

#25 / 00:00

Q: I was pretty sure that I didn't have any questions, but it turns out that... and the question is where the urgency comes from. I'm not sure if I'm hearing it differently or you're saying it differently these days, but the "go deeper" is coming with a real imperative.

Jac: Yeah!

Q: 00:22 Why? What's wrong with **cross talking 2-3 words**.

Jac: Oh nothing's wrong with it, yes nothing's wrong with it. I haven't thought about this before so I've got to see what, what, what... Here's the first response, it's probably an attempt to kind of shatter the resting place that non-duality has found, because it's comfortable, you know? being pure awareness. And as a lot of people are getting there it's kind of time to say, "hey, hello," you know? just let go from there, just drop the last few bits, you know? the identification with awareness, identification itself. So it's like dual, the non-dual and prior to both, so it's like a (sound effect 1:39). I suppose I feel like I'm kind of like pushing people off the cliff, the non-dual cliff. I guess to kind of put more... In some way to kind of emphasize that it has been a resting place and don't stop there, just freefall, and it just continues to freefall you know, but it's fine that's kind of the state, it's freefall, you know? I think that's what it's about really, it's like the mass consciousness that has kind of now hung out in the non-dual state, and it's a breaking of that comfort zone.

Q: Good. Because where this is coming from, I started meditating again without really intending to.

Jac: Yes that happens.

Q: 2:39 And I meditated a lot, and then I stopped completely after I went to India for the first time and I just couldn't, like there was nothing there, and then suddenly I'm just discovering myself doing it. But it's very different, there is no technique behind it it's just going back. The thing is that I really like it! But when I'm finished and I get up and just start doing my normal life, I think, "what was that for?" And even though I don't really have an answer for that, I could do it or not do it and it doesn't seem to make any difference whatsoever, except that I do keep doing it and I do seem to like it. I'm just wondering what motivates that, but it doesn't seem... It's not really a problem.

Jac: 3:32 But you know where it comes from, something else is doing it, you know?

Q: Yes, there's no intention. I never think, "oh I should meditate," or, "I'm going to meditate tomorrow morning.

Jac: It just arises, an organic happening, it just shows up. That's beautiful. Let every single thing show up like that. It's beautiful when something like that happens and you really know, "gosh," you know things happen without any motivation at all, and we can find a reason you know, we could find something, but it's bullshit.

Q: We're just making it up.

Jac: We're just making it up just to give ourselves a place to put it, you know?

Q: Good, good. Okay, I'm okay with that.

Jac: Yes that's beautiful. I'm glad that's happening.

Q: Yes, yes like I said, all I was curious about was, "where's my motivation and where is your motivation?" Where are these things coming from, why are we doing this? But it doesn't seem to need it.

Jac: 4:36 Yes. If you can find a motivation, you know an authentic motivation, then there's some agenda there, you know? And sometimes an agenda is fine, because to put water into the tulips means they'll last longer. So of course there's a motivation there and it's natural functioning, that's common sense. But you know that the motivation I'm talking about, not personal agenda motivation, and then leaving space for things to happen without motivation at all. That's the territory; knowing which is which and what's going on for you, and being happy with no reason at all when things happen on their own.

Q: 5:14 Yes. Actually it's almost a, not quite a technique, but you know when you said you go to the grocery store without having any... I do that all the time.

Jac: Fantastic.

Q: And it always works out fine.

Jac: It really does, it really does.

Q: 5:30 But it's funny, it's almost a game. You can just play the game and just see how it's going to all turn out, and it always is fine, and in fact it's better than your plan. Even when you make a plan it's really fun. You make a plan and your plan never turns out and whatever happens is better.

Jac: It's more efficient, it is. We can't improve on the divine flow, we actually can't. It's amazing how we really believe we can until we recognize we can't.

Q: Yes, and once you kind of see that then you can't believe it again.

Jac: That's right, that's right you can't believe it again; Humpty-Dumpty.

Q: Exactly.

Jac: Really, you can't believe it again.

Q: 6:15 I never thought about Humpty-Dumpty, that's a good one.

Jac: Yes, Yes.

Q: Okay, thank you.

Jac: Yes sure, thank you.

#26 / 6:51 (microphone reverberation)

Q: Many years ago at a 30 day retreat – which I think only one other person here knows it, remembers – but you've never done a **indiscernible word** again.

Jac: That's right.

Q: 7:06 Yes. I shared something, and you could have shared it **indiscernible several words**, being a business man I probably **indiscernible word** you don't remember.

Jac: It's quite likely.

Q: 7:19 Yes, yes, but it was something my original **indiscernible word** teacher said to me – this was maybe close to 50 years ago – and we were in this little bookstore where he started his meditation, and you know I was wearing a shirt with the stripes going this

way and he was wearing a shirt with the stripes going this way, and he goes, “oh look, your stripes are horizontal and mine are vertical.” You get it right?

Jac: Yes.

Q: 7:50 Just for the crowd, he often speaks symbolically, and I kind of got what he meant right away, but I wish, and I think I mentioned it then, I wished I had... I do own reverse shirts, but I also wanted a vertical striped shirt, meaning; you are free to go to the higher realms or the lower realms, but you didn't. You know, my freedom is more... I said, “I'll take the higher realms over the lower.” 8:18 I'm going to cut to something that **indiscernible name** said last August, and I was being a little smart and then I said, “do you have any **coaching** for me,” you know, and he said..., and in two minutes, I mean he said some things that reminded me of my **indiscernible name** teacher. He said, “well you know, you kind of have a ceiling over your head,” and he kind of put his hand over his head and I knew what he meant, but if that's kind of that horizontal you know... if you're horizontal you have a huge stadium, but you know you have a low ceiling, and I'd rather have a high ceiling in a smaller stadium.

Jac: Yes.

Q: 8:57 So he said that's going to go on for about a year. So I knew what he meant, but I've been thinking about that, and I've been getting some little freedom there kind of opening that crack.

Jac: Yes.

Q: And I feel that there's movement, I was going to use the word progress but I'd rather say movement, it's more humble, you know? But I wonder Jac if you can kind of help open that crack a little bit? From what I've been thinking about it has something to do with my willing, my always stopping something before it may go. I may see that I could fall or drop into a deeper domain but then there's something, it has the “beyond my control,” 9:44 if that's the right word, to allow the dropping, but it's something that **indiscernible words** you know that kind of... And so that's what I'm working on. I'm seeing that there is more of a tendency to go into the passenger seat, but that's definitely a drivers seat conversation, you know trying to control the car. So I don't know whether it's karmic, whether it's trust, or whatever, but what do you think? What do you see?

Jac: What's the story with fear?

Q: 10:30 I have to look at it. I mean, it might be very primordial fear, like you know, **indiscernible word** conscious of fear, but I will do things that **indiscernible 1-2 words** almost have **indiscernible word** too risky. You know, I made a lot of mistakes being at risk when I should have been more safe **indiscernible words** with that.

Jac: Yes.

