

Unedited First Draft Transcription - Stop Considering the Consequences - 2017 October 28 (PM)
Carlsbad Retreat, California
Questions #25 through #43

Okay just before we kick off – don't move your body, I really don't want you to move your body – see if your body is comfortable or if there is a contraction. If you need to change your position then change your position. So sink your awareness deeper than thought, deeper than emotional content; melt, dissolve into nothing in particular just let there be a disappearance. Don't be concerned with what happens. Just dissolve like an ice cube in the sun, it turns into water and the water disappears too, dissolve. There is nothing your mind can do to get you there, it's just about melting, dissolving, dropping the story of the mind, even dropping the seeking. Show the hand if you're completely stuck in your stories; all right most of you are out of it. So for those of you stuck in story imagine that inside your pelvic bone there is a bowl of water filled to the top, filled to the rim and it's resting between your hips – either feel it or see it. Some are visualizers and some are sensory, but it's totally still, there is no movement at all, and any movement is going to topple it over because the skin of the water is slightly higher than the edges of the bowl. Just watch that stillness with no movement at all, the fine balance of it being full to the brim and not moving. Just watch it or feel it whichever one makes more sense to you. Just watch it; stay there. Don't fall asleep. Don't fall asleep. It's fine that your mind has nothing to do. It's good that your mind can get used to having nothing to do but yet not being asleep. Is your awareness still there or have you gone off into story land? Stay there. When you're ready let your attention be, however far you got; bowl of Stillwater or dissolving totally or melting or maybe the love place or tenderness or the nothingness, emptiness, whatever, these are just labels for how pure consciousness reflects in our mind, so let the access to there continue, and when you're ready open your eyes. Let the access continue even though the stimulation comes in through your eyes; soft and open, just no story. Just no story until your mind says, "it's not good enough" or "it's boring" or "what about...," and as soon as it starts entertaining that everything shifts, everything shifts, and then you start playing your subjective reality. Stay in the wider view. There will always be drama. Drama will always be there, but how big you make it, hmmm, that's where the option lies, and you become completely back into, "they're minds dialogue." Yes, well done!

8:25 **indiscernible name**, do you want to come up? (laughter) Where's the story gone, that was only 10 minutes ago.

#25 / 8:38

Q: There's a question about the existential fear and it being part of consciousness, the wider...

Audience: whispered

Q: Yes. I certainly know what being afraid of..., fear of..., and I've had a couple of experiences of fear itself. And you had said... Well, my experience was that fear itself dissipated faster than fear of. So I'm a little confused about that.

Jac: 9:50 So in the spectrum of pure consciousness to attachment, to the me-myself-I story, fear of is me-myself it's in the dualistic realm, right? If your investment is in that reality being the authentic one, yes it's going to be stickier. If you see it's a movie, and you're looking from someplace outside of the dualistic realm, it's going to have no potency. It's only about potency if you give it to it, if you're attached to it, if there's something to be gained and lost by engaging in fear of. So you're saying that that's the stickier one, fear of. Yes, so that there's a threat there somewhere. The me-myself-I, that self referential network believes that it's helping you in some way, because its usefulness is still being believed in.

Q: 10:59 So the existential fear, I don't mean the fear of death when I say fear of, but just the sense of fear. I've had that in the middle of the night, there's just this overcoming all invasive feeling of fright, of fear, but not of anything.

Jac: Okay, and that dissipates more quickly? What do you do to dissipate that one?

Q: 11:32 Yes this is it probably. I say I have a sense that I have to make it fear of something.

Jac: Aaah!

Q: So then I choose death and then it disappears totally.

Jac: Okay, so you bring it into the dualistic to give it a story, to attach to something?

Q: I attach it to something because I thought that that must be what it is. In other words I didn't go through that fear, I made it into a fear of death.

Jac: Yes, yes. Yes you brought it deeper into the story.

Q: So the next time – if it ever happens again – don't do that.

Jac: Don't do that, stay with fear itself you know, and, and...

Q: See I thought the fear of death was the fear of... that that was the ultimate, the mother of all fear.

Jac: Sure, well, it's more that it's universal because we have this self-preservation thing going on, it's part of being alive. We have to preserve ourselves otherwise we wouldn't be alive; we wouldn't cry when we were hungry as kids, I mean it's just innate to being human. Everything, everything actually, a tree would do it, everything will seek to be alive, it's just a natural part of life insuring itself. So the fear of death, sure it's there but it's of something. So fear itself, before it becomes fear of something, is what I'm after. It's before it becomes something. Calling that existential fear, it really is the realm of where fear exists. So it has kind of got a double twist, it depends on how you look at it. So there's the fear of existing or not existing, okay so that's the death bit, and then there is, does fear exist or not exist and its own perpetuation to stay alive. That's really existential fear, you know? It's where the existence of fear is being explored, how real is it, what is it in its essence? But if we put it into the dualistic realm of course we're not exploring that level of it. And to really be done with fear you have to look at fear itself. The essence of fear itself has no story attached. When that is transcended, when you see through that and totally get what it's about, then somehow fear of stuff in the world, most of it – there's always exceptions to these things – goes into its proper place,

you know? If there are like whatever, footsteps walking quickly behind you on a dark night, it's like, "whoa!" So now, okay, okay, that's a useful fear so it kind of slots into where it needs to be there to protect you in a realistic scenario, but most of the conditioning around fear burns out. But you've got to get at fear itself in order to do that.

Q: 14:40 So would that apply also then to beauty, truth, love?

Jac: Yes. They show themselves to us, the essence of what they are shows themselves to us, and where you see really what they are like a continuum that just has space and time and it's turning into some form, but it's beauty before it can attach to a form, it's beauty itself. So it's kind of formless, it's a concept only and it doesn't have form, and it's so exquisite it has to attach to something so that we can label it. But when you're going back in this way and you're discovering the building blocks of the story making mechanism, of how this whole perception comes together as a common, you know common movie that we pretty much agree on, as we're peeling back from that you get to see, "gosh, there's beauty and there's the sunset, I can tie them together or not," you get to see that. You know, you get to see that beauty is just an overlay on certain things, depending on what I've been trained to see as beautiful really, but beauty itself is quite independent of the form we just stick it on. It's the same as love, it's like, you know love is present when I'm with the one I love or doing something I love, and it's like actually no, you just attach that to certain things that make you feel probably in harmony with yourself or whatever, and you know, you attribute love and a beloved and you create the whole story, but actually love is quite independent to whatever you stick it to; there's love itself, you see? So there's beauty itself, there is truth itself, and then we say this is true or that's true; we tie them together. They can be tied together, and there is a zone of where only the essence in and of itself exists, and even that must be seen through, even that dissolves, you know? But great understanding comes from the place of absolutes; absolute love, absolute truths, absolute beauty, before it's attached to form. You know it's just... Like when I was you know...

17:11 My own path, like kind of early wacky things going on, and good and evil was something I had to figure out. I really had to figure it out, and I couldn't just say, "yes good wins, love wins," and I was like, "I'm not so sure. I'm going to figure that out for myself because I'm really not so sure." So as time went on of course I did have the battle, literally a battle, literally, between good and evil, and I wasn't sure what way it would come out but it did come out that, "oh my God! Oh my God that whole evil is...," really it's the flip side when we play with the idea that love can be absent, when we play with that idea, but it's actually love in another form. It's just love in another form, but you have to discover it for yourself.

Q: 18:02 Even to be labeled fear.

Jac: It could even be labeled fear, could, could, it's a version of. It's a version of, but for me it was good and evil. Maybe it had to do with Catholicism and all of that that I touched into that area you know, ghost busting certainly didn't help you know, because you're playing in those kind of dimensions. Well it did help if you look at it the other way, because you know it made me go into areas, gave me a reach into how

consciousness is built, and I probably wouldn't have otherwise, you know? It all plays a part but fear comes up for most; evil, not so many. Fear comes up for everybody, it comes up for everybody. Fear has to be transcended sooner or later, sometimes post-enlightenment, sometimes pre-

Q: I can't wait for the next time it happens.

Jac: 19:04 Yes! I love your enthusiasm there **Molly.**

Q: Yes, the existential fear.

Jac: Yes. So some people have, you know that ability to touch into these absolutes that are further down the line you know, further down the line than the ones that we see as positive, you know, the love, truth, beauty. And it's like, "gosh, this is absolute suffering, this is absolute terror," these things become a spiritual experience for a lot of people, there like, "it's not my sorrow, it's not my sadness, it's not my..." – ooh there's something going on for you here, I just have to move aside a little bit because I'll lose my train of thought and I'll be out here – Okay yes, we touch into some kind of primal, raw, sorrow itself, sadness itself, grief itself and you know it has no story. You know that no matter what you do it has no frigging story it's just the intense experience of it coming through your form, and that's all it is, is that you as pure consciousness has touched the place of where that... the potential of sorrow, sadness, grief, where it is being produced, showing up for the first time before it becomes attached to a story. So some people have that experience, you know?

Q: 20:42 You just said the word that yesterday... last night when you said potentiality is love it was like you hit me in the gut, and I had tears in my eyes and I couldn't believe that... just that potentiality is love.

Jac: Yes it all starts there, that's the emerging, the emergence is from love.

Q: And potentiality is manifested as fear.

Jac: Manifesting as fear, manifesting as sorrow, as grief, as absolute sorrow and grief and absolute fear, you know in its purest form before it has gone into story. You see how it's all set up you know, so we're exploring different lenses of perception. So what is it that is looking at these lenses of perception? How come you know what I'm talking about, like what is it that's seeing all these lenses of perception, what is it that gets, "oh, there is fear itself, there is love itself, there is, you know love itself back here, there is sorrow itself?" What is it that gets all of this? Otherwise it's like, "she's talking garbage." But it's pure consciousness recognizing this, it's you as pure consciousness that sees the set up, you see? So just view from pure consciousness, just view from there, don't trade all of this knowing that you innately have for me-myself-I. Why would you shrink, why would you shrink to just a little me story? Like, what the heck is the value in that when you can just see the whole matrix, and view it from the outside of all of it. It's bananas how anybody wants to believe the me-myself-I experience really. Can you see how it's kind of bananas?

Q: 22:48 What you said to Phyllis before also resonated very much, in that just to know that you're playing a role.

Jac: Yes, yes, that's a very good way to get detachment from the character, yes.

#26 / 23:32

Q: I've got a couple of things that I'd like you to help me with, maybe clarify a little bit. First of all, in the last six months or so I've gotten a passion for finding what's real, and quite organically things have started to drop away, it just feels like I'm setting them down. I guess my clarification, there's something here that is... what's been with me always, and it's always been the same. I guess, is it... Am I just setting it all down, every belief that I have about myself, is that what's happening? Is that sort of where I'm going? Is that what the point is, to get to that place and not anything else on top of it?

Jac: Yes, yes, yes.

Q: Okay, because I feel like that's what I want to do, and at the same time I feel like, "what am I going to do when I do that, what's going to happen when that happens," you know, and is that right? I guess I just need some clarification or validation that letting that go is okay.

Jac: Yes. I want to talk a little bit about that which is in here which was always the same. Talk to me more about that in whatever way you can. I want to check your reference point, your core reference point.

Q: 25:07 Okay, and that's sort of just come up recently. The only way I can reference it is by, I think back to when I was six and I feel like that was the same. I don't know how to describe it it's just... it's not a being it's a knowing or it just is, it just is, and there have been a couple of other openings, you know I don't want to call them experiences necessarily, but I've felt other things, but this just feels constant and it doesn't go anywhere. Last night and today, I didn't even intend to be here today I just found myself driving here. The things that you said about being in this place and having a... playing a role, I realized that that's what I do a lot of the time. I'm still able to access this and still be a role instead of just necessarily being just Erica. So this just seems like it's just always here and it's become more present. I just really want to set everything down, I really want to just take this off and put it down, and I just want to make sure that that's kind of what's happening.

