

Unedited First Draft Transcription - Your Aging Mother Is Your Teacher - 2017 April 01
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Toronto Retreat, Canada

Questions: #12 through #19

Good afternoon everybody. Check to see where you're looking from. Pay no attention to the story of you, that can take care of itself. You know how to do that you've been doing it long enough. Pull your attention in. Drop so deep that the sound of the water boiler is like way out there. It's a whole other reality of nothing. Feel the effortlessness of it, and if this is new to you there will be effort to go there, but after a while the effort is to plug into what the mind is saying, and it's totally natural to be outside of all of it, to be at rest; it flips back to the natural order. There's nothing happening. There really is nothing happening. Don't try to work it out, rest on the inside and go as deep as you can. If there's a sense of presence, deeper than this, if there's a sense of awareness, deeper than this. Don't look for a landing place there isn't one, and it's perfectly fine. Deeper than this, emptiness. Don't let your body fall asleep. Go deeper. Don't fall asleep. Let go, let go, let go. Relax, dissolve, melt, melt into nothingness. Let go, melt into nothingness, and deeper than that, and don't fall asleep. If your mind is enjoying a state go deeper than that, go deeper; no reference point, nothing. Check to see where you're looking from, is mind entertaining you again? Drop in, rest.

7:58 Ignore the distractions of the body, go deeper than that. If your body is screaming at you now, put your attention where it was before you had a body – and stay awake – outside of all of it, deeper than space. Expect nothing. Let it be empty, deeper than all the stories. Let any story seem so far away, dissolve there is nothing. There never was space, there never was time, there's nothing. 10:50 Emptiness that isn't empty of anything; outside of all of it, and deeper than that. Stay awake, stay awake. Rest where thoughts have no validity at all.

12:23 Let your attention rest in the deepest, deepest, beyond. If your eyes are closed, in your own time, I'd like you to open your eyes without creating story. Let the action happen, let seeing happen, and maintain your viewing point in the depth that it is when your eyes are closed. So let the eyes open and no shift in your attention happens, no shift. Your brain is able to register sight without the personal default mode network, the self referencing, being stirred at all. Let seeing happen without it being self referenced, without it making story let seeing happen. Seeing happens and there is no story. So I guess everybody who has their eyes closed is asleep. Can you keep your attention outside of all of it, and your eyes are open? If it's new for you it will feel kinda weird in your brain. So what you're doing is you're showing your brain how to function well and efficiently without running every little activity through the self referencing, "how does this impact on me, what does this have to do with me, how do I feel about this, let me judge this scenario," so you're removing the me-myself-I from your neurology. That's what happens when you wake up, you don't use that self referencing

anymore. Seeing happens, but you're not the center of what is seen because there is no you, you know? There's no other way to explain it.

15:39 And so again let's go into questions, if there's questions, and be aware of how you as an audience member are perceiving when there's story unfolding in front of you. How much of a narrative is going on in your head or can it just be, you know, happening out there. Just like seeing is happening without you having the yakety yak, chatting about what is seen and how it impacts on you, and what time is it, and I need to move, and I'm sleepy and I'd love to sleep, and you know, just stop at all! Stop it all it's garbage, it's just me-myself-I bullshit. Stop it. Stay outside of all of it, there's nothing wrong, ever.

16:46 So do the work even if you're sitting in the audience. Do the work, continually watch, "am I completely stuck in that story or can I be, you know, interested in or gleaning some information from what's going on up at the top of the room, and still stay outside of all of it?" You need to be able to learn how to do that.

So the chair is open if there are any questions cruising around.

#12 / 18:12

Q: Think nothing, that's it actually.

Jac: Question answered?

Q: Thank you

Jac: You're welcome. I love this teaching in silence business.

#00 / 20:00

Jac: Do you know that frequency that you hit... I just want to talk about the laughing for a second. Dry a few tears or else we'll have mascara streaking. There's a kind of zone of perception, it's almost like tuning a radio really, when it crosses a particular station. You know, there's like existential fear, then there's space or time space, and then fear, and, you know existence itself. Because fear really has its roots in the disappearance of all of it, you know? It's like when the first idea of separation came in fear came, it like, "what the heck is going on here?!" when consciousness comes and starts believing its own movie, you know? And so existential fear cruises around that area, around the area where you kind of see, "oh, existence itself," even the idea of existence itself is just another concept. It's totally empty, there isn't existence of anything actually, not even an emptiness! There isn't even an existence applicable to that. And around there there's this frequency where it's "hilarious!" where this whole game is just ridiculously funny! And it's beautiful when you hit it because the absurdity of it, like no matter what way it presents it's hilarious! And it feels like... if you haven't felt it I want to describe something that might do it. You know, have you ever been in a place where you're not supposed to laugh? Like you're at a funeral where you don't know the person, and you get this... "it's hilarious!" Or you get the giggles and you just...! It's the wrong place according to society, but you can't stop laughing. It's that kind of like nonsensical

hilariousness! It's that feeling, you know? And the ridiculousness of life, and at that point there's nothing alive that can actually be there to take it seriously, that can be there to believe it, because believing it means taking it seriously, you know? They kind of go hand-in-hand until they split further down the line. It's like no matter what it presents it is just... it's beyond ridiculously stupid, you know? It's nice when that laughter arises, it's good for the body/mind. I guess that's what they mean when they talk about the cosmic joke and that kind of stuff, you know?

24:03 Where are you looking from now, are you in story? Are you outside of all of it, and this is kind of happening on a screen way down there, like on a little old-fashioned portable TV you know, a small screen, not big or large where you're in the middle, the star performer of the script on stage. It's like all of life, all of what's happening, even this satsang is down here in a little portable TV screen, and the perspective is way outside and not too bothered by it actually, whatever it plays. So it's much softer than the observer. You know the observer is looking at the television, this is way, way, way, deeper than that. Way deeper, it's not being aware of itself. None of doing that stuff, up, deeper, deeper, deeper, where there's no identification at all. We spoke about that last night. So just in case you're here today and weren't here last night, don't tag on, "oh, this is what I am," you know in the deepest place you're in don't bring, "oh this is the truth of what I am," don't bring any identity at all. Emptiness without identity please. Identity becomes a ball and chain.

So if you have something you want to ask, and you have a secondary thought that you don't want to go up and ask, then come up and ask. Don't be playing two layers. Do you know? Then the mind is really in control. I can see some people are in thought but then there's another thought, and it's like, "oh, whoa, whoa, whoa," now you're so deep in." C'mon honor it.

#13 / 25:20

Q: Oh my goodness. So I have this back and forth kind of situation that I'm in the thick of navigating, or kind of getting insight from. You know I feel like there's times where I have these glimpses where everything is the same and it's such a relief, and it's like, "ah yes," you know, and it's such a relief. And it does feel like there's this, more happening back here, and it's like, "uhh this is very subtle," and I'm aware of it and trying not to get also identified with that or like the ego to get hooked into like, "aren't I special," you know? But it's like... you know it feels like there's new stuff happening in recent past or something.

Jac: Good.

Q: 27:30 And then along side of that, you know I'm in a life situation where I have an elderly mother – she's 82 – and she's getting to a point where, you know she's going to probably need more care, and I'm going to be very likely in that role of maybe even living with her on a day to day. She was recently in a very odd auto accident where I had to go and help her for some time, and I could feel like, you know like my consciousness was totally contracting and totally going into this you know, very kind of

familiar kind of... You know it's even more painful because there's been some experience of kind of more expanded states, and then it's like, "oh crap I've just..." And it's a very visceral... I feel like I can see on one level that my mom, she's a very decent person with a lot of good qualities, but it's old stuff where I'm like 14 again, and it's not even a mental thing but it's like I contract, my physical being contracts.

Jac: Yes.

Q: 28:55 You know I'm trying to navigate this of like, okay, allowing her to... allowing myself to hate her if I need to, quietly. You know, to call her all kinds of names if I have to, and it's like, "oh that doesn't feel good, but it's like okay." Then you know, I'll feel like, "okay, I'm going to maybe try to be loving and see if she's suffering, and compassionate," and it's like that also feels a lot like trying to do something, and then it's like, "okay I'm going to just try and not..." to realize, "I can't control this, I can't control this. I feel at times that... I don't know if that's helpful at times either because there's just so many layers there, and it's such a visceral kind of shutting down that happens at times. Also, I can feel how my mom and I are so kind of intuitively connected, where you know we'll be in the same room together in the kitchen, and I'll know exactly what she's going to say before she opens her mouth, and it's just like, "oh this is you know, icky," and you know I'm trying to really feel like, "okay what is it that I want from her?" That seems helpful to just see that, it's like, "what do I need from her, what kind of response do I need," and it seems that's a little bit closer of like something helpful. But it's just, you know this thing of I feel like I'm like ping ponging between like these two very different parts of consciousness, and the contrast sometimes feels very like back and forth.

Jac: Yes.

Q: 30:54 And on one level it's like... I can also accept this on one level, it's okay and maybe I'm not going to understand it right now but like eventually there is still kind of this okayness even in kind of the frustration or all the negative feelings that I have. So it's soupy.

Jac: It's great.

Q: Thanks.

Jac: Yes it's great. You know that sentence that gets thrown around a bit, like, "if you think you're enlightened go live with your family for a couple of weeks," you know?

Q: I'm saying that to myself a lot.

Jac: There's such wisdom in it because that's the test, that's where the buttons will get pushed. So that's where the next stage of working is happening for you. I would plunk you right in the next bedroom to your mother. Plant you there and say, "stay there, see it out, see it out, stay there," you know? First thing that comes up in what you said is that, let a deeper level of honesty with yourself kick in, because there's a sense of how it should be, and then you can hear these feelings, "(sound effect 32:17) god I want to hate her. Oh that doesn't feel good," and it's like, "why doesn't it feel good?" Like, who is this one saying it should be one way and it should be another way? Align your own honesty with, "I'm going to honor that, I want to call her a cow today."

Q: 32:31 Sometimes it feels like having Tourette syndrome. Sometimes it's like... yes, I'll just like, the meanest things in my mind will come out and it's sort of like... Yet I don't feel okay with it.

Jac: Why? Which one is more authentic?

Q: 32:55 Mmmm, I'm not sure because that feels like such an extreme or such new territory, that maybe it's like the needle has to come a little bit back to center, because it's sort of like, I'm going through a lot, like a...

Jac: Can we push the needle into where you want to be nasty?

Q: Yes okay.

Jac: Push, push, yes let's go into that. If that's there what are we going to do, deny it, run away from it, judge it? That means we're burying it, we are capping it, we're making it not okay, so we're not going in to pull it out to see, "what is really going on here, what's underneath this?" I want you to be that honest with yourself so that you don't judge anything that's coming up. All the shoulds, how it should be towards your mother, ditch it it's not appropriate anymore because that's creating a level of dishonesty with yourself, that has to go. The brutal self honesty and the integrity that has to come with this path, looks like, if you feel like your mother is a cow then you sit with that and own that feeling. That's where the honesty kicks in. Whatever is showing up is welcomed, all of it, no denying.