Q: 11:03 I was not being prudent, so that's a different level of fear.

Jac: It's just another level, yes.

Q: 11:08 **indiscernible words** existential fear then that you're talking about.

Jac: Well, you play with a type of anxiety a lot, a nervousness, an apprehension, a caution. You play with that, and underpinning that there is fear, it's underneath it. Because we can say that, yes the anxiety of you know, just nervousness and self-

consciousness, and the tentativeness about being too visible, that thing that you play with, you know what I'm talking about?

Q: I think I do.

Jac: Yes, it stops you from bringing things to fruition, because then if it's out there you're not so comfortable about being exposed or some part of you is, "how will it be received?" So it's easier for you not to put something out there rather than to risk that, you see? So everybody who has that, it's got to do with belief in separation, it comes with the belief in separation because there is either a threat or an opportunity in every exchange. Because when you believe you're separate there's either a threat or an opportunity all the time, it's exhausting. And as the unified field kicks in and you say, "oh, actually we're more of the same than how we are different," you know it begins to creep in that you see things are the same, that there's no threat or promise at all. As that comes of course there's less anxiety, but what also happens is that there is more carelessness or a flippancy, that's not imprudence, but there is an, "I don't mind," there's something that's not watching the consequences. As unity kicks in there's more of an innate courage to put things out there, because the consequences don't really touch it so much. It comes with age too, that kind of like...

Q: Fuck it.

Jac: Fuck it. Thank you.

Q: 13:22 A technical term **indiscernible words**.

Jac: Yes, yes, yes.

Q: **indiscernible words**.

Jac: Yes, do you know? And you haven't allowed that "fuck it" to kick in. You haven't allowed it, you've stopped it, and there's always a sense that there's like a fear stopping it you know, and it's a fear that I could understand that a 25-year-old would have, do you know? But it's like...

Q: 13:48 **indiscernible word** all due **indiscernible**.

Jac: Yes, do you know? But it's like, where is this fear coming from, and how come the mellowing with age hasn't made you more, "couldn't be bothered caring about the consequences," but the consequences are as important as they are to a youngster, you know, who's really watching peer pressure, what their peers are saying, so all that kind of thing that's active in our younger years is active for you. And there's some kind of fear underneath that. And it didn't die off naturally so there's something there that's keeping it alive. What if you were to say, "fuck it?" If you were to go into that mode and say, "Okay, all right what have I got to lose, what have I got to gain, and I'm like, "just fuck it.""

Q: 14:47 Yes.

Jac: What would that be like for you? What does that bring up if I said, "Okay Elliott your new way of moving forward is, "fuck it.""

Q: 14:57 I had lapses of that. I mean, fairly recently I was in my house and I just said, "you know what, I'm here stuck in a comedy you know, lighten the fuck up!"

Jac: Yes, yes.

Q: And I saw that, and I said, "wait a minute, this is actually a spiritual path of doing that," which is you know... someone had great instructions for that. Anyway I'll think of

it. It was the effect of just taking the dice throw and throwing it, and wherever they land.

Jac: Yes, so what stops you from doing that?

Q: Yes, well I think that's the question.

Jac: What do you feel stops you from doing that? You have to find it yourself.

Q: 15:50 There seems to be a kind of moralizing, there seems to be a "have to" in there, "I have to get this workout, I have to..."

Jac: And that...

Q: "I have to make spiritual progress."

Jac: And those directives come from where?

Q: Yes, well I think the answers... I mean the question... The answers is in the question. Obviously it's in the ego that there's some kind of survival mechanism. I'm saying it too quickly, I need to get into the emotion there, you know?

Jac: Yes.

Q: So let me get... So where is it coming from?

Jac: Yes, whose voice is that?

Q: What comes up a little bit is maybe a little boy who's scared of the consequences if they don't happen, and I don't know where that goes.

Jac: 16:57 Something got locked down Elliott between the age of like late teens to early manhood, before the age of 25, 18 to 25, something got frozen there and a maturation of one part of Elliott stopped, and it's still active and you're still giving it power. It's like an expectation to deliver, an expectation to do certain things, like an idea of how your life was going to be. You're still pushing that idea up a hill, and your life has rolled out in another way, the way that it had to, but you're still clinging to this ideal that you had at the age of 20 let's say, for the sake of nailing it down somewhat.

Q: 17:45 That's when I first met my teacher, in that general period; my first teacher.

Jac: Ahh okay, what happened there? What happened there, and it's about you it's not about the teacher you know, it's how we respond. Did you buy into some idea of how it was going to be, did you lock into, "Okay I'm going to...?" Did your will get super-strong there that you were just going to have a life that was shaped like A, B, C? It's like you lost track of listening to where Elliott's life was unfolding too. And somehow living with that, honoring that, and loving that, and learning to accept that got a bit missed, it just kind of went to the side a little bit, and there's been a kind of a push to deliver these self-created expectations.

Q: 18:57 It was at **indiscernible word**, originally I thought I would make it in the external world, comedy writing, show business, wherever that was going. I went to New York and lived there for a year and made contacts, which could have been extremely important **19:20 indiscernible mumbling** but I'm missing my teacher, and I would come back for visits occasionally, and it was like going back into The Magic Kingdom from, you know being in ah... I always forget you know, kind of Main Street USA versus the Magic Kingdom. So I left New York after one year and I never manifested that external energy. I don't know if that's relevant, but I never worked that out.

Jac: Yes. Yes, you never worked it out, yes. And to use a very dualistic term, did you make the right choice, looking back?

Q: 20:10 I don't know, I don't know. When I mentioned that I came back from New York to my teacher, he said, "you didn't leave New York you escaped New York," and to this day I don't know whether I escaped something bad that wasn't for my spiritual development or whether I escaped dealing with what I needed to do for my personal karma.

Jac: Yes!

Q: Because we're talking a big chunk of time here.

Jac: Sure!

Q: So it's showing up again. So I don't know Jac, I don't know.

Jac: Yes, yes.

Q: What do you think, or is it my assessment and not yours?

Jac: 20:56 Your assessment will be more authentic because that's where you're at, rather than grabbing an idea. I mean, I can map something but I need you to own this process. I need you to own it so that you can move beyond it. I can draw the map but you've got to do the work, all right?

Q: Yes.

Jac: 21:14 The life that you did live, and a life that looked like it could've been lived, either way it only worked out the way it could have, because we think we have free will but we actually don't. You know, we actually don't have free will at all, but somehow the experience was being had by Elliott to have two paths, and the consequence of taking one lay dormant for pretty much a lifetime until now. So dealing with the consequence, whether it's an emotion of a life that wasn't lived, if it's sadness and grief over that, own it, claim it, express it, let it go. There's something that has you half tethered to that world, because you're still 25 and trying to make it happen. Something got stuck there so it's like you didn't completely jump into the Magic Kingdom, not completely because the other one wasn't abandoned, not fully because you're still trying to make it. Do you see?

Q: I think so, I think so. I can see that neither are complete.

