

Unedited, First Draft Transcription - A Difficult Marriage Can Help Spiritual Growth - 2014 April
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#01 through #05

Meditation / Teachings:

Just come to rest; let your breathing slow down. Make sure that the body is comfortable. Notice how you can observe the body. Relax the body further. The mind is another tool like the body, and maybe that will slow down for you too. Right now you can tell it, "hey it's okay, it's okay." It's the nature of mind to be busy, but for now pay no attention to it, and pullback another bit, deeper inside to where there is some rest. A sense of rest that's not dependent or coming from the body or the mind, some other sense of rest, of calmness. Pullback further from that and see if there is a sense of pure being; it can be presence, it can be ease-ness just being itself. And step back again to where the sense of time only has this moment, it's not linear it's just this moment, and pullback from time itself, even from the sense of this present moment; pullback from that, no time. Let's pullback again to where things can and cannot be at the same time; the foundation of everything and its opposite, the mechanism that makes duality, everything and its opposite. Behind this there is a sense of oneness, no diversity at all. Prior to that is pure awareness or pure consciousness, pure consciousness, pure awareness, and let that awareness be empty. Pull away the concept of emptiness now, no concept, nothing remains, and the concept of nothing is removed also. Now go prior to that, and prior to that, prior to that.

9:10 Coming forward ever so slowly touching the first moment, the first movement of pure consciousness, pure consciousness, and moving forward pure consciousness knowing itself as pure consciousness. Moving forward in the concept of space, the void, the vastness, a sense of space. Moving forward there is a sense of now, of the present, a sense that something exists, presence, beingness, a sense of existence. Moving forward time rolls out to the left and to the right creating a slightly curved line, but the center is the present and you can slide through that present moment at anytime. Moving forward that sense of I am. There is an interconnectedness to all of it, and as we move forward the interconnectedness can be with the body/mind organism. There is a capacity to observe the body, there is a capacity to observe the intellect that's comprehending these words, and that's the observer. Full access to the body and full access to thoughts is there. The capacity is within consciousness itself, which is what you are. That capacity is there to make those thoughts yours, to have the idea that the body is you. That capacity is there, it switches on and it can switch off, it's just a capacity. Tune into the sense of hearing that's active just to reestablish a connection that works for you with the body, the sense of touch, the texture against your hands, the texture of the air against your face, the sensation that the air gives in your nose going down your trachea. Feel the chair beneath you, and when you're ready for another sense open your eyes, and let there be no labeling unless it's needed for functioning. Just seeing can happen without a running commentary, just pure perception coming all the way from pure consciousness, it does pure perception through the body/mind, and there is no need for a personal I in any aspect of that line of consciousness itself. There is no need for any story along that line of pure consciousness

itself. It comes right through to the form, right through to the body/mind. If you want to superimpose story on it you can, but it's not needed. So there's actually nothing happening unless you make a story.

17:33 It's dead simple really, isn't it? Did anybody find it like, "I don't know what she's talking about?" Really? Nobody? All right great, and you might sense that it would actually be uncomfortable to crank up a bit of personal drama. You know, you may get the sense that to tune into work or some personal loop in your head or what's going on at home would be like, "ooh," it's an uncomfortable gearshift. If you feel that, great! Because this is the natural state, this is what's natural, but if we live in drama for a lot of the time then we imagine that the drama is what's natural, and we getting addicted to that buzz, that excitement, or whatever chemicals you release when you're running your stress number. Life can happen from this natural state. So if the mind says, "this is boring when are we going to start," it's like you've already gone, gone from the natural state, "in there to entertain me," the mind is in charge. So when the mind is looking for distraction it's great if you can recognize that it is just looking for distraction. That's all the mind is doing is looking for distractions, entertainment. It's like, "I'm onto you, I'm on to you, forget it," and it does calm down. It's just been over stimulated you know, for a lifetime. The mind is there to be picked up and used and dropped again. The mind is just a tool for operating so it knows nothing about what you are. How could it? How could it know anything about what you are? It can't come with you on that trip back to what you are. It can't come with you or if it did you you'll know, "what am I supposed to be feeling now, what's going on?" And if you have that commentary then okay mind was trying to come with you and you were just inventing stories as you went. That can happen too, but to feel the difference is what's key. If there was like that letting go, well then mind didn't go with you. So it gives you a sense of what the mind is. The mind's parameters are really limited, you know? It's just for operating in the world so don't believe a word it says. All it's going to do is have a look at this and have a look at that, and make a judgment to enable you to participate or function or move through something. That's all the mind is wired to do! The mind makes assessments in order to be able to participate and that's all. But there's this capacity to believe what it says, and it's just extraordinary! It's wonderful but it's extraordinary really, how that piece of magic got turned in there, and it's like, why is it believed? But that's what makes experiencing possible, that's what makes the whole thing work, you know? But that's its only function, to make experiencing possible. That's its only function. If that has shown itself to you then it's possible to recognize that experiencing isn't good enough. Like a same-same taste comes from experiencing, because you get to see that it's just mind and the senses being interpreted by mind, and that's all experiencing is, you know another angle, another angle, another angle of the same thing, just believed stories, believed perceptions, believed sensation. That's all experiencing is. So if you can see through what experiencing is made of, okay! Now the purpose of the believability can start to melt, but if something still wants to experience, even if it wants to experience truth it doesn't matter, because it's like wanting to experience a pint of Guinness. It's the same thing; truth/pint of Guinness, it's experiencing. There's nothing of a higher or a lower value in that. Experiencing has to blow up for you, it has to become not good enough otherwise mind will still offer things that are believable, and the story goes on. It's simple isn't it, really how it's constructed? It's quite simple and fantastic, because it works!

It works you know! This is such a dream and it's believed, and it's like, "really?" It's just amazing.

25:19 So if you think you are a person, an individual, your body, your thoughts, all that is is you as pure consciousness believing, running the believability, just believing its own mechanism, and that's all it is. Pure consciousness has fallen for the believability, potential, capacity, ability, and that's all that it's doing. You don't "not" become pure consciousness when you think you're a person. How could you? That's just you as pure consciousness, imagining, believing that it's a person, and what you are can't change it's just the believability software that's running full on. That's all it is. It's the entire spiritual path really in-a-nutshell, you know? It's the whole thing. We make religions out of it, and we make careers out of it, and we do all these wacky things. That's life, you know?

Audience: 26:51 We just didn't know about that.

Jac: Yes we forgot.

Audience: It's a different perspective.

Jac: Yes it's the perspective.

Audience: 26:59 We were taught that that's the way so we just adapted.

Jac: Yes that's right.

Audience: So now we're questioning and looking, and saying, which one is right?

Jac: Yes that's right. Yes, we forget you know, so we replace it with a story.

Audience: 27:21 Even though that's what was inside you don't trust it because the outside information was that you have to use your brain.

Jac: That's right.

Audience: So we're mixed up.

Jac: Yes, and that's how the believability comes in. It's like mass consciousness is doing believability, so you get hooked into the norm then. You know, when something wants to be normal like everything else, like as a kid, you wanted to be the same as everything else, merge in.

Audience: And be loved.

Jac: Be loved yes, and the ripeness is there to like.... that's how the believability gets solid, you know? The mind turns outward and goes on a little trip, and then it starts to go in again, and it's like, "oh that was an interesting loop that took my whole life, hmmm." And it was a life, you know that was the life being lived, because then it stops and it's not your life anymore, you know? You just thought it was.

#01 / 28:40

Q: So when the loop isn't big, that's fine I can do it, but sometimes with my depressions and anxiety, which haven't been there recently, but they've been there a lot this year. They get so big and then I found out my adrenals are affected, everything. I can't seem to go there; I see it, but that space is so tiny that this takes over.

