

The Only Thing That's Real is Silence

(Man playing flute fades into scene of Jac sitting across from female participant - conversation already in progress.)

Jac: There's just no ownership but things...the appearance continues. But it doesn't have the...the density of the personal agenda fighting for its life.

Participant: Uh, I do notice that there is a lot less personal hold on any of these things that are moving through. It's just every once in a while there's still one, you know, that will really kinda come through that...didn't have...

Jac: Yes. Yes. There's an 'I' that's busy again. Ok.

Participant: Yes, yeah. Exactly. So it's just a matter of continuing to just...I want to say 'watch them', um...but, but it's...it's just to let them...just...

Jac: Don't run the ownership idea.

Participant: Yeah...yeah...'cause even watching almost implies an ownership...doesn't it? I mean, that's what it kinda almost feels like to me...'I' am the watcher.

Jac: Mind plays...mind is the watcher. Mind is the observer. But it's a good technique in terms of getting unstuck to the 'I' story. So you can play with that. You can always observe anger coming through without ownership. Don't stay there. Don't stay there, do you know? Watch it and then like...OK, that...that does happen - anger passes through and there is no 'I'. Now forget about it!. And whatever happens, happens. Keep your attention on what is prior to it all.

Participant: Right...Right...Ok. Yeah. It...It seems like...this isn't really like the right way... only 'cause of the language, but...it...it seems like awareness is at different levels and in so many different places. I mean I can look outside at the cars driving by and almost physically feel them passing through me - because they are....me. And so on some levels it's...it's like - I don't know -I'm barely there, if you can even call it that. But now on other levels, yeah...it's just like there's some of these hooks that keep... grabbing.

Jac: But even the sense of everything is me...that's still an experience. That's still in the movie. It's all in the movie. Even placing attention into what is prior to the movie *is in the movie*. But somehow the personal 'I' is seen to be a *total cause of suffering* and it disappears. And you stop paying attention to it. And you stop taking it to be real. And then somehow the movie is just always seen to be the movie. With no good/ bad - more advanced/ less advanced. No concepts are useful within the movie. It's just the movie. It's *all* just movie.

Participant: Okay...now. Yeah, yeah I...I know...I...I...I can...I can see that because...yeah, I mean it's just thought...it's just all...all concepts...

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Jac: *All concepts! It's all concepts!*

Participant: And yet it's like the mind is just sinking into something. It's almost like it's kindda like trying to reach out and grab at anything that it can grab at now.

Jac: Yes, to keep the movie going. Yes, yes. The personal movie going. Yes. That's what it does. Yes. That's all right.

Participant: [Softly mutters] Ok.

Jac: It will die off. You know it's only going in one direction. And it will stop doing that too. The best you can do is make sure that there's no ownership. See through the ownership. See through that it's just a thought running through. Don't own ownership.

There is no me, my, mine. There isn't. Let the appearance appear as it is; it has nothing to do with you. [Pause.] And the concepts are fine, they're all equally just passing through. They're all an appearance. [Whispers] *It's just a dream.* It's just a dream. You're dreaming them. You're waking up.

[Laughter]

And even when you wake up – it's still the dream. Only the Silence – only the Silence is what's real. Waking up is still the dream. Self-realization happens in the movie. It's all a movie.

Participant: Wow. And the mind has no response to that...yeah.

Jac: That's right. That's right. [Pause – then softly.] *We cannot erase the movie.*

Participant: That...that's like the...yeah, yeah, ok.

Jac: And so imagining that you get out of the movie, and that you are out of the movie, *is* the movie.

Participant: ...right. Right, because it's just another concept of being stuck...in the movie.

Jac: Yes. Being stuck and not being stuck – identifying and not identifying – this is all the movie. This is still all the movie. The only thing that's real is Silence. It doesn't know about this. It has no comment. It is unchanging, and still, outside of time.

[Long pause as they look at each other]

Participant: Ok.

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[Both laugh]

Jac: So it's not that, 'Oh my god, so you can't get out!' The...the I can't get out. Of course, it can't get out. It was never in.

Participant: No. It was never in.

Jac: It was never in. It was never in. It was never in. What you are is *not* in the movie – doesn't need to get out of the movie – was never in. [Pause] It's wild, isn't it?

Participant: Uh, yeah. [They laugh] Yeah...it's just kinda...I...I...you know...I can tell there's nothing left.

Jac: No, there's nothing left. [Whispers] *Let there be nothing left. Let there be nothing left.*

Participant: Yeah...ok. Alright. Thank you.

Jac: Thank you.