Jac: Neither are complete.

Q: I mean, what my take now is that now that all this time has elapsed, and I have done... you know, I've been with just remarkable teachers, including yourself, and amazing courses, and just a lot of thinking and a lot of... And I've done workshops and performances and stuff, but I've, you know not full tilt but neither one has reached fruition.

Jac: Yes, neither has reached fruition according to your own standard.

Q: Right. So I have a kind of higher octave of the original idea to do writing or whatever, that's related more to spirituality and using humor as a transformative tool for growth and development. But there's also that pressure, "got to do that!"

Jac: Yes.

Q: You know, "who else can do it? No one else can do this, who could do that? If you could, do it so that I don't have to," but I think I have to do it kind of thing.

Jac: Yes. Spoken like a 25-year-old, do you hear it? You know the indispensable going out to conquer something, the beauty that's in youth, and it dies out with, "oh fuck it."

It does, like when... it does! If it happens or not it doesn't matter, it doesn't matter life will go on just fine.

Q: 24:33 That's the part of me to let go. As you're saying that I hear it very clearly, but I can't just go, "Okay fine, by," you know, I can't do that and I feel that kind of contractive energy.

Jac: You do. You want to defend it, and you're holding onto it for a long time Elliott and it's not just going to drop, do you know? You're holding it tightly for a long time, it just got parked, frozen, frozen really you know, in your system as a young man. So we've got to thaw it out and release the contraction, and know that it actually doesn't matter. If it needed to happen through you it's going to happen through you, you won't be able to stop it. But whatever sense of identity is tied up in it, that's holding you back because it would define you or give you purpose or you'd feel that you were offering something. You've got it tied up with a value system that in some way...

Q: 25:55 Very definitely.

Jac: That can some way feed you the man. So we have Elliott the man and we've got **Shivan** the spiritual guy, you see? We've got the two here, and maybe if... I don't know if I looked at... I'm pulling a figure from the sky, but if I looked at all the questions that you've asked me over those years, 60, 70, maybe 75% of them have been about your career. It's been Elliott asking about writing this book or writing that book, and it's been career guidance is what we've been doing to see, "Okay, okay, this is what he wants, this is what we give him," it's been Elliott asking. Whereas, today I have Elliott and **Shivan** on the chair. So you've mixed up the two, you know? You've mixed up the two simply because not being able to let go of the Elliott story. Whereas **Shivan** can do performance and writing for fun, Elliott has to do it because it has purpose and identity and value to the world all tied up in it, and you have to do it, there's an imperative about it. For **Shivan** there isn't it's for fun. But the work is for Elliott to drop all the heaviness that's wrapped up with the life that wasn't lived, that you're still trying to bring to fruition.

Q: Yes.

Jac: 28:05 Seeing it for what it is and dropping it now, would be the same as if you had a successful career touring all over the world, performing, a dozen books behind you, and you would still have to let it go because the same issues would be playing; the same stuff whether or not you did it. You'd be in the same place now, you'd be in the same place. You might have more money, you might not, it comes and it goes, and apart from that you'd be in the same place. You would still be wrapped up with identity and purpose and making a difference. Do you see? It doesn't matter, it really doesn't matter what you did or didn't do. It really doesn't matter! But it's about changing your perspective in your relationship with the life, how your life turned out and your attachment to wanting to do the Elliott life, has to go now. Making sense?

Q: Yes.

Jac: So you've got a bit of work to do.

Q: Yes. Helpful, clarifies.

Jac: 29:42 Yes they're the two strands, and the "just in case" part of your personality covering yourself just in case. It's like that anxiety of like, "is this good enough to

publish? No, no, no, no,” just in case something would go wrong. So you know, “just in case the spiritual thing doesn’t work out I’ll keep my foot in the other world, and just in case that doesn’t work out I’ve still got my spiritual Magic Kingdom to fall back on.”

Q: 30:11 There’s some intuition about that that I think has been good, in that the writing is coming back. But it is coming back, and it’s, “you know what, whatever form it takes is fine,” because I may have two or three books in process, and one of the anxieties is that I have this Prometheus rock I’ve been pushing up the hill. “Well maybe if you’re pushing out three books it’s easier to push out one book than to push out three,” so there’s more of an allowing the process and not putting myself under a deadline as much.

Jac: If you never publish anything is that all right?

Q: I’d have to say no to be honest. I know the right answer is yes, but the honest answer is no.

Jac: I’m glad you gave me the honest one.

Q: 31:18 My friends who were just, you know like sanyasis in India, you know they can spend 24/7 doing their meditations and going to chanting you know, living on a small amount of money, and I kind of like that, you know 31:35 there’s kind of that freedom. I wish indiscernible word, “well you’re lucky, you don’t have the burden that I have to try to get something out into the world,” you know. Is that a 25-year-old speaking again?

Jac: Yes, that’s the 25-year-old trying to puff himself up with self-importance and purpose.

Q: Yes.

Jac: 31:54 You’ve created the burden yourself. When you let it go there is some chance you’re going to write something, publish something, but the grasp is so tight now it’s constipating. And there’s no guarantees when you let go if you’ll ever publish something or not, and that has to be okay. So the layers that are buried underneath that, you’ve got to explore those. I’d love to see you arrive at an acceptance of your life as it had turned out, as if it’s over, that level of letting go. Let it all go. And let there be grief and let there be sadness for the Elliott that wasn’t, for the Shivan that wasn’t, to let it all go. Which reminds me a little bit of a friend of mine once, who was pregnant with what she thought was her son, and she had a daughter. She grieved for her son who never existed! She grieved you know, she anticipated the opposite sex of what her baby was, but there never was a son she had a girl, but she grieved for the son because she had a relationship with the son, but there was never a son there. There wasn’t two babies there, you know? It’s like grieving for what never was, but it was very real in her head. Forty weeks it was all about herself and her son you know, there was the loss of her son. Even though the daughter was there for her she was just full of sadness for her son, you know? So let there be a grief for what wasn’t rather than imagining that it is yet to come, because all you’re doing there is hanging onto the attachments of the 25-year-old. You left New York; leave everything else that that life was about too, but you dragged something with you. Let it get light, let it get light. That’s your ceiling.

Q: Okay that’s the work.

Jac: That’s the work, the attachments that have kept those ideas alive, that’s the work. And then let it roll as it will, what’s going to be is going to be

Q: All right!

Jac: All right, and fuck it.

Q: Fuck it!

#27 / 37:24

Q: My name is Russell.

Jac: Hi Russell.

Q: That's my spiritual name, and what it means, the **indiscernible word-background noise** the leaves in the wind. I have a few spiritual names but I've always come back to that one.

Jac: Good for you.

Q: 37:50 But I doing a lot of rustling right now inside, I'm pretty nervous, but something raised my hand to come up here so I'm excited at the same time. It's so good to see all these men here, God.

Jac: Isn't it?

Q: Oh God, like we need this, you know?

Jac: Yes.

Q: And it's so good to see a woman teacher you know, we need this too.