Jac: Wow, okay.

Q: And it's the same thing when my husband is going through physical pain, so it's like when something is really big. So I still don't know how to do it. I'm hoping it will not come back but it's been there, so it may.

Jac: Sure, you can never say never because you never know.

Q: 29:28 Right, and I'm aware of that, but anyway I don't know.

Jac: So when something is big it catches you. So the quality of big seems to be the believability factor, because that's when you lose the objectivity. That's when you're in, when it's big. What constitutes big?

Q: 29:52 It takes over the body/mind. There is a different loop that runs, so in this space everything you're saying, except for all the different layers, I don't get some of the layers but I get a lot of the layers.

Jac: That's fine.

Q: And if I identify with something it's maybe a minute or two or something, and I can go back. When it's big there's the belief that I'm not of value, I'm a failure, and those beliefs are true, they seem really true, and the body, the shaking of the body, the whole nervous system is just throbbing. The intelligence goes way down. I don't have access to the same..... It's like there's a physical change that happens, everything changes.

Jac: 30:47 Yes, well you see if you're in anxiety you're in fight or flight, and so your system has to shut down anything that it absolutely doesn't need to survive. So you go into survival. So then you recognize that there is a set of beliefs about yourself that you're be leaving then, you're running, and your body goes into survival mode. Is that the sequence? Are the beliefs there before the body goes into survival? Have you recognized how it builds?

Q: 31:19 No I don't recognize that.

Jac: So you don't know if the physical effects come before the beliefs. That's worth looking at.

Q: Yes, that means having to be mindful. Yes I get that, but I'm not there or I haven't been there maybe.

Jac: 31:36 Okay, so then the beliefs that you know you've got to knock them over the head. You've got to figure out if they're true or not, and what is the hook to make them believable? What is the hook, you know? How come I'm unworthy or I'm not good enough or I'm not safe? Where's the evidence for that? You have evidence for it somewhere, because if you're running it as a thought you've already accepted that it's valid.

Q: 32:03 Yes, and I do Byron Katie's stuff so I can break it down, and I can go (sound effect) and then it's (sound affect) back up again.

Jac: Okay it doesn't hold.

Q: It doesn't hold. When I'm in that state it's like it has its own..... It's like another personality takes over even though I can see it. It may loosen a little bit, but then the anxiety....

Jac: 32:35 So when you go through those beliefs and pull them apart using Byron Katie's work or whatever mechanism it is, are you intellectually doing it or is it totally, "oh my god how did I ever by that thought?" Does it really break with a knowing that the thought is BS or are you intellectually going through a process?

Q: 32:54 It's not just intellectual because I'm feeling it in the body, but it doesn't just break either because it's a different loop that's operating. It's like black and white I can't just..... I Don't just go..... It seems true and it seems untrue.

Jac: When you're doing the work or when you're in it?

Q: Even when I'm doing the work there's a momentary relief but then it's back up, and I'm not even sure if the relief is right on, because the other one is so much stronger.

Jac: 33:34 You're not accessing it then.

Q: Not at the deepest level, no I can't access it. So when you say breakthrough it doesn't do that.

Jac: What was your birth like?

Q: 33:57 Well my parents were Holocaust survivors, and I was born and 48, and so they lost everybody during the war. My mother would've been in a lot of pain. I know the birth itself, 34:10 but she would have been in a lot of pain and [indiscernible word] around that. So there would have been stuff there, and she was depressed a lot.

Jac: 34:27 Okay, I keep thinking there's something going on from conception to..... Something got lodged in there and with your birth itself. There is something around that first 10 months. There's something there, and it's like an imprint that your intellect can't access but it's in your cells. It's really strongly in your cells!

Q: Yes, that's what it feels like.

Jac: 34:55 Yes, and it goes back, because I just did a look to see if it was from another time or where did it come from, and it's like, "oh my god this is all around you birth." Could you do some kind of rebirthing? Would you be open to that?

Q: Oh sure, I did it in the 80s.

Jac: Did you go back to actually the birthing process? Did it wind back far enough?

Q: I don't think I accessed that.

Jac: That's worth accessing.

Q: So you think the actual birthing process and the first 10 months.

Jac: 35:39 No, the first 10 months as in a month after you were born. So the whole nine months, the fetus and a month after. Your cells were absorbing something and the birth itself was traumatic. The birth itself was traumatic. It's almost like the flipside. You know for most of us when we were born it was really, really safe and lovely, and warm, and you get everything you need, and then it's like, "what the heck is this!" It's a shock, right? It's traumatic unless the mom throws you straight up on her chest or something, and then it's like, "whew okay I can find her again, there she is." It didn't work like that because we didn't even know that that was so essential in our developed Western culture. For you it's like the opposite because it wasn't really safe, you know? You got an imprint of stuff that wasn't safe, and then the flipside of when, "gee it isn't safe here either." There's that huge kind of leaving that space and it's not safe here either. Something needed to be cosseted at that very early-stage, and you just went from one experience to another experience, and neither was very safe. Because of course when we are born it's such a shock. I'd love to see what you would find if you unraveled that a bit.

Q: 37:09 Okay, I wanted to tell you also, because the last time I saw you I told you I was going to do some Ayahuasca, and I went down to Peru to do it. It was really traumatic! So the first time, oh my god it was like I was reaching out and nobody was there, and I was in it for hours and in real terror. So I think that's part of what you were saying.

Jac: Yes.

Q: It was really..... And then when I came back, I don't know if it got worse, but it was like I've had this depression, anxiety. There was a time a few months later when I was in Barcelona that

I thought I was dying, because the anxiety was so strong, and I didn't think I'd make it through the night because I thought I was dying.

Jac: Wow!

Q: 37:52 It has eased off since then, and now I'm fine, but I don't know when it will come back.

Jac: Wow, so the Ayahuasca opened this other layer.

Q: I think so.

Jac: It really does sound like it. It's wonderful!

Q: It was wonderful but it was awful.

Jac: Yes of course.

Q: 38:07 Yes, and I never got past.... I did it 7 times but I never got to the place where, what is reality, which is why I wanted to go down there, but that never showed itself.

Jac: 38:16 And the terror never resolved in the 7 sessions?

Q: It never resolved, but I remember the last time I was going through a tunnel, and I was looking for joy. I knew there was joy at the end but I couldn't tap into it, and it was like miles and miles and miles of this tunnel, and the shaman was trying to help me with that, but we couldn't get....

Jac: Couldn't get you out.

Q: No, and then I said, "I can't do this again." I could do it up here in Toronto because it's available, but it's just too scary because I don't know what it will open up. So I wanted to check with you on that too to see if it's worth doing again, but I don't know if it's too intense?

Jac: 38:85 I would do something else before I would revisit Ayahuasca.

Q: That's what I thought. I don't get a sense of doing that again.

Jac: Yes, just do something else.

Q: So some kind of rebirthing.

Jac: 39:05 I think so, where you're consciously, you know giving space to whatever imprints are in your system, around what it means to survive and not survive, and the threat of not surviving, you know?

Q: I'm amazed how well I've lived.

Jac: Indeed, having had that kind of a start.

Q: Yes, but also when I see how often I get this and how I really managed in this life, and when this comes back, oh my god it's really powerful. Okay I will look for a rebirther.

Jac: 39:43 I think so, yes. Yes, there's loads of ways of doing it; holotropic breathwork is really good.

Q: Yes I did that in the 80s.

Jac: That's how you did it, okay. Holotropic breathwork is interesting because it will only take you back to the trauma that you are ready to see.

