

Man playing flute fades to scene with participant approaching and sitting across from Jac.

Phillip: Good Morning.

Jac: Good Morning.

Phillip: It definitely feels like a Sunday morning to me. It feels like this is church. Um, I just felt like reporting, a little bit.. When my alarm went off today, I just decided to meditate right away. I didn't really decide it was going to happen.

Jac: Yes.

Phillip: I think I felt kinda this thing I've been seeing you do for the last couple of days; um, where it felt like, if anything, it went into my belly and it just seemed like the breath was the predominate experience. And, uh, it just kinda felt like being at the bottom of the ocean. Having sort of buoyancy, or? Silence? But it was, uh, deafening? I don't know...it was profound, or something? Uh, but it was very easy to be there. And just the mind, just felt very quiet. But usually there's all this stuff that I'm doing in my meditation to try to keep quiet. Um. But it seemed very easy to just be in the belly, and just be with the breathing.

So then I got up and just started doing a little Tai Chi in my room. And the body just felt so open, and it just felt really nice. Um. It felt like I was breathing from my feet. Uh, and I was just doing some circular movement. So, uh, then walking to the bus and I had this thought, there's no personal "I" - which is what you had said. There's just life flowing through this form - and all forms, I was sorta watching cars drive by. And having that thought seemed to create like an opening. Um. And then I was kinda laughing, because there's still an "I" watching. But it's definitely like this openness. And then I kinda - I had a long street to walk to the bus, I mean, literally, like maybe a mile. And I just was focused down the street, I wasn't really watching anything. And I was just like - and I thought -people driving by... and I didn't... I kinda thought, "What did I look like? This kinda zombie ... sort of?" It felt nice. It felt very open.

I don't know. I think .. I still think about creativity, you know? I can't own creativity. But creativity comes through or doesn't. Um. And that sorta happens without me anyways.

Jac: Yes.

Phillip: But...so, um, I'm just feeling that relationship to, "What does life become?" If you continue on this path, you know, what does that nothingness feel like? If it can even be experienced. Um. I even felt my Mom in my mind, kinda going like; "Dear, don't let go too much."

Thoughts Don't Belong to Anybody

(laughter)

Phillip: You know, like that personal "I". You know? It was like, "It's ok, Mom."

(laughter)

Phillip: It's kinda funny to watch ... I can see my family, "We're gonna lose Phillip!" I actually did live in a ashram with a Guru in California. And there was that fear – no one really spoke it – but I could feel it when I visited my family. They're sorta like: "How are you? How's the ashram? Are we gonna lose you?" And when I left the ashram they were so happy.

(laughter)

Phillip: So, um, so I'm Phillip again, you know. And then, uh, what you said yesterday to somebody about you work on yourself and sorta got yourself to how you like it. And then someone's asking you to let go of that self that you just, um, created, or something. So there's a sense of, like, I survived the ashram and – and - and whatever else I've been through and, you know... and I'm feeling pretty peaceful and enjoying the life. And yet there's definitely is, uh, a yearning for more. Um. So this is just ramblings but, um, I just wanted to share it, so...

But a lot of gratitude. A lot of gratitude. Um, it's amazing. You know, um, that I've been reading Nisargadatta for ten years, and what you said about awareness, like it just never clicked. That if awareness is aware of something then that's duality. And it's just...so... and the personal "I", there's no personal "I". Oh, they really meant – no personal "I"!

Jac: Yeah, it's literally there's no personal "I".

Phillip: Yeah. That's amazing.

Jac: So who's this "I" who is walking down the street? Or like, who's this "I" who has a Mom who wants...who doesn't want to lose you? Who...who's he?

Phillip: Well, it's got to be the ego, the false self. Uh.

Jac: Could they have just been thoughts running through that are not Phillip's?

(laughter)

Phillip: Yeah.

Jac: That "yeah" came very quick. I'm going to try it again.