Jac: Yes, yes.

Q: 38:20 And it's also so good to hear all the truth telling, the authenticity. Like for me that realness is... that's food for my soul really you know, we miss that, right?

Jac: (whispering) Yes.

Q: 38:35 So I'm rustling inside, and I'm having a hard time I guess with this whole idea of being a spirit in human form, you know? Like there's this idea that we're all spiritual beings in human form.

Jac: Some people hold that idea all right.

Q: 38:57 Yes, you know how much suffering do I allow myself, and at the same time, how much of that exalted feeling I get, you know I need to be being more in an awakened state. So I feel like I'm really blessed in my life with coming across this question, "who am I?" And it's guided me a long way. I've had some very deep insights and awakening experiences, and have gone through realizing I'm not the witness that's just a personality. Behind that is consciousness, but you know behind that is pure consciousness, which is consciousness without any content.

Jac: Without anything, yes.

Q: 39:44 Without anything, without any suffering.

Jac: Yes.

Q: But even when I ask that question, "well who is consciousness," it gets to the point where it's like it's something that is undefined, and I can only call it the Divine or God or... So like I've gotten into these deep awakened states, but then there's this other aspect of being life which is, there's still suffering, right? It hasn't freed me. I just witnessed... I used to run a retreat center and I used to have obviously many Buddhist groups come for the vipassana, and I would see... Sometimes I would see people get so much into this awakened state, and they're just like pushing away the human, pushing

away the suffering, and it would be like a disconnect, they would become dissociated, and you can call that spiritual bypassing.

Jac: Yes bypassing.

Q: 40:53 It's like they would be there, they would be radiant you know, they would be present, but they're far away. Like, you know this idea of "be here now" and they'd be now but here would be far away, and you know I'd be relating to them but like, "yes you're here, but where?" you know. It seems to me that awakening is not the end, it's actually for me... I'm starting to realize, "oh fuck it, it's the beginning."

Jac: It's the beginning, yes.

Q: 41:36 And there's this other thing which I would call like, enlifenment, which is like bringing my true self or that awakened state into my humanness, and I'm having a real hard time with that. Like, I just feel like I've gotten to this, you know this state, this divine state in my life, and I've kind of hung out there, and it's like all the purification is coming up. Like you know, there's this purification that happens after that happens, and it's like, "fuck!" Like, I wish I hadn't even gotten on this path, like it's even worse suffering than before. And it's like right now in my life everything is just falling apart. I've had like a concussion where I've lost me sense of myself, 4 years ago I broke up with my wife and I lost my family, and I had a beautiful property; my dream, and then just a year ago I broke up with this other woman, my mother died like a year ago, and... Oh shit.

Jac: Yes, yes.

Q: 43:25 I call it like a "holy hell," it's hell but you know, and you could say it's holy, like some people say, "oh Russell this is great, this is good news everything's falling apart. Fantastic! You're going to have a fantastic life," well fuck off! Fuck off! Everything is falling apart, and I can feel it like just something really wonderful is happening but I'm in the midst of this, so what do I do? Do I just go back into this state, the absolute, "okay I'm going to center myself there, and then it will all go away." Well for me that's an addiction to not suffering.

Jac: Yes.

Q: You know it's like I'm looking for relief, you know? It's like you know, what I see sometimes with meditators it's like they just want to be calm, "let me be calm and peaceful and just avoid all the suffering," but that's just another way of bypassing everything. So I'm caught up in this thing where like sometimes like it's fucked. Like last night I was just crying for an hour, and I was not in touch with this state of the absolute, you know? So it's like... And it's been going on for like a year! Again, I get people saying like, you know like these kind of newagers, "all this is your karma," you know, or, "don't worry this too shall pass," you know all this kind of new age kind of aphorisms that don't make a fucking difference! And I just don't know what the hell to do!

Jac: Yes.

Q: 45:14 Like do I just let myself suffer? Like is this what the divine is telling me to do? Like, fuck Russell just... But the one thing that I know is that who I am is always there. I'm not going to be destroyed by it, so in one sense that's good because I can really feel it! Because I know I'm not my suffering, so then I can even suffer even more, but that's

like a fucking terrible awful paradox. It's like, I'm not my suffering so now I can really fucking suffer! So I'm stuck, I don't know what to do! I'm really having a fucked time with this. Do I just let myself suffer and go through it and let it release itself, and then okay the next day it will be okay, "this too shall pass, there's something wonderful coming," or just maybe, "the hell with it."

Jac: 46:18 Maybe it's always going to be shit, maybe it is. Holding out for it to get better is hell, it's hell! After the truth kind of stabilizes, you know, knowing that you're the absolute and that the rest of it is just mind made up garbage, there is a phase of whatever is remaining in you gets yanked out.

Q: Absolutely.

Jac: And it's violent! It's violent! It's like so much of you has shifted gear and there's so much clarity, that what's still caught in the story is like oil and water. There is no place for it, and it's like it's twisting and contorting and it's awfully painful. Furthermore, the ego acts as... it's like an egg around you, you know, it's like this protective shell you know, and when it goes there is a heightened sensitivity to pain that's not there beforehand. You're kind of more porous, you're like ethereal, you can almost put your hand through your self, do you know?

Q: Yes absolutely.

Jac: 47:45 And so when pain comes, by Jesus there is no protection at all it's just straight in, straight through, and it's jarring with the vibration of truth or light or whatever. So the intensity of that kind of pain is awful after awakening! It's fuckin awful! And nobody tells you about this. Not everybody goes through it, some don't.

Q: 48:17 But I feel like **indiscernible words** you know a trip and telling everybody about this, "you want to be on the spiritual path? Well I've got to warn you."

Jac: You ain't seen nothing yet.

Q: It's not all light and wonderful and love, man I'm telling you, yes it's holy hell.

Jac: 48:37 It's also called "the dark night of the soul." That's what they're talking about, that's what they're talking about. And you can't go forwards, and you can't go backwards, you can do nothing and you're on your knees.

Q: Yes.

Jac: I see you, I see you, I see you.

Q: Yes, thank you. That's what we all want is to be seen.

Jac: Just to be seen! Just to be seen. And it will do its thing and it will last as long as it will last, and if it lasts forever, so what? So friggin what!?

Q: Well, I know it's helping me to become stronger.

Jac: 49:43 Oh yes there's loads of things it's doing that our great news, there's loads of course there is, but you know, they're just concepts. Right now they're just concepts, so grabbing at one of them, you're just kind of avoiding. All you can do is breathe, stay breathing through it, stay breathing. Be present to it and let this... Like, sure we can call it karma or you can call it like carrying on some suffering for the world, I mean you can put any label on it.

Q: Yes, it just is what it is.

Jac: It is what it is; just breathe through it, breathe through it. It might make sense down the line it might not, and that doesn't matter either. It breaks for most people, it

breaks for most but not for everybody. The odd one or two, they just continue carrying this that happens too. We'll have to see how it rolls for you.

