

Man playing flute fades into scene of Participant sitting across from Jac. (conversation already in progress about dissolution of the personal "I")

Jac: For some it's totally smooth. There is this chap who...who died in the early '90's...um, he was, um...he lived with Ramana Maharshi close to 15 or 16 years....no, older...

Phillip: Robert Adams?

Jac: No, um, he's an Indian chap, um...

Phillip: Papaji?

Jac: Annamalai, Swami Annamalai is his name. He always stayed at Ramanashram all his life. He died in the 90's. And the last couple of years he, his satsangs were recorded. And westerners used to go and sit with him. And, and somebody said, "So when did self-realization happen? What happened for you? You know, what...what was the experience? The...the death experience of Ramana? Or the shaking experience of others?" And...and he just said, "I don't know anything about that. But I know it was 1969 the last time I believed a thought."

Phillip: Oh wow...

(laughter)

Jac: Nothing! Nothing.

Phillip: So you could go there right now, and just stop believing in...every thought that comes in...

Jac: Absolutely! Absolutely. And some kind of realigning happens. It may be noticed and it may not be. So don't create it as a phenomenon. *[Makes "click" sound, spreading hands apart]* - No go!

Phillip: Open the expectations...

Jac: That's right. And it's only right now. It's not like, "well, you know, I'm trying to do this, and I'm trying to do that – and I'm not getting there." All your doing is playing memory. Between the memories of believing in the "I" – where, what...where was Phillip *then*? When there's no 'I-me-my' running 10 hours ago, you know? When there was no 'my-me-I' running... when you were walking? Between the thoughts of, "Do people see the way I'm walking?" Between those thoughts, was there an ownership thought running?

Phillip: No.

Jac: No. And there's no way of knowing until the next ownership thought comes in. But somehow we imagine that it's all ownership thoughts – and here's my problem, and now I have to get rid of...something." It's like...it just comes in and comes out. It's not yours. The

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ownership thought isn't yours. Do you see? A thought with the layer of ownership can be in consciousness, that's just moving through consciousness.

Phillip: Clouds.

Jac: Yeah. It's not yours. *Even* the ownership aspect doesn't make it yours.

Phillips: It might be as nuts as me saying, "That's *my* cloud." [pointing arm upwards]. Right? It's just forming out of nothing.

Jac: Yes. Yes. It is as nuts. There's not *might* about it!, you're right! It's a metaphor that's similar. Yeah. Yeah. It *is* that nuts.

(laughter)

Yeah. We use that language in the dualistic world, and that language will continue because it's fine. It dualistic language and it's appropriate for the "my-me-my" - it's framed around that. So it's fine. But...so what language you use you don't have to qualify it...you don't have to...it's like... it's known to be just the dualistic language. No big deal.

Phillip: Umhuh. But you're seeing from beyond the dualistic language, so you're not caught by it. Yeah... yeah.

Jac: That's right. It's just *always* an appearance. *Always* has the same quality, an appearance. It's just always a movie...and completely *implausible* as reality. I mean, it loses all its authenticity.

Phillip: A quote that keeps coming through my head -I don't know if you said it -or um, a couple of weeks ago. But anyways, someone said, "When you take the trash out from the kitchen to the...the curb, you don't stop and look at the trash midway." In terms of, like, letting go of the ego, I think there's, a lot of...as we...as we have been talking about therapy and things like that...or. That would just be more investment in the "I". To stop and look through the trash...right? Like...it's rubbish...so just straight to the curb.

Jac: Yes. Yes. It perpetuates...it perpetuates the "I" story.

Phillip: Yeah. That was helpful, that.

Jac: Yeah. Looking at my *stuff*! And sometimes...

Phillip: Yeah. Yeah. You could just sit there on the side of the road looking at your stuff for ten years.

Jac: You could. You could.

(Laughter)

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Phillip: "Never going there...I'm looking through my stuff, alright?"

Jac: Yes. Yes. Yeah, yeah. And isn't that what's happening when "I" having this story of "I"? That's just more stuff, huh? Hmm

Phillip: Yeah. Looking through the rubbish. Yeah.

Jac: Just looking through...yeah. And that's fine. Looking at the rubbish happens. It happens...in it.

Phillip: Yeah...especially if you're a dog.