Thoughts Don't Belong to Anybody

(laughter)

Phillip: Well, because you said, "Not Phillip" – so, uh, that kinda confused me. Because I thought...well? I wouldn't even say they were Phillip's then. They're just thoughts.

Jac: Yeah. Yeah. Yes, maybe they're just thoughts. Maybe they are?

Phillip: Uh huh.

Jac: Maybe there's another layer of thought which says, "they must belong to somebody." Because we think that this glass (picks up drinking glass) belongs to somebody. But?

Phillip: Un huh. Yeah.

Jac: There's a given that everything belongs to somebody. Let's pull that one away.

(laughter)

Jac: Let's say that thoughts don't belong to anybody.

Phillip: (sigh) That just feels really great. Like it, it really does amaze me. It just feels like, wow, like no ownership. Like, it's just...

Jac: No, there is no ownership.

Phillip: No.

Jac: There's no ownership. That's the personal "I". If there's no personal "I", the ownership gets blown-up with it. And, you know, there's a halfway house of saying, well there's no... you know, is there an impersonal "I"? No! Throw the whole lot out. Like- Whew! One clean sweep. There's no ownership. So if there's no ownership, there's no 'my-thoughts.' There's no 'me-story.' Nothing is mine.

Phillip: Just life.

Jac: Just life.

Phillip: Appearances.

Jac: A... it's all appearing, it's just appearing.

Phillip: Flickering on the screen.

Jac: Sometimes appears as the movie, and sometimes, within the appearance, seems real. But, you know, that's kind of like a subtitle, you know - "This appearance can appear real." Do you know? It even has the quality of appearing real! Of course it does, because so many people believe it. Totally believe that this is reality and that's it. There's nothing beyond this. Of course. So even within the appearance, it has the appearance of being real; which makes it real – subjectively. Okay –so take out all the ownership layer.

Maybe walking down the street in that form has happened this morning.

Phillip: Maybe not.

Jac: Maybe not. Most of it could have been is appearance. We have no way of knowing if it happened anyway, except you trust memory now. And whose memory is that?

Phillip: It's my mind's.

Jac: No, there's no mind. That's a thought. That's totally a thought, the mind bit. So what's left?

Phillip: Breath.

Jac: Does that belong to somebody?

Phillip: It belongs to the body.

Jac: Ok. And whose is the body?

Phillip: Nobody's. I'd say God's, but that seems like a concept.

Jac: Yeah, that's ownership again. God doesn't own anything. There's only God. There's only God. And that's an appearance.

Phillip: I hear the question, "What's next?" So is it just a sitting in this thing? Just a... just...it feels like a melting, just... it will continue to sort of... the "I" will just continue to melt away until one day it won't be there at all.

Jac: What's next for whom?

Phillip: For me!

(laughter)

Jac: And who's that?

Phillip: "Phillip."

Jac: OK. So he's back on track again? Even that is too much. Sneaky isn't it? Yeah. It will just do, do, do, do.

Phillip: Well it's so immediate.

Jac: Yes. Yes. Yes.

Phillip: There's literally nothing to do because doing would be done by some awareness...

Jac: Yes. Yes. Doing is done through default.

Phillip: ...with some sort of goal in mind...

Jac: Yes. Yeah. Doing...

Phillip: ... if I do...

Jac: Yes, but doing happens. As you know, creativity – you know something just has it's own momentum and moves through that form which is called Phillip. All of life is like that. Except the "me" idea gets tagged on as if we're doing something.

Phillip: After the fact.

Jac: Oh yeah, there's usually a delay, there's usually a delay.

Phillip: "I, I did that."

Jac: "I did that." Yeah, there's usually a delay. But we miss it. you know. We imagine that we decided to lift our left arm, you know, but, but we haven't actually, you know. It's just the thought grabbed on, but attention is so much in the thoughts that we missed the fact that this happened and then the thought came after. The thoughts are just catching up... they're just catching up.

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