Jac: 26:40 Absolutely. Go for it!

Q: Okay. That was the second part that last night you said, "I'm not timid, I won't do the timid thing, and I just went for it," and I didn't know exactly what that meant. What did you mean by, "you just went for it?"

Jac: I'm not sure what the context was for what I said.

Q: It was spirituality, opening, your work, I don't know who you were talking to.

Jac: 27:05 **cross talking** something, was it?

Audience: It was just kind of diving into this work wholeheartedly **cross talking**.

Q: She was talking to you, and I think you said, "don't be timid, you can be timid for years or you can just go for it."

Jac: Gotcha.

Q: 27:19 And I didn't know what that meant exactly so I wanted to ask you about that.

Jac: Right. So if you give a lot of weight to the thought, "if I set down Erica and all her beliefs and everything, what's going to happen then?" If you give a lot of weight to that, I call that being timid.

Q: Okay. All right, so just put it down, just go.

Jac: Yes, the consequences are the responsibility of that which is moving everything.

Q: And that brings up the rest of what I was going to ask about, so I put everything down – I don't want to get too convoluted here – so I think about, "what's going to happen in the future," and I've got a particular person, my daughter, in my life that has caused me a lot of stress, and that's one part that I'm really attached to, which I just want to ask really quickly about in a minute.

Jac: It's fine take your time.

Q: 28:17 I guess if I let go of everything – there's a couple of people here that sort of touched on the same thing – if I let go of everything what's going to happen to me, "what's going to happen to my life, am I going to live under a bridge somewhere, and I'm never going to have anything."

Jac: Yes, this is what the mind will say because it's not interested in being set down.

Q: I see.

Jac: So that's its story, it's going to play a strong story, you know?

Q: And you've helped me quite a bit last night and today in talking about fear from childhood, and maybe touching on that. You don't need to, but I mean going back and investigating that because you know, people were taught or picked up stories on how to survive that don't necessarily work anymore.

Jac: Yes that's right.

Q: I've carried those with me for the last 50+ years, and that hasn't really worked so well.

Jac: That's right, it doesn't really work so well.

Q: 29:16 No. My other question was about my daughter.

Jac: Okay, just before we go on to her – before going on to her..., there was a thought there – yes, the knowing that you remember having when you were six, and it's constant and unchanging and it's there now, the life that we live in between gives us huge wisdom.

Q: Say that again.

Jac: The life that we have lived in between gives us huge wisdom, and it enables us to help others and manage in the world and participate and be kind better people really, and whether we want to or not that's what this thing makes you, that's what this work turns you into, you know? So this six-year-old, yes she had access to it and she knew it was real and authentic, but add on the wisdom that the 50+ years, or whatever it is, gave you in between to the six-year-old. So, just some people are like, "no, I'm just going back to the sixth year, I'm just going back to that," it's like, let's just take the learning's and the wisdom of your life, we can bring that with us but not the habits and the imprints. Do you know? So we set everything down but we have wisdom, and that's worth something.

Q: 30:42 So all the fear and timidness about action doesn't need to be brought into that.

Jac: Not at all.

Q: Just the learning and....

Jac: Yes, the insight that it gave into what it means to be human, the insights that it gave you into experiencing and how people can show up and how suffering happens. Take the insights with you, that's the wisdom I'm talking about, you know?

Q: Okay, yes.

Jac: So some people when they set that down they kind of go back into being dysfunctional, because it's like, "hold on, hold on, there is something that will still help you."

Q: So setting everything down doesn't necessarily mean clearing everything out, being a blank slate?

Jac: It just means dissolving the beliefs, the stories, the identification, the habits, the assumptions, the consequences, the fears, it's all that stuff, believing that your Erica. Anything that contributes to that story, that's what goes.

Q: I've been trying to watch my thoughts about that and about judgments, fears, and that.

Jac: Yes, have a laugh at them when they come up, it's like, "oh I see you, I see what you're up to."

Q: Well it will catch me and then I'll stop and go, "oh my gosh, I can't believe that caught me again!"

Jac: Yes great, perfect, that's a great attitude towards it. There's no story with it it's just like, "whoa, insight," you know?

Q: Just to see it.

Jac: 32:16 And just seeing it and let it go. Let it go, and go back into your wider view again.

Q: Okay, all right I can do that.

Jac: You can do that, you bet you can do that. Your daughter...?

Q: 32:27 My daughter, my daughter is very strong powerful person who has a lot of issues, and I love her very much. I find it hard to say no to her, and she's the one person in my life that seems to snag me. It's kind of complicated, I love her, I fear her a little bit, there's a lot, but I see the reason I feel that I'm so attached to her is that I see that perfection in her, and I just want to help her, and I don't know if there's something else going on. I know that you usually, or you seem to be able to see through these things, and so I was wondering if you could give me any clarity on that at all by what you feel or....?

Jac: Yes. Okay yes, here's what's coming.

Q: Because I feel like for the last three years, she was in prison and she came home, and a couple of years were hard on me, and this is what... She helped me so much because she made me surrender completely to life and it crushed me, and that's where I had to let go. And that was part of this, the start of this, and I'm grateful for that, love her very much, and I feel like finally it might be spiraling down to the end of all of this, but I'm still very caught up in it, and I was just wondering if you could help me with it at all; I mean insight.

Jac: When you say you can help her or you want to help her, I'm not sure which you said, tell me what that looks like.

Q: 34:28 She spins out of control sometimes, and she sounds like you; she's crashed a few cars, and you know she needs help with money and she needs help... I'm her person you know, I'm her one person that stands by her.

Jac: Yes.

Q: Everybody else says, "I've had enough, okay you need to go," and she just is... She just is. So I'm the one person that stays by her.

Jac: 35:12 Okay, how would it be if you were to find some... and how this will turn into language in your relationship, but if you could find some way for her to recognize her own wisdom, her own innate knowing inside.

Q: I have tried to get her to see who she is, and she can't... I haven't found a way to get her to see that yet.

Jac: Yes, it's more developing her... it's not really who she is, I don't feel that would work with her actually, but for her to have a reference point that she goes to. Okay, okay, let me find a different way to explain this. I wonder if it's possible for you to show her, for her to recognize where she makes decisions from. So what I'm looking for is like, as you speak about her it seems that, you know she makes rash decisions and she makes survival decisions, and the odd decision is wise, but she's kind of operating from all different templates within herself. So there is no consistency it can go any which way. For her to develop some kind of an anchor and a sense of responsibility, which is like an ability to respond; not the weight of it, not the heavy dualistic kind, if there's a way of like, "okay, what do you think in your own deepest part, what do you think is the best way to go here?" If there's a way for you to show her that where she makes the decision from is actually impacting the success and failure of whatever she does, do you know?

Q: 37:25 I do, and I can try to do that with her somehow. She pretty much wants to know but only listens to herself. Right now I want to help her and I'm really attached to her, and I love her, but I also want her to stay over there. So I don't know what you can do to fix.... I guess I wanted to know whether or not I'm being... if I'm actually seeing who she is and that's why I'm attached to her, or if this is just some weird codependent relationship blah, blah, blah, you know? I'm not sure, I feel like it's a real thing that needs to be acted out.

Jac: Yes.

Q: That it's like a... I don't want to say karma thing but there's something there that needs to finish.

Jac: Yes there is, and I'm trying to kill two birds with one stone. Because if you can find the language or the way to kind of say, "hey did you make the decision with your head; with the survivor," you know to find... 38:35 Like I'm not keen with the head and the heart because the mind uses the heart like someone **indiscernible 1-2 words**, but it's like, "did that come from kind of your gut or did that come from your head," you know? "The one who's trying to prove something or did that come from some deeper place within you, the wise place, the wise lady within you," that might work with her.

Q: I see

Jac: Okay the wise lady within you, "did she make that decision or did that come from your head, just old thinking?" Something like that to like make her kind of like, "oh, come back." Because what it will do it will... the second thing that it will do is it will force you to give the power back to her.

Q: I see.

Jac: And I'd like to see some unraveling of the power exchange that's going on, you know? So handing it back to her and saying, "okay where did you make that decision from," you know, and just introduce her to the wise lady in her gut. I think that might help because I want you to hand her back a tool for her to find her own potency, find her own direction, find her own sense of an anchor of what she can refer to inside herself and if she knew where she was making her decision from, and at the moment we'll just made two places; the wise woman within her and her head. This is enough for her, either or, it's enough you know, but at the same time you're just like...

Q: 40:06 I also feel like "this" can wind down when I get in touch with the two-year-old that's afraid of the source of life, and fear at the same time. You know the parental screaming figure that is scary, and my only source life kind of fear, you know that? and to access that I think will help with this.

Jac: It will, you bet it will.

Q: Yes, so that's what I needed. Thank you, you helped clarify a lot of things for me and I appreciate it.

Jac: Sure, you're welcome, sure. And you know, it might be interesting to like make some lists of like, "okay the role of motherhood, what does that mean to me? If I'm to let her go what do I lose," and you get to see where there's still attachment, you know? I would do a few exercises like that till I pull it apart in yourself and see, "what is the relationship mean to me?" Nothing to do with her now this is, what does it mean to me, and dissolve just slowly, slowly, peeling back the layers of what you get out of engaging the way you do. And I think you can resolve that karmic thing much faster.

Q: By looking at it?

Jac: Yes.

Q: And feeling it or just see what it is?

Jac: Yes, getting the insights. Seeing what it is, that's the looking you know, seeing what it is and like, "aah that's what's at play, that's what I'm getting there, okay that's something else I have to set down."

Q: I see, I got it. That's very helpful.

Jac: Yes sure, you're welcome.

Q: Thank you so much I appreciate it.

Jac: You're very welcome.

#27 / 42:45

Q: This can be brief I think, it's something I remembered when... there's been a lot of conversations about love and whatnot, and I have a little thing to share about love, and anxiety just a little while ago. Well, periodically I'll listen to your YouTube and others, and I'll kind of sit back and think about some things and maybe listen to more or maybe not, but one time – kind of recently – I listened to some of yours and... well what I do sometimes is do a makeup satsang, but you're not there and I'm pretending we're doing this right here.

Jac: Yes perfect.

Q: 43:55 I'm embarrassed to share that, but... So what happened once was we were in a dialogue and I'm sitting here and I wasn't listening. After awhile I realized I wasn't

listening at all, and then I kind of... and that bothered me, I was like, “whoa.” I mean I couldn’t listen, and this is strange. 44:31 I don’t know if I was feeling kind of put out a little bit or not, but what I realized is, the words coming from you is kind of indiscernible several words, it seems like they would, but they came into me and didn’t go real far, but what was happening the words were kind of coming up against kind of a veil or something, and they then would hit this veil and letters would kind of drop on down. You know, I was so anxious that... So I wasn’t listening because there was no listening happening, and then the emotional part was like on another frequency. I was experiencing what you might call love that was coming being shared both at the same time. 46:19 I guess I’ve never experienced this before, in this kind of awareness, how much you offer and what sources indiscernible. So I don’t know if I’m just making this up or whether this is real. I don’t know.

Jac: 47:08 A huge amount is offered from that which moves all, and on a phenomenal level we take the odd crumb; we don’t see it, we’re not interested in it, we’re interested in other stuff, we just take the odd crumb. And pure consciousness just showers, showers, it’s like constantly, constantly, and we just say, “maybe I’ll just take this little bit,” maybe, because this is really more interesting,” and all we’re doing is moving towards suffering, and consciousness continues to give and give and it’s tossed aside. This is how it works. I don’t think anything can be done about it it’s just how it works, you know? Its just how it works. What you’re saying is true, but our resistance to receiving is frigging huge, it’s huge! We resist, resist, resist.