Q: Well it's good knowing that that's the truth, yes.

Jac: Yes it happens, it happens. You can't go forwards, you can't go backwards, so stay with it and breathe, and it's burning up every desire, it's burning up all the residues. Sure it's doing stuff, but that doesn't make it easier, it doesn't actually. You have to be with this, you can't avoid this with concepts.

Q: There's nothing I can do.

Jac: No there's nothing. That's the only way out of it, that's the only way out of it, let it bring you to your knees, let it have you totally!

Q: Passive surrender.

Jac: 51:36 Passive surrender. Passive surrender, don't fight any of this let it just do what it wants with you.

Q: Yes okay. I got it yes, thank you.

Jac: Walk into it, walk into it.

Q: Can I give you a hug?

Jac: Yes!

Q: Thank you. (whispering) thank you. Breathing, yes, yes. I'll buy some new Kleenex.

#28 / 53:25

Q: My head is getting all mixed up. Not from personal problems, no. My spiritual understanding, that's what I would consider.

Jac: Yes.

Q: We talked about at the start of the morning, about the absolute and the relative.

Jac: Yes.

Q: Absolute is the reality.

Jac: Sure.

Q: Reality is within it.

Jac: Yes.

Q: 54:03 **indiscernible word** clear my head. Reality with **indiscernible words**?

Jac: Is all energy? Albeit imagined, but yes you can say it's energy.

Q: E is equal to MC squared?

Jac: Sure.

Q: All matter is nothing but energy?

Jac: Oh, all matter is nothing but energy, correct.

Q: Well, the relative is matter.

Jac: Yes.

Q: And thoughts too.

Jac: Yes.

Q: They're nonmaterial, but they're objects just the same.

Jac: Yes, okay good.

Q: Thoughts are objects. Any object that I am identified with, my lot is fear.

Jac: Yes.

Q: 54:53 After attending the second year at the **inner indiscernible place**, your satsang, I went home and within a couple of weeks I experienced that I am sat chit ananda.

Jac: Yes.

Q: I felt it.

Jac: Yes.

Q: But that feeling just disappeared.

Jac: Yes.

Q: Now my problem is my head, it is supposed to be universal, it's not possible.

Jac: Yes.

Q: How come it disappeared again? Why didn't I feel that I'm part of everybody and everybody is part of me? Where did it go? There must be some identification somewhere.

Jac: Yes.

Q: 55:45 I'm still **entertained** by it, but fear is normal with me.

Jac: Good.

Q: After, I mean...

Jac: Good.

Q: 55:54 The sat chit ananda experience fear couldn't touch me.

Jac: Yes. Did you cling to the experience of sat chit ananda?

Q: I did... As a matter of fact, after I experienced it now my head spun and I said, "hey you have read there is no division in it."

Jac: Yes.

Q: It is only one thing. How come it disappeared? you don't feel your one with everybody.

Jac: Your perception of it disappeared, it didn't disappear.

Q: No it can't, it can't because it is real reality, yes, it is real reality.

Jac: Yes.

Q: I'm sorry I'm talking...

Jac: So something else took your attention.

Q: But it didn't bother me. I said, "maybe some vasanas in this body/mind."

Jac: Sure.

Q: Something I have to live through. I said, "let it happen."

Jac: Good.

Q: The other thing I enjoyed with your session is, you said, "we don't have a free will," and I had believed in it but I was this high.

Jac: Sure.

Q: Somehow where I was born many people listened to it, spiritual teaching, but it doesn't sink in. They always think they have a free will, but I didn't. In my life just smooth, unbelievably smooth, and good, that's why I'm here.

To Audience: This is the sign of a good life, is to be in her presence. I don't know if this thing sinks in. Where I come from the only thing good which happens to a human being, is to be in the presence of a spiritual teacher. That is the only good thing which happens! Tomorrow you might win a big lottery, and you think, "oh brother, oh brother, I am one, you know? That's a good thing, watch what brings that wealth to

you. 58:24 This chap just **indiscernible several words**, your problems are almost over, almost over, believe you me, because I have sat chit ananda experience by being with her. If that can happen to this, your body/mind, you... Well anyway, I am going off in mind.

58:58 Okay let's come back to, the absolute has no feeling of sat chit ananda in it.

Jac: Correct.

Q: Sat chit ananda is only in manifestation.

Jac: Yes.

Q: 59:13 And my understanding is, in manifestation is I am. The Bible says, "I Am that I Am."

Jac: Yes.

Q: That I Am is the manifestation. Am I right?

Jac: Sure.

Q: And my am is not that mixed up; quite clarity in there. Now after doing all of this, the energy, the matter analogy, is consciousness at the bottom of it?

Jac: 59:47 Of energy, yes. It's the source; from pure consciousness comes the energy.

Q: Now, the other concept I have is that the first energy which came into being in the manifestation, was sound energy.

Jac: You could say this.

Q: This is what the two or three spiritual teachers books I have read, and they said that the start was the sound energy, and then I said, "electromagnetic energy is mainly all around us, they're inter-convertible," are they?

Jac: Sound and electro...

Q: Electromagnetic.

Jac: You see, everything, every piece of energy, anything at all that can come into manifestation has a sound to it. Everything has a sound.

Q: Okay, so sound is the basic, it is the start.

Jac: Everything can be mapped out in a frequency and that frequency has a pitch.

Q: 1:01:00 Sound energy and the difference in (from) electromagnetic energy, sound energy needs a media to propagate itself, but for electromagnetic energy you don't need a media it can go through a vacuum, you don't need a media. But sound you do, that's the difference. But I think they are inter-convertible.

Jac: I don't know enough about electromagnetic energy to...

Q: Well anyway, what other thought was in my head? Is that consciousness is the basis of it, so that means there is nothing which surrounds us is conscious.

Jac: Yes, is consciousness and it's conscious of itself but not as itself. It doesn't recognize, "oh this is what I am," it can't do that it's too much of a movement.

Q: Okay. The other thing, you know from the movement the idea came the absolute is still and silent.

Jac: Yes.

Q: 1:02:16 Silence and stillness, and manifestation is movement.

Jac: Yes.

Q: I am done. I am done, my concepts are now clear.

Jac: Can I throw something in to just maybe...

Q: Please, please, please, that's why I'm here.

Jac: I want to just leave a signpost to say, "even consciousness is part," the fact that it is the source of the movie makes it part of the movie. The fact that it's the source of manifestation makes it part of manifestation. There is a capacity to be open to prior to consciousness.

Q: 1:03:03 If I read Nisargadatta Maharaj correctly, he says, "pure awareness is the absolute," and Atmananda says, "there is no sat chit ananda in it."

Jac: Yes.

Q: Sat chit ananda is consciousness. And Nisargadatta says, "consciousness is in movement the other is not, the other is still and silence."

Jac: Yes. Okay.

Q: Stillness comes opposite to the movement.

Jac: Yes.

Q: And silence comes from sound.

Jac: Yes, we are in the law of opposites. I'm putting up a signpost to say, "outside."

