciousness to here, what does my essence...

**Q:** Yes. My essence feels like, you know if you're that one, my essence feels like... And she always asks me, they always ask me, my essence feels like it would say, "yes he ate."

**Jac:** Or it might say, "I don't know." Would it know?

**Q:** It would know. I mean usually she knows.

**Jac:** All right, but you don't know what it would say. So the mind is trying to second-guess what it might say.

**Q:** Yes, so I'm trying on a more compassionate answer.

**Jac:** You see. Yes you are, yes you're just moving the furniture, yes, yes. So if you stay with, "well I don't know," then let's see what comes from there.

**Q:** Oh I see what you're saying. I thought you meant, say....

**Jac:** I get it yes, I miscommunicated.

**Q:** I got you.

**Jac:** 2:03:45 It's like, "okay my mind doesn't know, it doesn't know what to do here," so it kind of puts the mind aside and it's like, "I don't know," it leaves it open, "all right what's in here, what's the real authentic answer," you know?

**Q:** Yes, yes, yes, 'what's the real authentic answer,' that's good. Like always let that show itself, always.

**Jac:** Always, always. It's running the show anyway. We just think we're doing better, you know by putting a reaction on top.

**Q:** 2:04:14 And when there's things with the animals, it's okay that it's authentic for the character to feel. Like you were saying you know, the personality of Jack is like, "I hope I don't cry," or whatever that humor was. So the personality of this one is you know, like loving those animals and feeling like I can just attribute these qualities to them that probably don't exist, but it feels good to this character. Is that...?

**Jac:** Projection will stop, you know, are projecting qualities to the animals, because that kind of gives you permission to love them, but you're only loving a superimposed idea. So your mind is very active there. Do you see?

**Q:** I see. So I can love them from this place, from back?

**Jac:** It's really God loving itself without having any reason why. It doesn't do reasons, but mind will say it's cute or it's adorable or it's timid or it's beautiful you see, so mind gives it attributes and then it gives itself permission to love. So now we are in subject/object; separation is deeply there.

**Q:** Got you. I just got that. Yes the animal is like... I put that... it's in duality but I didn't put it in duality. Now I get that it is duality. I see that now.

**Jac:** Yes, yes. Yes great.

**Q:** Okay. Anything else? Anything coming up for you to tell me?

**Jac:** I don't think so.

**Q:** Okay. It was nice to see you.

**Jac:** Yes, and you too Eileen.

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**#110 / 2:06:24**

**Q Tom:** This is an inference to Phil for finally... even though he didn't leave the video on. It's something I'm really ashamed of and like how... and what came out was the resistance that we talked about. Certainly it was a huge loosening, but how that manifested was with judgment and opinions, even within here.

**Jac:** Yes. Well done! Oh Tom, since the first day I met you I was hoping you'd find this.

**Q:** Well I've seen it a long time.

**Jac:** Yes but it's breaking now. You talk about it but you have only been moving the furniture. You make yourself feel better and hang onto it, but there's something breaking now.

**Q:** 2:07:08 There is, and we can go back to where it's coming from and all that, but it's irrelevant now.

**Jac:** Yes it's irrelevant.

**Q:** And I've known about it for a long time. I've known about it; got to be special, got to look good, and it really separates me from what is.

**Jac:** Yes, yes.

**Q:** 2:07:33 So I think you eyed it and now it's ringing the bell. Right now I sort of sensed a shattering, it's still a physical thing. I just want it to continue, that's really what I want, and that's why I'm here because I want that shattered; enough of this, enough, come on.

**Jac:** Yes, well done.

**Q:** It's all BS, and this whole personality...

**Jac:** Yes it's BS.

**Q:** And I haven't heard you talk as frankly as you did this morning. I mean about the emptiness... That's not the right word that I'm looking for, it's like nothing, nothing, it's just nothingness.

**Jac:** There's nothing, yes. Yes, yes, there are no exceptions, none.

**Q:** No, and so that's also drilling in there just (2:08:22 sound effect) which is like a shattering. So keep it going. What would you suggest to keep this process going?

**Jac:** 2:08:29 So in that place where you're seeing the game, all right so you're there now, you're seeing the madness, the investment of what you put in and all that, you know?