Q: Why do we resist?

Jac: It keeps the story going, it keeps individuality going, it keeps experiencing going. We just crave experience and phenomenal story, and until we’re so open and trusting and surrendering then it’s like (sound effect 49:14), then the flood can come, you know?

Audience: Would you call it the addiction to stories?

Jac: Yeees! Addiction for sure. We are full of barriers and boundaries just to maintain our little domain.

Q: 49:55 indiscernible words. Yes I guess... I know I get analytical that I won’t actually. Perhaps this is a very clever grace that was definitely going to get my attention because I could not listen. So all I could do was be in the presence of grace or whatever.

Jac: Yes a mirror of what you really are you know, it’s you and you that’s what it is, you know?

Q: 51:02 I’m getting an idea here about the power, like I call it deep listening.

Jac: So much more goes on in addition to the words, it’s lots of levels.

Q: Yes thank you, yes I mean I can’t say that but that’s what I’m picking up on here.

Jac: Yes this is how it plays. And it’s funny because the grasping of it makes you narrower, your receptivity reduces when you’re grasping it, and by melting and dissolving you become more open and relaxed. So it’s the flip you know, it is really the opposite of what the mind imagines, it’s the flip side that’s true, you know? The more malleable and open and yielding you become the more it will hit you, you know, because your resistance is down, and that doesn’t mean being victim, being passive, that’s not what I’m talking about, but like naked, open, but yet you have a healthy boundary to function in the world. You know that’s why you kind of have to sort out the

stuff from the world, you kind of have to sort out your personality too, you know, so that you can function well, you know you can deliver and you can be professional or a friend or whatever it is, you know? So you've got to get that shit together too, you know? So within those good practices of managing in the world, and whatever version you can manage, then that open, available, completely transparent, honest, that's what's asked of us, and then we receive it all. Then we receive it all or as much as we can you know. But the amount we compromise, the amount we reject, and we don't accept it sometimes unless we can understand it cerebrally, like the limits that we put in place so that we don't have to just rest and open trust, vulnerable state of yielding you know? I don't know, it's wild how we block all this, but we do it to ourselves, you know? And from that end we choose suffering, we actually choose the friggin thing. We choose to crank up more of it, we choose to sustain it, we do it all, we do it all to ourselves. It's bizarre you know? It's madness but that's how it keeps going. What else would be doing it anyway, it's ourselves, there's a self-perpetuating mechanism in there, you know? We take less than, and we imagine it's protecting us. It's wild! turning away from our own potency.

Q: 54:59 **indiscernible**

Jac: Yes, and the fear of using that potency in the world you know, if you don't have some wisdom and maturity yeah that's going to bite you in the ass, if you misuse the power and the potency of what you really are. Sure, that happens you know, that happens, there's all kinds of abuse of power going on, and you know most of us have some recognition somewhere of how that can really go belly up. So then the imprint is there like, "whoa better to be humble actually than to, you know be huge," because if I'm huge I get shot down because that's what happens phenomenally. So you know, we will use the mind's rational for limiting our awareness of our divine nature, of our huge potential essence that's right here right now in you, making you, creating all of this. It's creating all of this right now. You know, and instead of just like stretching your body so that you can fill that suit, you know something says, "whoa, not safe, not safe, not safe. Somebody will put me down for that because if I see somebody else getting too big for there shoes I'll criticized them. So I know what happens there, so no." So it gets all mixed up, because by the time it comes into the dualistic mode your mind will make it look like something else, you see?

56:45 So what if you were to embrace the potency of your divine essence, what if you were to let that shine, what if you were to trust it totally to impregnate every cell of your being, what if there was only your divine essence that works through your body, and you didn't have the limitations of the me-myself-I story bringing you down to size? Could you let that happen? Do you know that your ego wouldn't grab it, and that you know, you become arrogant and all the rest of it? Do you know the difference? You know, can you let action come through without it being contaminated by an egoic paint coloring it, shaping it in a different way?

#28 / 57:56

Q: 57:56 The giving of nature as you're describing it, is this something that is beyond mind? Is that what you're referring to?

Jac: The giving?

Q: In other words, you're saying that what we are rejecting, but is this rejecting rejection of something that's beyond mind?

Jac: Yes, the mind will reject what it doesn't understand, and if it's not in control it doesn't really want it. So the fullness of what is, of potentiality, we have all these layers set up to reduce it, reduce it, reduce it, reduce it, so by the time it comes to the dualistic mode we've just got a little drop. And what Terry's talking about is like, "holy shit, the amount that comes from source! The amount that comes from source, and there's this filter layer in front of me and it's falling off at the edge of the filter layer. I'm not letting it in!" I'm paraphrasing, but that's what he's talking about. So it's like, okay, so all these protective layers that we've set up, can you just chuck them all out? Can you chuck them all out and let the fullness of your being come through without your mind saying, "whoa there's consequences here," or the ego saying, "huh, I'll hobbyhorse on that and I'll make it for personal gain." Like can you be so clear that that stuff will just charge through? The thing is when it happens the world doesn't know what to do with it, so it's kind of you know, it's kind of... I don't know. I don't want to say "wasted anyway," but it does look like that sometimes, you see?

Q: Yes totally.

Jac: 59:40 So there's the flip side, if it's wasted anyway why... Well, it gives more reason to have all these filters lenses because the world can't use it anyway, but maybe it can, maybe it can.

Audience: 59:56 I don't understand why you're saying it's wasted if it gets through the filters. Like with you it gets through the filters and you bring it to us, so that's not wasting it.

Jac: But you're taking breadcrumbs. And I know myself from being on the other side of this room, I would only take what made sense to me and what I could use in my life, and then I would hope that there would be some energetic shift that I wouldn't be aware of. But really what I would be interested in was what was relevant to me and my world.

Audience: Are you talking about when you did like the ghost busting stuff? What are you talking about?

Jac: I'm talking about right now how we... at satsang or in these environments, how we pick up very little of what's being offered because we have to make it relevant to our story. I'm talking about now, now, that the filter lens of, "how to make it relevant for me, how I can, you know what can I take away?" We're looking for a take away, and the take away is usually filtered by what can make my life better, right?

Audience: Okay.

Jac: Right? But that's taking crumbs, that's really taking crumbs.

Audience: Because you're still working through the filters.

Jac: Sure. Yes all the filters are up because you can only see what matches the needs of your filters, and that's the crumbs, that's really the crumbs, you know? It's just how it is. _____

#29 / 1:01:50

Q: Thanks for being here Jac. I want to go back to what you said about pure consciousness just pouring out to us, and we have the resistances and maybe take breadcrumbs. My question is, when we drop the body and we drop all our resistances, then that pure consciousness that we're stopping while we're in the body, does that just hit us all at once? Is that what people experience in near death experiences, that they say, they feel the light, the love, the bliss, the rapture?

Jac: Yes, but they usually can't sustain it.

Q: Even then.

Jac: Oh yes even then, yes. You get lifted for awhile just like a really good spiritual glimpse. It's like, "oh it lasted for two weeks, it lasted for half an hour," whatever, same thing on death they usually can't sustain it.

Q: Wow!

Jac: 1:02:47 They usually can't sustain it. Post death, it's like if you visit a Spirit a month later it's like, "okay they're a little bit above where they were," but they couldn't sustain it, they very rarely can sustain it. It's the same law as when we're in the body, we really can't sustain that much light so you have to kind of integrate, and we get a little bit of a shift, and a little bit of a shift, you know?

Q: Okay, thank you

Jac: Yes sure.

#30 / 1:03:36

Q: I've been extremely tired and I realized that that's a defense.

Jac: Yes, well done.

Q: And it helped me when you talked about pouring things through and people not being able to take it, and it made me angry.

Jac: It made you angry.

Q: I said, "damn it I don't want that to be." I don't want that to be, it's a waste, it's a waste of energy. But I'm not sure, I came up here because you said I wasn't finished, but I'm not even quite sure why I'm up here.

Jac: 1:04:08 Yes.

Q: Except that I know I'm not finished.

Jac: Yes, yes. So just during the... Before we got back after lunch – I met Susan down at the back – it was like, "claim your power, claim your power! I want to see Kali, I want to see you kind of potent, potent."

Q: Yes, and I see that all this process for me in the last few years, I think I've lost potency in a way. I think I've lost energy in a way.

Jac: Yes.

Q: 1:04:37 Yes, and after you said that I was you know, thinking of course, what's that about because I'm not sure. I'm not sure if there's some martyrdom or something, I don't know.

Jac: Yes, yes, it's like when the role of, you know being the responsible caretaker, when that role comes in you trade your power.

Q: I think so.

Jac: That's what you lose, you know?

Q: I guess yes, because I know what you're saying but I also...when you say, "claim your power," it was like, "oh okay, but I'm not sure how."

Jac: So there is a spiritual potency that has autonomy, is self-reliant – they're different versions of the same thing really – that type of kind of trust in the knowing, and as a result trusting whatever happens on the outside because there is no control, you have no agenda, there's just nothing going on that, you know, manipulates the outside because there is no personal agenda, there's just a total trust in the knowing and the outcome is the next thing that's happening, and you'll deal with that in that moment, right? There is a sense of potency and power in that Susan.

Q: Okay, okay, that helps a lot. Because I couldn't just say, "okay Kali..."

Jac: Yes. It's like an inner uprightness.

Q: I guess it's trust, that's what it feels like.

Jac: 1:06:15 Yes, it's like an authority that has a humility because it has no agenda, do you know? And it's... Yes that's kind of what it is, because you know we usually talk about authority because somebody has earned it or you know, it's based on judgment; something is above something else, but it's not that kind of authority at all. It's authority knowing that there is only one movement here and it's pure consciousness. It's the authority of pure consciousness, and the mind has nothing to do with that. Do you see?

Q: Yes.

Jac: The authority of pure consciousness, align with that, that authority.

Q: 1:06:50 Okay, so then I'm in touch with the fear of the ego, what you were saying, of the ego coming in and claiming it, that fear.

Jac: That's the fear for you. That's it, ooh I have goosebumps.

Q: Yes, I'm afraid it's going to take it and say, "oh look how great I am!"

Jac: You're afraid you're going to take it and become a jerk.

Q: Yes. And then I thought, "well, so go for it and if I become a jerk then I'll learn from it."

Jac: That's right, that's what would have been there underneath, it wouldn't be just the fear of it, it might be just the fear of being a jerk but actually it might be the experience of being a jerk. Let's see what's there.

Q: Right, it's very possible.

Jac: Yes. Well it is, we've got to be open to it.

Q: So that's what you mean by "going for it."

Jac: 1:07:28 That's the going for it I'm talking about.

Q: Okay got it, okay great.

Jac: Oh you're changing. You're changing in front of my eyes, yes! Good great. Own it, claim it. You know that ownership of, it's not the ego ownership – I know I brought this up last night – it's like it's the ownership of your true nature.

Q: We all have it.

Jac: Yes of course, it's the not denying your divine essence, that's what it is.

Q: So there's fear, and out of the fear came denial, is that right?

Jac: Yes, yes.

Q: And then we can't let it in.

Jac: That's right, then you can't let it in because you become small.

Q: Okay. And it felt like there was safety in smallness.

Jac: Yes!

Q: Sometimes the feeling of just, I just want to disappear.

Jac: Yes, and the invitation is to get huge. It's the opposite, you know? Spiritually, energetically, huge.

Q: Yes. So I'm going to leave it at that and see what unfolds.

Jac: Good.

#31 / 1:08:56

Q: So last night – I think Terrence was talking – you said that when people have a great opening a lot of times it doesn't last because the heart chakra hasn't opened. Is there a way to open your heart chakra?

Jac: It's really a consequence of letting stuff go. I've found that the techniques to open your heart chakra don't work, so it's more a consequence of yielding and yielding and yielding.