Q: Oh I see, so maybe I'm ready for a deeper.....

Jac: 40:00 Yes, you'll probably go back further and further, and it will stop you where it's like, "okay you've got to do this one first," and it will keep going back, you know?

Q: Okay, and anything else you can think of that I can try. I'll have to find the right person too.

Jac: Yes you do you have to feel into that. So keep whatever mechanism you do that will find that, "why is it necessary to automatically go into fight or flight?" "Why is it necessary to.....?"

Q: 40:33 And freeze, a lot of freezing. The freezing has been a big one; I just freeze.

Jac: That's total fear, that's terror. You can't bypass it.

Q: 40:50 No I don't want to I just want to, I just want [cross talking several words]

Jac: No that experience needs to be had to unravel it, to really unpack it, and that's why when it's running you can't go into the observer, you know you can't.

Q: 41:06 There is a slight observer but it's still small, it doesn't stop it. Where in everyday life I can stop that, like, no big deal.

Jac: 41:15 That's interesting isn't it? It's like, you've got to sort this out so no spiritual technique is going to work as a pain killer here. There ain't no pain killer this is your experience to be had. Enjoy it, enjoy the unpacking of it because it's not going to kill you. The mind believes it's going to kill you. That's the whole story, and that's why it's fighting for survival and shutting down every other mechanism except staying alive, except the absolute vitals. So of course it thinks it's going to die, but it's not going to kill you that's the belief. That's just the loop.

Q: 41:52 My husband was there and he kept saying that, but here's the health form if you need it for travel insurance. I didn't want him to have to bring my body back, because I thought that would be a lot of stress on him.

Jac: I'm sure he could cope with it.

Q: But it's the deepest I ever..... other than times where I couldn't function for months. I can function in it now, and it's amazing that I can function.

Jac: Okay your unraveling it. So what we are unpacking now, if that's done and it's like, "gosh it's gone I can see the loop," and it's like, "I'm so not believing that loop of fight or flight, I'm so not believing it," when you're done with it you'll be able to go back much further to those other layers. You've got a leg in the density that's invested still because something has to be safe, because you know you can be killed. So of course you'll be able to go back when you loosen the front connection.

Q: 42:51, Okay, do you think I'm also carrying ancestry?

Jac: Do you think so?

Q: I don't know, but I've been told that by some people.

Jac: I don't see it yet. I think it's your birthing and your mom you know, because whatever a mom is going through when she's pregnant it's the kids as well you know, because they get fed the same blood supply so the same information is passing through, you know? Maybe there's something ancestral there, but I think it would confuse things to look for that right now. So we've got to sort this one out, and I do think you'll find it if you go back to the gestation and birth, and the first few weeks of how you kind of normalized, "okay, actually this is where I am now," until that clicked in. You'll find something there.

#02 / 44:02

Q: I was viewing the Sand conference, science and non-duality, on YouTube and you talked about objectivity, I believe when somebody wakes up from a deep sleep and something is objective. Does that make sense?

Jac: 44:19 Yes, first there's only the subject you know that's..... It's like subjects/object kicks in. Like, me and the world, me and my day. You know that first thought of like, "oh man I've got to do this this morning," and what happens just before that? Where we are in deep sleep, we are in the natural state, it's fine it's just pure consciousness, and then split into duality, phump, me

and the world, and off we go with the program. So subject/object kicks in. Is that what I was talking about?

Q: Yes, I think so. I get confused with terminology, subject/object, mind/consciousness. I'm really foggy on that stuff, because I know in the Zen tradition they talk about how the perceived division between subject and object dissolves.

Jac: 45:08 Yes, so subject and object is me and something else. So what actually dissolves is the object and there's only the subject. There is only one, and that's the oneness bit. It's all what I am, so then there's only the subject. Subject is always yourself and object is always outside, you see? So subject/object breaks down, but there's just the subject. There's just the oneness. Non-duality will take you to where there is subject only, where it's all God, and then prior to the oneness other traditions take you there, where subject as well is gone.

Q: 45:50 Okay, because I've heard a terminology like you get the see-er and the seen, and then when that's gone it's just seeing.

Jac: Yes.

Q: You see I would almost interpret that as, but you still need a see-er for the seen. That's how I'm interpreting it, because what else holds the seen?

Jac: 46:10 But you see, seeing happens without the labeling. The see-er is doing something. They're doing the looking. This see-er, it's a doer. So the see-er is looking and seeing you know people and the floor and the carpet and it's Sunday, and there's labeling going on. I'm the see-er now, but if there's just seeing; eyes are open, there's something registering, but there is no cognition of what's registering.

Q: Hence the "nothings sticking."

Jac: Correct, and there's no positioning of me and the curtains and me and the window, so there's no subject/object but there's some faculty that's allowing vision to happen and that's just pure seeing. Do you see? It's like the verb itself; nobody is doing the verb, the see-er is doing the seeing. So the see-er and the seen, gone, gone, and there's just the verb and nobody owning it, nobody positioning, nobody labeling, it's just pure consciousness is kind of seeing its own creation really.

Q: 47:18 So pure consciousness is everything, like it's beyond.

Jac: 47:26 Yes, this is where science is doing kind of like a parallel groove. So it's pointing towards the same direction, contemporary science like quantum physics and all the contemporary stuff right, and so they're on a parallel track kind of exploring what we are exploring, but we've got a definition issue. We see consciousness as a thing in itself, you know it's pure consciousness, it's the absolute, it's kind of the thread on which everything else is built, but science and the regular world says, "well your conscious or your unconscious," and then there's the subconscious. So you can be here without being conscious. And that's an aspect of the intellect so it's not the consciousness we're talking about. So there's a definition that needs to be thrashed out, because it's causing a logjam between the two parallel paths. So from a spiritual..... So when science talks about consciousness it's coming from a different context, it's not a thing in itself it's our capacity, okay? So consciousness spiritually is the ability for manifestation to be aware of itself. So all of manifestation, even potential, every concept, the idea of a concept itself, anything that can be, anything at all that can be, we say is pure consciousness or pure awareness. Other traditions say pure awareness.

Q: 48:59 So it's like a potential of everything to manifest?

Jac: Yes everything comes out of it, stays as pure consciousness as its baseline and returns to it.

Q: Okay, so when we go into a deep sleep, are we in that state like we're just.... They say when you're in a deep sleep there's no dreaming, there's no..... there's got to be some brain activity like to control the organs and everything like that.

Jac: Yes indeed.

Q: But the self is gone or the perception of the.....

Jac: Yes.

Q: 49:29 Here I am subject/object.

Jac: 49:31 It's grand, it's grand.

Q: Yes, I'm starting to rewind a few minutes. So subject and object doesn't exist in deep sleep?

Jac: Correct, because you can't dream a story.

Q: So when we wake up how come..... it comes back to that.

Jac: Yes.

Q: Why doesn't it just blow itself out and stay in perfect consciousness?

Jac: 49:50 Okay, so pure consciousness is running while in deep sleep. Now, a lot of people who are awake have an awareness of being in deep sleep

Q: Awake as in spiritual awake?

Jac: Spiritually awake, yes sorry. So there's an awareness of pure consciousness itself, and that the body is completely in deep sleep, So there's nothing else there except pure consciousness. So I often get that in deep sleep. It's like there's absolutely knowing that there's just pure consciousness, and everything is shut down, everything is shut down.

Q: 50:34 Because for most of us there's a gap, you dream, there's a gap, you dream.

Jac: There's a gap and you wake up and it's like, "oh, how long was I asleep for?"

Q: 50:37 You don't know [indiscernible couple word] deep sleep or not.