Q: 34:24 Okay. I think I'm getting better with that, but it's sort of like maybe I haven't gone through it completely, maybe I have to...

Jac: Yes, because every time you kind of say something it's like, we've got it down to Tourette's, we've got it down to it doesn't feel right, so it's like you say something and then you have to qualify it because that's not really who you are. You want to pull the needle to the middle, and it's like, let's talk about the crappy, shitty stuff! I mean, that's trying to come up but you push it down every time you bring it up. Let it come up! I mean you're only judging yourself.

Q: Yes, yes.

Jac: It's your own game.

Q: Yes, yes, yes. Well sometimes it's just hard not to because there's all that cultural stuff, and then it's sort of like... And then there's this whole layer of, "she's an elderly person and I'm here to help her," then if I'm here to help her well why am I in... you know I'm in like a really bad mood, and it's like to me that doesn't fit with my pictures of what it means to help somebody.

Jac: 35:27 Yes. So all those pictures have to go, because there's something unnatural, they're learned, there's something inauthentic about obeying those pictures, because you're not allowing the natural movement of your true nature to do what it needs to do; that level of honesty. Do you see the kind of honesty I'm talking about?

Q: 36:00 It's hard to... Maybe not completely.

Jac: Yes, it's like there's a set of rules which have come in from, you know wherever, family, society, culture, you know we all listen to them all day every day, but there's a set of rules that you don't see as rules because they've helped you. So they've made you who you are, and you like the person that they've made you.

Q: Right, okay.

Jac: They're not useful anymore because they're guidelines. It's like when somebody is following religion, they're trying to find God but eventually the religion is like, "okay, it gave me a decent set of values and it kept me in good company and it did certain things, but now it's the problem and we've got to freefall into what God is, right? So we've got to freefall into, 36:55 well, what is authentic for the Tamiko woman? And can she in all her magnificence be allowed to express and to recognize and to acknowledge whatever is going on inside her without judgment? Now, if you can allow yourself to see that part of you, all right, now we are looking at self honesty. So this isn't about your mother. Your mother is just a catalyst, so it's not about her at all.

Q: 37:33 Okay.

Jac: But she's a great catalyst for you. She's bloody great, she can be a teacher for the next five years. So if you hear yourself saying, "I feel in a bad mood today," it's like, find some way to vent it, paint it or write it out. Find some way to acknowledge it so that you're doing something different rather than, "oh I should..." and you're suppressing what's actually authentically coming up for expression, for release. You're suppressing it with the rule that you learned somewhere.

Q: Okay. Mmmm, I can sit with that. I feel like it has to percolate, you know?

Jac: Sure.

Q: And it's also confusing when... you know it's like when people are elderly and frail, and so like there's this element of you know, "well, I don't want to talk to this person for the next week," and then it's sort of like, you know if I did that and then there would be a situation of like, "oh my goodness this situation went wrong," or like she needed help with something and then it would just be... You know it's when somebody...

Jac: So your mind would use that to punish you then?

Q: Yes. Yes, yes, yes.

Jac: So we have another layer on top of it just to keep you trapped, you know?

Q: Yes.

Jac: 39:33 The thing is, the beauty of it is if you have that sense, "I don't want to talk to this person for a week," if you rarely actually go into not talking to her for a week, that's rare. The acknowledgment of, "I don't want to talk to her for a week," and what's beneath that, it's like, "okay, I totally own it I don't want to talk to her for a week." "Why don't I want to talk for a week? What story is behind that motivation?" So the more you dig out and you'll say, "I remember her doing this to me when I was ten. Oh the bloody cow!" You know? And it's like, "all right, okay, so there's anger, there's resentment, all right, okay come on," and by digging down and acknowledging it all you'll actually be fine. It will actually be like, "oh (sound effect 40:17) she doesn't have that power over me anymore." It's about you finding your own power, but you have to sit with that and be brutally self honest, and dig up what's the root cause of every reaction, that at the moment when the reaction comes up you're putting in the rule of good behavior or rationalizing it because she's a little old lady, you know? You're rationalizing it in some way so that it's like, "oh we're not going there because we're going to be good," and it's like, "that's got to go." That's stinky now, that's not working for you, do you see? So it's a methodology for you to work with, "what's my authentic feeling here? I can still help her and make lunch and stuff, but I'm going to disappear

actually for two hours then and unpack what these feelings are, and feel them, and love myself through it, and give myself what she couldn't give me," you see? What she's able to give you now is a greater gift than what she couldn't give you when you were a child. That's very important for you to remember, that's very important. It doesn't always work like that, but for you that's how it's working.

Q: Yes, yes, but it feels very absolute and kind of very stark of just like impersonal, like... you know? So I think another layer of that is, you know in family there's expectations and you know history of people being certain ways, and so being okay with, you know not being hooked in I guess. Like being... You know seen as different than 10 years ago.

Jac: Yes, let that come. That's just self image; stop protecting the old self image. People are entitled to their opinions, it doesn't matter if they're right or wrong they're just opinions. Don't even go deep enough into them to see it people have misunderstood you, that's way too dense. People are entitled to their opinions, let them be misinformed or whatever, it doesn't matter.

Q: 42:34 Mmmm, hmmm.

Jac: Yes, it's beginning to free up a little bit.

Q: Yes. It feels like a lot but it's like okay, like there's part of me that's like, "I can do this," and hopefully not just within this like, grit your teeth and endure kind of thing but in a way that I can kind of see the, you know the grace in it.

Jac: Oh it's full of grace, it's full of grace! She's going to press every button for you. She's going to be the most intense therapy you could imagine, and it's totally coming out of love from her at a soul level. Totally! I can see her like, this is her way of like wrapping up her karma; let her do it. Let her do it.

Q: Okay.

Jac: It's very beautiful. I don't know if you can see that yet but it's very beautiful.

Q: There are moments, there are moments but I guess, you know it's all so easy to place, you know maybe a high up, a higher value on a certain kind of unusual experience, then you know, these kind of very thinly or very... you know these contractive feelings that just are like, "oh I hate this," you know? But I can see that it's...

Jac: It's the gold nuggets.

Q: 44:13 Yes.

Jac: They are the things that are stopping you from going back, because you know the way the contraction is in front, you know you shrink and you go back and there is expansion.

Q: Yes, yes.

Jac: All right? You've got of few tethers, you've got a few chains that keep you contracted and moving towards that issue. I want you to dig up where the chain is buried, you see? Dig it up to free you to be back and stay back. That's why you've got to go in and dig up this stuff, you have to you're tied into it so you're contracted, because it's able to pull you in. So you have to shrink when you get close to it, and it's able to pull you because you haven't dug up and resolved what's underneath it. But when you do that you can stay back, so your highest teaching is to go right in to that stuff with your mom. That's the gold, welcome it. Yes, be grateful for it, be grateful for it. It's not a linear path in terms of a hierarchy of things, it doesn't work like that.

Q: Yes, yes.

Jac: The densest ones are the last to go. They're there the longest, they've got the most concrete about them, they're the one that keep the movie looking real you know, keeps us buying into it. They're always the last to go, and that's why so many people avoid, "no, no, I can just let go of that," and it's like, "yeah, yeah, yeah, yeah." Find some integrity and you'll find, "oh my god I still run this crappy story actually, about self-worth, about sexual perversion, about... I still run this, I just don't want to admit it." It's like, "all right, okay, there's lack of integrity." That's what it is really, lack of integrity, and these things are being used by the lack of integrity you know, so that's why you have to start with self honesty. It's about self honesty, that's the thing that's making you obey what you should be, what looks right. The self image is actually the thing that you want to maintain rather than, "actually I don't care what the consequences are I'm going to be brutally self honest here, this is how I feel. This is what's going on right now and I've got to sit with that. And in the meantime I've got to make her lunch, and then I'm going to pull back and take some time for myself and take this one for a walk and find out what the heck is going on." You pick up a stick, you whack the bark off a tree, and you're like, "okay, I just chopped her head off again. All right, so be it," you know? That kind of honesty, to honor it. And you'll give to yourself what she couldn't give you.

Q: 47:15 I guess it's confusing because it's sort of like if I would say, say hypothetically, if I was an elderly person in need of care, I don't think I would want somebody stopping around in my space who was angry at me you know, but maybe I would. Maybe if the necessity was there and it was like you really did need care, you'd be like... Just the fact that you are cooking them their meals it's like...

Jac: Do you hear what you're doing now?

Q: Kind of yes.

Jac: 47:49 Tell me what you're doing. Describe what that is, where that comes from.

Q: I'm not allowing my experience to be my experience.

Jac: Yes.

Q: It's very much a care giving energy of maybe putting the other person first or...

Jac: It's more that your mind is finding excuses to not give you permission to do this healing work for yourself, because you, hypothetically, to use your own term, you said of a hypothetical scenario in order to make it not allowed, not okay to do this work. It's like, you have to do this work or better luck next time, it will come back with legs on it.

Q: Yes, yes you're right.

Jac: Embrace it, move in with her or have her move in with you. Go after this. Go after it, it is such a gift.

Q: Okay, yes. It's helpful, it's helpful.

Jac: She will be fine, she'll be fine.

Q: Okay.

Jac: 49:12 I'm talking from a bigger picture perspective, okay? And it's so potent for you in the, you know the bricks and mortar of how this works on a practical day-to-day level, that's still so potent that you can't see karmically what's going on. You can't see what's going on. It doesn't matter if you're stomping around the house, it is such an insignificant thing compared to you waking up and she getting free of her karma. It's

like, “sorry mom, you know I just thought I shouldn’t do that. So you can’t burn out your karma, and I’m just going to come back next time you know, and face this stuff again, and have more courage next time. Do you see what you’re weighing up?”

Q: Yes, yes.

Jac: The reasons you’re weighing up to not do this don’t wash. Something huge is being offered to you and you’re happy to take the little crumbs on the table, and it’s like, “look up here! This is the most fantastic nutritional thing you’re ever going to have!” But, “no, there’s some breadcrumbs here from last week, I’ll have these, “ and like, look at the bigger picture at what’s happening and go for it. That’s kind of what you’re doing; the contraction has you down here on the floor.

Q: I think it’s because over many years I’ve been kind of there in various ways to, you know kind of... I guess in my mind to do things to help her out, and now it’s going to another level. So there’s almost like a wariness or burden, but it’s like it still feels necessary. It still feels like, “okay here we go,” like, you know I feel like, yes, I can’t turn my back on it really.

