

Love is Gentle, Relaxed and at Ease

(Man singing behind slide show of Jac photos - fades into scene of Jac sitting across from female participant – conversation already in progress.)

Participant: So, yes, I'd like to get rid of that anyhow.

Jac: Ok. The desire to get rid of it is what causes the problem. [Participant has some silent reaction and Jac leans forward to hold her hands.] Something doesn't want to hear that! [Laughs and sits back releasing her hands.] There is more pain from the one who doesn't like it - who says these thoughts are – you know - aren't nice...

Participant: So you embrace them...and? I mean I question them now. I can go to the inquiry and...and then, um, this feeling comes back up.

Jac: Ok. Ok, ok. There's two things...

Participant: ...And sometimes I run with it too.

Jac: Alright. What happens when you run with it?

Participant: I get more cranky.

Jac: Ok, it just expands. Alright. Ok, there's two things. The...the *real* satsang answer [Audience laughs] is about the desire, the desire to get rid of them. But let's back peddle a little bit. In...in loving the one who's having those thoughts, it will dissolve. It's like as if....do you have children?

Participant: No.

Jac: Ok. I don't either. But ok, let's imagine you've got a kid, ok? And this four-year-old little daughter is just saying: "I hate you. I hate you. I hate you. I hate you. I hate you." Would you hate her for saying it?

Participant: No, not really.

Jac: No. It's just an expression coming through. But...but...but somehow love will come out of you towards her, even though that expression is coming through. So if...if a technique is needed to resolve it, it will be love. It will be love for that which you are. So drop the desire to get rid of them. Don't monitor: "How are they doing now? Because every morning I'm practicing loving myself and how many of those are....?" Don't analyze it at all.

Just love yourself exquisitely, unconditionally, without criticism, without anything to repair or fix in order to become more loveable. Just know that you *are* Love. And let the love that you are recycle into the love that you are. And let that be your focus when those thoughts are running amok. Just go back in – even if it means putting your hand on you heart and

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just breathing love. And what that will do...will...will create a wholeness, which than will start to break down.

And sometimes...sometimes in satsang – and we were talking about this the other day - some...the whol...generally the evolution for people is that it com...the ego comes to wholeness - it's like: "I'm okay." And then it's like: "Oh no! I've spent all these years building it and repairing it and now it's being destroyed and I don't exist...and oh no." And sometimes that grief happens then, that you're losing the very thing that you've invested so hard in.

Now it does... that sequence doesn't happen so cleanly for most. Very often there... it can really be...you know - whatever...unplugging from identification, observing and... *whoa!*...this lack of self-love *appears*. So the sequence doesn't matter. So don't imagine...do you know...that, that there is a sequence, or that self-love should be established. It can pop up anytime. There's no simple sequence. Okay?

So, one thing is self-love, and the other thing is seeing the desire to get rid of it. In this occasion – the self-love is going to work better. It's like the other one is just outside of what needs to be done first. Do you see...do you see what I'm talking about?

Participant: Yeah, okay.

Jac: Love, love, love, love, love, love, love, love. And you don't have to find something lovable for you to love you. If you...if we can peel back your form...the bundle of thoughts...whatever...that cruise through this mind. If we could peel back everything to the most primary concept, you will find that you are love. And the primary concept: there is *only* love. It's still a concept...but it's the most primordial...primitive...pure...primary...all the 'p' words ... I'm sure there's another few.

[Laughter]

Before the movement of duality, there was love. There is love. So returning to there. Return to there. So that when you see mind is like: "Oh no this doesn't work." – it's like: 'Hey, hold on - go back, go back, go back.' Go back before all the activity and agitation of dualistic mind. Go back...to where there's only love.

[Pause]

And that single point...like people can use mantras...for you, let it be love. But let it be the *feeling* love, not an intellectual love. Let that be your anchor, or the thing you go to...when, when identification is running...and 'my story' is running. Whether it's criticism...no matter what it is...whatever the story is. Like...'*Whoa*...I'm off - believing I'm individual.' Come back to your anchor...let your anchor be feeling love. The feeling of love.

Participant: Sounds good.

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Jac: Yeah, ok, yeah. Somehow it will just [spreads hands apart]...*whew!* It will lessen identification with thought. And...and at the moment that's...that's the step. It's so the thoughts running through your head aren't such a distraction...huh?

Participant: Right, right.

Jac: Yeah. Yeah. So that...this for sure will help. And sometimes you're like: "*I can't feel love...I can't feel love....I can't...*" You know? And it's like: 'Hey! Hold on, hold on.' And it's always about slowing down. Love is very gentle, you know? It's relaxed and it's at ease. So sometimes you might have to go through...well, relax my body now...in order to find love. Because it does that...it has that calm, relaxed conditions. Those conditions are around it.

[Pause.]

And even if mind wants to look to another to validate if you are loved...don't mind that. It's about loving yourself. It's not about setting it up so that others love you in order to find out that you're lovable. It's not important. It's not about other people. Don't set it up through others. This is about you and you. No need to do the circuit through other people to reconnect you with you. There's nothing you need from others to validate that you are love. It will never do it. It will never be enough...it will never quite crack it. And it can't. Because what's happening is the movement towards you loving you...that loop needs to happen without going through other people. So it *has to have blips* in it - when it goes through other people - in order to bring you to your relationship with yourself.

Participant: And it's when you go through other people there's a lot of judgment and evaluation and all that great stuff.

Jac: They just want to be loved too.

Participant: Yeah.

Jac: Yeah. And that happens...there's always relationships with other people. But to validate about love? Unuh. That's an inter...that's an inside job. That's an internal gig. And then loving happens. And it's okay if it comes and it's okay if it doesn't. Because the love circuit is established within you. Let love be your anchor.

Participant: [Pause - Jac reaches forward clasps her hands.] Thank you.

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