Jac: Exactly, there's a gap. So what cranks up is that when the brain has rested enough you know, it cranks up the default mode network, and the whole story of me and the world, it starts firing those neurological pathways again, you see? And it continues with the story of me. And somebody where the DMR has split, has shut down, well it's all what I am. It's all the subject because the subject/object, the dualistic split, isn't working anymore. So we wake up in the morning and it's all what I am. That much of it wakes up. You don't get the extra loading of it splitting into duality, me and the world.

Q: 51:27 So our thoughts or memories or whatever contributes to the concept of subject/object that stays in the neurons or our nervous system, and so when we wake up it starts to go again?

Jac: Yes, we have access to it. Unless you're in deep sleep you have access to it, sure because we process thoughts, we run all kinds of wacky things, and run dead people into living things, and you know when you're asleep you mix the whole lot together to kind of organize it when you're dreaming. So like the brain is physically located inside the body, and the mind is at a cellular level, and the nerve endings and your energy field, so that's all still contained, and when you wake up in the morning our normal daily scientific sense of being conscious has access to all of that again, and there's an awareness of having access to it. Do you see?

Q: 52:20 Is it possible that when someone falls into deep sleep and then they physically wake up, that they can also spiritually wake up? Like at that moment when all of it is suddenly gone?

Jac: Sure why not?

Q: The default.

Jac: 52:33 If it burnt out, yes why not? It could [indiscernible word] at any time.

Q: It just never returns.

Jac: Yes, if the DMR switches off it switches off.

Q: So consciousness, mind is the manifestation of consciousness, is that right?

Jac: 52:48 Yes.

Q: What we were talking about earlier.

Jac: Yes, yes everything, the trees, everything is a manifestation of consciousness, everything. But sure we're talking about ourselves because that's what we've got to peddle back from.

Audience: What's DMR?

Jac: Default mode network is the official name, DMN. Sorry just to give it the proper thing. It's the part of the brain that runs the self referencing program.

Audience: It also has a scientific name doesn't it? Is that the same thing?

Jac: That's the official scientific name; default mode network, DMN.

#03 / 53:50

Q: I'm discouraged, I used to be really excited about non-duality, and I was just absorbing it in every way, and then you know something happened and now I'm repulsed by it almost.

Jac: Ahh!

Q: I can't read about it I just get too restless. You described it yesterday, you said something about, so you think there is nothing I can do about it so I'm just going to go back to my other life and become a couch potato, and you did this sort of thing you know, meaning you're going to put on weight, which is what I've done. I've gone back to being a couch potato. So I'm here because it's hard for me not to feed my spiritual life in some way. Before non-duality, before it came to me, before I discovered it, I meditated consistently for about 15 years, and at one point I just stopped because nothing was happening. I wasn't going anywhere, I was not experiencing anything, and it took so much courage to stop it. And I began to question whether there is a God, and all that, and it felt like I was like a sailor on the open seas you know, in constant danger or something just like an astronaut, because to be without God, you know to be without a spiritual practice seemed so scary. It was about a year before I heard about non-duality, and then I leapt and, "wow this is it!" But again, nothing. You took us on that little trip there, and you left me behind at, "relax your body." You know nothing. I can't even sense something without focusing on it. Like I can't sense as a whole, I look and I listen and then I feel, you know I can't even let go of that to go back to another level, right?

Jac: Yes.

Q: 57:33 So it occurred to me that maybe you know, everybody has.... I've heard so many ways people have put it off, you know, when I'm more worthy, when I have more time, whatever, we put it into the future in some way, and I'm definitely doing that. There's a fear, and I know there's a fear that in some way it's going to upset my life. If I experience something deeper it's going to shake up my comfortable existence in some way, you know? So I'm going to be forced to do something that is going to cost something. So there's that, and then it occurred to me that maybe I'm overlooking it, maybe I can see it, maybe it's sort of like my glasses because I don't see my glasses.

So maybe it's simpler than I imagine.

Jac: Yes.

Q: 58:51 So conceptualizing, maybe there's a way that you can take me at least to the first level you know, that somehow you can point to it and I could see it.

Jac: 59:20 Okay, do you full on believe you're Peter?

Q: Yes, like I have an identity for sure.

Jac: So what's the thing that has the identity? What is that?

Q: Exactly! You know I'm in my body in that sort of meditative state, and I say, "what is it that is hearing, what is it that's listening, what is it that's seeing, what is it that's feeling the chair, what is it that's noticing?"

Jac: Yes.

Q: That's as far as I get.

Jac: 1:00:18 Okay, so no answer comes?

Q: That's right.

Jac: That's fine, because most people's minds go off into that layer and they come up with some kind of an answer. Do you know? And hence we have the layers, the layers of going back, because we have to kind of fool the mind into petering out, you see? So if there's a, what is it that has the identity, what is it that's perceiving this, it sounds like your mind isn't it going there, which is great. Okay, so let's work with this. If you've got a slice, every word in explaining it isn't going to match it but that's all we have, we just have language which is part of the dualistic thing, which is only useful you know, which is a creation of mind, and is only useful for managing in the world, but yet we've got to use language for this thing. So it's like (sound affect 1:01:14). So knowing that words aren't going to help, do you have a sense that mind can't go there, but somehow there's a capacity that isn't your mind?

Q: 1:01:35 I don't understand what mind is. I know thoughts, but I haven't separated a thought it's just a stream. Thought is just a continuous stream.

Jac: All right, that's all right, and is identity a part of that.....

Q: So when you say mind you're not just talking about thoughts, it's more than thoughts.

Jac: I'm talking about an accumulation of thoughts. It depends on who I'm working with, but for you it's just an accumulation of thoughts, that's perfect because it's not actually a thing in itself at all. It's not a thing in itself, but for some people the concept that it is a thing in itself is there, so I kind of go with the widest group, you know? So in this stream of thoughts is the identity a component of that stream?

Q: It would seem to be, yes. It's all about an I in some way related to me.

Jac: 1:02:42 Okay, because the other way is that there could be an I thought that runs the stream of thoughts or is the I a part of the stream?

Q: Well I think I understand the concept of functional and thought, and the other kind of thought because functional doesn't involve me it's about function.

Jac: Yes.

Q: It's like when I think about what I'm going to do next at work or something like that, but then the chatter that's constant is all about my perspective. It's all about me in some way.

Jac: 1:03:33 So then the I is part of the actual thought, is it embedded in the thought?

Q: I don't know what you're saying.

Jac: That's great, okay! For most people what they do is there is an I thought and then every other thought comes through me and my mind, because there is a split in how perception happens, right? So there's these layers. So then there's thoughts that I have, and it's assumed

that I am a constant right, but it's not of course the I is another part of the stream. You don't seem to have split the I thought, because otherwise you would say, "oh yes there's me having this stream of thoughts," but it feels like what you're saying is that there's just this stream of thoughts and they're all about me of course. It's like that, isn't it?

Q: 1:04:30 Sure, how could it not be about me?

Jac: Yes of course, yes.

Q: It's all judgment, about security, and all that kind of stuff. It's all about guarding me and you know all that. It's about my opinions you know, and like in some ways it's all feeding me, or what we will call ego, making me feel better in some way or making me feel worse.

Jac: 1:05:04 Yes, and when you feel better and you feel worse, is it recognized that they're just another thought on that stream?

Q: Yes a little bit, you know? You know, sort of a spiritual practice would be like to.... Especially thoughts that make me feel bad, then I would break it down and see that these are thoughts that are making me feel bad and change my mind or something.

Jac: 1:05:57 And then is there a you separate from the thoughts that are making you feel bad?

Q: Well it's me manipulating those thoughts or noticing those thoughts.

