

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

Participant: I'm really in a lot of pain. I had an experience...I had some kind of spiritual opening experience 27 years ago, and it just opened the floodgates of hell. And thought is very dense, the space very dense. And I'm really sort of...and somewhere sort of nondual teachings had started coming in, and teachers have shown up...and I'm not sure how useful it is.

Jac: Okay. Okay, okay.

Participant: Um, I sort of have a teacher...to give an example - quickly...um, and I saw her in Philadelphia a month or two ago, and I had an encounter with her. And it was...it's... anyway, there was a break and I slipped out into this cemetery and walked around, it was at a church. And somebody just came up ... and this woman showed up and she just said: "Be gentle with yourself." And she left, and it felt like that was much more important than the other eight hours of talk that I'd heard.

Jac: Okay. Okay.

Participant: And, um...so I'm sort of...I'm sort of there in like two movements going on. There's like a healing...or an *attempt* at healing...that's not going very well. And then there's a sort of an *attempt* - that's also not going really well - of trying to make use of advaita teachings. And, uh...can you say something about that?

Jac: Yeah. When the floodgates opened and all hell broke loose, was it fear? Is it fear that started, if you could name it?

Participant: I had pressure, physical pressure in my head, right? Energy, phenomenon... um, smelling things that other people can't smell, things crawling through my hair, voices. Um...I mean the floodgates of hell.

Jac: Okay. Okay, yes. Yeah, yeah, yeah. That's okay.

Participant: No - it's *not*. (Chuckles)

Jac: It is. I had that kind of stuff too. It's all right. It passes.

Participant: There's a lot of story around it. It's been going on for a long time.

Jac: Yes. Okay. [Long pause – Jac reaches forward and takes his hands.] Just settle.

Participant: I used to be able to settle more [voice breaks]. I'd be able to...you know...I mean...I can't afford to risk if I were to just...to just...really...to feel, to cry, to process, to melt. And it's been the last couple of years that's stopped happening and it's just gotten really dense and hard. And whatever connection I had to something greater than myself, it's been really eclipsed. [Pause]

Jac: So just right now, in as much as happens, settle, just settle. [Pauses] Yeah. It's just a kind of relaxing on the inside. Softly. Tenderly. Gently.

[Long pause] Relax another bit. Let go another bit.

Participant: I feel self-conscious, and I feel like I'm taking people's time.

Jac: Okay, we'll throw those two ideas out. Back to feeling inside again. If this takes two hours, then we give it two hours, okay?

Participant: It's okay with me.

Jac: Alright then. [Long pause] Just stay settled. What is happening is called a Dark Night of the Soul. And it passes. It will pass.

[Long pause – Jac removes headset and drops to knees in front of seated participant and they embrace gently rocking for several moments. As they separate jac remains in front of him and holds his hands.]

Participant: [Wiping tears.] I hear what you're saying- but I don't hear what you're saying. It's been going on for 27 years.

CONTINUED (Dark Night of the Soul, Part 2)
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