Q: So it just happens.

Jac: It just happens. It just happens, and it opens a bit and it opens a bit, and often opens with huge crying, just a release of sadness, and some people get a heart attack from it, to do it. I've seen that quite a lot, you know? And it's interesting the amount of people that have had a heart attack and for a few days after, or even bypasses you know where they've had open-heart surgery – triple bypasses, quadruple bypasses – very often they cry for three or four days afterwards. Very often they cry you know, and it's like, "aah that's what it took." So energetically I don't know what the linkage is, but it's interesting that huge tears often come after that when something happens to the physical heart, it's like, "hmmm, these things are overlapping with each other," you know? But it's the consequences; spiritual heart opening is like, spend time with it, say, what, what...?"

Q: 1:10:22 Does doing any work with your chakras help at all?

Jac: Yes, but it tends to not be really sustainable. It does a bit you know, it does a bit, but it's really about clearing what's not true.

Q: And the other thing is, I came in a little bit late when you were talking about honesty and just being honest in your life, is that... I don't know what my question is.

Jac: It's self honesty. It's honesty with yourself, being transparent in yourself, not playing any game with yourself at all.

Q: That sounds hard.

Jac: You do it. You are doing it I think. There's a lot of honesty in what you're talking about; just not hiding, not denying anything, just being willing to see it all. No upholding of the standard of who we thought we were, because that stinks, you know?

Q: It just seems... Why I say it's hard, because it seems hard is because it seems like ego can creep in there and spin a lot of stories that are easy to believe that aren't true.

Jac: That's it.

Q: 1:11:36 And just seeing through that just takes a lot of effort. I can do that.

Jac: Yes, and it gets easier, it's like, "okay what story are you spinning now, what are you spinning now," until it's like whatever it spins is only of use to me if it's going to help me participate, if it's kind of related to a task or something that it's only of use. I'm not interested in any of the dialogue, I'm not interested. So whether it's there or not I'm not listening to it. I don't care. I really don't care, I'm not interested in it. That's the only place my mind is of use, like planning, executing, delivering, communication, it's task driven, you know? I'm not interested in anything else I'm just not. I don't care what it has to say, I'm like, the volume is way down.

Q: Perfect.

#32 / 1:12:32

Q: Can you help clarify for me what is the linkage or relationship between addiction in stories and fear; a fear of letting go.

Jac: Is there any addiction without fear someplace in there; I don't think you can have addiction without fear. When I kind of tune into what addiction is there is fear in there as an ingredient making addiction possible. To really drop addiction, "whoa" you'll be looking at the fear of the unknown, "who will I be without it, what will be my...?" Because it's a crutch. Any addiction is a reliable crutch, and to be without the familiar, no matter how destructive, to be without the familiar takes an awful lot of courage. We love any reference point.

Q: 1:13:33 So the biggest thing to drop would be, "what would I be without my story?"

Jac: Yes, "can I be nothing?" One pitfall of non-duality is that we swap out the personal identity for the identity of being God or the Absolute or pure consciousness, and that will do in the meantime. That will do in the meantime, but identity itself actually where the son of man has no place to lay his head – or hat or whatever it was – no reference point at all, that's where you're heading but if you need to be the Absolute in order to kind of get closure on the disempowerment and the illusion of what mind does, if you need to be the Absolute in order to drop all identification with story and all addiction to whatever is your habitual accepted grooves in your neurology, it's like to drop all of them or to turn down their volume so they don't have the potency to influence your action, a very useful steppingstone is to rest in the divine nature, rest as pure awareness. This is a very useful steppingstone, but the identification with that has to go too, has to go too.

Q: 1:14:46 It has to become almost like second nature, or the primal first nature.

Jac: Yes, first nature, first nature. Seeing through all identification, at the concept of being identification; being anything at all is the greatest tripping... It trips us up being anything at all. Why do we want to be anything at all?

Q: Good question. Thank you

Jac: Sure.

#33 / 1:15:24

Q: Does the mind have a part to play in listening?

Jac: Sure, in terms of cognition, in terms of comprehension, but what the mind mostly does is it picks out what it wants to hear, and if it's used to interpreting that there is

conflict or, “does this person like me,” then it will use that filter lens. You know I can say the same thing and five people will have five different versions of what I say, it happens all the time. We have a filter lens and the mind does that, it filters out because it’s just looking for like, “just give me a little grain of something that will help me-myself-I. So if I have the filter lens of, “am I accepted here,” then everything that I will hear will be whether or not I’m accepted or rejected, you see? It’s going to filter everything according to what it needs. So you need it for comprehension but the filter lenses have to be dropped. So you need this kind of openness, availability to hear what’s really being said, what’s really being said, you see?

Q: 1:16:38 Yes. I guess there are these moments – you know they’ve been happening today – where I’m listening and it’s almost like there’s something missing from the listening. Yeah maybe it is that, kind of that self-interested picking and choosing, but it’s like I’m hearing your words but at the same time... I don’t know it’s just hazy.

Jac: Are they going in another way or are they being rejected? Feel into that.

Q: I feel like something is picking it up.

Jac: I think so too. That’s what I would have guessed.

Q: Yes, it’s just not I guess the normal way of...

Jac: The filter lens of your intellect isn’t the first entry point.

Q: Yes that’s it.

Jac: 1:17:41 So your mind isn’t vetting it from the outset, and that’s what we do when we are believing it’s “me.” When there’s me-myself-I in a conversation with somebody, the filter lens that supports the me-myself-I is the first thing to weed out what’s said, and so we have subjective point of view, you see? So all of you can listen, and we know that too from some... 1:18:10 Where did I read about that, about the listening capacity that’s not **indiscernible word**, you know?

Q: Yes, you listen with the body and mind.

Jac: We do, we listen in all kinds of ways. Good

Q: Cool.

Jac: Yeah, yeah.

#34 / 1:18:33

Q: I just had a question about that, if you tend to be a person who is very task oriented and filters things out for, “how is it going to be good for me,” that’s on automatic I think. Is there a practice for dropping back down into the Absolute. The second part of the question is, dealing with that fear of just letting things happen the way they’re going to happen instead of wanting to control.

Jac: 1:19:14 It’s great that you named them because the exposure of them is a big chunk of it. It’s a little bit like Tito; if you have unconditional love for yourself both of these practices would be diminished greatly. Because when there is a default lens of perception, that, “what’s in it for me, how can I gain out of this,” there is an innate belief that, “I’m not whole and complete as I am.” So we’re constantly trying to compensate, to rebuild, and to find that moment of rest, because, “now I’m gaining something for me,” so you get a little bit of a break from the normal M.O., which is, “there is something incomplete here.” That’s the absence of self-love.

Q: I can see that.

Jac: So you've got to work on loving yourself there; total love and acceptance. If you have to do self forgiveness, do self forgiveness or whatever you've got to do, but there's a whole package of work there around completely and totally being able to say, "I love and accept myself exactly as I am in all of my magnificence!" What do you need to do to get there and say that from your heart? So it's more about doing that, that's the fastest way to the recognition of the Absolute.

Q: 1:20:46 Yes, because there's a real judger inside here, and **indiscernible 2-3 words** background too, and always reading back to myself, "that wasn't good enough, I could have done it better."

Jac: So for today could we just draw a line under self criticism? Because it's keeping you asleep, it's actually not helping you at all. It's not helping you in any way, it's completely being used by the ego to keep the me-myself-I alive. So could we draw a line under it and say, "from now on I'll no longer support that practice." So any moment you see it it's like, "whoops, stop I'm not going to do that anymore." It's like giving up cigarettes, it's like, "whoops I almost pulled one out, I almost lit it up," and it's like, "no, I'm not doing that anymore," that clean about it. Because if there's negotiation with this you're not doing anything. Could you stop that one for now, the self critic?

Q: I'll try.

Jac: You can try, you can try!

Q: I don't know if I can because it's so automatic, it's in my DNA. I wasn't really aware of it until just now, to this degree anyway.

Jac: Yes it's very strong.

Q: But I can see how it impedes me and there's just not that total acceptance and opening, because of that that keeps pushing me down.

Jac: Yes that's right that's what it's doing.

Q: It keeps me from just being who I am.

Jac: Yes! That's all it's doing it's keeping you away from the truth of who you are. Yes that's all it's doing. So do you want to support that or do we drop it? And you're saying, "I'll try."

Q: 1:22:45 I've got so many things now on my mind I've got to remember to... I can't remember what our conversation was earlier, oh about the pain. Well I dropped that already. Yes I can look at that.

Jac: 1:23:05 **indiscernible words - background noise**. Remember what we were saying about that crossroads, every now and then it's like, okay do you bow down to like supporting the ego or are you just going to dive in? We're kind of at one of those.

Q: Sometimes until I'm up against a wall at something really serious you know, that's when I can really drop it, and that's very rare, but maybe I can make it not so rare.

Jac: That's true. Welcome change, change is good. There is nothing to be afraid of in change, nothing at all, that's just applying an emotion to a concept; separate them. Change is wonderful, everything changes all the time so like don't bother attaching any emotion to it it's just change. So the commitment to not self judge, self criticize, from here on out, where are we at now?

Q: I'm committed to it now.

Jac: Are you? You're not just telling me because you think I want to hear that? I want authentic, there is no right and wrong. I want what's authentic. What's the resistance, what's the fear, what's the block?

Q: Well, I have to be perfect.

Jac: Really?

Q: 1:24:42 Because you know, I know so much. I have been around this spiritual field so many years, how can I make mistakes? I mean I can't make mistakes, be imperfect because...

Jac: But the imperfection comes with the criticism, that's the imperfection.

Q: Right.

Jac: And there is no phenomenal perfection. The understanding that all is perfect is way back there in the absolutes. When we come down in here it's a beautiful mess. Do you know? But looking for perfection phenomenally, wow, like that's not perfection because when the phenomenal lens is playing it's all about growth and improvement and change and suffering and duality, that's the mélange, that's the big mix, you know? So phenomenal perfection is completely ego waste and subjective, it's an ego making thought; phenomenal perfection. So you can let yourself off the hook, being perfect or imperfect is both, you know that's an ego-based statement, belief system, standard.

Q: 1:26:16 Especially since I already know that I have no control over any of this anyway.

Jac: Except you imagine you have quality control. It's a bit nuts, no?

Q: It doesn't compute.

Jac: It doesn't compute, yes. So no quality control.

Q: Just go for it, huh?

Jac: Yes! Let it roll the way it will.

Q: Try a few daring things and not try to stay in my role, just that loose, huh?

Jac: Oh can you feel the freedom of it?

Q: It would be wonderful.

Jac: And why wouldn't you give that to yourself? Can you?

Q: 1:27:08 There's that fear, but I'll deal with that in the middle of the night tonight.

Jac: The fear might be just because it's unknown.

Q: It's unknown.

Jac: And going back to the familiar is the ego's greatest tool, the familiarity of addiction, the familiarity of my story, the familiarity of any reference point will do, it just wants to cling to what it knows. There's a huge freedom in not having any reference point at all, huge, but the mind will say, "uh oh there's consequences." All it's doing is trying to pull you back in again to be who you are not, that's all it's doing. I'd like you to do one thing every day that test your own rules; one daring thing every day. It can be the tiniest thing, just break a rule every day, one thing, just one thing; it can be getting up at a different time, it can be not having a shower, anything, I don't care, anything, just break one rule every day, one rule every day. If you meticulously make your bed, well don't, just crawl into it and pull it up around you that night. One thing every day, and some days you might repeat the same things and that would be great, it's like, "okay, okay it's loosening, something's loosening." Because when you break your own rules I want you

to hear how the controller is challenged, you see? All right, then to say, "I hear you, I hear you. No, no, we're going into the unknown here, and I'm going to hang out in the place of freedom, like, nobody cares except my ego. Nobody noticed except my ego, to hell with it," you know?