Jac: And is that another thought?

Q: Yes, it's just a continuous stream. I have this image of like a dome with a movie being played on it, and it's like I can't see past it. It's like a screen, and that's my thoughts continually, and it's like there's something beyond that but I'll never be able to get to stop that movie you know, just to get into that to let it open up, you know? That's my image of it.

Jac: Yes, it doesn't open up, yes.

Q: I'm ensnared here. Do you know what I mean? It's a prison of continual mind, I guess you could say.

Jac: Yes.

Q: 1:07:08 And then you take us to the next level, but I can't go outside that. That's what I'm talking about. I don't know what you're talking about once you get to, "take another step back," you know? I don't know what that means.

Jac: Okay, there is a blind spot in every technique, so the way it works for you is just a bit different. It's all right it's just a bit different. What I'm interested in is that you've recognized it all as a stream of thoughts, and that it's not clear when you feel bad about a thought. It's not really clear if that's another thought or not. So is there some thoughts that are like not on the stream?

Q: 1:08:12 Well, only when they're past. So I'm looking at the thought that's already passed, so I'm analyzing a thought that I had, but it's still thinking about that thought.

Jac: So that's the stream that's running in that moment. So beneath all of that is there any sensation of calmness?

Q: 1:08:53 I do feel calmer sometimes than other times. Like you know, the technic of following my breath, but how long can I follow my breath? 30 seconds and then it's daydreaming or whatever, right?

Jac: Of course.

Q: But just a little effort in that direction will give me some calm yes. I'm constantly sort of calm in a way, because.... I don't know why. Maybe I'm shut down or something or I don't care about anything. I don't know why. I don't get excited about too much, but....

Jac: Does that work for you?

Q: Yes it kind of works for me, in terms of my identity I guess. Like I say, I have a calm sort of peaceful life and I don't want it to be disturbed in way, you know?

Jac: 1:10:12 If there's a resistance that's coming from that, that you don't want your life to be upset, is it worth it? Is it worth postponing a spiritual breakthrough for a peaceful life?

Q: That's the question. So I have an idea that I'm going to retire in the next couple of years, within two years, and then there's this silly idea that once I retire then I'll focus, you know I'll do something, I'll spend my whole life you know, just looking at non-duality and doing everything I can. But like I say, it's a silly idea because it's just another way of putting it all off.

Jac: Yes, so you're saying your life can fall apart after two years?

Q: 1:11:05 It's more important right now to watch TV than to journal or something or whatever takes, you know?

Jac: Yes, and is it worth that?

Q: Well I'm not hurting, consciously anyway.

Jac: 1:11:27 Why don't you want better, something better?

Q: 1:11:36 How can it be better?

Jac: Well it's different to suffering, you know to just like, "I'm trapped within this dome."

Q: Yes it's a low-grade suffering you could say, rather than a dramatic suffering.

Jac: Indeed, gnawing dis-ease, you know?

Q: Discontent or restlessness, yes all that. Sort of a little bit of depression.

Jac: Yes, and how come that's okay?

Q: 1:12:15 Yeah, well.....

Jac: What are you afraid of?

Q: Well, it's relative you know to.....

Jac: But what are you afraid of?

Q: 1:12:33 That's a good question. Well like I said you know, I'm afraid of disturbing what I have, but that could be the easy answer.

Jac: You've got to dig a bit deeper, because if that's what your fear is then you'll have to face your fear you know, that's what happens on this path. It's the most direct way you know, that the universe throws us about, and it's like whatever you fear the most, you know what, it's going to dangle in front of your nose. You're kind of bartering a bit with your path, and you're winning because it's like saying, "okay you want to wait, okay you can wait." Sure you can wait, but yet you're here. So something is like... The pull is still, "make me holy but not yet."

Q: Yes, I remember telling you when I first met that I'm a hard nut to crack. It's been the same thing, like I say I meditated for 15 years and nothing! What the heck!

Jac: But you don't want something that's going to upset your groove! That's what you're telling me.

Q: But could it be so strong?

Jac: 1:13:57 Of course, personal will!

Q: That it could dominate, that it could win?

Jac: Of course!

Q: I kind of think that God is going to win through somehow, and he is going to find a crack.

Jac: Yes, I will let you sit on that thorn until you have had enough. That might be what he's at.

Q: Yes, but it's not really a thorn though because everything is okay.

Jac: If you're willing to put up with that unease.

Q: 1:14:43 Yeah, so non-duality is just a nice idea then.

Jac: Well, how badly do you want to see the truth, you know? "It would be great if it kind of alters my furniture a little bit but you know, I don't want to change anything I just want to move it around a bit," and that's what it's doing for you. Take a chance! Why not? What do you have to lose?

Q: Okay, let's say I want to take a chance, I'm willing to take a chance, what form would that take?

Jac: 1:15:28 Every morning when you wake up just say, "all right do what you want with me, do what you want you can have it all. You can have it all, the whole lot." It's as simple as that. Let that be your intent 24/7. "You can have it all, so do what you want with me."

Q: Okay, so I have to get to that point right, I have to find that part of me that wants it more than anything else.

Jac: Correct, that wants it more than the potato couch lifestyle.

Q: So you think that praying about it, like getting up in the morning and saying, "okay," and that that will be a start?

Jac: 1:16:16 It will because it will bring up, "oh no, do I mean it? No, I don't really mean it I'm just going to say it because Jac said it." You know you'll discover all this dialogue, like, "wow, okay get a bit deeper than that now, come on." And start working it until you feel like, what's the resistance, what's the resistance, dig there. Dig there to where you are like on your knees saying, "who was I to ever stop you, to think I could negotiate?" God's just playing with you, you know?

Q: 1:16:53 Well sort of I know but I don't see it though. I know God plays, so to speak. Okay, yes I can see that would bring some stuff up.

Jac: Yes, it might unplug. We'll see what you're trading. You do have a good bit of work done so it hasn't amounted to nothing at all.

Q: I feel like I was born with it though.

Jac: Born with the resistance?

Q: With this, whatever I am, wherever I'm at. I've had such a charmed life, I haven't worked for it.

Jac: Yes, maybe life can be different now.

Q: That's what I'm afraid of.

Jac: Yes, see? Yes

#04 / 1:18:20

Q: I was so much entangled in my daughter's life, and you kept telling me that it was not my responsibility just let her live her life. So more and more I was just like reminding myself every time I see myself contracting, and I want to do something for her, I see that I'm forcing her to live my way. 1:18:40 I'm just not allowing her total [indiscernible word].

Jac: Fantastic that you see it.

Q: So I just keep telling myself to let go. It's hard because I'm a control freak too, but I see it more and more that I really control everybody, and that's my way of protecting myself. So I started letting that go, and I see my own fears and I'm like, "it's just so hard to do it all," and so I said, "let him manage because anyway he is doing this all," God or whatever we call it. So okay

I'll just take care of it. So sometimes I feel my first urge is like a contraction that I want to do something, and then I'm like, "wait a second just drop it." So this is the state right now, you know I see that my marriage is kind of falling apart, and I don't do anything about this. My mind from time to time sometimes says, "come on you need to do something. Like what is this," and I'm like, "well I'm just going to be over here and see where it's all going to end up." So is that the right approach?

Jac: 1:20:05 Yeah funny isn't it? Yes that's a good question. The same approach doesn't work for everything. As I know I've said a few times over the weekend, there is a blind spot in everything. So yes you can say, "okay just drop it, just drop it," and that's fine for dropping attachments to something, dropping a contracting thought about a desire to control, a desire or something, but practically in life if you have a marriage, do you want it to work or do you not? It's like you have a car, do you want it to work or do you not? "Well I won't bother servicing it ever and we'll see what happens." It's going to break down.