(laughter)

Jac: You know...yeah. It happens.

Phillip: I can...I can see within the movie, it can be helpful sometimes.

Jac: Yeah.

Phillip: You know...if my Mom and her husband are having some issues of...obviously, the more they can discuss that and clear it...then, it's helpful.

Jac: Yeah. Sure. All that happens within the movie, of course. And...and the part of Phillip in the movie will continue.

Phillip: Right. Whether or not there's an "I" there or not.

Jac: Totally. Totally.

Phillip: Yeah. Like we just move through...

Jac: That's right. And if your family feels they're losing you or not losing you...? Whew. You know? You can't control any of it anyway. You can't.

Phillip: I think it's my fears I'm projecting anyway.

Jac: For sure. For sure.

Phillip: I know you know.

(laughter)

Jac: Yeah. Yeah. (laughing) So even the appearance of what is 'my thought, my story, my path'...*that* thought *even* is happening in consciousness. The "my thought" doesn't make it Phillip's.

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Phillip: Yeah. I'm...I'm just, again, sorta overwhelmed by, like, how, um...I can't think of the word even...but it's, it's so *convincing* – the illusion. I mean, it's so, like, even the thought you think, "Wow!" The thought that thinks it sees how illusionary it is ...is still just thought.

Jac: Yeah. Is still in the movie. Yes.

Phillip: Yeah. It's just really, like, wow. You just kinda have to surrender to it all. It's just...

Jac: That's right. There's a place for surrender, isn't there? It kinda comes upon you. It's like, *phew*, forget it!

(laughter)

Phillip: I like how you said, that even if there's an "I" who has to accept something; or an "I" that has to surrender, it's like too much still. It's still the "I".

Jac: Yeah. It's just more doing.

Phillip: It's complete annihilation.

Jac: Yes. It's complete annihilation. Yes. Yes.

Phillip: God or Bust!

(laughter)

Jac: Yeah...(laughing). The movie...you know the movie is a movie, or the movie is real. Like, you know. Yeah, yeah. If something's pulling you.

Phillip: Yeah. Because I've been thinking, "Well, I'm kinda awake" –you know?

Jac: I see.

Phillip: But when you said that it made sense. I mean...the ego becomes a spiritual ego. I mean, the ego might have more information or concepts about...that it's a movie, but it's still trapped within the movie. I mean, the movie's still happening.

Jac: Yes. The movie will always happen, but it's only an appearance. It doesn't...*in reality* – it's not happening at all, it doesn't exist. Existence itself doesn't exist. And no concepts.

Phillip: Yeah. I feel good about that in this moment. But I can sort of put the movie down. Well, it's not like putting it down. But, I mean, there's a sense of like okayness about it. "Okay!"

Jac: That's right. Yeah. That's right. Yeah. Sure. I know.

Phillip: It's just a movie. I don't have to be so anxious about it. About it all...(mumbling).

Jac: Yeah. That's right. No. And anxiety happens and it will pass again.

Phillip: mmm. Uhhuh. Thank you so much.

Jac: So when attention is in what you really are, the movie is just the movie. And it doesn't change from being the movie. So placing attention in what you really are.

Phillip: I feel like it becomes an empty movie house. That the movie's playing but when you look in the audience there's no one is watching it. If that makes any sense.

Jac: Yes. Yes. That's right. There is no audience. The audience is observer. That's mind too. The audience is the movie. So what's left in the movie house?

Phillip: Nothing.

Jac: Maybe the screen. Some analogies. Some...you know...some scriptures use that. And say the screen. The unchanging, still, unknowing – 'is there...is there, you know, is there pictures flashing on this or is there not?' – screen. No clue.

Phillip: And the screen's not affected by it. Any images.

Jac: No. Not affected by any of it. Not aware of any of it. Completely and totally [holds out palm and looks away from it.]

Phillip: Mmmm. Mmm, yeah. Thank you.

Jac: Let attention be on the screen...and somehow, somehow...

Phillip: Mm. Grace.

Jac: Yeah. Which you are. Hmmm. [both make bowing gestures] OK. Thank you
Phillip.

[Phillip leaves and a female participant takes the seat across from Jac.]

Jac: Good morning.

Participant: Good morning.

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