Q: 1:03:50 Love opposites **indiscernible 1-2 words**? Duality exists in thoughts. You cannot think unless you think in duality. Thinking is not **indiscernible one word-background noise**.

Jac: Sure.

Q: It has to be in duality.

Jac: Sure.

Q: 1:04:13 It's part of it. And language, which is translating our thoughts, is also a tool of duality.

Jac: Sure. I am trying to make you go the other direction rather than closer into duality, consciousness itself. Hang out there in pure consciousness, which is not conscious of anything. Hang out there in pure consciousness. Stay there and see if it opens up.

Q: 1:04:42 No desire now.

Jac: There's no such thing as desire because there's nothing other than itself. Nothing arises in it to want anything.

Q: I don't want to feel that I am everybody or everybody's me.

Jac: That's unity consciousness. You can jump that that's unity consciousness.

Q: Yes, but I don't want to have no more experience. After having the sat chit ananda experience, for me life is finished. Now I just don't want to reincarnate.

Jac: So drop that desire, drop that desire.

Q: 1:05:17 Yes that is still with me.

Jac: Drop that desire.

Q: Thank you.

Jac: Drop that desire.

Q: Yes, that one is hanging on.

Jac: If the absolute wants to give you another thousand rounds say, "sock it to me!"

Q: 1:05:32 No, no, **indiscernible words**, you know? From him, from the absolute which is nothing but love, he will never sock it me. He will never sock it to me! He'll never sock it to nobody! **1:05:52** We interpret it that way, our minds say **indiscernible**

Jac: I'd go for a cup of tea **indiscernible**

Q: It's our minds which does that, and that is a conditioned mind. You remember there was...

Jac: It is the conditioned mind who has the desire for further incarnations. Work with that! Work with that.

Q: I got you. Yesterday there was a lady with a child, and that boy's father was carrying him, and I said, "you look at this child he's a Brahm Giani, his soul is pure now, he's pure sat chit ananda." I said, "you are going to condition him and screw his life up." And I said, "blame is all on you." But that is the play.

Jac: That's the play. That's maya, that's how it works.

Q: Maya, maya, beautiful thought.

To Audience: There is no time, there is no space, there is only here and now.

Jac: Which is also a thought.

Q: 1:07:09 This is the reality this is not a thought. That is the reality. Here and now is the reality, **indiscernible 2-3 words**.

Jac: Here and now is maya.

Q: Maya, when you bring space and time maya starts.

Jac: Here and now is space and time.

Q: No, now is eternity and here is everywhere. Here is everywhere, wherever you go is always here, wherever you go. This body/mind wherever it goes it's here.

Q: But this is all maya, everywhere you go is maya.

Q: 1:07:55 Space and time in maya. I'm going to enter time, how many people understand what is...

Audience: Fuck it, fuck it, fuck everything.

Q: Eventually yes.

Audience: No now, now. Why eventually? Now.

Jac: Drop that desire to reincarnate.

Q: I have that problem, okay thank you.

Jac: Okay that's your homework.

#29 / 1:08:37

Jac: So spiritual bypassing, the term has come up a little bit over the weekend but we didn't talk about it. What it is, when you use a spiritual concept to avoid looking at something. It's very easy to do, it's very seductive, and if you have the habit of doing it, break it. So let's say something bugs the hell out of you, and you're like, "oh but it doesn't matter, it doesn't really exist anyway," that's spiritual bypassing. If it bugs the hell out of you be real, be authentic, "it bugs the hell out of you," that's the reality deal with that. Having a desire and you're like, "no, no, I'm desireless, I'm desireless," and not listening to the internal struggle. Just because you don't follow a desire doesn't mean you're desireless. There is a desire there, how do you deal with it? Spiritual bypassing would be to deny it, but you'll have some chance of moving forward if you're like, "there's the desire, do I need to give into it or can I see through it, and see that my mind is setting up something outside of me to make me imagine that if I have that I'll be better," better off in some way. The thing is, when there's a desire running all that your mind is doing is, running "the pain" of having a desire. When you desire something it's

painful, and our minds are so fantastic at creating something that you imagine is real, the absence of that desire lets you be calm again. So when you satisfy the desire you usually give up that you wanted it, "I want chocolate, I want chocolate, I want chocolate." When I let myself have chocolate it's not the chocolate that makes the desire go, it's because my mind has dropped the desire for chocolate. That's the satisfaction, it doesn't come from the chocolate. It actually doesn't come from the chocolate, there is no quality in chocolate that can absolve desires, and marketing is all around stimulating desires, stimulate, "get this, get this, you must have this, you must drive a bigger car, a better car, get a better house, better address," it's everywhere, everywhere, stimulating desire, stimulating desire. There's so many that we don't even recognize that they're desires around the place. Not running a desire is totally peace, total peace, but if there's a desire there and it's suppressed, and you think that's being free of desire, you're spiritually bypassing. If there's a desire there's one of two things to do, give into it or unravel it, and try to see from the place that, "Okay, I really want to have a relationship with that person. All right, I'm going to be disappointed by it, it's going to work for a while, I'm going to be back where I started, because I'm just running this idea that's going to end me up where I am now," because at the end of the day you're on your own. You are on your own really, it's just you and your own inner demons, and anything outside is just a little embellishment for a while, that's all, that's all. So wanting the relationship with somebody is painful, not because they are the solution to the pain but because wanting anything is the source of suffering. Wanting anything is the source of suffering. I can tell you that but you have to discover it yourself in order to transcend desires. You have to figure that out yourself, you have to see it and go, "holy-moly she was right!" It's that kind of a thing, you can't grasp it like, "well I heard that," that's not going to transcend desire for you, it's not going to. So even grasping a spiritual concept from me is spiritual bypassing. Do the work! Figure it out for yourself, figure it out for yourself, inquire, "what is my mind telling me, and why do I believe it's so?" Don't bypass anything stay with your experience, what it presents, stay with it, sit with it, be there. Don't look for a solution or for anything to change, understand what's happening to you, don't bypass it because you want to feel differently. That's what we do all the time, "I'll do this so I'll feel better, I'll do this so I'll feel better." Stay with what's going on inside: figure it out, do the work, get rid of it, know where your attention is, be authentic, have courage, don't avoid anything, don't deny anything. Spiritual bypassing is like taking a sleeping tablet you know, you're just knocked out for awhile and you stop actually progressing, evolving, but it happens.

Note: 1:14:22 And the second thing is, these recordings take about a month to clean up, a sound engineer cleans them up for me, and then they go up on my website. If you want we can email you to say when they're on the website. We could do that if we have a mailing list.

Audience: Or we can pay Derek now for them?

Jac: No, we know we've got to go to the airport, we have a flight this evening. Oh I have a form! My functioning brain really isn't working well this weekend. I have a form

where you can order it. It's too late, it's too late, sorry I'm mixed up, and I didn't bring products either, and you know it just got a bit... But I'm here.

Yes?

