

Just Jump

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

Jac: There comes a point when the pain of holding on is greater than the fear of letting go. And it is then that you will let go.

Participant: Should I then continue to experience this on my...experience this harsh approach...it's really the only thing I've got going...should I?...

Jac: You might think you have a choice – but you don't. It's gonna do what it's gonna do. And it will feel like you're doing what makes sense to you. That's what the seeker will do – what makes sense to you. So that feeling of doing what makes sense to you, we interpret as me making a choice. But you're only doing what makes sense to you. Do you know? It seems like logical...or 'Yeah, that makes sense...oh, I need to do that...or da-da-da.' But all of that is just a line of thought...that...that a seeker follows. [Making 'air quotes' with fingers] - it's kind of how seeking is done.

And the seeking stops. And sometimes there are seekers who are not seeking. But *all of it* is the movie. It's *all* the 'me-story' – *all of it*. But if there is that sense of if you let it go there'd be nothing. Hallelujah. Because the mind isn't coming in with..."well, I could do that instead." It's like saying: "Whoops, what's down there? Don't like it!" That's when fear comes. The fear is based on nothing. It's just...it's just fear because mind can't handle it. So it presents fear...'cause it's the strongest emotion – huh – to stop movement. Fear's the strongest one. So that's what mind will do. It's just mind. It's not you. They're just thoughts passing through.

Participant: Fear. Why fear? Why the fear? Why is there that movement...what does it serve? Why is this...you know...it's there and it's so overwhelming. And...um...I wonder if I'm just holding on to being a seeker because of the fear?

Jac: Yes. Yes. Yes. Fear will always be there...somewhere, because it's...it's just a...a polar opposite to love. Which is safety...whatever. Do you know? So it's alright, it just exists. Is fear suppose to go? It passes through like everything. But when it's "*my*" fear - okay, now the movie has taken its way with you.

[Pause] It's always the ownership that gets...is the sticky part. So if the 'I'...if the 'I' stopped being a seeker...if the 'I' still continues and believed to be an individual separate form, something else...it will have another project. It will get something else. It will be not seeking. Do you know? There's still an 'I' there. Is one better than another? Not at all...it's just going on and on and on. It's a dog chasing its tail...the 'I' business...imagining it's progressing.

Participant: The seeker has a life force that is very strong in me. I feel constantly...a need to...to be free. There's that need...there's that drive...there's the life force.

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Jac: Yes. Yeah, that pull. Yeah.

Participant: So just to be there and realize what is...and not to continue to invest too much energy in it but to see that it's a life force?

Jac: Mmm. Yes, it is a life force and if it hasn't happened already it...it's...it takes away personal choice. Because the...the pull...or the push, of that force is determining what experiences are being had by you. Does that make sense?

Participant: The...pull...is?

Jac: Yeah. You know that life force...that...that, that draw towards...that huge longing of...to get out? That determines the actions that...that form takes. Does that make sense?

Participant: Unhuh, yes.

Jac: Ok. So then, it is known that you have no choice? Is that...has that...has that clicked?

Participant: Yes.

Jac: Ok. Then, what are you worried about? You can't choose anyway. Let it take you. Let it burn you. Let it have the ideas of what you think you are.

Just jump! Let it take you. Because the seeking is trying to control where this pull is pulling you. But the seeker is trying to control. [Staccato voice] 'Let's-have-an-aversion-to-aversion-because-we've-spun-it-out-so-much...what-are-we-going-to-do-with-it-now? Let's-have-an-aversion-to-aversion-and-aversion-to-attraction...can-we-just-mix-it-all-up-and-keep-the-show-going?'

[Whispers] *Drop it. Drop it.* The seeking might stop...it might start. Don't be bothered about it. Drop your attention to where you're not dealing with issues to be sorted. The rubbish, as I call it. Drop your attention to where none of that is happening. Because when attention is on my spiritual practice, the movie is going on and it's very solid. That's the show. So drop you're attention behind it. You can do that can't you?

Participant: Yes.

Jac: Yeah, yeah. Yeah, yeah. And keep your attention behind it. And you will find your form is meditating in the morning. And you will find there are certain things that don't... and it will get softer *not sticky*. And there will be..."*Ahh, I'm losing the plot...I'm going to go back into the world!*" It's like, that's just fear. If I go back into the world... I go back into the world. But you probably won't.

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Participant: Yes. Right.

Jac: If you do it will be for...be for a very short while, till you find your balance again. You know? That's okay. That's okay. You'll learn something from it. Even if you do, you'll learn something from it. Sometimes when the controller is very strong about spiritual practice, sometimes you need to kind of get off the train. Do you know? To revisit to just kind of...I don't know...sometimes it happens like that. That you go back into the world just to kind of like..."Oh yeah! Oh, yeah. That -that was that...and this is why I'm doing this." Sometimes that happens. You won't lose...you can't lose any ground. It's not like that. So if in the softening, you swing the other way in order to find your new equilibrium. That's okay. It's...to find the new balance sometimes it's..."Whoops!..."[swings a hand from a center point out]...Oh no - no, here is where the...the new central ground is "[brings hand part way back to center point].

Participant: Okay.

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