Q: 1:29:05 Because I know I've heard you speak about when you challenged yourself to do things that were really far out from the kind of person you thought you were, and I thought, "wow, that's..."

Jac: Yes, that really works because you have no reference point. You're like, "okay, who the heck...", and it becomes, "who the heck am I now? I don't have my standards, my rules, I don't have anything. Oh gosh, oh how does this feel, what's this like? What am I going to do regroove myself and say I did wrong or just let it rip?" I go for the latter always.

Q: Right, the "who am I?" Just plunge right in there.

Jac: Plunge right in! What are you waiting for?

#35 / 1:30:09

Q: Thank you for being here and thank you for sharing your wisdom with us. So I have a question about last night. You were saying that pure consciousness from the neck up, it's fine and everything, and you know the mind can... I guess I can force my mind to get the filters out or allow pure consciousness to occur, but you also say that it has to occur on the body level on a different dimension, which is the dimension of the body, and that's the sensorial occurrence for pure consciousness to happen. I fail to see how that could be characterized as anything other than an experience, because it's the senses right, the body. The body would be experiencing pure consciousness in order for the occurrence to be complete. Does that make any sense?

Jac: 1:31:32 It does. So there's two places I'd like to go with this; I want to talk about your own relationship with your body, but to just look at this first as an intellectual thing. There is no wisdom in a neck up awakening because something hasn't dropped in to the densest part of the form. A phenomenal change in your brain happens when you wake up, a default mode network burns out so we stop using our brain in the same way. It's a phenomenal experience, waking up is, but it's not complete until the shift that's happened in the brain is matching the shift, is matching the frequency of your body. So there is a phenomenal thing here that is an experience, yes, a change happens in your brain, but if the body stays with the frequency of the old you and the head up; the brain, has the new perspective, something awful unfolds. So it's about integrating, it's about dropping it into the heart. Ramana Maharshi spoke about the heart center that was slightly left of the midline of the sternum. Is it Adyashanti who talks about waking up and waking down or something?

Audience: Yes.

Jac: 1:33:00 It's about embodiment. From the neck up becomes cerebral, intellectual, but to integrate it into your phenomenal life won't happen. So you would be doing one thing and saying another, and so the actions will not be initiated by pure consciousness, but the density will be in your cells of the old belief system, the old vibration, and that will contaminate the flow of pure consciousness and your actions will be out of sorts

with your understanding. Then what happens is because of the split between the two, spiritual concepts is the only way you'll have of understanding it. Spiritual concepts will be saying, "no, no, no..." you'll be able to justify anything. You can justify anything with a spiritual concept, and that's what happens and then it becomes confusing for people around you because something inauthentic is flowing, you see? So the shift in your brain has to be in every cell of your body otherwise we have two messages going on.

Q: 1:34:13 So the brain would order the body to surrender simultaneously with the brain? Or is this just something that... it's just a surrendering?

Jac: Well, memory gets held in your cells, anger gets held in your liver, fear gets held in your large intestine. You know, the body is full of your story, your biography is in your body, you see? So will the brain tell it, maybe or maybe not. Some people are drawn to detoxing and cleanses, and for other people their diet has nothing to do with it, but either way whatever is held in the memory of the cells of your body – and emotions are held in your cells – whatever imprints are held there, how they've got to come out, it's not that easy to say that your brain is going to do it. Well lucky you if that's all you've got to do, but I wouldn't trust it. It's not the only way.

Q: So what's the other way?

Jac: 1:35:23 If you're really honest with yourself and you know you're not using spiritual concepts to justify your actions, if you're ever using spiritual concepts to justify your action, I smell a rat.

Q: Okay, I think I get it at some level, it's very difficult to conceptualize it.

Jac: Yes!

Q: I like to be a rational person but I think it's a gut feeling.

Jac: Yes.

Q: I get what you're saying.

Jac: So your body is getting it but your mind isn't. Do you see, do you see the importance of the body?

Q: Yes.

Jac: 1:36:17 The body is hearing this but the rationalization is like, "huh, huh, what's going on?" What other wisdom is in that body? What other capacities does it have to understand, to comprehend to know what's going on here? Let's give it a place, you're not just from the neck up. What else does this body have to say, what wisdom does it have, what story is it holding?

Q: Thank you.

Jac: That's worth exploring.

Q: Yes, it has a voice, yes.

Jac: It has a voice, and give it a chance to talk to your mind, give it a place, it's involved in waking up as well.

Q: Thank you.

Jac: Sure, you're very welcome.

#36 / 1:37:09

Q: And since we're here and I've got your attention.

Jac: Of course.

Q: So let's say hypothetically I allow pure consciousness throughout the body/mind, then what to do with it? Do I become a, you know, a spiritual guru or I am so free I buy a faster car and I, you know go see a beautiful rainbow? Do I just become a conduit or a channel and become a listening for others to be? I can do that. Or I guess... It's kind of a mundane question, but you know what do you do with it after you achieve this sort of nirvana level?

Jac: 1:37:52 Life kind of tells you what to do. Because if your mind was to plan what to do, okay now we have a personal agenda coming in. So you know, for those who are in that situation and that question keeps arising, there's an approach, and the approach is, "okay, what would you have me do today? Just today, what would you have me do today," because the mind wants to project and have fantastical ideas, and it's usually a load of bullshit. So it's like, "what would you have me do today, what would you have me do today?" So you get out of the way and whatever moves through you is given space, because as long as the mind thinks it has to plan the future or direct it in some way, let's get more open than that. So it's like a morning prayer, "okay I'm getting out of the way, what would you have me do? Oh, go to work okay," you know?

Q: So have me do... To the divine, I call to the divine?

Jac: Yes.

Q: I'm Catholic so I believe in God, but I guess the divine... Okay. Sort of surrender to a different...

Jac: Yes that's right, wisdom or direction, yes, it's like let's just... "If I step out of the way here, if I step out of the way what would you have me do?" What moves through this form? It's about getting out of the way and then see what happens. There's no career path, there is no... you don't have to be bothered by any of that. You'll have common sense and you'll earn a living somehow, but it doesn't really matter what you do. The greatest gift is having your whole body/mind in the frequency of being free, that does it all! If that shows up and you're selling hotdogs at the corner of the street or you're giving satsang or you're at home looking out the window, same-same. The greatest gift is embodying it and being on the planet, that's the gift. People can't take much of it you see, it just needs to be here. It just needs to be here.

Q: Thank you that's great.

Jac: Sure you're welcome, you're welcome.

#37 / 1:40:17

Q: When you were talking earlier to someone about breadcrumbs, I had a certain set of feelings that cropped up in the body that tends to every ...well not only in the non-duality circle but also it seems to come across different... well facets of you know, my physical life, and that is... in the contraction that happened. It kind of went away once I decided I was going to come up here and talk to you about it, but its still kind of lingers, and it's something that crops up a bit so I wanted to explore it. And you were talking about you know, the breadcrumbs coming in from consciousness to consciousness

basically, and you know it's like, "well yes, I know I'm doing that," you know, I know that it's happening but then there was the reaction of also you know, "what control do I have over it," you know? And I always go to this thing that I'm not, that I think I am. I mean what control does that have over the process? and sometimes I hit that point, and I got very angry and the anger went then into this like shoulder slumping futility.

Jac: Aaah.

Q: 1:42:35 You know, and then I'm just gone at that point. That just seems to be, you know something that crops up quite a bit.

Jac: The futility?

Q: The futility. The futility of you know, like when the woman was asking like, "well how do I open my heart chakra," and you were saying, "it just happens bit by bit," and you know, of course I thought I knew that too but it's like I don't have any control over any of that either. Some of those things it just... it happened just like that, it was like anger and then I could feel the energetic contraction like it was more than body, more than body.

Jac: Yes. Yes gotcha.

Q: And you know I just closed down, and then it took me like 3,4,5,10 minutes until I was starting to like kind of starting to open up again from that contraction, just like you know, like whatever.

Jac: 1:43:52 Okay. Okay you learned that someplace. You learned that helplessness somewhere. Yes that's worth exploring, "where did you feel that first?" As you talk about it, it's really familiar to your system.

Q: Yes. I don't know, I always want to blame everything on my body, that's one of my lovely stories that I love to jump on.

Jac: Right.

Q: 1:44:17 I've been kind of sickly for about 20 years, you know the chronic fatigue and all kinds of lovely things that come along with that, and I don't know if that's what you're talking about, in the learned patterns within that? You know after a while you just kind of give in and give up, because seemingly whatever you do you know,... It was a blessing too, that's kind of what got me into all this right, but you know... then it was like, "great it's a wonderful tool," but you know, now I'm done. I'd like to be done with it. I don't know if it was learned through that or I'm just using that as an excuse. I really don't know.

Jac: 1:45:20 I think it was there before it. Okay, there's another thing as well that you haven't named that's kind of bleeding through that, and it's kind of like, it's kind of a victimee energy.

Q: Yes that's there, absolutely.

Jac: Yes, can we blow that out of the water? What do you get out of being a victim?

Q: Well intellectually I can answer that, but you know, I know all the concepts but...

Jac: But what's through your gut?

Q: It hurts.

Jac: To be a victim?

Q: Yes.

Jac: Yes, and it's okay for you to hurt yourself and just go back to that...?

Q: No! I don't want to.

Jac: But you do.

Q: Yes obviously something wants to.

Jac: Do you think it's karmic? Do you think you're just putting in time?

Q: That's what it feels like. That's what it feels like, but I don't know if that's an excuse too, I've been there.

Jac: Well you know what, I think there might be a bit of that karmic thing going on. What would you think of telling the universe to like, "okay bring it on hot and heavy so we can wrap this up?"

Q: I've done that too.

Jac: Aaah, and did it change something?

Q: 1:46:54 No. I don't know. I really don't know, I did that like... I asked for that when you know, 15 or 16 years ago, "bring it on, I want this," you know? "Bring it on strong." "You know if I've got lessons to learn and blocks to unblock just bring it on!" I definitely asked for it. So, I don't know. I mean...

Jac: Huh. Okay, I'd looove for you to get some bodywork!

Q: I do lots of bodywork and I've done lots of... I'm a body-worker.

Jac: Aaah you're a body-worker! What kind?

Q: Well, I'd did get a... years ago I went to massage school, but I seem to have energetic abilities, so... I work on myself daily to clear stuff out, just constantly.

Jac: Okay but that's energetic.

Q: No both, that, and well self massage.

Jac: Okay, I'd like you to get some reeeal bodywork done, like real bodywork. I'd like to blast it out of you.

Q: Like consistent massage work by someone else, is what you're suggesting?

Jac: Something much deeper than massage. Go through Rolfing 10 series, go to an osteopath who uses the body.

Q: 1:48:48 It feels like – if I may go here – mental body is stuck in my physical body, that's what it feels like.

Jac: Yes, there's stuff hopping all over your physical body, massage is just moving it around.

Q: And it started you know..., and I remember when it started, it started when I was like 20, about 21 years old or 22 years old, and I had a... I can't believe I'm bringing this up but I think I should because I often think about it.

Jac: Go for it.

Q: I did some mushrooms when I was in college, psychedelics, and something happened after that it shifted something. Again it was a big gift, it led me on a great road. I started seeing things the way I'd never seen them, and it was all very, very, important, but it's something, something holding still. And when I look back at the experience it's like – under the influence of the drug – I remember I wanted to just lay down and just go into like outer-space kind of. I just wanted to you know, almost like a spiritual thing. My friends just wanted to party, and I got angry over that.

Jac: Okay, while you were on the trip?