Audience: This is a question, a real quick question of clarification of spiritual bypassing. What is the role, if anything, of psychology?

Jac: 1:15:26 Yes, it's very useful to give you tools to manage your thinking, to have the tool to be able to analyze, to be able to find the source of something that's frozen and back in time, to explore inner child work, to see the dynamics to kind of explore, "maybe my dreams are telling me something, maybe they're not." It's very useful for giving you tools at the start, but it's at the start.

#30 / 1:16:10 (poor quality reverberation)

Q: I do want to come up, but I couldn't really say I already have a question to start with. I'm tempted to ask one thing. You know there's been some changes following the ayahuasca, and I guess it's quite common of me to have doubt come in, and I think it happens to a number of people that with ayahuasca if it tends to fade out. I'm not saying it has completely faded out, but I do feel it's much, much, less than it was.

Jac: 1:17:15 The seeings that you got from taking the medicine, did those openings stay with you or is that fading also?

Q: I certainly don't hold my ground as I was, and the heart is much less active than it was, but it still comes up from time to time and then I nourish it. But you know, it's always a little bit in the back it's not really upfront. It's okay, maybe it just takes time, and for sure there's no **lion** for now.

Jac: There's no **lion**.

Q: 1:18:08 I don't think there's a **lion** yet. I **Indiscernible** another ayahuasca ceremony, maybe something will happen there. But you know, again, I'm going to think it's going to be great for a month and then kind of fade out again.

Jac: You've already programmed in that expectation?

Q: Kind of, yes.

Jac: It'll probably happen like that then. Maybe expect nothing at all and let it take you, let it take all it wants. Because when we run like, "yes, maybe you know it will probably fade because this is my pattern. You know it's clear for a while and then it fades out," that's some part of you wanting what's very familiar to stay in place. Some part of you is not allowing you to lose yourself, you know? And your mind can kind of tell you, "well maybe, you know I can run stories of self-worth or I can run all kinds of reasons why it wouldn't happen to me or maybe this doesn't work for me or dot, dot, dot." You can run all kinds of stories like that, but at the end of the day really it's just resistance, really, to letting it have all of you.

Q: The medicine?

Jac: Yes.

Q: 1:19:48 I sure did battle.

Jac: So what about surrender? Where do you sit with the idea of surrender?

Q: 1:20:12 There's always kind of a dichotomy between, having some self power to feel grounded and completely letting go, kind of loose, yes. And so I can't play between the two.

Jac: Between being grounded and letting go?

Q: Yes, but you know, it was just like during the weekend, if I open up and just relax with time emotional stuff fills it, and then I go out and go for a walk and come back, I'm fine I hold my ground, and then I open up and then it's going to build up again, and I feel like I lose myself all over again.

Jac: 1:21:03 So why doesn't it just be allowed to explode?

Q: For the same reason I battle during the ceremonies.

Jac: Are you going to do that always?

Q: I don't know any other way.

Jac: Hmm, so what would it be like to be sitting back there, and you're letting go and the emotions come up and you didn't go for a walk? And you just like, "Okay, if I'm going to be a babbling heap on the floor so be it." What would it be like to just let go and have no control?

Q: I just don't know if I can accept this to happen, yet I kind of wish it would, but...

Jac: Sure, I know. But it's about not doing, because the effort is in making sure it doesn't happen, so it's about not making effort and just allowing.

Q: 1:22:05 **indiscernible**

Jac: What do you stand to lose? Why is it difficult?

Q: 1:22:52 It's just the fear to be powerless is all.

Jac: But you only think you have power. The one who's going out for the walk, is trying to convince himself he has power because he's touching the reality that he is powerless.

Q: 1:23:10 And that's where the power is actually **cross talking**

Jac: That's where the power is! as you know.

Q: So when can I admit to be powerless?

Jac: Yes!

Q: 1:23:21 I think I saw something to asking about the emotional, it really comes up it's physically demanding.

Jac: Yes it is physically demanding.

Q: 1:23:38 Yes, and... Well there's no preference to go there, sure.

Jac: Could we spark up a preference to go there? You would sleep really well after it.

Q: Okay.

Jac: Yeees, a huge emotional release, you would sleep like a baby.

Q: Well that's what I was expecting for the ayahuasca ceremony at different times. It was my reason to go back.

Jac: Good. So why is this false power so darn interesting for you? This idea of power, trying to grasp power that some part of you knows isn't real at all. Why are you avoiding the powerlessness that you know is authentic power?

Q: I don't know I just use those words, but... do you confirm this?

Jac: Yes, yes, yes, there's something in this. Yes there's something in this, yes; having the courage to let go, really let go! Really trust surrender and like, "Okay, if I make a total mess here, and I'm trusting the wrong process, the wrong teacher, the wrong

medicine, shaman, if I'm trusting the wrong thing I'm going to get wiser here. I think I can trust this, I'm going to trust it, and if I fall flat on my face okay, I'll come out wiser, I'll get over it." And surrender anyway.

Q: The idea is seductive, but...

Jac: I hope so. Tell me about this.

Q: 1:25:37 I don't know, it's nervousness, contraction that's here, yes.

Jac: Okay that can be there. That can be there sure because it's unknown, so there's going to be a bit of nervousness and anxiety about it. Not a strong enough reason not to go there though. I need something better than that.

Q: I'm trying.

Jac: Maybe you are ready. Your mind won't know and it won't want to, but it's kind about doing it anyway. You're at that interesting place of, "do I bow down to my mind or do I bow down to what my mind doesn't know?" But that I know you know, but, "my mind doesn't know." You're at that point. You'll suffer if you choose your mind.

Q: 1:27:15 Yes. Well that's how it's been for the last few years.

Jac: Yes, and the fear of choosing the other one is where the negative lies, it's only in the fear of it.

Q: And you think it's only about not doing?

Jac: Yes, dropping the resistance, not supporting the resistance, yes. You can you know?

Q: I just know I didn't.

Jac: Yes, but that's gone, that's fine you've tried it that way.

Q: 1:28:17 I don't think it can happen otherwise then with the ayahuasca too.

Jac: You think you'll fight it?

Q: Because I think otherwise I would fight.

Jac: Yes.

Q: I think ayahuasca is going to win even if I fight.

Jac: You think it can win if you fight?

Q: Yes.

Jac: If you take enough of it yes. Go into neutral, with medicine you've one intention; say the intention, drop the intention, and then go into neutral and let it drive you, let it take you. I'm rooting for you, you can do it. We can have this conversation in five years time.

Q: Yes, that's what I don't want to have.

Jac: 1:29:19 It's only the fear of letting go, the fear of surrender, that's the only block here, it's the idea that surrender would be an awful thing. It's just the fear and you're bowing down to that fear. If you can see that this is just fear, it's nothing at all to do with letting go because you know yourself that that kind of surrender yields to true power, you know it! but the fear has you. It's time to transcend that fear; feel the fear and do it anyway, you know? It's one of those scenarios.

Q: Yes I can feel it.