Jac: I hope you can’t, for your evolution and for her evolution, that why. Not because it’s the right thing to do because I don’t care about that, I don’t care about that. You can do this it’s actually light, it’s actually, “whoa, here’s my opportunity to shift a hell of a lot of old stuff,” embrace it, celebrate it. It’s like, “whoa! another big load of grunge is up today, great.” Celebrate it, welcome it. Yes really, welcome it. Can you see it?

Q: 51:55 I’m seeing it. I’m in the process of seeing it.

Jac: Yes, and the layer that we’re dialoguing about now is where you can see the story with your mother from the wider view. That’s what I’m inviting you to do right now, in the last couple of minutes you know, because you kept seeing it from inside, inside the small perspective of how it should roll out, and it’s like, see it from the wider view here. She is your teacher right now, you see? Keep the wider view. Otherwise you’ll get caught in it, so you’ve got to keep the wider view.

Q: 52:47 I feel like I’m going to do my best to hold onto this because, you know parents, it is a big one, it’s a very big one.

Jac: Yes it’s a great opportunity. Yes, that’s where the real ugly stuff lies. You can do it.

Q: Okay thanks.

Jac: Sure. It might be good to listen to this part of the audio again and again and again and again until you’re like, “oh, I know now what she was talking about,” that would be good.

Q: Okay thank you.

Jac: Yes sure.

#14 / 53:30

Q: It seems like there’s just as many people here as last night. I feel like non-dual is definitely my path, but I feel like I’m having trouble negating all this, negating; making all this not real.

Jac: Mmmm, yes. I just want to jump in there Tracy. Making not real, it’s more recognizing that it’s not real, because if you make it not real then your mind is doing it, and it’s about taking a step away from your mind to where you go, “oh my god it really

isn't real!" So I'm inviting you to recognize that it's not real. So if you don't recognize it yet, that's perfect. Stay with what honors you because that's the only authentic place.

Q: 54:34 Okay. Yes, because I feel like... What I feel is that I'm in this world of form being... Like the universe is really smart and it's placed me... I feel like this is like an egg of form and it's placed me here in a local perspective.

Jac: Yes.

Q: And it's hatching me, and I'll eventually evolve into something, developmentally into something, enlightened eventually, I mean incarnations, but when I hear like, "negate this and go into the abyss," this non-local, non-defined, it almost feels like an imbalance. To me, how I'm trying to understand it is it's relational, so I go from abstract back to local to abstract... the balance is relational. I find steadiness here and then I can step back and go there.

Jac: Right.

Q: But where I was getting caught is when this is all negated.

Jac: Yes.

Q: Then I panick, some part of me starts to panic.

Jac: Ah good.

Q: Yes, really, really, panic.

Jac: Oh that's great, go through that fear, go into that panic.

Q: Oh my God!

Jac: That's great, yes that's a layer of fear coming up because your mind is like under threat, so it will throw up fear. That's great, that's when you're on the edge of something.

Q: 55:55 Terror.

Jac: Oh yes, completely, yes, yes, that's the layer of existential fear I was talking about a little bit earlier in this session. It's like that experience of awful, awful, all-consuming fear, yes you've got to go through that, and you'll discover it's about nothing. But while you are a slave to it where you're like, ("sound effect 56:14) that's fearful and I'm not going there," well then you're back into, "boing" back into mind and into story and it's in charge, but your fear is nothing it's just...

Q: Like, I understand over identification with this layer would make us more dance and move more into form, and stories become more real. I understand that, but to completely annihilate this is just absolute terror for me.

Jac: Yes, but we're not negating it and we're not annihilating it.

Q: Maybe that's what I'm doing.

Jac: Yes.

Q: And where I'm getting stuck.

Jac: Yes, and as well you're saying it's relational, you know there's this and there's that. That's the dualistic perspective trying to come with you, you see? As long as there's relational, separation is still running because there is me and you, there's this and that, there's opposing balanced zones of perspective, you see?

Q: Right.

Jac: 57:16 And the non-dual is outside of the two of those.

Q: Right. Like I went really deep this morning, really, really, deep, and it was amazing.

Jac: Yes great.

Q: Very non-dual, like, just way out there, no mind.

Jac: Okay, beautiful.

Q: And I was fine, totally fine. Your energy is amazing by the way, but... Because it really helped me to go deeper.

Jac: Sure.

Q: I don't want to give up... I'm attached to this! Not in a negative way but, I'm attached...

Jac: There's an attachment that's positive?

Q: Anybody...?

Jac: Do you see all the dualistic, not in a negative way, I'm attached, you're kind of playing games, you know?

Q: Maybe.

Jac: Yes. All attachment turns out to be another trick of your mind to put candy on top of something that will inevitably bring you more suffering, bring you deeper into duality. So if you don't see that yet that's fine, but all I can do is say, "hey that's there." I just want to plant a few seeds for you. What might help right now is to rest in Presence as much as you can.

Q: Yes that works, yes that works.

Jac: 58:31 That would really work for you, stay as present as you can. Drop attachment to self image, drop all self-doubt, drop the dialogues that are about yourself that are negative. Drop all of that, that would be really good to do. If we could get that layer really cleaned out well it will help.

Q: For sure, I agree. And you know what concerns me is that... and I imagine that there are you know, these beings meditating in mountains or in India or whatever, and they have, you know gone straight up – like Eckhart Tolle – just right up into the abstract and just floating around up there. But you know I'm a psychotherapist, and I actually do work with people and we have to do trauma work in the body, and if some of them have done yoga and meditation, and I go, "we're going to do an experiential exercise so close your eyes," and they immediately shoot up. It's like a premature bypass, 59:37 so it's like we have to go back and **cross talking 1-2 words.**

Jac: Stay in the body, yes.

Q: 59:41 So there's this fear of this reaching these stages, avoiding the work, you know the bypass work, and then you create shadow in some form. Somewhere shadow is going to emerge....

Jac: Yes.

Q: and the negation of that experiential self that needs to be worked on. So that's my fear, I don't want to like shoot up so high that I'm bypassing work at the same time. So awareness helps, that's a better word for me.

Jac: Yes it is a better word for you. Yes, stay in Presence, stay in Awareness, and drop the inner dialogue you know, any time it's like, "hey... shh, shh, shh." Just don't believe it, you know? Follow your intuition more. Yes, that's more appropriate for you, and it's funny how your mind is seeing it as negating it.

Q: Yes, I don't know what it's doing there.

Jac: It's looking for excuses to dismiss.

Q: Yes. It's really scary, when I listen to you sometimes that part emerges, and it's really like very fearful.

Jac: Yes, welcome that fear. Say, "okay what's this about, what's this fear? I'm going to go right in and see. Come on, see how big you are, come on terror do your thing," and if you really, really, are present to terror you'll see it's made of nothing. It's nothing it's just a thought with a hell of a load of potency to run crazy chemicals through your body, and it has no actual substance at all.

Q: I'll let you know.

Jac: You'll have to go through that one. You'll have to transcend fear and terror.

Q: Did you have to go through that?

Jac: Yes!

Q: Did you?

Jac: Yes!

Q: Could you share with us what that looked like?

Jac: 1:01:31 (sound effect)

Q: In 5 minutes?

Jac: **Cross talking 2-3 words.** The worst one, I was actually taking plant medicine; I was taking **santo diame**. Yes, it was just hell, every reference point was taken, absolutely every reference point, and I could remember distinctly like, "oh god," – as a kid I believed in Jesus, you know Jesus was my friend, Jesus was you know the label of that inner knowing, you know? – and I was like, "I cling to Jesus," and it was like, "even that you made up." Everything I tried, "even that you made up," and it was like (sound effect 1:02:11) gone. Everything was stripped and there was a physical sensation of being pulled through a vacuum, a physical sensation that went on for literally hours, just being (sound effect 1:02:26) pulled through. Like the hose of a vacuum cleaner, unending, torture for the physical body, torture for the mind, torture, and I was like, "I've lost the battle. I've lost it, I've lost it, in some way it's annihilated me." When fear and terror get so strong, no matter how much you want to transcend it and how much you're like, "no, I'll sit with this. I'm going to push through this," when it gets so bad your fight, innate fight to survive, that instinct, your system that will just, "I've got to run out of the way because I'm in danger," that will activate. That will activate even though your mind is saying, "no, no, you're fine," something instinctive will, "I've got to keep myself alive," and it even gets stronger than that. And you're like, everything relaxes and you're like, "it's beat me, it's beat me I have nothing, I have nothing, this thing has taken over, I'm lost. It's brought me to my knees and I'm crushed, and that's the end of it. It won, I lost." And it lasted for days of just.....

Q: And then you're still there.

Jac: Oh I had a hole in my stomach. The sensation is that there was a cavity in my gut; a physical sensation for days. I was just sick, I couldn't sleep, I couldn't like... I vaginally bled profusely during those days, like just pump, pump, pump, pump. I was just like... Everything was just brought to the limit, and it was hell! you know, and then somehow it spat me out, and I was, "oh! Oh, it's all over, it's all over, what happened there?" It's like, "gosh that's fear, that's fear playing..." That's the whole frequency of fear. It's like

I... It tossed me about for a few days you know, and spat me out the other side, and it was like, "oh okay, I get it now, I get it." And fear never came again. I know what fear is, I know what it does, I know all its tricks, maybe not all its tricks but I know its strong ones, and I see through it, you know? I see through it. But it won, during the battle it won, it won yes.

Q: 1:04:44 Amazing, but it's interesting to here how you rode it out though.

Jac: Yes, you've no option it just destroyed me, it destroyed something. It destroyed something, yes, yes, it did. So yes, go into fear and let it do its thing, and if it's strong enough it will take something from you that you don't need, even though you'll fight to keep it. You think you won't but you'll fight to keep it, you'll fight to hang on because it's our natural instinct, you know?

Q: Yes I understand that, for sure yes. Thank you for sharing that

Jac: You're welcome.

#15 / 1:05: 37

Q: Hi I am Katherine.

Jac: Hi Katherine.

Q: I've been sitting for the last 20 minutes kind of processing what I was just hearing before that, and I'm not sure I have the same question now.

Jac: And isn't that interesting in itself? It's like some thing is all-important and then it's like, "hmmm," it moves so quickly.

Q: And the whole approach we've been doing with stepping out of the mind is such an interesting one, because when you do that all the problems seem unimportant.

Jac: They are unimportant.

Q: And if I could only stay there, and I guess that's the practice.

Jac: Yes.

Q: But I'm not there yet, so there are questions.

Jac: That's all right.

Q: 1:06:23 What **Tamiko** was talking about really resonated. And I've been doing a lot of inquiry, trying to get to the bottom of a lot of the things that you know, bug me. I have years of programming, you know, that it's not okay to be angry and it's you know... And I realized the mistake of that years ago, but I did become so good at you know, something would bug me and I would just go (sound effect 1:06:56) you know, and not even recognize that it was... not even be able to acknowledge to myself that it would do that.