**Q:** Sometimes I think it's here, the energy is here.

**Jac:** Yes, yes, yes.

**Q:** Okay it's both.

**Jac:** Yes of course. Your mind is doing it but it's the solar plexus, the sense of "I", personal I, you see?

**Q:** Yes very much.

**Jac:** That's here, the high gut. So tell your mind, "I'm ordinary. I always was and I always will be ordinary," and we're not just saying that 'I'm ordinary knowing that I'm special by saying that I'm ordinary', they're the games you play, you have played.

**Q:** Yes. I'm sure... Like I'm not... it does come but I'm sure it's very...

**Jac:** Oh yes, you have that kind of angle on it you know, it might be different words but you have that angle.

**Q:** Yes.

**Jac:** You know, you say something very humbly but actually you're using the humility to puff yourself up.

**Q:** To be cute.

**Jac:** To be cute, yes or PC or something, yes. All of that crap has got to go. That's what you're onto now, that's what you're onto, those games that you play for your survival and to kind of fit in and to be the guy, right?

**Q:** Yes. Well that's what happened at work, that's like a big whack in the face.

**Jac:** It's a set up yes.

**Q:** Huge! It's like, "wake up son this is big." And I really do think there was some melting of that.

**Jac:** Yes you got whacked, you know?

**Q:** I got whacked, somewhat backed off but...

**Jac:** Yes, so the authenticity of ordinariness, eat it for breakfast, dinner and lunch. Find out what is authentic ordinariness, what's authentic invisibility, and can that be okay? With no purpose just invisibility itself.

**Q:** 2:10:39 In ordinary invisibility that was....

**Jac:** Ordinariness, invisibility.

**Q:** Okay. Right now it's conceptual.

**Jac:** Yes, yes. So I want you to taste and feel what ordinariness is, what being invisible is, in its essence. Not for another agenda, because these things you kind of played them. You played them so you were able to do them, but there's always something to be gained to beef up the Tom guy somewhere. We've got to cut off that latter part for no consequence except ordinariness itself. What's authentic invisibility? Can the Tom guy not jump up, can we taste invisibility and not jump up and make this a spiritual advantage or an ego advantage or get some juice out of it? Like, no juice, no juice! Authentic.

**Q:** 2:11:45 Right, right. Okay. I have a picture, it was my sister who grew up as retarded, mentally handicapped, and I've had thoughts about here was this little kid, young woman, and she had lived in a little home with you know, some other handicapped women—we call them girls but they were women — and who did she affect as far as an effect on life, and a few little tiny circle of friends at the big place, and she was loved within that. It's a pretty ordinary life. She was found one morning, she died — she was in her early 60s — and the women in the house heard her alarm going off and, "why isn't Cindy getting her alarm?" So they go into her room and they found her, she had passed away holding her teddy bear saying, "Jesus loves me."

**Jac:** Oh that's gorgeous!

**Q:** I know. How ordinary is that? Just the innocence.

**Jac:** Yes just innocence.

**Q:** 2:13:23 That's my... I use that as a model I guess, that's what's coming to mind.

**Jac:** So even if there wasn't you there to see the ordinariness, could it be more invisible than that? Cindy had an impact on *you*, so have no impact at all as if nobody ever saw Cindy, nobody you know, saw the beauty of that life, like really invisible, because your mind is just tacking on...

**Q:** That's another story.

**Jac:** It's another story!

**Q:** Pretty again, but...

**Jac:** Another value. You're putting a value on ordinariness, and we're back again, now we've left ordinariness.

**Q:** Okay. I'm looking for models honestly, that's what I....

**Jac:** Be the model (singsong).

**Q:** I'm drawing a blank here, but...

**Jac:** Good, good.

**Q:** Okay, I'm alright with that.

**Jac:** Yes, yes, blank is good Tom, stay with that. Blank is ordinary.

**Q:** Okay.

**Jac:** Yes, be with it.

**Q:** Okay, thank you.

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### #111 / 2:15:17

**Q Darla:** So I know we're not supposed to talk but I did tell **Ragda** that... I said, "well Jack's not the boss of me."

