

**Do Not be a Slave of Your Thoughts**

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

Jac: If mind is presenting an urgency, let it pass. Sometimes the body will move on it, and sometimes not. Do not be a slave of your thoughts. Do not be a slave of your thoughts.

So a thought coming, the feeling of urgency coming, there's a kick if you follow it because there's an adrenaline buzz. That's being a slave of your mind. Urgency brings a kick, no?

Participant: Unhuh. It does.

Jac: Yeah. Drop it.

Participant: There's following and not following. Or there's...um...maybe there's following, *resisting*, and not following...you know...I don't know. Um...that could...the window of not following isn't totally clear to me at this moment. Like there's...there's the holding myself back versus going with it.

Jac: See what happens! It's like mind is saying: "Yeah, okay, things are going to kind of happen – you know – or not happen so I don't have to work on it – okay." And then there was a resting and a decision came around: "No, actually it doesn't look like I'm going to Rochester."

And now today it's like mind is saying: "Hold on! Hold on! Give me something to do. Where's the material? Where's the material? Oh yeah, we made a decision yesterday – *or maybe we didn't!* Ooh, I'll go *back* and make the decision." And mind is...you know...and mind is just doing...it's frantically looking for something to be chewing on.

Participant: Yeah. Yeah. I...I drive my wife nuts with this...like this...this...like I think of just outrageous stuff that we could do, you know?

Jac: Yeah. Just for the sake of it. Yeah.

Participant: But sometimes we do it and it's cool, you know?

Jac: Sure, sure. [They both laugh.] But most of the time it's just crazy stuff.

Participant: Uh, maybe.

Jac: I'm...quite sure. [Both laugh] Okay.

Participant: Okay. Alright, uh...

Jac: Let it all drop. Let it all drop. All that...that entertainment of mind. Do you know? Because there's an attachment to it. You like it, you enjoy it - it keeps the 'you' alive. Because it keeps alive the idea of 'Ooh, I could do this and I could do that. And what if I did this?' And it's just a distraction, 'cause you're not doing anything.

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You’re not doing anything. You just took the shower and got ready...you...you just came here. But your mind went to Rochester and Toronto [waving arms in the air]...you know? It’s like...it’s like ‘Whoa, whoa, whoa, whoa.’

Participant: Uh. Yeah, yeah, and along with that whole, you know, so called entertainment, there’s some disturbance. You know?

Jac: Of course there is! *Of course there is!* It’s a raw deal.

Participant: Yeah.

Jac: Oh yeah. Because it leaves you with – afterwards when the twirl of running around the fantasy – those thoughts – when the twirl is over, it’s like...there’s some kind of a vein of – kind of missing out. “It’s better if I did that...or *that*.” That will be left with you. That will be there. Always has a bit of a sting. Do you see? A bit of a – “Ahww, so I’m still here.” Do you know? But if you went to Rochester – “Ahww, I’m still here – it’s part of the same.” But it’s Toronto – “It’s still part of the same, what did I do this for?” Do you know? What’s the...

Participant: [Laughing] Yeah.

Jac: Forget about all of it! Forget about all of it! It’s just a faculty of mind to go into fantasyland. Something out there will be better than what I have. This is as good as it gets Tony. And from here [moves hand horizontally] drop! It’s just fantasyland, it’s just a kick...but, but...

Participant: Mmm. So what’s *this* [mimicking her horizontal hand movement]...when ‘*this* is as good as it gets’?

Jac: Yeah, um- right here, right now. *Not* being in fantasyland. This is as good as it gets. Fantasyland is a capability of mind to...to just daydream.

Participant: Hmm. So *this* meaning just what’s coming in through the five senses...

Jac: Just what’s here right now...

Participant: ...just being present to the situation...hmm...yeah.

Jac: Yeah, yeah. It’s fine. It’s *actually* just fine. Unless you’re running the desire: “Oh, what if I can make it better?” And you’re running the desire before you know you’re running the desire. So then you’re out in the fantasyland ‘cause you’ve already imagined that something else is better than what is here now.

Participant: Yeah...and...yeah. Yeah. It was...and it was interesting – you know that scene with looking out the window and the curtain rod? How mundane, yet there was some magic to it. You know?

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Jac: [Leaning forward] *Yes! Yes! Yes...yes.*

Participant: And...and then this thought – “This is just like the movie ‘The Matrix.’” And all this *crap!* You know? [Laughs]

Jac: Yeah, yeah, yeah - and *off* you go. ‘Let’s do something with this experience.’ And off you go. Yeah, yeah.

Participant: Yeah! Okay.

Jac: Okay.

Participant: So just stay here. This is as good as it gets.

Jac: Stay here. This is as good as it gets. Because if this is good...as good as it gets – then there’s no need to run the desire that something else would be better. “What if I did that...what if...’ And it’s the *desire* that sends you off on the twirl. And after the desire that it’s like –“Awhh, humm.” Do you see? And fantasy will never...well, usually isn’t as good as what happens. Because there’s a “Oh, is this all there is?” When we’re actually doing something in the physical.

If you’re used to running those desires then there will be something boringly mundane about what’s here now. Because the desire will be automatically up [repeatedly snapping fingers]...*something better, something better – we can make this better, we can make this better.* Okay?

*This* actually *is* exquisitely fine right now. But the *desire* to change it needs to be stopped for it to be seen that this is *perfectly* beautiful.

Participant: Desire needs to be stopped. That’s as if I had some part of control over it....

Jac: ... Don’t run...okay... don’t run the desire. Don’t go *into* the desire.

Participant: Uh huh. Uh huh.

Jac: If you don’t go into the desire, it can be seen...

Participant: ...so there may be some movement....there could be a movement that arose but not needing to go there with it...

Jac: Yeah. Thought will come, thought will go. Don’t be bothered with it. But if you’re – “Oh! What *if?*” And it’s got to do with *my* life and *my* choices – okay, now we’re... now we’re...now we’re off in the ‘I’. Do you see? So as long as the desire for something different or to have fun in your head...‘cause that’s what you’re doing – you’re creating fun in your head...

Participant: Yeah. Yeah. Right. [Laughs]

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Jac: As long as that desire is there, you'll miss the perfection and exquisiteness of what's going on. So when you were looking out the window, there was no 'I', and the perfection of *what is*, is magical *and* mundane.

Participant: Mmm.

Jac: But it... somehow it's fresh. Somehow there's a freshness. Because where attention is - is prior to it, and that doesn't know linear time. You see?

Participant: *Yeah*. I don't...I don't know why that is. But it's so...that's what it felt like. I don't... I have no explanation of that...you know.

Jac: Yes, yes. When awareness is...is...you know...is at home there is no linear time, so there's no sense of it being mundane. But a little bit of an 'I' - if it bumps into linear time it will see *what is*, is mundane, because it's just running memory. "Ahww it's always the same" When it...

Participant: I got...I got an energy rush and I...I just sort of...I didn't even hear those words...yeah, yeah...

Jac: That's fine, that's fine. Leave the attention on what is and there's always a freshness. And somehow what's happening is just lovely. It's just easy. It's fine, you know?

Participant: [Laughing] Thank you for poking holes in all this stuff...yeah.

Jac: {Laughing} Great. Okay.

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