Jac: Oh dear!

Q: And so there's stuff that I would bury, and so I've been making a real effort to dredge all this stuff up and face it and deal with it.

Jac: Great.

Q: 1:07:14 And so I've done a lot of that.

Jac: Fantastic.

Q: But I have the sense there's still things that are sort of buried down there that trigger something at times, and I don't know how to find out what they are. And I wonder if

there is any way of trying to... If you don't have a clue about what it is that's bothering you, but you think something is, is there a way to get at that?

Jac: 1:07:43 Let's dig around. So you've a sense that something is bothering you.

Q: Well the reason I said, "I think something is bothering me," is that I have sort of chronic shoulder muscle knots that tend to clinch if something is bothering me.

Jac: Oh I see.

Q: So if this starts up, and it may be that there's sometimes something else that's doing this, but I think very often that's an indication that there's something gnawing away at me, and that's my only clue that there's something there. So I don't know how to dig in and find it.

Jac: So what do you do when you've acknowledged, "wow my shoulders are all tight, there something up here," What's the next step.

Q: We'll I try to be present. I try to sort of recollect, you know, what might've happened that prompted something, some thought that I'm not remembering. Sometimes I can do that, but sometimes it's just not findable.

Jac: 1:08:49 Okay. It might already be finding expression. Sometimes when you just leave the space for something it peters out, that could be happening. Just the availability for it that, you know, its bark is much worse than its bite, there's no bite at all it's just the initial, "oh!" bringing your attention to it, and it's actually already started to dissipate because it just needs a bit of attention. There could be a bit of that going on. I want to talk a little bit about the years of conditioning, of needing to bury things and not acknowledging how you really felt. Now that you know that that's what was going on, have you found an authentic response that's right for you when something happens?

Q: I think so, yes. And as far as I know I'm not afraid of digging in and finding these things, it's just that sometimes I don't know where to look for them.

Jac: Yes.

Q: And I have found a lot of stuff, and it's been so interesting to see, and like somebody said earlier, I can sort of see it out there – it was Christine – you know I can see this snarl of thoughts, and I can see that it's not me and sometimes that's all it takes for it to let go.

Jac: Yes good.

Q: And so that's... And it's quite interesting, but I still have this sense at times that there's just something there that I can't identify. The other thing I've been trying to do is surrender every thing, and I think I'm getting better at that, but you know it's easy to surrender things that aren't super important to you. There are a couple of things where I feel stuck, and I surrender and then I feel like I've picked them up again, you know? So I keep doing that.

Jac: Yes. What's your diet like?

Q: I don't know, vegetables, fruit, chicken, seafood.

Jac: Pretty healthy?

Q: Yes generally.

Jac: Do you exercise?

Q: 1:11:16 Exercise on the bike, skiing and yoga **cross talking1-2 words.**

Jac: Okay you're pretty active. Because sometimes if we can't access something through self inquiry, through watching thoughts, we can get it through detoxing the body or we can get it through plant medicine, or we can find it through another means altogether. Sometimes that's another way, or it just ain't ready. Is there just the idea that there's something there or is there something there?

Q: 1:12:05 I don't know. Last week I thought I had the flu. I'm not sure that I absolutely did, but I had chills and fever and really colossal knotted muscles and cold symptoms, so I thought it was all part and parcel of the same thing, but I don't know why I had the knotted muscles. And I just felt absolutely at the end of my rope, like there was something but I just... And then I, like you were describing when you were dealing with this fear, I woke up one day and it was gone and I felt terrific, like it had me and then it just let go. But maybe that was just physical symptoms related to a flu, but I don't know.

Jac: Bodywork would really help. What do you think Derek? Do you see something in the body?

Derek: I was kind of zoned out.

Jac: Okay, sure it's fine.

Q: What do you mean by bodywork?

Jac: 1:13:29 I'm just drawn to like, you're not going to find it through intellectually looking at it. You're just not going to find it it's registered someplace else. And it's able to give a signal through the body, and a bit of it is able to release, but actually it's somewhere in the body. Your body has held it and your brain can't find it, it has cleverly stored it someplace in your body.

Q: That sounds accurate.

Jac: That's where it is, and I'm like, "okay what, what, what, what we'll get this out?" A serious detox or actually I'd love to see you getting some deep, deep! bodywork.

Q: Like massage?

Jac: No, somebody who can hold the space, somebody who can... I don't know, like... osteopathy is a good one; something that can really kind of reorganize your body in the way that it needs to be, so that it can throw off the habits that have lodged in your physical form. That's where the blockage is it's held in your physical form. It's not ready to show up in your mind, but your body will respond to somebody working at it to move out what no longer serves you.

Q: Okay.

Jac: You have manual osteopathy here don't you?

Audience: Yes we do.

Q: I don't know of anybody so if anybody does...?

Jac: If somebody knows a good person who can hold the space and who can clear stuff through bodywork? Yay!

Derek: Are there rolfers up here?

Jac: Or a rolfer, but I'm drawn to an osteopath more than a rolfer for her.

Audience: Yes osteopath.

Jac: Yay, Selena will give you a reference. That will be really good, do a series of treatments. I want you to get your body open, open your body, open your joints, open your organs, open the whole thing and see what comes up.

Q: All right, because I've tried everything, you know, for this over many years and nothing seems to do anything.

Jac: Yes that's a symptom. Your shoulders are a symptom but it's in your body.

Q: Okay I agree. All right thank you.

Jac: Dive deep with it.

Q: Okay. Thanks.

Jac: Sure you're welcome.

#16 / 1:16:00

Q: I'm terrified right now.

Jac: That's all right. Bring the microphone closer and takes three deep slow breaths. Don't think about anything, your mind is just going to create all kinds of stuff. That's all right that's what mind does. This is part of the work, just putting it to the side, and find your own center inside, your own potency. And when you're ready talk from there, without judgment, without doubt, without... and don't analyze it afterwards, nothing, just we're going to honor whatever comes out. There is no right and wrong it's just about honoring what comes out. There's some Kleenex if you want it.

Q: 1:18:25 I have a lot of trauma around sexuality. I've been caring it around for a long time, and I've been doing a lot of work around it as well. 1:18:52 And definitely having... indiscernible name has forced me to kind of take a look at it a lot more and face it. I guess I'm going to go into my stories. Most of my adult life I've been very promiscuous, and I also used to do sex work, and that's from, I guess, my personal story with my sexuality, and then I also have my mother's stories in regards to her relationship with my father. I think a lot of women can relate to this, but her feeling that same kind of, when she was in her relationship with my father, obligation to have sex when you didn't really want to, and it was just kind of, like a thing that just wouldn't have to deal with.

Jac: Yes.

Q: 1:20:23 I'm sure it just wasn't my mother it was my grandmother as well, and there's a lot of anger there that I feel like I've carried on. I have a lot of anger issues with my partner, and it comes out in any little thing. It's almost like I have this hate, this... I guess the only reason, in the past two or three years I've been doing the work in therapy, and I lost God, and it's kind of showed me where it all comes from. But now I'm at a place where I understand where it comes from, and I know that it's very deeply rooted in my body. 1:21:34 Whenever I have physical intimacy, even the slightest thing, like a touch or a kiss indiscernible word, just my breast or you know private areas I don't... or even just the sexual energy, like just having somebody, or not somebody but my partner look at me in a sexual way, it triggers this thing inside me that I just... I don't know how to... I want it to go away.

Jac: Yes.

Q: 1:22:14 It's heavy and.... Yes, I just don't want it to continue and I don't know how... I feel like I'm heading in the direction, I know that it's happening.

Jac: Yes, yes.

Q: But yes I'm just afraid, and every single time it comes up and I get triggered it's like this fear of not being able to talk or not being able to say, "no," comes up. I felt it through most of my sexual experiences as an adult, and you know I'm sure it's carried on from the past. So that's what comes up every single time I get triggered it's this feeling that I can't say no or I can't communicate what it is that I actually want or what I don't want, and I don't know how to get away from that, how to just enjoy it and just be me.

Jac: Yes.

Q: I remember enjoying it, you know it was a different kind of enjoyment but you know, I want to try to channel that now in a healthier way and I feel like I'm you know, almost there but not quite, and I don't know what to do. I don't know how to get there because I still feel like there's a block that comes up.

Jac: 1:24:12 Yes. Okay two things are coming to mind. One is, I'd like you to own your body. There's an exercise that's very useful, which is going through your own body – naked in front of a mirror is a great way to do it – and you're literally claiming your body, and you're like, "these are my breasts! I own them and only my permission will dictate who touches them and when," and you work right through your body, right through in detail. Reclaim your body so that your energy field begins to recognize, "it's mine, I'm the one who says yes or no." It's like you've forgotten that wiring, so your body can be anybody's for any purpose, and you're like, "whoa, what's going on here?" It's yours, take it back girl! It's yours! It's yours, it's yours, it's yours, take it back, take it back. Do that exercise many times until you feel like, "whew, there it is it's mine again and it's bloody beautiful," you know? Until you have it and you're in your own skin comfortably, and that your body isn't about sex, but it's your body and it's about sex if you want it to be about sex, but it's actually your body and your sexual expression is for you to use, and has nothing to do with how it's going to be received by anybody else. So all of that ownership must happen for you, all of that ownership. That's key! From there, it's good that you've got one partner at the moment because he can jive with you on this. From there if... Of course, you know if you're actively with somebody sex is kind of in the air you know, it's like it comes in and out you know, all the time, and it's like, "I'm going to have to say no until I say yes." So let there be awhile where you're saying no, just like, "no," even if... And then like, "I'm saying no, and now let me think, would I like sex, would I like to be touched, would I like intimacy, would I like a kiss?" So say no, and that will set up your boundary, and then give yourself the space within your boundary, "what do I want?" Because it's like you've forgotten how to check in to see, "what do I want," because you didn't have permission, you never had it. And when somebody else's invitation is there for some intimacy you're distracted, so you need to kind of push that out a little bit, "give me five," you know, and then you figure out, "actually I can't babe, sorry," and then, "yes okay, but I'm going to have to say when to stop." And you start playing like this, so that you're able to listen to your body around what you enjoy and how far you want to go, but you can't do it unless you start that conversation by saying no, because then you've got your own energy field again and it's you communicating, you listen to your body without the other person's desire infiltrating and influencing you. So we've a few things to do, they'll help a lot.

Q: 1:28:20 Yes that seems, like I can try to... That “no” part is difficult.

Jac: Yes!

Q: Just even saying the word no, because guilt comes in where you’re like, you feel like this person loves you so of course they want to...

Jac: But that’s there desire, do you have to fulfill everybody’s desire?

Q: No.