Q: Yes, and that shifted something to where you know... I'm deducing stuff now, so I don't know if this is a fact for sure, but it did something to the root chakra, it did something to make it very unstable and kind of oscillate, kind of in and out, and it's a pattern that's continued since then, and then exasperated you know when illness came on, and all that good stuff. Yes I got angry and you know, and then after that my whole universe changed, like the very next day.

Jac: Yes.

Q: The very next day I became like a different personality instantly. I became kind of cerebral, introverted, and I was like the exact opposite. Years later I was thankful for it because again it slowly led me here, and I thought that was very cool. It led me like to the Course in Miracles, and you know it led me into you know, the esoteric world, which is fun.

Jac: Yes.

Q: It's just more phenomenon but it's fun, but you know something is holding there.

Jac: 1:52:05 Yes.

Q: Yes, then I'd love for it to like (sound effect 1:52:13) because all the energy is getting stuck in this physical body because of that you know, and unless I you know... You mentioned fasting, unless I fast and do a lot of bodywork this thing gets clogged instantly.

Jac: Yes, yes. Yes we've got to find you a really good body-worker, like at a different level than what you're doing. You need much more serious intervention.

Q: What about the issue happening up at the mental body level as that drops into the physical body, doesn't that have to be attained too?

Jac: Your body is so jammed with old stuff, we've got to get it moving, we've got to get it processing in an entirely different way. It's like that's the frame you know, and we've got to put the frame in a way that's supportive for you, and you know your mind will be okay but you can't integrate what your mind is understanding because your body is holding on to stuff that is not working for you, not working for you. You need a really good body-worker, and you need to invest in this and it will shift. It will shift, but you're gonna have to dive into this and go after it, and it's going to be tough. I'm just talking about it's going to be physically tough, because your body has to completely rearrange itself. We need to get you a good practitioner, but it will... That's where you've got to go, and if you put it off you're just bought buying more time and actually... you know? I can just see my husband there, "do you want to say something about this? You look like you're picking up something."

Derek: 1:54:07 I'm just trying to clear... I can feel it.

Jac: You can feel it, from his body?

Derek: Yes.

Q: Yes, I feel it too.

Jac: Could you Derek help to find somebody for him?

Derek: I can look and see who's in the area.

Jac: Do you live around here?

Q: About two hours away.

Jac: Okay, North, South, East?

Q: L.A. County.

Derek: You live in L.A. County?

Q: I live in Whittier.

Jac: Okay, we'll find somebody for you, and I'll tune into the person and see if I can trust them for you, because I can see where you are, there's just some stuff that's got to be moved.

Q: 1:54:49 Should I be doing you know... I mean, severe diet has always help me but you know, that's another wonderful catch 22 because my root chakra, when it flares the wrong way, I just want to stick anything in this body, you know to... and I know it just clogs more.

Jac: Yes it just clogs more. Yes, I want to reset your whole body, the whole framework, reorganize the whole thing and that will shake the patterns in each chakra, you know? I want to give them all a... put a new framework there and then let's see, but without the framework being reorganized we're just moving around the furniture on the Titanic.

Q: Yes, this thing is just not handling it right now.

Jac: No it's not handling it it's not able to take any shifts, so you go forwards and backwards, forwards and backwards, and forwards and backwards.

Q: 1:55:44 Yes that's my game.

Jac: That's your game yes, and none of those things are going to shift, like dropping... it's not going to, it's just going to morph into something else actually. It's your body, it's all in your body.

Q: That's what I've always believed.

Jac: You're bang on, you're bang on.

Q: Okay cool.

Jac: All right we'll get you somebody, but you're going to have to make a commitment, and it's going to be like the single most important thing you do for the next year, like a shit load of bodywork, right?

Q: All right. That's kind of inspiring actually because you know, because I'm just... you know I've tried so many damn things to clean this thing up, like juices, la,la,la, and it's just like... and then you know you just fall a little bit and (sound effect 1:56:25) and it clogs up again.

Jac: Yes, there's a fundamental foundational issue that we've got to go after. Yes, I'll chat with him about it and we'll look online and we'll find somebody for you. That's where you've got to go.

Q: Sounds good to me. Thank you.

Jac: Sure you're very welcome, you're very welcome.

#38 / 1:57:00

Q: So something happened, and while I was sitting there all of a sudden I'm not sad, all of a sudden just nothing mattered anymore – you know how much everything matters to me. I was afraid to talk, I was afraid to think, because it felt so freeing like my whole body was tingling, it's been happening. I was very confused last night, not because I didn't know what you were talking about but I just had this odd feeling, and then today I was like, "I don't want to talk about what's going on because all of a sudden there's no

story,” and I’m afraid to talk because I’m afraid I’m going to start thinking. The whole time that it started to happen I just said, “Om Namah Shivaya,” and I just kept saying it because I don’t want to start thinking again. So not to think I just kept saying that, and I don’t even know what to say to you. You know it’s like I don’t even know if I need confirmation of it, I just want to sit and look at you. I feel like if it goes away... I don’t know if it’s going to go away completely, you know, but it’s like, you know how you always tell me to find my feet and you know, all that stuff, it’s like it just feels different. It doesn’t feel like what I thought it was going to feel like, it feels very normal. So I don’t know.

Jac: I don’t know is good.

Q: 1:59:11 Yes. I don’t know, it’s like I’m afraid to do anything. I don’t want it to go away.

Jac: Ah. Okay, so let’s not grasp it or attach to it. Maybe it will stay, maybe it’ll go, but we need you to be equanimous no matter which way it goes, that it can flow either way because the experience of it is what your mind is going to try and grasp, but the perception of it, even if that becomes more normal, after awhile it becomes the new normal and you forget how you were before it. Do you see? And then it’s like, “oh, what was that experience,” and it’s like actually it has just become the new normal. So let everything soften so that it’s welcomed, because if we grasp it we’re contracting and we’re already squeezing the door closed.

Q: 2:00:29 Yes, I don’t want my mind to get in there somehow.

Jac: Yes that’s it, just stay open and it’s like, “hey if it goes it goes, if it stays it stays,” that’s enough on that, do you know? Don’t grasp it, don’t figure it out, it will come it will go, it’s got to do its own thing.

Q: When you were talking to Terrence it sort of started there, and one of the things that I’ve been thinking about all day is this whole thing about wanting to be special, wanting to say something special, and when you started talking about love I realized that it doesn’t really matter, because we are all special and unique in what we’re doing. So I’m special because I want to do something and everyone else is special because of what they’re doing, but there was no jealousy in that. You know, I mean there was no like... it doesn’t matter if anybody knows I’m special.

Jac: Yes good.

Q: 2:01:41 During like when I do special, that’s great because everybody does something special.

Jac: Yes, so if it’s never recognized then it loses its ego attachment, because specialness is just a part of diversity unless it gets value, and if it gets value, “ouch,” then it becomes all kinds of craziness.

Q: Yes, you know I was going right back into the same situation that you and I have talked about before, about work, and I got that today when we were at lunch talking. It’s like, “oh my God, I am not going to have that happen again.” I don’t know what’s going to happen when I go back, but it’s not going to happen in the same way.

Jac: Good. Good for you.

Q: 2:02:35 Jac, I just can’t tell you what a difference you’ve made in my life.

Jac: It's all right Norma, you were just ready you know? You were just ready a year ago, you were just ready, you know? And actually I remember distinctly, it's like, "if this woman doesn't change she's going to get sick, she's going..."

Q: And I did.

Jac: 2:02:55 And boy did you change! We talked for an half hour every month since we met last year, and like she's **indiscernible word** from her job, I mean you have no idea **indiscernible words** she's doing; no idea, she's completely changed her life, completely. So **indiscernible 3-4 words**, you know you've got a lot of courage. You've done a huge amount of work Norma. Yes you've done a huge amount of work.

Q: 2:03:18 I want to thank you for me and thank you for you.

Jac: It's all right I'm just a mirror, that's what it is you know, it's yourself, it's yourself appearing as this form, that's what it is. I'm not under any illusions of having any specialness going on here, it's not, I'm just you in another form and that's all.

Q: That's what's so wonderful about you.

Jac: But that's what the truth is, you know? That's what the truth is you know, that's what it is.

Q: 2:03:44 So I just feel like there's nothing I have to do tonight except...

Jac: Continue to melt, continue to open. No grasping, you can't go there, this is going to do whatever it's going to do and it will pass, and if there is a shift in your baseline afterwards or not, it doesn't matter we can't go there. That's going to play out how it's going to play out. "I can't have any attachment to the outcome," but what's happening now, this opening, this yielding, let it have you. Let it have you, just be as open and as soft as you can be. If you end up being a bumbling heap of tears on the floor, "I welcome it," you know? You know if you really have a meltdown, fabulous, let it do whatever it does, no controlling. No controlling, let it have you.

Q: Okay, it does.

Jac: Yes it does.

Q: Thanks.

Jac: Sure thank you too.

#39 / 2:05:06

Q: So I'm feeling expanded, and I loved it when you said, "be nothing." It's such a relief.

Jac: Yes, isn't it? Pretense can go, you know? Holding up the persona.

Q: Yes, nothing to prove to myself.

Jac: Yes, good for you. We just play that game with ourselves you know.

Q: So it feels like I'm in a different space, and so I would like to expand it and try to stabilize that.

Jac: Without grasping it, without identifying with it? Yes. So it's around cultivating it, being with it, melting with it, welcoming it. So sooner or later life's going to present you with the story; one of your daughters might call or something, and it's like, all right you'll either contract and get into something or you won't. And you've no control over how you're going to react, but the more open we are the better chance there is that the

contraction will be so obvious that after a few seconds you'll cop it. So it's around, the contraction happens but let the time be shorter and shorter.

Q: 2:07:13 I did have an experience last night or this morning of playing a future conversation that I was going to have today, and I started contracting and said, "okay, no we're not going there."

Jac: Yes!

Q: And I liked your analogy of the cigarettes, like I'm an ex-smoker so I can relate to that of, "no I'm not going to have the cigarette." I've been not smoking, and I asked my sister for a cigarette and she said, "how long have you not had one?" And I said you know, "like six months." She says, "no, I'm not going to give it to you," and it was the right thing and I continued not to smoke. But I like that analogy, "no," and not do it.

Jac: Yes, because as soon as we start to negotiate, forget it, we're sliding into it again because that's what the mind does, it negotiates and manipulates and before you know it you've bought its story. There is a kind of a determination or a cut at a certain point that's just like, "no, no, I'm not going there." So great if that makes sense to you.

Great!

Q: 2:08:30 So I'd like to also talk about addiction because I'm addicted ice cream. So when I buy my little tiny tubs at Walgreens I'm fine.

Jac: We went from a big tub to a little tub because we couldn't stop? So we're on little tubs? Okay.

Q: 2:08:47 Well the last time I bought the pint and ate half until I'm like, "okay," and I actually noticed that I went into a trance you know, and I didn't finish it. It's an addiction, so it's interesting what you were saying about fear, that the base of addiction is fear.

Jac: Yes.

Q: So I'm wondering how is that... because to me it's more of a story, you know, "I deserve this pleasure," so I don't see how fear is...

Jac: Okay.

Q: I can try it, you know, I can say, "no I'm not gonna do it," and see if fear arises.

Jac: 2:09:38 Okay. I wouldn't look for fear, but as we peel down to what's real for you then we'll probably find it somewhere.

Q: Yes, fear has been coming up.

Jac: Yes, if you keep digging into addiction you'll find it, you'll find it there somewhere, but rather than look for something we've got to go with what's real for you. All right, so the substance right now is ice cream, so let's say we were to give it up totally, what's absent? Is it the flip side of like, "I deserve this ice cream." So is it the flip side is like, "I deserve something and I'm not allowed," what do you do if we give it up, if you didn't have your comfort food?

Q: 2:10:26 I don't know, you know I've been giving up things; I gave Kombucha, I'm giving up potato chips, 2:10:33 but I did have like 10 brownies at the indiscernible 1-2 words the other day; yeah total addiction; total addiction for sure.