Q: I don't want my marriage to work.

Jac: Ahh, then that's what's going on. Do you want to get out?

Q: 1:21:10 We're two different people. I'm trying to find out, and he's too much into all these concepts and we're constantly clashing on everything, because I'm trying to see the truth of it, and kind of like live more consciously day-to-day with the things I'm doing and people, and he has just ideas that this is the way it's supposed to be. It's just choking me, because he's putting me down like, "you're wrong," and I'm saying, "no it's just your way and my way, but it doesn't mean wrong it's just different."

Jac: Can you have a relationship with this man without it being about spiritual stuff?

Because our spiritual paths don't need to be part of what your marriage is about. There's lots of ways to have a marriage.

Q: 1:22:12 And what is marriage about?

Jac: Companionship, sharing space with somebody.

Q: 1:22:19 Well right now we're kind of sharing space to pay one mortgage instead of two, but then it's just separate lives, totally. I have a different idea about how family has to be. I don't see the point. His idea is that you have to live for the sake of showing the people that we have a family, so we're like everybody else, and not...., and I'm like, "that makes no sense to live for the peoples opinions." You know, if you don't have any connection on any level, like you know what, what is this?

Jac: 1:23:09 Can you learn more spiritually by staying in your marriage or by leaving it?

Q: It's 20 years already that I've stayed just for the sake of not stressing out the children and making their lives difficult, because I said it was my mistake and it was an unconscious mistake, because you never know. You think that you're doing the right thing and then you're realizing that we are not growing together we're growing apart. But that's my will that I made myself stay so the children wouldn't have stress, and that was another mistake because actually life is so long! And every day, every day, to live and go through everything is just such a suffer! So I couldn't keep it well, we were fighting, the kids were affected and I'm like, "this totally makes no sense what I'm doing, so it's better to be friends." I told him, "I want to be friends with you, but can we live apart?"

Jac: You have said this?

Q: 1:24:26 Oh many times.

Jac: And what does he say?

Q: 1:24:30 Well at first it was for the sake of the kids that we have to stay, and now I don't know, it's fear holding him. Like where am I going now because I'm 50, what am I going to do with my life it makes no sense, so I don't know what's holding him, but I see that he's very angry. He just like hates me and everything, and the situation. But for those 20 years I was trying to make sense of, what am I doing, why am I doing this, what is this all about, is it about ideas, we live for ideas or do we live for our own, are we learning here? Like what is this all about? So it was like a search and I stayed, and that brought me to this spirituality, because I realized this is the only thing that makes sense.

Jac: Yes, yes.

Q: 1:25:24 I've learned a lot from this, because I had to drop so much of my ego.

Jac: Yes, is there more you can learn from the marriage?

Q: 1:25:45 Well what? Like it has to be.... No, I think the environment is so negative that it pulls me more and more into ego instead of out of ego, because every time we start fighting I see that my ego stands up because I don't want to.

Jac: But isn't that the perfect place to put yourself? Isn't that the perfect scenario?

Q: 1:26:12 Yes I was thinking about that. So I'm kind of, okay not to fight I'm going to just see that he is very upset and I know why he's upset, why he's doing this, and I don't react. I forgive him, like say, "okay you know what, your life is miserable just because of you not because of me, because I'm at peace now so you can yell and you can put me down verbally and I don't care." I don't care, I don't mind, it doesn't bother me because I see it's his suffering, but from time to time you know, sometimes there's still a hook and then a few minutes later I'm like, "why am I battling here, what am I trying to prove here?" My ego wants to prove something but it's useless. So do you think I still have to stay? Do I still have something to learn? Or, how to allow something so that I can laugh?

Jac: 1:27:12 I can't give you permission to leave or stay, that's not the gig here, okay? It's your choice it's your life, but if we were in a situation, be it a marriage or a work relation or anything, if you're using it to spiritually learn, which is what you're doing now, what's really useful is to stay there until you have nothing more to learn, and you'll only know that when it's actually destructive for you to stay there.

Q: Well it is destructive, that's how I feel.

Jac: You feel that it's destructive for you?

Q: Yes.

Jac: In what way, because I don't get that sense from you.

Q: 1:28:09 I'm kind of in another relationship. I don't know what you're feeling.

Jac: Because you're already in another relationship, yes I know you are.

Q: I realize that that's destructive for me, because it's pulling my ego out constantly.

Jac: No that's not destructive that spiritual growth.

Q: 1:28:32 Yeah, so I realize that actually I need a nurturing environment to grow rather than constantly challenging my ego. I see it clearly that every time he says something personal like, "you're stupid" you know, and in some situations I'm like, "I don't care." In some situations I'm fighting against that, and then a few minutes later I'm like, "what am I trying to prove?" I see clearly that he does it on purpose just to start a fight because he suffering, he's unhappy, and he wants me to suffer as well. So that's it, and I feel sorry and I want him to go and be happy

and find someone and just enjoy whatever is left. So I don't even have anger or hatred. I am like, "for goodness sake just enjoy this life." What is the purpose of staying in this?

Jac: 1:29:49 Is there a guilt there because you're in the other relationship when you want to walk away from this one?

Q: 1:29:54 No, [indiscernible 2 words]

Jac: I wonder what's really going on here? There's something else going on. What are you really asking me? Be really, really honest now with yourself.

Q: 1:30:06 I'm not asking about relationship I'm just dropping all these ideas and everything, and just letting life take care of itself. I'm trying to slow down this doer who wants to constantly do something and improve, and I'm getting more like, "okay the house gets sold and see what's next." I'm not trying to move that in any direction.

Jac: 1:30:41 If you weren't in a new relationship do you think you would be like this now?

Q: I kind of started in that way because I realized that it's not going to work, so I just have to leave. My kids are growing up and I have to let them live their life and make their mistakes and learn from them, and, "just be careful I love you so much, be careful but enjoy and live and try." I try not to put a lot of ideas in their heads, because I don't even know which ideas are right; in one situations there right and in others they're wrong.

Jac: Of course it's only right for you.

Q: 1:31:31 And I don't want to lock them on that, like this is the only way. So I'm like stay aware and see what's working in the situation, what would be the best for you, and then if it's not then change it. Don't get locked on anything. I'm kind of myself living the same what I'm teaching them. Is this okay or am I just being passive?

Jac: 1:32:00 I keep feeling that you're asking me something else. I just keep feeling that your question is loaded, because you know that being okay with whatever happens, you know there's an acceptance and a fluidity with life, but we can use that in a scenario to actually stop the destruction of the ego. We can use the same idea to do exactly the opposite.

Q: Yes, yes, yes, I exactly know what you're saying, to protect the ego in an active way or a passive way, both are to protect the ego.

Jac: Yes both can protect the ego in their own way.

Q: So I'm kind of like watching that.

Jac: 1:32:51 Yes you're watching that, and it's like you're testing out, kind of looking for permission to kind of be passive there, because you know the relationship will fall down, but your desire is that you can leave the relationship. There's a desire behind this, and that's why it doesn't feel good, because there's a desire underpinning the letting it go. So you're using a spiritual principle in order to satisfy the desire, and that's why it's sticky. Do you see?

Q: 1:33:28 But I look in my heart and I don't feel that that desire is..... Even if it's a desire, because I see it just makes no sense, it's still wrong.

Jac: What's still wrong? Your reasoning is coming from desire, your reasoning, because in that marriage there's loads to learn, there's loads to learn, and if your core purpose, if your core desire is the desire for truth, then you can still learn more. For sure you can learn more, until absolutely no matter what he says it's always met with love, that you can unconditionally love. I mean, that's something to go for. But actually you're using a spiritual principle to let yourself off the hook, you know? And it's like mmmm.....