Jac: Not anymore girl, done, done, done. So from your own history, from all the women up the line, the energy that you know, you’ve gone on that track, you’re breaking it for all of them. You can do it. You can do it, but learning how to say no, yep, that’s a whole new skill. I think your partner will be fine, yes. But saying no is just you taking a breather to figure out, “do I want to or do I not? Oh man, the last three times I said no to him, and I have to say no again. If I have to say no again then I’m saying no again.” So honoring yourself to that degree, that you cannot be dictated by somebody else’s desire, not for a while, and then it will be like, “okay, all right, so... you know that’s give and take, but that can’t come for about six months for you. It’s going to take that long for you to be able to, you know enjoy giving into somebody else’s desire, but there’s a piece of ground to be covered first. Make sense?

Q: 1:30:05 Yes.

Jac: All right you claim your body, all of it, you own it. You’ll feel the potency of it and the beauty of it and it will be yours, full on ownership of it! Full on! Dualistic ownership has to happen here. There’s a place for all of it, it has to happen here that it’s your property, that you’re choosing to feed your baby with your body, you’re choosing, not his demand but you’re choosing to support him in this way. Even every time you feed him it’s like, “no, I know he needs this but I’m choosing to give, it is my body.”

Q: That makes me happy that you’re saying that, because that’s one of the things... When you have a baby, like with sexual trauma it has come up with breast-feeding, and it’s like, how do I deal with that because I want to feed my baby, but it brings up that stuff too.

Jac: 1:31:03 Yes it does, as if you don’t have a choice again because there’s another demand. There’s another demand being pulled from you, but embracing your own power, your own potency, owning your own body, you decide. You decide, it’s like, “babe this time you’re getting a little bottle of distilled water,” or whatever it is that they give, and it’s like, “you’re going to get hydrated this time and food next meal, okay?” He’ll be fine, he’ll be fine, you know?

Q: Thank You.

Jac: So you’ve two different exercises to do, both are critical and they’ll help hugely.

Q: And for the first one, in front of the mirror, do it every day or every week or...?

Jac: Do it till you feel like when you’re getting dressed in the morning it’s like, “yeah, yes this is my body.” I want you to feel that you know, when there’s any contact with your body it’s like, “yes this is my space, it feels good in here today. It’s just mine and the rest of the world can bugger off, this is mine,” you know? I want you to get that feeling.

Q: Thank you.

Jac: Yes sure, you’re very welcome, you’re very welcome.

#17 / 1:32:54

Q: I saw you last year, **indiscernible several words**, coming to see you; tell me to be a **wolfer** – I don't know if you remember that, you probably don't.

Jac: I said what?

Q: A **wolfer**.

Jac: Oh yes! Yes, did you go **wolfing**?

Q: No. No, by the time I thought of it it was winter and I just thought, "oh, okay."

Jac: Yes, and sometimes you know, even though some kind of guidance is given at satsang – like this is really important for this lady, like that's going to get her out of it – but for some things it's like the idea of it is actually enough, you know? It works like that, sometimes it's just like you're giving yourself permission to do something and it's like, "oh I actually don't need to do it at all," because you've kind of gone there and somehow the shift that will come from it has already happened by you embracing the idea of it. So sometimes it goes like that, you know?

Q: Yes. I remember thinking about it, and then I had to put some stuff in place, and by the time... it was just like, "oh, okay." But I guess that was last spring, then I had a rough year from the fall till now, physically, which is weird for me because I'm very healthy, but I broke... And part of the reason I was talking to you was that I'm kind of stuck in my path, and last fall I broke one of my toes, and it was a very bad break and I was sort of sitting with my foot up for three months. I live by myself so it was really challenging and interesting. And then after that I got something else wrong and anyway, from September until now – my foot is actually hurting a little right now – I haven't been doing anything. I had just started running before I broke my foot so I was like, "okay, I'm going on the spiritual path, I've been on it for a while and I'm stuck. I'm going to get unstuck, I'm going to start running again, and I'm going to start doing things," and all of a sudden a succession of things happened that went... it's almost like consciousness went, "oh no you're not."

Jac: You're not moving girl.

Q: You're not moving, and literally I've been... I would have been traveling to see my son and traveling to see a friend. I've been, even at their place not doing very much, and so I'm still stuck. And you were talking earlier about yourself and what happened to you and everything, and I would go, "that's kind of what's been happening, and I had... Last year I had some pretty profound spiritual awakenings. I had where the whole world did this into a cube, and I was nothingness and I was everything and nothing at the same time. It was pretty mind blowing, but then it came back. So I've been having some experiences, sometimes I still see, not often, ghost; I don't know what you call them. In trying to break through this stuckness I've done Ayahuasca 6 times.

Jac: Great!

Q: 1:36:17 It hasn't really done anything so I stopped.

Jac: Wow.

Q: I did mushrooms, that didn't really do anything, so I've kind of stopped the plant medicine because I'm still stuck, and to the point where last year it was almost like the

veil was getting little permeated holes in it, and then there was that big hole, and then it started... And it's just kind of shut down again. I did get depressed because I was stuck doing nothing and I felt very disabled, and that's not good for me because... I've never broken anything, I've always been lucky enough to be very healthy, and I've been having... 1:36:54 You know, I come to see you, and I go to Paul and I have beautiful (indiscernible name-Mark...) who I talk to, but I'm stuck. And Mark gave me some very good advice which I found hard to do, which is weird because I used to meditate, just keep meditating. I was having twitches, and I don't know if it's kundalini or whatever, arches and all kinds of weird things happening in my meditation. Anyways a long story short, I'm still stuck. But when you mentioned everything disappearing for you, I'm realizing that's what's happening and it's kind of weird. I've lost interest in everything I used to like, like everything! I used to be really passionate about stuff, and this seems to be the only thing I have interest in. And I kind of fake it with my friends, like they'll want to go out for a glass of wine, and I go but while I'm there I'm kind of going, "what the fuck am I doing here?" because I don't have any interest in it. But I'm like faking it and all I want to do, which I just finished doing, was I spent... I gave up my computer and everything so I couldn't get on it, because I find a lot of sadness comes up for me, and I get on my computer to do stuff just to balance the amount of sadness and pain that comes up when I'm alone a lot. So I gave away my computer, and in the last two weeks I've done nothing but meditate and be at home, and it was really tough the first three or four days. Really tough, a lot of crying, a lot of sadness, but then I got into this where it was just kind of peaceful and everything, but it's still... I guess my question is, it's still... I've had glimpses of this but I feel like I'm in this big void, and I'm not interested in life anymore. Like if someone were to hit me with a car tomorrow, that would be all right. I'm just (sound effect 1:39:05-like blasé) because it's just.... I mean, it's not that I don't like life; I have a little dog, I like going for walks, but there's not..... it's just this kind of grayness and everything is disappearing as far as interest. So my question is, how do I finish this off, because it's weird! I'm not interested in the life. This personality is sort of there, but I'm not really sure anymore who it is. I've had moments where I went to a Paul Hedderman talk last fall, and driving home all there was, was seeing and driving. I don't know how to describe it other than that.

Jac: Yes, that makes perfect sense.

Q: 1:39:55 There was nothing else there. This wasn't there, I, nothing at all.

Jac: Yes.

Q: Just seeing and driving.

Jac: And is the grayness and the sadness, is that there when there's...?

Q: No. When that happens, when that kind of... when the me disappears its blissful, but there's no me. There's nobody being blissful, it's the weirdest thing.

Jac: Yes.

Q: But then it comes back, and lately, other than the last two weeks because I've been really meditating, the veil has just been (sound effect 1:40:32-non existent) and so it's been like I'm not really in life anymore, but I'm not getting glimpses anymore, so I'm just kind of like, like this, like okay.

Jac: And what's wrong with that in between state? Why does that compute to being stuck?

Q: 1:40:53 It's unfamiliar for the personality because the personality is still back at that point, and this person used to be very driven and very successful, and so you know, I was used to like... And in the grayness there's... I mean, I get up, I sort of eat, and that's another thing, I'm not even interested in food half the time so I have to make myself eat. I eat, I play with my dog, which I really get a lot of pleasure out of. I don't know it's just very... It's different, and the only desire I seem to have these days is to go live near the ocean. That's the one desire that's left, the rest of them are kind of disappearing slowly.

Jac: Yes, yes.

Q: 1:41:45 And maybe the pressure is still... the one thing is my family. I still have a lot of judgment from my family, from my sons.

Jac: From them?

Q: Yes from them, and you know my family...

Jac: Does it bother you?

Q: I think it still does. I'm trying... Like I just finished Gary Renard's *Disappearance of the Universe* – its cliff notes for the *Course in Miracles*, which I read four years ago – and it's helped, so I've been practicing a lot of forgiveness, forgiveness, forgiveness, forgiving people for judging me, forgiving myself, just forgiving, forgiving. It's helping, it is helping, but I'm just wondering I guess, other than meditating, is there any way of...

Jac: 1:42:24 I'm interested in why you want to shift it.

Q: Because I feel like I'm straddling something, I feel like there's 1 foot here and 1 foot here.

Jac: And what's wrong with that?

Q: What's wrong with that?

Jac: Yes.

Q: I guess nothing.

Jac: Okay it's unfamiliar, so...?

Q: It is. Maybe I'm still judging? Maybe the me is still judging me for whatever's happening?

Jac: Yes.

Q: Like, "get your shit together and finish this off," or do something.

Jac: There something that's rejecting the current experience, and the current experience I don't see any problem with that, you know? It's kind of that no man's land, and that phase happens too. So what? and it's unfamiliar to the personality but why... None of this computes to it being a problem, but it is a problem for you, it's not okay for you somehow, and I'm interested in that. I'm interested in that part of your thinking that thinks it's an issue.

Q: 1:43:38 It's judgment I think on my part.

Jac: Yes, yes your rejecting it for some reason.

Q: But you're supposed to be doing something, you're supposed... The whole "you're supposed to." I've found my mother's voice, my wonderful lovely mother, who is no

longer here, pushed me a lot to be successful. So it's probably, "you're supposed to be doing something, you're supposed to be doing something."

Jac: So can you just be a bum for a while?

Q: 1:43:56 Yes, but I've been... it's been six years.

Jac: So? We're counting are we? And only a certain amount is tolerable or something?

Q: For me six years is a lot! Well, for the me, the me, that's a lot. I started working when I was 10 you know, so...

Jac: The outside of time part doesn't care much.

Q: I must say that time is really funky for me these days, very strange.

Jac: Why, why... Why isn't strangeness normal? Why is there like, this is how it looks and this is how it should be, and I need to get there and I'm there, but I need to get there, I need to finish this off, and it's like, really?

Q: It's because... Okay it's the me, it's the personality that's finding it weird.

Jac: Yes! Yes it is.

Q: So how do I get rid of the personality so that I don't find it weird? It's like the straddling is...