Jac: Yes.

Q: So give it up, I don't know. So let me think about it, what would it...

Jac: It's that pressure valve that gets released when you have something.

Q: Where I feel like I have control, there's a control thing going on.

Jac: 2:11:14 Sure, sure, and there's something about, "I have imagined that this substance – whatever the food is because it's food nowadays – that this substance is going to trigger this, "I deserve it," and it allows you to chill a bit. So you've associated that, you've put that on... I mean anything will do, it can go from potato chips to brownies to ice cream, no? So you're just transferring it, the same power, ice cream has it now, has the power to make you feel a certain way. You can feel that way anytime you like but you're giving the power to something outside of yourself. That's what the loop does it gives the power outside, it could be, "am I accepted, am I good enough, am I loved," you know? You're giving your power to something else to give you permission to feel a certain way. So your normal way of feeling somehow in some way doesn't include what the substance will give you, because you're going through the substance to give you that feeling. So I want you to get super aware of how you're feeling before you think, "I want to have ice cream." It's like, "okay there's the thought, 'I want to have ice cream', what am I trying to fix, what am I trying to soothe here?" "I want to buy this new emotion through a tub at Walgreens, alright, so what was I feeling just before?" That's what we need to unpack, that's the one, that's the trigger thought that says, "something outside can make me take away this thought." What's that one that's so awful, and that will be based on a belief, and I'll bet you it will be when you'll have lost the wider view.

Q: 2:12:58 Oh yeah. So it sounds like I'm not good enough, so I need like a boost, a sugar boost.

Jac: So when you go into, "I'm not good enough," can you go, "who am I?" Can you go... when I'm not good enough comes up.

Q: Yes, "who's the one."

Jac: Yes, who is the one who's not good enough. Who is the one who's not good enough? And stay with it until you have the feeling of the expansiveness that you know you would have gotten through the tub of ice cream. Access it internally and not through the substance, because what I'm trying to do is break the power that you give to a substance, "the substance makes me feel this," it's like actually... Let's set it up so that you can feel this without going through the substance. Do you know? Because you're using some chemical thing in your body to trigger the feeling, and you can muster that up yourself. What I want to do is stop the feeling, the absence of that feeling, it's the absence of it that's the one I'm after, you see?

Q: 2:13:59 Is that real?

Jac: Is what real?

Q: 2:14:03 The absence of the feeling.

Jac: Not at all!

Q: 2:14:05 I mean, how come I didn't feel **cross talking**.

Jac: You're believing your story. Oh yes you're in story then.

Q: Yes, it's just the imagination.

Jac: Absolutely you're imagining.

Q: It's not even true.

Jac: That's it, that's it. No it's not true, but when it's showing up and it's motivating you to go to Walgreens, it's darn true then. It's true for you, but it's not true really. Of course it's not really true but it's playing as real. In that moment it's playing as real, so in that moment when it's playing, okay, self inquiry really works for you in times like that. So it's like, "all right, so I'm not good enough. All right, really, really? Am I going to run that story again, that bullshit story of, 'I'm not good enough', and I'm going to try and negate that with this chemical to make me feel better, really? Is that really the loop I'm going to follow right now?" Do you see? So if you can kind of have the position of where you see the loop that's playing rather than going into it and following its suggestion, which is, "ice cream will sort this." So if it's, who am I or... I'd love where you could see, "wow that's that thought, I'm so not buying it!" you know? **2:15:11** If we can get you to see it that fast so that you're not kind of like smelling the anti **indiscernible remaining part of word**, which is the Walgreen's tub of ice cream, you know I don't want you to go over there, it's like, "no, no, you stay with this one and see the ridiculousness of buying that story in the first place." So it's peeling back so we get to the origin of it. Do you know? And it's like, "okay, something wants to feel better about herself right now. All right let's feel better about ourself right now, what can we do here that's nice, that's fun, what can I do here?"

#40 / 2:15:44

Q: 2:15:44 So I just want to say one other thing, when I finished my Skype session with you the other day, I realized I hadn't even been honest with you in that Skype session. So I just want to own that and just have you call me, because I was protecting something – but I don't remember the details – but I was lying about something.

Jac: Yes.

Q: So I'd like you to call me on it.

Jac: Yes. And then sometimes, sometimes a lie needs to spin itself out, sometimes it does because it's like, "okay, if that's working for her okay that's fine," so sometimes I will and sometimes I won't. I don't know what determines it, but sometimes I won't even see it you know, so sure I get hoodwinked sometimes of course, you know? Of course, but sometimes it's like, "all right let's just see what she does with that." Do you know? So I don't know which way it's going to go of the three options; calling you out, not calling you out and not seeing it, it can be any of the three. But you coming clean, and like, "wow, why do I do that, what did I get out of that," you doing your own work is the optimum really.

#41 / 2:17:28

Q: I would like to talk about shifts in perception some more. I wrote it down because I don't seem to be able to get it out when I'm talking to you. So I wrote it down but it still doesn't seem... So I feel different, even here. I've been coming here for a couple of years and I feel different even here, but it doesn't feel good. So I just wanted to tell you what's going on because I feel like you know everything, can see everything, I want you to tell me, am I heading in the right direction or am I off in left field.

Jac: Okay.

Q: Because it doesn't feel good, but if I look at it and try to figure it out it seems like it should be good.

Jac: Huh! Okay.

Q: 2:18:31 So I've been going to see a somatics experiencing person. So I have done a lot of meditating, and I've had some experiences, and I usually feel kind of connected. So I've been going to see this woman, and she's wonderful, and I've been crying a lot and having a lot of... I've been really sick after I see her. I've had a lot of stuff leaving my body, but I feel like I'm more in the world now. She actually had explained to me that when you have trauma as a child that the fight or flight goes into freeze, and that children that have trauma are very comfortable meditating because it's similar to the freeze state. So I don't know, you know we were talking about the layers for it to come in, I don't know if I'm releasing layers by releasing this stuff because it doesn't... It's almost like when you're talking about trying different things that don't feel comfortable, I feel very uncomfortable and I just don't have perspective outside my box to know. I feel confused. Let me see if I've got everything, oh, when I work on my clients — because I do energy work and massage — I still have that depth with them so it's not like I'm completely different, but I seem more interested in the world and I seem less deep, unless I'm working on someone or I'm meditating. I don't feel like I'm in that state as much. That's what I have to say to you.

Jac: 2:20:23 Yeah, what's... Is there a value judgment on being more in the world? Is that a direction that you're surprised by or that you're judging?

Q: Yes, of course.

Jac: Tell me about that, why?

Q: Because value to me has always been your connection to God more, or working towards that, but I think when the therapist told me that you know, traumatic experiences create the freeze and that might be like, "you're attracted to that." So in other words, even the thing about me that I thought was like a cool thing, an okay thing, was really from my trauma. I don't know if that answers what you asked; I just kind of went off on a side.

Jac: 2:21:13 So does that feel right? That you're going into the world because you were frozen? Do you agree with what she said? Does it feel right to you? Or are you just scared of being more in the world?

Q: I feel afraid. Even sitting here this weekend, I feel different, like I'm not able to just be. I feel kind of frozen. I don't know. I mean I was kind of surprised when I even realized it because I didn't even know. I just feel different and I don't know... I just.... I don't know.

Jac: So you feel frozen here?

Q: Yes, I guess. I feel like what you're saying is the perception changes and you're just supposed to go with them, and I'm realizing that my perception has changed and it doesn't maybe seem like such a good thing.

Jac: 2:22:12 Okay, but do you get what we're saying about the layers of perception? Like, okay, so you just said that when perception changes your supposed to go with them. Not really. I'm not sure where.... I'm not sure how you picked that up.

Q: Like you're not supposed to have a base, like, I think what you said was that you're not supposed to have a base to go to, so as my perception is changing I should be okay with it, that I shouldn't have to have the base that it's better to be the other way, but I'm realizing it doesn't feel okay.

Jac: But for you we need a solid base, and then you can cast it off. Like this is completely opposite of what I would say to somebody else, because at different stages of the journey you need different things. For some people the fastest way they're going to get to truth is by loving the personality, somebody else it's by completely throwing off the personality, so it depends on where you're at. And we have to honor where you're at because there's no hierarchy or no system, different things come in at different times for everybody. So it can go any which way. So for you having an authentic base where there's total love and acceptance of Brandy and that there's no avoidance of the world, that would be really great! No avoidance at all, that you can be totally present and totally in your body, and only then can you drop the reference point. But for you to make a healthy reference point would be really good. It's like when there's fruit on a tree, sometimes you've just got to wait for the thing to be really ripe. When the fruit is ripe it falls off, and it would be like, "well it's going to fall off the tree anyway," that apple, "so what's the point in waiting for it to ripen, it's going to fall off and rot anyway?" It's like this is just how nature works, something ripens, comes to fruition, and then falls off and rots and decomposes, that's the cycle. That's just the cycle. So we can't jump over the experience of you becoming whole and positive and kind of in your body. You can't jump that phase.

Q: 2:24:46 So just being in the world is the phase I'm in.

Jac: Yes!

Q: And I just have to allow myself to do it and enjoy it.

Jac: Yes! Fully enjoy it, fully enjoy it. I don't think you're going to get lost in it, you've done too much.

Q: It feels kind of scary.

Jac: That's exactly what it's going to bring up. That's exactly where I need you to go with it, and when that fear goes... it's the controller, the controller is showing up, it's like you can control what the world did to you by being slightly out of the world. You had some handle on it, but now if you're completely in the world you become vulnerable again, you become open again, and it's like anything can happen, and it's like, all right that's where you've got to go. That's where the fear is lying for you.

Q: That's why you made me make a bucket list last year, maybe.

Jac: Yeah, yeah, yeah.

Q: Okay good, thank you very much.

Jac: Yes, so be totally in the world and say, "hey you know, my divine essence must have my back here because I've got to go right into the world, and if I lose a plot and if I lose my connection, I'll learn from that too." This is the going for it, for you it's about being in your body in the world, that's you going for it. You can do the spiritual stuff no problem, but it's usually the flip for people. You know, they are trying to leave the world but they're too attached to it. So it's like you're very attached up here but we've

got to bring you into the world, because that's the fear place for you. It's just showing up in reverse.

Q: Yes, okay thank you.

Jac: You'll be all right it's just the fear of it. It's the fear of it that's the issue.

Q: Yes it is.

Jac: It's the fear of it. The practice itself is like, "oh God, I can play here this is a playground!"

Q: 2:26:40 So should I even stop meditating and... I mean, should I just go for that and just try to be in the world? I mean I'm just asking.

Jac: I would for a few months, but I would put something in your schedule like, "okay the first of March I'm going to just see what it's like," and it's like, "okay, would that be nicer in my lifestyle, is my mind gone nuts? What do I need, would meditation support me right now?" Because I'd love you to disconnect from meditation, and reconnect with it in another way so that when you go back to meditation it doesn't have any kind of avoidance, or any kind of a safe place for you, but that it's something that will enrich your life, you see? So that it's not a hiding place.

Q: So it's not my ice cream from Walgreens.

Jac: You've got it, you got it.

Q: And I can, can I just try to be more physical and do more exercises?

Jac: Yes, come right into the body, like sex, that kind of stuff.

Q: Okay yes.

Jac: 2:27:51 Yes, being really physical in your body, yes dance, all of that jazz. Paint your toenails you know, but set a date and say, "okay let's see, it's three months now and I haven't meditated," four months, March, okay yes, that will give you a nice chunk if you stop now; first of March. Yes that will give you a nice chunk. Yes, November, December, January, February, four months that's a chunk, that's a third of a year, and let's see. And then it's like, "actually my mind is... there's too much anxiety, my mind is way too busy, I'm definitely pulling in meditation," you know? It might be like that, and it's like, "all right let's pull it in again."