**Jac:** Jack's not the boss of me? (Laughter).

**Q:** So I am a lieutenant colonel in the Air Force and I'm retired, and that's my story, and I'm the mother of three boys, and I have definitely not owned my body for a very long time. I wish I would have come to this when I was in my 20s and had claimed my body then, because I haven't been very kind to it. But I retired and I live with my husband and my three kids in my story. I'd like a meter that says, 'if I reach pure consciousness what that looks like', but that's a controlling part of my 'I' story, and I did... I don't know if that's somewhere that I will reach because of the conditioning and the filters. So I had a headache on the left side of my brain, and my I kept popping open when I was meditating, and then I had this wonderful great day, and now the right side of my brain is killing me because I have to go back to this world. So I guess I want more homework. And I want to know... I'm at a phase where I could do nothing or I could do lots of stuff. And we talked before briefly about how when I get to this center peaceful place, it drives me to what I see as the ocean floor that's very busy, and so I made an effort to not do that. I did some artwork, and I drew a tree that I gave to Jack.

**Jac:** Oh beautiful!

**Q:** But like it's the first time that I felt that, 'I'm' going to give this to him, not 'I Darla' is going to give this to Jack

**Jac:** Yes! High-five you girl. You know where pure consciousness... what it smells like, what it feels like. The motivation came from someplace else.

**Q:** Yes totally. And I even questioned it and played with it and then I was... and then that's what I had to do.



**Jac:** That's what you had to do.

**Q:** 2:18:06 Okay, so I'd like more homework. You can be the boss of me. I mean you have no idea, my husband would never believe those words came out of my mouth. And I think that's maybe where I want to work, like I can see God, I can see this in each one of them, and it's okay, like they're going to be okay, like he's going to totally be okay.

**Jac:** Yes. He has his own path, you know?

**Q:** Yes!

**Jac:** They're having just experiences you know, this is them having their life.

**Q:** Yes, and it's all bullshit like you said. So what homework?

**Jac:** 2:18:55 Okay, don't ever take anything personally again in your life, it's never about you. Your left brain will try to make it about you to create a story, but it's never about you so don't take anything personally ever.

**Q:** 2:19:15 I just read that in a **indiscernible 1-2 words – whispering** book.

**Jac:** You just read it? Yay, it's coming at you from the few angles then.

**Q:** Wow!

**Jac:** Maybe you have more than one boss.

**Q:** Okay, so work on that.

**Jac:** Yes, that's a daily thing, it's like, "I took it personally, all right it's not about me." You know everybody's entitled to their opinion, they're entitled to say that, and, "I might or might not take it on board let's see, but I'm not taking it personally; I'm bowing down to anything on the outside to heal my wound because I took something personally." Don't take anything personally, that would really help. Nurture yourself like you've never done before Darla, love yourself unconditionally. If you can do the three of those things....

**Q:** That's a lot of homework.

**Jac:** It's a lot of homework, but you've gone a long, long, way.

**Q:** I have to go write that down.

**Jac:** 2:20:24 Yes, don't take anything personally, nurture yourself, like do something everyday that's nurturing for you, even if it's only filing your nails, if it's only putting your hair up slowly, anything at all just nurture yourself or reading something that's really nice or taking time to paint as you did here. Nurture yourself, just do one little nurturing thing every day, and then it will be like, "oh my god it's three weeks and I've completely forgotten to nurture myself," start again. Do you know? And love yourself unconditionally, love that Darla woman, enjoy her, love her. Really learn how to love her unconditionally.

**Q:** Okay. Thank you.

**Jac:** Yes sure.

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### #112 / 2:21:21

**Q:** I feel like I'm going to fall to pieces.

**Jac:** That's all right. We might need the Kleenex back then.

**Q:** This has been such an enriching two hours or whatever. I've just seen myself and how I keep this recognition of Kelly's story going with pain and suffering, and it's the

only thing I knew I was just in this soup. This is how I was raised, in keeping illness, and you know having that be so important, and just focusing on that just kept this...

**Jac:** Yes, it kept your "I" story going.

**Q:** 2:22:21 I knew this, that there was this victimhood like this. But it's like, why would that just keep... Why would I just agree with that? And I just knew it but I didn't know how to spin out of that hurricane of it. Everybody talking today is spinning me out of that.

**Jac:** Yay!

**Q:** 2:22:50 And even just what you said to Darla about loving and nurturing yourself, because I didn't receive that at all. But I was able to be a good mother and give that to my children, and I thought that was really hideous like some kind of cosmic joke, that I can give that to my children but yet I can't give it to myself. So in two weeks I'm moving and I'm packing everything up and putting it in storage. I've been putting that off, of moving, and I've been hearing the push to leave but I kept thinking that I needed to have the next thing in place. I just thought, "it's not coming," like, I don't know what it is and this... It's almost like the last 12 years of this really being dragged through the bushes and back again, which is, there's such beauty in it.