Jac: 1:44:47 How do "I" get rid of the personality so "I" don't find it weird?

Q: I know, Yes I know. Because there's... In here is saying, this is like this doesn't connect with... they don't connect. Like there's this, and this is wonderful, and then there's the personality that goes, 1:45:05 "oh you're indiscernible mumbling."

Jac: So which one is in charge, the heart or the head? Or the inner and the head or whatever you want to call it.

Q: 1:45:11 I'll say most of the time it's the heart, and it's not me doing it. There is a definite path or doing that happens, and most of the time it's that.

Jac: Yes. Okay, so there's...

Q: Just let it burn itself out?

Jac: Yes. Why is there any space at all given to the mind who says, "it should not be so?" How come its voice is still taken seriously, and it's allowed to reject things and you're not seeing that all it's doing is just rejecting what is? It's finding something wrong with how it is, it wants something different. That's desire, you're saying desires are falling away, I hear a lot of desires. They've just gone to a more subtle layer and they have you, they have you.

Q: Fear.

Jac: Sure

Q: 1:46:14 because it's indiscernible words. I mean I kind of sort of have a glimpse, but it's like... Man. It's simple, but it's not it's hard.

Jac: You need a bit of courage, you need a bit of trust, and you need to start recognizing this layer of subtle desire.

Q: Yes.

Jac: "It's not okay that it looks like this, it's not okay that I feel like this, I don't like still having the pain in my foot, I've been laid up since September," it's like all these judgments, these are just desires. You might as well be saying, "I want sex, drugs, and rock 'n roll," you might as well be saying that. It's just a layer of desire, but your mind is

interpreting it as being stuck and stuck is not good. Stuck is fine! Stuck is fine, stuck is part of the path, you know?

Q: Laughing -Okay, okay.

Jac: 1:47:39 There's nothing to fix here you're just rejecting what is. It's just another layer of like, "make it different!" It's like, "no." Do you see it, do you see the layer that's going on?

Q: I do, I do, I do.

Jac: Yes, you've got to kick it in the butt.

Q: I do, wow!

Jac: The day (way?) that it presents is just fine; if sadness comes up it's fine, if loneliness comes up it's fine, be with all of it. Whatever wants to express through your form; don't judge it, don't criticize it, don't negate it, don't resist it, be with it. Whatever comes up be with it.

Q: Okay. Would you think doing another Ayahuasca or more, does it matter – the plant medicine – or does it you know... I've seen more beings while I've done it, but that's about it really. I saw past lives but no answers, or not answers I guess, maybe there is no answer, but just... I don't know, I don't know what it's supposed to do any way. I have no idea.

Jac: 1:48:59 You see, that would then give you something to do, and what I want you to do is sit with everything that you think is not fine because it actually is fine. I'd be kind of contradicting myself if I said do this, do that, do the next.

Q: Okay.

Jac: Find the place of where there's nothing to forgive, that part of the story has you as well. It's useful when you're in story but it's kind of moving the furniture around. Find it as opposed to "grab the concept." "Oh Jac said there is nothing to forgive," and it's like, "no, no, no, no, no," find it.

Q: That's a lot of unraveling and letting go, wow okay.

Jac: There's nothing to forgive.

Q: Wow, yes.

Jac: Hang out there, that's the only thing to do really.

Q: Just hang out.

Jac: Just hang out, and whatever the mind is telling you say, "bugger off, this is just fine, this is what's presenting today and it's just fine. "But yes, you're always like... bugger off. This is how it's presenting, we're not going to analyze it, we're not going to look at it, we're just going to be with how life is presenting today," so that your mind isn't so active on rejecting what is. We need to stop that loop.

Q: You know I thought of going away somewhere, where there's nobody to bother me or judge me.

Jac: You're judging yourself, you're doing this yourself!

Q: I am, I am, I am, but then I thought that I'm not going to deal with it if I just... because I'm just going to come back to it, my kids are still going to say, "mom, where's the job," you know? Okay just sit with it.

Jac: Yes. Tell them you just want to be useless for a while, you know? if you keep it light, if you know it's light, if you're comfortable with yourself it will be fine.

They'll get it.

Q: Thank you.

Jac: you're welcome. _____

#18 / 1:51:31

Q: I just want to talk about... I have this generalized anxiety and fear, a feeling of... The biggest fears are poverty and being alone. It's funny, it's a bit stronger today because actually just down the street there is a place where I grew up, and I don't have good memories of that time. It was a real struggle, and so a lot of this anxiety and this feeling of doom and gloom is pretty big right now, and I just want to be able to deal with it better than I do. What I do is I try to escape the fear, and I tend to turn to food and often I would just be a couch potato, because I was just literally afraid to go out in the world, and I turned to alcohol, right. I also used... I escaped everywhere you know, like I escaped... I just tried to get away from these feelings and there's no getting away from them, you know?

Jac: Okay. So both of these fears are in the future, aren't they? the fear being alone, the fear of being poor.

Q: Right. Well yes, and the thing is I know right now it's okay, everything is okay supposedly right now.

Jac: That's great.

Q: But the thing is when I anticipate...

Jac: Why do you go to the "but?" "Everything is okay right now, but...?"

Q: So why "but," okay.

Jac: Can we drop the "but" part?

Q: When I sink into a space of calmness, be aware of space, it allows me to sort of wash away that tenseness, you know?

Jac: Yes.

Q: 1:53:59 But then my mind goes nuts, you know? And I get triggered easily and get panic attacks, and then... What do you do with it though? I don't know, how do I deal with that?

Jac: So you know in the present that everything's okay.

Q: It's not exactly the way I want it, but really there is nothing that I need to be afraid of, I think. It's just that I like to have more of something else, like; I want to lose weight, get in shape, and yet I have resistance to doing that, you know? It's not easy to... And then I get myself upset because I don't stick to a program.

Jac: Yes.

Q: Whether it's diet or exercise or a course, and then I punish myself with food and alcohol, and stupid relationships with idiotic men, you know?

Jac: Sure.

Q: 1:55:11 I'm **indiscernible word** idiotic, but I put my self into situations where I really get involved with men that I shouldn't be involved with, right? I've had a session with you and you know about my story with my teacher with the *Course in Miracles*.

Jac: Yes. So what about you loving you?

Q: Loving me? I have to do more of that, be kind to myself.

Jac: Do you love you?

Q: Not completely, no.

Jac: Why not?

Q: I don't know if I ever did, you know?

Jac: Do you deserve to be loved by you?

Q: Yes.

Jac: I think so too. Can we work on giving that love to you?

Q: How?

Jac: Can you let yourself receive it?

Q: 1:56:13 Yes, I have to be kind to myself. I have to really start cherishing myself you know, take care of myself, and build up my self-esteem so that I can start doing things.

Jac: Yes.

Q: And not do what everybody expects me to you know, that's another one.

Jac: Sure, sure.

Q: I also have an elderly mother that I have to take care of, and my family has put the responsibility on me to take care of her, and I have a lot of resentment about that, you know?

Jac: Sure, sure.

Q: 1:56:56 I wanted to go to Québec for a few weeks to detox. There is like a place where I can just drink water and fruits, fruit juices and stuff like that, and that would be great for me because it would clean me out, and I could get away from the insanity at home. So I don't have that much more to say, but I know the biggest thing is feeling afraid of being alone. I wanted to break up my relationship with my teacher from the *Course in Miracles*, but there's a part of me that knows it's not good for me to have this kind of relationship, but then I'm afraid of being alone so I stick with it.

Jac: Okay, okay.

Q: And I need to have it turn around somehow.

Jac: Yes, by giving yourself something better, and if that means going through a phase of not having stuff... So like, the quality of what you're giving yourself at the moment, a lot of it hurts you. You're hurting your body, you know you're not giving yourself the best. When we're changing it around to giving ourselves something better, there's usually a phase where the old is dying off but the new habit hasn't started.

So that phase in the middle is usually what we're most afraid of. So if you disconnect, for example, from those habits or that guy, if you disconnect there might be a phase where you're upgrading your own... what you want, and while that change is happening you might be alone, but it will change again. Life is not going to forget you Kristi, it's not going to forget you.

Q: 1:59:16 That's the biggest one for me feeling alone you know, and yet you know, I protect myself against a lot of men too, because I end up eating and drinking to get a good layer of padding that I think will repel men, but often they don't care either way it seems. They're just happy something's happening, but I want to do it for me, you know?

Jac: Yes for you.

Q: I want to regain my figure, but I sabotage that all the time.

Jac: 2:00:01 You keep sabotaging yourself, yes. So on one level what keeps you stuck or keeps you in that loop is the fear of change, “what is it going to look like, and at least I know the way it is now, and if something changes (2:00:24 sound effect) it might get worse.” So the devil I know please rather than the devil I don’t know. So you keep the cycle going. The phase of not knowing where it’s going to go, welcome that.

Q: That’s scary.

Jac: It’s keeping you repeating the old loop. Welcome that, not knowing where it’s going to go. You’re not going to die or fall off a cliff, nothing is going to happen it’s just unknown. We can go into it with curiosity, with the sense of adventure, and with a like, “all right God” or universe or whatever language you want to use, “all right, okay over to you now. Over to you now, I have no clue and I hope to heck somebody out there knows because I haven’t got a clue, but I’m going anyway blindly.” That leap of faith is necessary now, it’s necessary.

Q: Yes that’s scary.

Jac: It is, it’s huge, it’s the big fear, because that’s what keeps you repeating the pattern.

Q: Insanity.

Jac: Sure, but that fear is in charge so we’re going to have to ride over that fear, and say, “I’m scared of it, but I’m going to have to trust. Others have walked this before and they have survived,” and I guarantee you they have. And it’s like, “all right something, whatever put me here is going to have to be in charge of this next phase. I’m walking into the unknown, give me some courage here.”

Q: Right. That’s what I lack, courage.

Jac: Yes. It’s like trusting the universe, trusting what you really are, trusting whatever you want to call it. It would be good for you to kind of, I think...

Q: Have faith.

Jac: Have faith in something, whether it’s your higher self, your guides, God, the universe,

Q: Nature.

Jac: Nature, there we go. Okay, so trust nature, the essence of nature, the energy of nature to take care of you, okay?

Q: That sounds wonderful.

Jac: 2:02:36 So you’ve got to say, “okay nature I know you have the wisdom, the intelligence to know what the unknown looks like. I’m scared of my shadow here, be with me here,” and walk into it. Nature is trying to teach you about faith, walking the path less traveled and going into the unknown. You know there’s a community of monks, and they do their meditation at night and it’s a walking meditation. The only light that they have is a little stub of a candle, like 2 inches of a candle is put into the top of their shoes. So there is a little circular receptacle here for a candle in their shoes, and all they can see is like 6 inches around their foot. That’s all they can see.