Q: 2:28:31 I think if I go to counseling, if I continue doing it, and I've found that... I could even contact you. I mean, I'm allowed to do that it's just not meditating, so if I go a little crazy I can get help.

Jac: Of course! Of course, you're wise you'll know where to get help, but the fear of going crazy is what I want to bring up.

Q: Okay.

Jac: Did we touch a nerve? I think we touched a nerve. Yes, this is where your fears are right now.

Q: Yes, I do have childhood stuff about having a borderline personality parent, sort of parent. So it's kind of scary but that's okay.

Jac: It's scary that's right.

Q: Because I don't have that I've been checked many times, because I'm a checker now, "are you sure, are you sure it's okay? I'm doing okay? You're sure I don't have at it?"

Jac: Yes, yes.

Q: I'll just think I'm crazy but... And it's not even crazy you know, it's borderline....

Jac: Exactly. We're all a bit nuts really you know, like, what's normal? There's a bit of dodginess in all of us. So the one that wants to stay in control, the one that wants to stay monitoring it, the one that has unsafe things, wants to keep herself kind of like, "just keep me attached to my lifeline over here to make sure I'm safe," all of this needs to come up. So that's why I'm saying, let's just sail you off out without a... send you off out to space without a line to the spaceship, you know let's just send you free-floating for a bit. I like that. I like that for you, just to see what happens. See what it brings up.

Q: Okay, I'm going to do it for four months, okay.

Jac: Yes, and deal with what comes up and say, "wow," and realize there was so many fear there, because you're going to find lots of fear.

Q: Yes, because I'm going to be alone. I'm not going to have that connection but it's only a breadcrumb anyways. I thought it was so much.

Jac: That's right.

Q: I thought it was so much, and by doing this maybe I'll have two breadcrumbs, maybe. Or maybe I won't ever meditate again.

Jac: Maybe, let's leave it wide open. Well done.

Q: Thank you.

Jac: There's a lot of courage coming in for you. Yes all these fears have to be thrown up. Yes, good for you.

Q: Thank you.

Jac: Sure.

#42 / 2:31:34

Q: It was coming to me to talk about the showering of pure consciousness and the breadcrumbs, and also a little bit about beauty and love. So when you were talking about the showering of the breadcrumbs, or crumbs I guess you said, that like brought up some stuff in me. I just would recognize like when sometimes when stuff is going on up here I will not really tune into it for awhile, and I just wonder about maybe that's in the category of just taking the crumbs.

Jac: Yes.

Q: 2:32:19 And then there comes all this emotion that comes up. I don't know if I can get this out too easily, let me sit for a second. I think there's a part of me, like maybe kind of a young part of me, that's like really sad and... I don't know. So I've known you for several years, and I feel this whole thing... Like I feel like I've underutilized you as my teacher, and there's a part of me that feels really bad about that.

Jac: But it was right at the time, it was what you needed at the time.

Q: What was?

Jac: Whatever the exchange was, what happened was appropriate at the time.

Q: Like whatever I was doing other than engaging in this?

Jac: Yes, it's like.... Well.... Like, we do the best we can given what we know in any moment you know, and afterwards hindsight is a great thing but we only get hindsight because it played out the way it did. That's how we get some wisdom, you know? So it was right at the time.

Q: You know it is what it is and here we are.

Jac: Yes exactly.

Q: And I also see that there is like this little character in me that's... you know, like that's not all of me that is feeling that way, it's two, you know?

Jac: Yes I get you, I do.

Q: Yes, there is also... I can tune into it being okay for sure. I think part of this is... So in a... Like just to try to have the willingness to take more than crumbs, you know? So there's something about asking you for directions, and I've done that before, and sort of the last one that really stuck with me was this whole thing of sort of tuning into love, you know? I realized from the discussion yesterday that... you know we have the word love, and then I have whatever that I'm using it to designate you know, and what it was designating was this thing that was kind of spacious and warm and felt good, but it's also like maybe contaminated a little bit, like there was some grasping, there's sort of a jangly feeling with it — that was subtle. I actually have very little memory of what you said last night, I sort of deleted that file as well, but the... You did use the word beauty and somehow that word... Like that felt cleaner, that felt sort of quieter and calmer you know, so I don't... So that's in the mix and I sort of like what that does, for whatever reason. And so now if I tune into that it's a little quieter and calmer, you know it's nice.

Jac: Lovely.

Q: 2:36:10 But then you know, you have this whole other thing about movement, and I never really get that. You've said that before, but I don't really get it so that bothers me a little bit. So if that's going to be my practice and I don't even get it, you know? That's pretty much what I have to say, I guess I'm just looking for directions.

Jac: How's life in general for you Tony?

Q: It's pretty okay, you know? I mean the phenomenal life is pretty okay.

Jac: Yes. Is there stability within yourself emotionally?

Q: There's probably more than there was actually.

Jac: Well done, well done.

Q: 2:36:49 Yes, I have this **indiscernible word**, I have this practice **indiscernible 1-2 words**, my patients are mostly addictive patients and they try to trick me sometimes. But there's really some lovely stuff that happens, but sometimes it can get a little bit... You know, I don't know, the word confrontational is maybe too strong but there's like, I have to deal with stuff that, you know whatever.

Jac: Yes I'll bet.

Q: 2:37:13 Stuff that used to set me off more is less likely to.

Jac: Yes!

Q: So that's good.

Jac: Yes! That's what I'm looking for; your trigger is going down, okay good.

Q: Oh, and the other thing, I don't really have a spiritual practice. I used to meditate a lot in the past and I haven't for many years, so now I'm doing stuff like tennis and mountain biking and even work if something will give me some flow you know, so there is stuff where I'm not so involved in thought when I'm doing those things, but that's like all I'm doing really.

Jac: That's okay.

Q: So I sort of wonder, am I just drifting in this ego-land, you know?

Jac: Yes, yes, it's been a few years since I saw you but something has balanced out, there's less of a fighter in you. There was more of a kid who was like, "pushing back, pushing back, pushing back," you know in a way a kid would towards me. Yes you were pushing back, pushing back, and now it's like, "actually, you know I'm here to get something," so now there's much more of an adult thing rather than like the resistance. That's a great shift.

Q: I'm sorry.

Jac: Not at all Tony! What can you do? What can you do, it's like, sure you know it's just the play, you know it's like that's the role that gets played, you know? Not at all. So I couldn't really get in there while you were pushing me out, do you know, but there's something now that's kind of more mature, you know? There's an overview now of like, "oh okay, actually I'm kind of... this is my life, this is what I'm going to do with it." So at this stage, do you have access to some kind of awareness where the Tony guy, it's not just the Tony guy?

Q: 2:39:14 I don't think I spend much time there, you know I think if I'm going about my life I'm sort of doing what I'm doing, but if you ask me the question... so like you asked that question a few times since I've been here, and another question you've asked was you know, "are you completely stuck in your story," and it's like, "no, it's not complete." I mean, there's a little bit of space and there's some softness, but can I be totally free on this story? I don't know. You know that's a whole other thing.

Jac: So do you have access to that which is not Tony? It's not how long or anything it's like, do you have access to it?

Q: I want to say yes, I'm scared to say yes because I'm not a hundred percent sure that it's true.

Jac: 2:40:05 Okay, okay. So, some people can go there at will and some people can't.

Q: I have some... a whole thing of like, I had a practice with trying to go there with the self inquiry for years and years and years, and I would get into these mind games about whether I was really doing it right or not, so that's part of my problem.

Jac: Okay, yes, yes, yes. That's the thing, I'm interested in finding a bit of... a pathway to what is not Tony that your mind isn't going to sabotage and co-opt into its own methodology, that's where I was going with this. So you're on it yourself, okay. When you tune into, let's say beauty, can it be there without Tony owning the experience?

Q: 2:41:20 I can tell you that the state that I was labeling beauty, which I have no idea if it really is beauty...

Jac: That's fine.

Q: or is not, that is true. What you just said, "I can be there and Tony's not owning it."

Jac: Yes! That's what I want. I'd love you to feel, it's like, "okay I can pull in ownership of it and Tony's having the experience, or I can drop it." I want you to get super familiar with that so that you know by the smell of it, as it's approaching it's like, "whoa there's Tony trying to own that and there it is on itself, on its own. So practice with beauty, it's like, "okay there's beauty, is there ownership?"

Q: I'm not sure about beauty because I don't even know what beauty is.

Jac: That's all right, anything vague is really useful here. So if you kind of said, "oh yes I totally get beauty," I would swap it out for something else. So I want it to be kind of nebulous, kind of like, "well what really...? it's like, that's great because the concept is loose.

Q: So it's just a feeling that I'm labeling beauty really.

Jac: Perfect, perfect, exactly, exactly.

Q: I'm not totally satisfied with it, but I'll go with it.

Jac: Yes, it needs to be kind of vague because it's like a pointer for your mind. Because if we really bring it in as a concrete tangible thing in the phenomenal world, well then mind has pulled it into the dualistic world, and really it's a pointer going into the place that's a bit more vague. So the vagueness is actually what we want, do you know? Beauty is like an 'oh', rather than a color, shape, size. You know it's like an 'oh'. My hand is doing something here down on my body, you know, 'oh', you know? That's as good as it gets in describing what beauty is and what we're talking about. Feeling the difference between beauty and there's the Tony guy owning it, I want you to get familiar with that so that in your workplace it's like, "okay, can I see this patient for like 15 minutes – for example – and can I tell if Tony is owning the role he's playing here or is the role just being played and there's no ownership." I want you to develop the skill to know exactly when ownership, when you're being Tony, and when the role is just happening and there's no ownership.

Q: And I already... I mean I'm just sort of playing the tape and I know that I know the difference.

Jac: Yes excellent! All right, do you think more times in the day there's ownership or no ownership?

Q: 2:43:50 I have ownership.

Jac: Okay, can we swap that out?

Q: Let's try, yes.

Jac: That's your spiritual practice. So you can sit for a few minutes, you know like two minutes when you get into the car or before you get out of the car, like two minutes of just beauty itself so that you exercise that muscle of placing your attention where there's no ownership, right? That's where we start. So you need to cultivate that muscle, and beauty is the one that does it because it's vague enough and you know there's no ownership there. Perfect. Then work on, "how can I bring it through my day?" You know, even if you can remember it twice during the day, once at work and once at home, perfect.

Q: I can probably do better than that.

Jac: Wonderful. Get used to living without ownership.

Q: I think you did my patients a huge favor actually.

Jac: For sure, that's very true, yes.

Q: Thank you.

Jac: Sure you're very welcome.

#43 / 2:44:57

Q: There's a thing that I would like to do, and I saw it come up you know, and then I saw the consequences as well. And on a mental level I was able to just kind of dispel them fairly quickly, there is just these energetic kind of the holdings in the gut and the chest that seem a little more sticky.

Jac: Yes.

Q: Yes that's where I am.

Jac: Yes, so your mind uses the emotion and then the emotion uses your body.

Q: Oh!

Jac: You've got another layer coming in now, right?

Q: Yes, I guess that's it.

Jac: Yes, so it's like, okay you're able to kind of see what's going on at the mental level, see how the emotion... you know the consequences of the negative emotion that, "okay I'll be able to dissolve that," and it's like, "all right so here's the body, so I'm just going to tell the body to relax now because there's nothing going on here. There is nothing going on here. I'm sitting here and there's nothing going on, it's all right. It's all right it's safe. It's all right, it's really all right; rest and digest. No need for fight and flight; rest and digest." So we're breaking a pattern, it has got another layer.

Q: Thank you.

Jac: Okay folks, thank you for a fun day and see you tomorrow at 10:30.

Audience: Thank you.

The End