Q: 1:34:31 I know I'm at that point that everything he says I meet with unconditional love, that's for sure. So do I really have to go to that point?

Jac: Well, you can use it for growth because it's a perfect opportunity. I don't get that it's destructive for you at all, I don't, and there is a desire coming in that wants you to like, "oh let's just have an easier life," and I completely get that of course, but it's like you can do really good spiritual work if you stay for another bit. You know, you can really do some more spiritual work, or you can satisfy the desire and then will have to look at desires and see what you missed learning there. It's up to you.

Q: Well I was using it as a learning.

Jac: 1:35:14 Yes you were, but now the desire is taking over and you see, "ahh I can get out and have a nicer life." And you can, of course you can, but there's just an opportunity still to be exposed.

Q: Yes I do have a desire to get out of there. It's just that I've had so much of this that I don't even want to learn anymore.

Jac: Okay, "I don't even want to learn anymore."

Q: 1:35:51 All of this learning it's.....

Audience: The truth came out.

Jac: Yes the truth came out.

Q: There's no joy in there, nothing. It's just like, "come on I'm 20 years with nothing," you know?

Jac: Yes, except it started your spiritual path.

Q: Learning, learning, learning, that gives you some kind of satisfaction, but at least I opened up so much.

Jac: You can walk away from that phase, but it's not over, that phase of learning.

Q: I guess somewhere I have, "okay I'm going to learn that but in a different situation." You know, it's just like you want to have a little bit of fun.

Jac: 1:36:38 You can have fun.

Q: And stay?

Jac: Of course! You're not at the point of where you're done, which is like, "I can't do it any more!" You're not at that point, something hasn't matured you know, and it's been a fantastic area for spiritual growth for you, and it's like, why would you walk away if you.....

Q: Oh yes, because I was against the wall with everything.

Jac: 1:37:08 Sure, so I mean if you're really after the truth why would you walk away from this fantastic place of growth? Why? Okay maybe you just want to pause on your spiritual path and you need to have a good time, and you want to just walk away from it, okay, but like (sound affect 1:37:23).

Q: I don't want to pause on that, but....

Jac: 1:37:26 That's what you're telling me. You want to respond to the desire and walk away from the place of serious growth.

Q: That growing was so painful, just growing in pain.

Jac: It is, growing pains yes.

Q: Pain and pain and pain and pain. Just a little bit of some good from this, because you know I'm just like, this 20 years was just pure suffering!

Jac: 1:37:59 Okay, but that's a story, you know? It's just memory in order to justify and give yourself a feel-good factor so you can leave. I'm not buying that, you know? So we respond to desire and we go away from the..... that's your choice. Or, if you stick with it for a while longer until like, "it's dry I've nothing new to learn, it's just more of the same." "I understand the whole lot and I have nothing new to learn there, and I'm going to rot if I stay there," you know?

Q: The only area for me to probably learn is how to love someone you just don't love. That's the only piece that's left.

Jac: Yes, then isn't that worth cracking?

Q: Shoot! God!

Jac: And you can still have fun you know, I mean continue with your relationship have fun.

Q: 1:38:57 I'm a little bit.... you know what, but it's really, really hard, gosh.

Jac: It's such a gift you know to be able to learn intensely. Continue, when you've come so far in the last couple of years it's like (sound affect 1:39:15), you know? Just a bit longer you know.

Q: Yes, to see into reality why I can accept something and love something.

Jac: Yes.

Q: I see it's a lot of concepts in my head that's holding me from that. It's so much easier to love when everything is lovable.

Jac: Yes of course, because your ego doesn't get scratched.

Q: 1:39:38 Yes, here I have to.....

Jac: Yes, another little bit of learning.

Q: And then you know what, it really makes..... after that, if I pass that, then you can just really love it doesn't matter what. If it's no concept you love everything, anybody, anything.

Jac: Yes, and you'll see that this personality clashes with that personality and we move away from it, but there is total love for what is behind it. It's total love because it is what I am. This you can learn there.

Q: Well I kind of taste that right now. When you said that, I feel it, that I can love. It's just like a few concepts that I don't want to be there, but they are in here so I have to take them out of here.

Jac: Yes take out those desires that it should be a different way. A little bit of the controller is still in there. Yes there is another bit to learn. You will know when you are done, you'll know! It's kind of like you wake up one morning and it's like, "it's done, it's done."

Q: 1:40:58 It's done because you know what, you don't want anymore to go anywhere because it doesn't matter where you are everything is perfect, and it doesn't matter who you are with, and.....

Jac: 1:41:07 Okay, but that's a little bit further down the line. That's a bit of a high jump from where you're at now because there's still desires, there's other things playing.

Q: I see this, how those concepts if you're dissolving them, then nothing is unlovable, even the worst thing in the world you still love.

Jac: That's right, there is love running through everything, there is.

Q: 1:41:42 I don't [indiscernible2-3 words] I feel it, and it's not me it's my mind that wants to hold that concept because it gives them life. If I take this concept then that ego, that mind, just falls completely because there's nothing else to really hold these little hooks. All these negative hooks are holding the ego in place, and if you just unhook them all it's a pure love.

Jac: Yes, it's pure love underneath.

Q: 1:42:17 But then no ego and then no me.

Jac: There just concepts too. Let's see what happens.

Q: It's hard for the ego.

Jac: It's hard for the ego? Yes

Q: Right now I feel both, I feel how the ego feels and I feel the freedom.

Jac: Yes, it's up to you, or so it appears.

Q: 1:43:02 I want to escape.

Jac: Yes you want to run, of course, but I'd prefer to put your nose into it.

Q: Thank you.

#05 / 1:44:04

Q: I'm okay, but there is something running through.

Jac: That's all right.

Q: 1:44:55 There's a couple things. I really want to let go of my resentment. I really feel like I keep grudges, hold grudges, and so I was looking at that, and I just feel, you know rejected, and then I feel like I take it personally, and I feel hurt, and so just feeling that hurt, you know? And my kids came up again, and I just don't let it go. I do so want to let it go. I want to be happy and I just feel like I'm..... So I don't know, just to feel that.... It's just that I've missed them. I miss not having a family. I really feel like my family has been really destroyed. My three kids and I spent Christmas day together, but I mean we have no time together. You know, maybe a day and a half at my sisters summerhouse. I'm sort of confused because I'm going to see my one daughter in Baltimore and one in DC, and when I see them I spend one day with one and one day with the other, and my ex goes down and he spends two days with both of them, so for me I haven't felt like I've had a lot of time. I want to focus on one child I think, and develop my relationship with each child instead of together, because they bump heads. But again, I don't have the sense of family and I just miss that. I don't get along with my sister and my mother. I just don't, they irritate me, they just rub me the wrong way. And I just miss it, you know? And then I feel like I isolate myself. You had suggested that I make friends in Maui, but I didn't do it. I met a few people and I got phone numbers, but I didn't really hang out with them. One or two people I guess I did once or twice, but I noticed how I didn't do it.

Jac: Yes.

Q: 1:48:43 You know I went to so many AA meetings and I asked people for numbers and said, "can we get together?" They were busy or call me next week, and I never followed up, but then one day I e-mailed at least eight people who were in a non-duality meet-up group, and not one person responded to me, but I did feel good about making that gesture. I don't know, I'm really excited because I told Eva tonight I want to dance at her house in the living room, because she's a great dancer, and so that feels really good, that feels like fun. So I don't know, I just feel like I'm trying to sort things out I guess.