**Jac:** Yes.

**Q:** 2:24:01 And I wanted to push the world away because I didn't want to be like everybody else, and I really want to know what the hell was this all about. People are doing these healing modalities and doing all this stuff and saying all this stuff, and it just felt so empty to me. And that's what, by God, Bhagavan's grace and Arunachala just kind of showed up, and I didn't know what it was or who they were so I went to check it out. You're kind of bringing it... I didn't know that you were connected in that way and you're kind of bringing it all back full circle. There is a part of me that I know — I know I don't know anything — but there is something that wants direction because there's a part of me that says "go back to Arunachala" or "come here" or "just hang out in quietness." And part of me leaving home is that I have to ditch this one daughter who's just... We're like sisters and for me to have her go, really go and fly... it's for me too. But a part of it doesn't feel right because I already really know what I need to do, and it feels like it's the direction that you just gave the last few of them up here; just be ordinary and go back into the world and be ordinary, and I'm afraid. I don't know how to do that! It feels like if I went back into the spiritual world it would just be hiding.

**Jac:** Yes!

**Q:** Okay that's what I needed. I don't want hard anymore and I don't need anymore exploring of who Kelly is and that because I know what she is.

**Jac:** Move house, set up a nice simple new lifestyle for yourself. Slow it down let it get easier.

**Q:** I would really like to press the easy button.

**Jac:** Yes, it means surrendering the victim button, and then what will you do for attention?

**Q:** Right!

**Jac:** 2:26:56 What would be your story, what will occupy your mind, what new chewing gum? You're going to have to give it a healthier chewing gum. I would run a mantra so

that every time your attention goes to physical pain it's like, "okay, I need to take steps to manage my body and I'm running a mantra." Do not go into the emotional content of being ill, having pain, forget it. Forget it, zero tolerance for that victimology it's bullshit, it's bullshit. It's just licking a wound that will forever stay open if you keep licking it. As Barbara said earlier, you actually don't need the attention, you don't need the attention it's just a habit.

**Q:** 2:27:40 And there's a part of me that, I don't want any attention. Like I don't know where that little booger comes from because...

**Jac:** It's just the mind's way of keeping the "I" story going, but you don't need the attention you're right. You don't need it it's just a false belief, it's bullshit but it worked way back when you started running that loop, you know?

**Q:** Yes, well it probably started before that, but it was when you're just being pulled, life is just pulling you in another direction and you're trying to hang on, and you know it's just all going to explode 2:28:25 but you're still just trying to hang on like the grip of the change or to indiscernible 1-2 words of something.

**Jac:** Yes. Be fluid, be fluid like water, be fluid, flow with it. Consciousness takes care of itself, that means the Kelly character is taken care of by what you really are. She doesn't need that much attention at all. Let things get simple and easier for her, and when mind makes it complex spot it, "I see you, I see you." Let's find the easy button again here and drop back to where you're letting life come to you gently, gently, you know? And if it gets chaotic you've created it, you've created it.

**Q:** I can't tell you... And even... I kind of don't have to go out and help anybody and take care of anybody.

**Jac:** Absolutely not.

**Q:** I don't know what to say to the world, I don't know....

**Jac:** Not at all, not at all.

**Q:** Oh my God.

**Jac:** The world is just fine. Let yourself off the hook girl.

**Q:** I just want to thank everyone. My God it's been such a gift that I've given to myself.

**Jac:** 2:30:14 That you give to yourself, yay! Yes exactly! We started like that on the first night, it's like you congratulate yourself....

**Q:** 2:30:22 I didn't even know about you until like two weeks ago. And then I didn't even know I was going to be moving. Indiscernible sentence.

**Jac:** Yes good you honored it, good. Yes keep honoring that inner voice girl it's talking to you. It is you it's just the mind is starting to listen.

**Q:** Yes. The gratitude is just...

**Jac:** Yes gratitude to what you are! The character is finally turning around and seeing itself, you know? Like, "oh my God I was never alone, I imagined the whole friggin thing, what a trip!" Have a laugh about it.

**Q:** It's funny how we choose what's going to stick and what we can let go, because... I don't know, I'm not even trying to make sense of it.

**Jac:** Yes, don't think too much about anything.

**Q:** Thank you.

**Jac:** You're welcome Kelly, you're welcome. Are we leaving it there? Well done folks. Raise your hand now if you're in trouble, 5-4-3-2-1.

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The End