Q: Okay, so that’s their faith that they’ll be all right.

Jac: Yes, and all they can see is as they lift their foot. They don’t know where they’re going, they’re in the dark, pitch dark in the woods, and they don’t know where they’re going.

Q: 2:03:44 I should practice that one.

Jac: You are practicing it it's right ahead of you, and it's like really slowly, really carefully, "all right that foot is down. I've got to lift this up and I don't know where it's going to land until I'm ready to land it," and that's what it does, it teaches them not to imagine anything and to walk into the unknown. Every step is into the unknown.

Q: One step at a time.

Jac: 2:04:08 One step at a time. Not knowing where you're going is normal, not knowing what the future holds is normal, but your mind has set up a whole load of fears around it, you see?

Q: Absolutely.

Jac: But it's normal to not know where we're going, it's normal, and that's faith.

Q: Faith okay. Maybe go to church sometimes just to...

Jac: If that will help please do. Pull in like, "okay, I'm going into the unknown here, come on help me, help me, I'm going into the unknown," and go into the unknown and it will be the greatest gift you can give to yourself, because what you're doing is walking away from self sabotage. That's what you're doing really, you're walking away from self sabotage by going into the unknown. So you're going to kill two birds with one stone.

Q: Kill two birds with one stone?

Jac: Yes. Do you have that phrase?

Audience: Yes.

Jac: Okay good.

Audience: Feed two birds with one hand.

Jac: Feed two birds with one hand, okay there's a nonviolent version of it, okay.

Q: Thank you very much.

Jac: Okay, faith in nature. So anytime fears come up, "nature I'm trusting you, I'm trusting you, I'm trusting you." So instead of feeding the fear you've got to trust nature. That's your antidote, that your Band-Aid, that's your anchor that you've got to keep coming back to, "I'm going to trust nature," and you can.

Q: 2:05:41 It will help I know for sure, because I love...

Jac: Yes, it does something for you. Yes, and you've had big openings happen with nature. Nature is carrying you, but you won't let it carry you, you know? You're not letting it carry you in this phase, let it carry you. Hand over, "I'm at your feet nature, I'm at your feet."

Q: 2:05:59 Okay, yes, yes. Okay thank you very much. There's these places that I went to, an Aryvedic practitioner right, and there's also a woman that was like a shaman, and they did a lot of meditations involving motion, you know like qigong, and at other things, that would be good to do too because I need to move my body around a lot more than I do.

Jac: Sure yes, but I'm more interested right now in having an antidote to the fear, the fear of being alone, the fear of being broke, and that's like, "nature I know you're going to take care of those two things. I'm handing it over to you, I'm handing it over to you," and rest in nature, relax your system. That's where we have to start so that your thinking pattern changes, and if your thinking pattern changes you can make practical moves. That will come but you've got to change your thinking first, because when you're stuck in fear you can't do anything.

Q: 2:07:25 Yeah, no I'm absolutely terrified a lot of times where I'm just lying around watching TV.

Jac: I can see you sitting there and it's like there is so much fear around you. Bless you, there's so much fear around you, you know? So it's like this is where we've got to start, so anytime there's like, "oh there's the fear, there's the anxiety," it's like, okay nature I'm giving it to you, I'm handing it to you," and you rest. Hand it over and you rest and be present. It will come again, and hand it over again and be present. So it's like, "right now I'm okay, right now this is where I am, right now." So that it starts to become present.

Q: Yes okay, because I heard fear passes it's just an emotion you know, and it's nothing really to be afraid of supposedly.

Jac: It's nothing at all, no, so hand over the idea of what you're afraid of to nature, and stay in the present. If we can tackle that one the ability to love your body and treat it in a different way will come. There's two phases.

Q: Okay. Yes, very good.

Jac: But you've a bit of work to do now.

Q: Yes I know. Okay, thank you very much.

Jac: Sure, sure.

#19 / 2:08:36

Q: Hi I'm Chris.

Jac: Hi Chris, yes I know your face, thank you for the name.

Q: Okay, I think I don't really know what why I'm sitting up here, because I don't really, when it comes to your field; non-dual, that I have any fundamental questions or doubts. I've been kind of circling this area for a long time but I'm not a realized person. So I'm wondering how the two can coexist, unless I'm kidding myself about not having any questions or doubts. Or, I'm sort of in this zone where I just have to be kind of patient. I have a spiritual path which I'm kind of... it's called Sufi – you know what it is probably – and we have a teacher whose I think where you are, but what do I know. But feeling that I've had with this for a long time is that there's no movement internally. I have no doubt that he speaks the lingo, but as I said there's no movement. We do a lot of physical stuff; dance, chanting, yoga, it's a bit different kind of Sufi practice, but the definition of a good workshop is where we feel kind of like stoned, drug stoned, dense, and that's fine but it's kind of the same thing year in year out, and I don't feel like there's much fundamental kind of... I mean, it's just kind of like I'm treading water more or less. Now, since I started to get kind of reacquainted with Vedanta, the first contact I ever had with Vedanta was in 1981 when Swami Dayananda came to talk. 2:10:39 He had some lectures over at UFT. I came out of there in the morning feeling 2 inches off the ground and my body felt incredibly light. I have no idea what it was, I didn't care, but I've never had that feeling with my own teacher. There's this kind of dense thing you know when it's kind of year in year out. It's only when I started listening to Mooji, and then you last year, where there's this kind of quickening feeling I felt internally, where there were lights going on and there was a kind of lightness and a clarity, which I don't have with my own teacher. So I'm not asking you to kind of prescribe anything,

I'm just describing my own condition because I have no other thing to do, unless I should stop doing. But I like being around the spiritual work, but I think it has to be goalless and purposeless, which it's always been, because I've never had any desires for God or enlightenment or anything else. Do you know what I mean? But I'm wondering, I think there is something to be realized but I don't really have a picture of what it is, and I don't really care what it is because I think it's going to be coming out of the moment when there's no futurity to the whole thing. But at the same time I'm quite aware that there is a part of me which is slightly awake, perhaps, maybe, I don't know for sure. So I don't know where I am with this whole thing, but I have... like when I went down to our camp last summer I felt less needy about our Sufi group, like I needed less to get something out of it. I don't know whether I'm kind of moving back away from form, where that's the answer to why I'm not feeling as attached to that. I don't know what it is, but I don't know what to do because my teacher is very good and quite enlightened in my opinion, but I don't know why the goods aren't getting delivered. I know, you know I'm supposed to be enlightened but not realized. You know that's the kind of situation, so I don't know what I'm going to ask, if anything. But I just wanted to put this out, because it seems like there's this interesting coexistence between not having any questions and no doubts whatsoever, because I haven't ever had any doubts about the truth of what this is internally. I don't intellectualize, I don't need to know what it is, but at the same time I know I'm not a realized person. So it seems like there's a kind of a weird thing going on where the two are coexisting. Do you have anything at all to say to any of that?

Jac: Yes.

Q: There's a lot of verbiage.

Jac: 2:13:12 It's great, not at all it's great, it's great. So one way to maybe understand it or to put another color on it, there's what the Chris guy knows, what the Chris brain package knows, and then there's you as pure consciousness, right? So you as pure consciousness gets it all, and then there's the Chris brain that kind of runs a little bit of a different story. Is that true?

Q: I'm not sure the Chris brain really does run a different story.

Jac: Good.

Q: Because, as I said before, there's a pretty deep certainty in me about the truth of what this is about.

Jac: And that's Chris not pure consciousness.

Q: I think so.

Jac: Okay, can you feel the difference in yourself?

Q: Yes, yes I can.

Jac: Good.

Q: When I'm in touch with pure consciousness?

Jac: Yes.

Q: 2:14:12 Yes I believe so. There's stuff, obviously day-to-day activity, ups-and-downs, but there's always a presence of me at someplace where there's a stillness and a silence, and a no questioning, which is where the no doubt thing comes in then. Now, it doesn't mean that within that, as I said you know, there's not going to be this and that,

but I don't... I mean, I still identify and I still react, but there's a part of me also, which is what I'm saying, that is not really interested in that. In the background there's always this... This exercise you did where you said, "go back behind you," in one of your videos, I don't know whether it's actually physical, but it's the point of where there's nothing there and you don't know anything and there's stillness, and that's fine.

Jac: Yes.

Q: 2:14:54 Because I don't need... because I don't have the feeling like I need to feel it in with anything at all. You know what I'm saying?

Jac: Yes.

Q: 2:15:00 So I'm just wondering where I'm at with this whole thing. I actually thought about stopping seeing this guy because it's like I'm twiddling my thumbs basically, and I have been doing this for 40 years. Even though I like what we do, because it's fun and the people are nice and the natures nice and everything else, but in terms of actually quote getting anywhere...? Anyway that's the situation.

Jac: Yes. So you still react and you still identify, do you lose the place of knowing? Do you lose touch with you as pure consciousness when you identify and you react?

Q: 2:15:42 At the time I'm not really aware of whether I lose it or not, all I know is that in general where I am is, I'm always aware that it's there internally. And so in terms of a specific event maybe I'm not aware of it, but I know that there's always something that's slightly back that's not fully buying into the scenario in front of me somehow. You know what I'm saying?

Jac: Right.

Q: 2:16:03 So I'm less fully invested as a person than I was before, but I'm still invested, that's why I'm not quote unquote realized. You know what I'm saying? So I'm just kind of in this... This lady that you were talking about being in the gray zone and being okay with it, I don't feel like I'm in a gray zone where... Like, I'm okay.

Jac: Yes.

Q: I feel okay, I've got things I like to do, blah, blah, blah, but I'm also aware that... like when I first started to watch you in particular, there was this feeling like this quickening feeling inside, like the lights went on and there's this kind of energy that's coming from the center of me, which I don't get with my own teacher, which is kind of like, almost a sleep state that we're in all the time. It's considered to be like we're getting somewhere, but I'm not sure anybody's getting anywhere down there. I've know idea, but you know we're not supposed to be getting... and all that sort of stuff too, but I mean why do this forever for nothing? You know what I mean? Even though I enjoy doing it, but I'm just wondering, it's just curious that I'm having this reaction to work with you. And Mooji sounded great but much more so with you because you're more inclusive somehow. He's more of a generalist, like my teacher is more of a generalist, but you put it out there, you do the quote, work, whatever happens happens, but with you, you see more, you kind of touch on more bases. There's more different lights going on here, you know? There's more of a response I have with you that makes me wake up more to something that I'm already slightly aware of anyway, that's slightly awake.

Jac: Yes.

Q: But it's not fully awake.

Jac: Yes, yes. Okay, if you and... and you said you have enjoyed and you still enjoy the movement, the dance, what you do with the Sufi group, have no expectation at all. Drop all ideas that it's going to be anything, just for fun.