Jac: 1:49:54 Yes, you're trying to organize it. Yes it's like you're saying that you are kind of creating isolation for yourself. You're actually making isolation your experience you know, by your behavior.

Q: 1:50:11 Oh yes, and I really appreciate Peter coming up, because I think I'm protecting myself because I have expectations. You know, I have these expectations that I want friends who I relate to, and I've told you that I met a friend in New Jersey from high school and that we

really connected, more so today than we did in high school, but it was so wonderful, and I'm really looking forward to seeing her again. I have these expectations that there will be a comradery, and maybe it's.... Somehow I seem to notice the differences more than the similarities or I just have a really high bar of what I want in a friend.

Jac: 1:51:06 It's like finding your mate for life you know, or for a substantial number of years you've got to kiss a lot of toads you know, before your prince comes. It's like that when you're establishing yourself in a new place. You've got to make inroads and, "I went for 4 lunches with this person and then I discovered, oh my God how did I think there could be a friendship with this person?" And that's normal.

Q: 1:51:34 Yes, I guess the question is like, there was one woman I met and I just didn't follow up. I didn't call her and I really liked her, and I just didn't follow up.

Jac: Yes that's your old groove of like not stepping out of the pattern of isolation, because you know how to do isolation, and you know how to do that kind of loneliness. So what do you do, you re-create it because you know how to do it. It's comfortable even though it's painful, it's familiar. It's like, "okay step out of my norm here, step out of my norm," and you know, you've just got to push through. It's a discipline really. It feels like a discipline you know, so just do it. Don't think about it, don't analyze it just do it, and make a step here.

Q: 1:52:23 Yes, and there's another woman in Jersey who wants to connect with me that I met and it was [indiscernible word]

Jac: It takes effort, especially later on in life because we don't have the.... Our ways are more, and our hobbies and what we're into, we know so we're not really willing to try new things with new people, because we've kind of done those things and we know what we like so it's more difficult to find people who are into what you're in to. So it's more difficult and it requires more effort, but it's totally worth it. And people who move country, move house or move state, when they've got kids with them the kids allow them to meet other parents, so there's that, but when you're older or you don't have kids it's like you've got to start from nothing in common and figure out, you know?

Q: 1:53:23 You know like dancing, I do dancing, but I want more than just dancing you know, so there's this issue.

Jac: Yes, do you know what it feels like this shift is, it's like, you know you spend years going in and in and in, because the spiritual path requires that, and then it's like gosh you're expanding. Remember, there was a session and we were saying it was about expanding, and it's like this is the next upgrade of that, it's like be proactive. It's like you've been so long responding to what the universe has been giving you that it's like you've new tools to pick up Connie, you know it's like being proactive. The universe is requiring you to do that for the old habits to break. That's the key to shift into finding a lifestyle and a network that supports you, that balances the personality. And we need to kind of set that up to have an environment that supports us so that we can forget about it, but it takes work to set it up, and it's really worth it because then were in balance, you know? The body's in balance and the mind stays healthy, and it's like, "okay that's sorted, so okay now I can go in again," you know? But being proactive, it's like you've got to pick up new tools now, and you feel cumbersome with them but you'll get it. It's like it's the next layer of expanding. You've got to be proactive to make it happen for yourself.

Q: 1:55:09 The other question is about being with my mother. You know you talked about this with this last woman. Like I'm sure there's stuff for me to learn living with her because she

triggers me and I get irritated, but then I think, "just go get a one-month apartment or something." I'm going to be in New Jersey at least until September, so a couple months. and you know I'm going to all of your stuff, so I'm leaving but you know.... So I'm going to be there substantially in June. You know I was really trying to run away, like I had plans to be in Maui and Kauai, 1:55:59 but I've canceled them [indiscernible word] with the house situation.

Jac: So you'll be with her by day?

Q: 1:55:07 Yes I'll be sleeping there until I'm gone. I've been gone a lot.

Jac: Yes, you're gone a good bit. It will work if you find support for yourself to balance it out. So if you connect with this other woman, for example. in New Jersey or you go to things. You know, go to the theater, go to a dance workshop, go to things, and it will work then, because you need to have something to get out of the house. If it's not working, if you fall into a hole while you're there, just rent a place for a couple of weeks. Get out, stay in a Super 8 or something, it doesn't matter what it is just get out, because.....

Q: 1:56:48 I really feel like she's negative, but I'm sure there's things for me to learn.

Jac: Of course there's things for you to learn, but you've got to be able.... With our immediate family, especially a parent because it's the hottest, so what you've got to do is be able to step out from that furnace so that you've got objectivity, and know that you're okay.

Q: I did feel like by the end of Maui that we were getting along better. I was softer.

Jac: Yes, very good.

Q: Things were easier.

Jac: But when two people are away in a place that has to do with relaxing, it changes, it's easier. Whereas if you're in her nest there is a dynamic shift. It will require you to be proactive again, it's like in the evening time I've got my own scene going you know, and you get out, balance yourself, feel sorted again, and then come back in and have your own autonomy. It will work if you do that. So it's great because it will make you be proactive. It's like it's coming at you from everywhere to kind of, you know take command of stuff so that you can step out of the old groove, the old comfortable place of suffering. That's a good shift that's happening.

Q: 1:58:21 And the other thing I just wanted to bring up is my sister. She just triggers me, she sees black and I see white, but I know I love her so that's good. I feel like it's just being honest I guess. I'm really afraid to be honest with her; I feel intimidated.

Jac: If you guys are honest with each other, will it deepen the relationship or will it be destructive?

Q: I guess I'm afraid it will be destructive.

Jac: 1:59:13 Yes, you might feel your way into that one. You're afraid it would be destructive but would it be destructive? If you don't know then it might be a good learning shot. You can be honest without being exposed. I wouldn't overexpose yourself.

Q: What does that mean?

Jac: Do you know how you can be honest with somebody, and you know that you're like wide open, you put your guts on the table, that kind of exposure. Totally vulnerable, and with siblings if there's been a heated relationship the whole way along, it's quite likely that once one is open the other one will see it as an opportunity to stab you. If there is unresolved siblings stuff this can be the pattern. So you can be honest but actually you're holding yourself together. Just being honest but not laying it all on the table. Don't overexpose yourself because there's a history there, and a knife could easily come from someplace where you did

screw her over, it could easily come in her perception. So it's just a little bit of wisdom. So be honest but don't bare it all. We need that to be held or otherwise we get very damaged, you see? So it's like just hold it but be honest. Don't overexpose, that's always wise with siblings, so that you can gently, gently together develop your honesty, and if it's being met okay you can go to the next level, you see? But if she doesn't have a lot of work done of course she won't be able to take it, and it will be unsafe for her to be honest with you, to expose herself, so you need to have that out.

Q: 2:01:19 I guess I just want to say you know, that I really feel alone. You know I don't feel supported by my sister or my mother, and I wish I did. I just feel alone and that's okay but I just need to say that. I don't feel like I can count.... There are different levels of coarse, you know so maybe physically, but emotionally you know I just feel attacked by them, and they don't understand me and they make me wrong for that, and it's just lonely.

Jac: 2:02:14 Support can come from other places, that's the gap. You just happen to be related to them by blood, you know? It's like you can't choose your family, so that's why there's such an opportunity to learn from them, you know?

Q: And they say you do choose your family.

Jac: Yes, but it depends from where you look at it, yes. You've got to develop some support systems, your own network of friends that you can address that part of you.

Q: I just feel like I have too high of expectations.

Jac: I don't think so. I don't think so, I think you just haven't applied yourself and been proactive about it. Yes, it feels like that.

The End