Q: I know, I know it's all play.

Jac: It's just for fun.

Q: I've done it for play for years.

Jac: 2:17:57 Okay, it's just for fun. So if there's no other agenda at all it's fine, it can continue it's just fine. It doesn't need to stop, it might, it might not, but your relationship will change if it's totally only for fun. And I'd like to see your relationship with it changing.

Q: 2:18:18 I don't know whether I can given the kind of work it is, because of course I'm going down there and I don't have exactly any intentions or goals, anymore than I have any intentions or goals when I listen to you, because this is not about goals, it's not about goals.

Jac: No it's not, it doesn't work that way.

Q: No not at all, and I'm aware of that, I've been aware of that for a long time. It's like I'm a bird circling around, it's down there right? I haven't been able to land on it yet and I've done a lot of different modalities. I'm not dissatisfied, I'm not pining, and I'm not discontent, but I'm also aware what's going on too. You know what I mean?

Jac: Yes. Okay,

Q: I'm not asking for any answers I'm just throwing it out.

Jac: I know you're not I'm just playing with it, and kind of seeing, okay where... what would be holding up the absolute clarity and certainty, and the rest that comes from it, because there's something not quite at rest. You're okay with it but yet there's the feeling that something is kind of unfinished or you haven't landed, you know?

Q: Well, I mean you can say that there's some sort of desire in there still. 2:19:25 I mean, you know, because I mean the point of view **indiscernible word**, the self doesn't need, it doesn't need fulfillment, so the whole thing with desire is unnecessary. So am I desiring... I don't feel like I'm in a state of desire when I'm down there to be honest with you.

Jac: Ah ha good.

Q: I never have because I like what we do, and so I don't go down there with any projects, I mean, I've got to get this and get that, but I come back and I think, "well you know I've been treading water again after another 10 years.

Jac: So why do you run that thought after you get back from there?

Q: Because that's where my experience is of where I am consciousness wise. It's not a thought it's an experience of where I'm left after I do the summer workshops. That I'm not anymore kind of like illuminated, or however you want to put it, then I was when I went down there.

Jac: 2:20:11 But that contradicts, if you don't have a desire around it or if you don't have an expectation around it, yet there's a qualitative you know, assessment of how you experience yourself afterwards. You can't have one without the other. You're running something subconsciously there.

Q: 2:20:30 I'm just reporting on a state I have, a state of being that I have when I come back.

Jac: Yes, but the seed of that comes from some expectation you have that you're not seeing yet. Work with me.

Q: Well I mean, you know I mean I guess the ego, or whatever you want to call it, is kind of basically unfulfilled, so it's always trying to grab onto something. So maybe even though I'm enjoying that I'm doing that at an unconscious level, because I still haven't realized what I want to spiritually.

Jac: So what do you want to realize spiritually?

Q: 2:21:06 I don't know because I'm not realized.

Jac: Okay. How do you know you're not realized?

Q: I know I'm not.

Jac: How?

Q: Did you know before you were realized, which I think you are, but I can't speak for you. Let's just say you are hypothetically for real okay?

Jac: Sure.

Q: 2:21:23 I don't mean to be cheeky.

Jac: It helps in the dialogue, it's fine.

Q: I don't mean to be cheeky here.

Jac: 2:21:28 You can be cheeky I'm pretty **cross talking**.

Q: I know I can, I can be cheeky. But before, you were doing Ayahuasca and all these things, okay you knew at that point that you were not realized, did you not?

Jac: Yes.

Q: There you go, I'm the same.

Jac: And I knew that I didn't know what I was looking for. I remember one sister of mine saying, "what are you looking for? Why are you so driven, why are you going off and hanging out in Peru, what are you doing?" And I said, "I don't know what I'm looking for! I don't know! but this thing is driving and I'm going along for the ride."

Q: Correct.

Jac: "But I don't know what I'm looking for."

Q: There's a very interesting image I have to throw in here before I forget it. I've had this image of myself – I don't know what it is related to but it may be related to this – a rope around my mid-waste going off into infinity, pulling me towards some sort of black space. I don't know where it's going or what it's all about.

Jac: Okay, all right.

Q: But this has been going on for a long time, and I'm totally comfortable with it, and I have no idea what's at the end. I know there's no thing I can see but the rope is infinitely long.

Jac: Yes.

Q: And it's around my mid-waste.

Jac: Yes, yanking you out.

Q: I don't know whether all this ties in or not.

Jac: Yes, yes those images are very useful, I like those. But the thing is I didn't know at the time that I wanted to wake up. I didn't know, all I knew was there was a pull. I

didn't know what, where I was going, I didn't have the language for waking up, I didn't have any of it. After the truth was seen I didn't know for a long time until some guy in India, some Indian sadhu started asking me questions you know, and I was like, "no of course I'm not here." You know, "when did you believe a thought last?" Like, "how would you believe a thought?" "Hold on now, how would you believe a thought," and I couldn't find it. Even the idea of believing a thought had gone. And it was a couple of years you know, it was a couple of years after it that by the time it was actually reflected back to me, "oh this is called being awake?" You see? So I didn't know what I was looking for, and when it happened I didn't know it happened either. So if there is a registering of an experience, wondering if you should go and do the Sufi practice or not, and if there isn't an expectation beforehand, then that feeling is directing you to something. That feeling afterwards, if it's not sown by an expectation that it should feel a certain way, but that independent feeling is arriving afterwards saying, "I don't feel so great," if it was me I would stop for awhile. If it's independently arising, yes.

Q: 2:24:20 Well the thing is I'm not quote getting anywhere here. I know there's nowhere to go blah, blah, blah, but you know what I'm talking about.

Jac: I do.

Q: 2:24:28 So it sounds like your experience is similar to mine, but the thing is I like to **indiscernible 2:24:34** summer, I like to physically move, it's very healthy, the food's great, it's in New Mexico, which I love New Mexico, I love the Southwest, and you know, if you were in Toronto I would probably see you on a regular basis because you're very distilled and you're very laser like in the way you approach things, it's very paired down. Ours is very kind of fuzzy around this... kind of fuzzy, but you're very, very, aligned and very clear, so it's very useful to me how you teach quote unquote teach. You see what I'm saying?

Jac: Okay.

Q: 2:25:07 So I watch you on YouTube quite frequently, and you know I probably would if you were... But this is odd **indiscernible words**.

Jac: You need like a direct sword instead of a process oriented thing.

Q: Yes I do, I need somebody who... Because I think I could do that work, but I don't have anybody to do it with exactly, you know what I mean?

Jac: Yes.

Q: Vicariously, not vicariously but indirectly through YouTube, you know what I mean?

Jac: Sure.

Q: 2:25:32 Because I do watch you regularly because you're very, very, good; very good YouTube's, they're all good and it's all drawing me back. But last summer when I went down to the camp I went down there with kind of like a ho-hum attitude, like I don't need this as much, you know? I'm not as attached to it, so I don't need a formal... I've never needed a formal religion, but I mean even less now. I'm kind of moving into some kind of formless place, and I don't have any anxiety about that at all. In fact, you know I want to go into it, which is I think what this thing with the rope is all about probably.

Jac: Yes.

Q: It's pulling me into this void, and I don't have any anxiety about what's at the end of that rope.

Jac: Yes. It might be interesting if you took a vacation someplace else in New Mexico next summer, you know? If you just get a log cabin someplace or do something entirely different, just go on a fishing trip or do yoga in the morning someplace in some class. Try something different that's not so...

Q: Routine.

Jac: Yes, yes.

Q: It's become quite routine.

Jac: Yes, just shift something, shift out of it but give yourself the advantages of what it gives you, you know? getting out of Toronto etc., that kind of...

Q: The thing is the guy is good, he knows his stuff – he's from Baghdad, he's from Iraq – he's traditional but he's sort of molded our path to Western people.

Jac: Sure, but it's very good sometimes to take a break from a teacher, and you come back to it in a different state. And it's not turning your back on them it's just like, "I've got to take a break and see how I feel, and see how I rearrange myself." And is there like attachment to them, is there you know, "am I running a story that I'm going to miss something? What am I running here?" And it gives you a really good idea to clean out whatever is going on there.

Q: 2:27:25 I'm getting less attached to spiritual practices in general. I'm still fairly disciplined, but I don't have any rules at the same time.

Jac: Yes.

Q: So it's kind of like moving to open space in other words. You know what I'm saying?

Jac: Yes, it needs to get a little bit looser, yes a bit looser.

Q: Maybe I should just drop it for a while.

Jac: I would drop it for a bit, but I would still take a break.

Q: I've already booked my flight for the summer.

Jac: Yes, but go someplace else in New Mexico. Find a yoga retreat or a detox center or something else, do something else, why not? Just see, what's it like? You're not cutting cards, you're not you know? Just try something else, try that out and see what happens and see what comes up for you, is there a sense that you're missing, or how is it to just go off and sail your own yacht without the support of the group. It would be interesting to see what that's like, if you go your own way and disconnect, what does that bring up? That would be an interesting thing to do, you know? I work with people online monthly, if you're interested it's there, it's there, you can do it through my website and just Skype. We can do that if you want.

Q: 2:28:34 I'd like to do that **cross talking**.

Jac: Yes, you know whenever you're thinking like, "I just want to..."

Q: just to keep this contact.

Jac: Sure, yes it's there.

Q: 2:28:40 **indiscernible word** going here because it's very, very...

Jac: Yes, drop it when it doesn't work and pick it up when it does, you're in charge, you know? And I like people to be in charge of their own path. Be in charge of it, you decide, "okay I need help now," you know, or, "there's something I'm not seeing now," and then get help, so be the driver of your own path, you know? Let's try that. I'd be

interested to hear some time next year or whatever, what's it like, what comes up when you don't do that Sufi camp.

Q: Yes. I've done it in the past – but just to finish up because I've taken a long time – I've done it in the past for one reason or another, because I wasn't able to go down. I didn't miss it or not miss it, and when I went down it was like, blah, blah, it was like neither here nor there, I didn't have to go. So I've all ready made some financial commitments so we'll see what happens, but you said I could also go down to something else. But anyway it's definitely a good thought I think, given the situation.

Jac: Yes, you know I remember having a layer of making financial commitments to things that were, I thought, on my spiritual path, and then absolutely, "I can't do that, and neither can I ask for a refund. I can't do it." "I have to invest the money in it and it's done, and not go." I've had that one happen to me, so don't let money be in charge of your path, ever, ever! It does not have enough power, don't give it to it.

Q: Okay, thank you very much.

Jac: All right sure, you're welcome, you're welcome.

#00 / 2:30:16

Jac: It's time folks. Are you awake? Are you all right? It's kind of an intense day, huh?

Audience: It's good.

Jac: Good, I hope there's some bit of opening somewhere, and if not, sure it was fun.

The End