Jac: Yes. Don't obey that fear anymore. Wherever it comes up you've got to be onto that like, "ding, ding, ding, ding, red light there's that fear again, push through it," that would be a really good spiritual practice for you. Whenever that fear rises up don't honor it. It's in charge of so many parts of your life.

Q: Actually I think I see the fear around me, see the emotional buildup.

Jac: So the emotional build up happens, right.

Q: 1:30:35 Yes, fear is **indiscernible**.

Jac: It's the fear of staying with it that makes you put a lid on it, contain it in some way, so let's bring in fear. Fear is the trigger there, but of course fear is hiding.

Q: Yes it needs to be exposed.

Jac: Yes it needs to be exposed. Because the emotional build up is fine, let it keep building, building, and it will express or release and it will be fine, it will come to resolution. It might just build and like, (sound effect 1:31:07-relief) and gone, that might be all. But in comes the fear and "phump" you've taken action. So bring that fear front and center, shine a bright light on it and it's like, "no longer, no longer, I want to see when you arise, and I'm going to not obey you anymore." That's very important for you. And it doesn't matter what it looks like, whatever you do it's so important for you to transcend that fear. To not obey it anymore, that's so important. The consequences, don't be bothered with them it's not worth it.

Q: Do you know of any different context where it can be observed or put into practice? It builds up here but....

Jac: Yes, talking to a girl, anywhere do you know? Wherever fear rises up, putting yourself out there anyway, putting yourself out there, being visible, being opinionated. Fear stops you from a lot of expression.

Q: And a lack of playfulness.

Jac: Yes!

Q: That's what I saw last week.

Jac: It keeps things heavy and serious, you know? Fear is all about contraction.

Q: Somehow when I woke up in the morning playfulness was there, and it made things so much easier. And I could see every time I was going into trying to manipulate things, I was actually turning my back on playfulness.

Jac: Yes, yes! Let play happen, huh?

Q: Do you see anything else?

Jac: 1:33:37 I'd love to see you get... I'd love to see your energy field get as wide as you are tall, fill out your space, fill out your space. Enough of this playing small businesses it's not working for you anymore.

Q: Absolutely. Thank You.

Jac: Yay! All right, go for it; transcending fear, playfulness, expand, be careless, be reckless. You won't be but those words are good for you to give yourself permission to not obey the fear.

#31 / 1:34:30

Jac: Anybody else need to come up that hasn't been up already? Mr. Joe from Ireland, you promised me you were going to come up. Well you said, "maybe I'll come up the next time."

Joe: I can't think of any questions.

Jac: Can't ya?

Audience: Go up and see what happens.

Jac: Joe from Ireland, yes, yes. Well done you're at the top of the room.

Q: 1:35:06 The existential fear, when I approach it can I take baby steps towards it?

Jac: Yes.

Q: To get used to it and go towards it and step back?

Jac: Yes!

Q: So I don't have to push through and go insane?

Jac: No. No you don't have to.

Q: That technique would be okay?

Jac: It would, it would. Now, don't kid yourself because you can stay touching it and coming back for 10 years.

Q: But at the moment say...

Jac: Six months, I'll give you six months of touching it.

Q: 1:35:43 **indiscernible words** still your body and I don't you know, panic.

Jac: Yes.

Q: So I can come back from it?

Jac: Yes come back from it. And then in a few months time, like maybe at the end of the summer, it's like, all right put something in your schedule you know, put something in your diary, and it's like, "Okay change my relationship with fear." It's like, "Okay I get what it does it runs the chemicals, fair enough. I'm going to breathe through it so that the chemicals can be there but it's not taking over all of my thoughts." Do you know?

1:36:13 So that you're not completely **indiscernible 3-4words**.

Q: I kind of know what's on the other side is where I have to be.

Jac: Yes.

Q: But he hit that wall, so I'll just take it easy?

Jac: Yes. If you breathe, it's amazing, if you breathe fear can't... and really breathe, fear can't get the same tension set up in your body.

Q: You can use techniques to reduce the fear?

Jac: You can.

Q: I can do that quite successfully?

Jac: Yes.

Q: But approaching it causes it to rise, so just continue approaching it?

Jac: You can. You know what's a good thing to do is, lie down on the bed and say, "Okay I'm going to approach the fear, I'm going to go right into it," and you know you're safe because you're in your own bed you know, and it's like a Saturday morning, you've got space.

Q: 1:37:07 So if I do go insane I'm safe **cross talking**.

Jac: You're safe. Exactly, you're safe and it's like, "I'm just going to run amok here with it and see what goes on." That's a really good thing to do. And see what... "Okay fear come on I'm calling your bluff now, come on let's see how big you can get actually." That sorts it because you get to see what it is and it passes and you're like, "what the heck was that about?" And you get to understand it in a different way because you come out the other side of it, without doing any action. That's the one I would recommend most of all, because you really get to walk it through without there being a thing... without being distracted by having to take an action, having to do something at

the same time that this emotion is happening. You're just present with the emotion fully. That's a really good thing to do! You might go for it?

Q: Yes I will, thank you.

Jac: Super, thank you.

#32 / 1:38:24

Q: I'm very nervous.

Jac: That's all right just take a few breaths.

Q: I don't know why I'm so nervous.

Jac: It's all right it's really just the belief in separation, really it is.

Q: I don't really know what I want to ask, I just felt like I needed to come up. I also just wanted to express that I feel so like grateful, that I've stumbled into you somehow. I've never experienced a satsang where I really felt like, "oh yeah," like, "she gets it." I've been following a lot of male teachers, and I would always feel very... you know somewhere in my gut, in my intuition, and my heart would always be telling me like you know, "something's missing" you know, because it was always just "transcend everything," transcend, transcend, transcend, and I would always just feel like, "that I can't." And I just feel like this huge relief all of a sudden. Like I've known the past few months that there's just been this, "I need to find a female teacher," like I know there's got to be somebody out there, and I knew it had to be a female.

Jac: Yes.

Q: 1:41:36 In just the past few days that I've been sitting in front of you it's just been like this huge relief.

Jac: Let yourself come home to yourself. I'm just a mirror, I'm just a mirror reminding you of what you know yourself already, that's all.

Q: And just before you were talking about the dark night of the soul, I kind of feel like I've been going through my dark night of the soul, like almost my entire adulthood. My story is, and I'm really tired of telling it, but like my story is physical illness. I've had this very, very, painful digestive condition for like seven years, and it's been like every day just daily intense and often excruciating physical pain. I was incapable of working for three years, and I've gone like all the way down to the depths, and like you know... And I've done so much work on myself as well. And I know that maybe this is just a story too that I'm creating in my mind, but I know it's also like the greatest thing that's ever happened to me, because it's healed me so much, and is still doing it! It still continues to heal me and just like strip away all my shit, and all the ways I was being so violent towards myself. You know especially with like ambition and stuff, just what you were talking about with the 25-year-old self you know. 1:44:36 I used to have so much ambition, and I was kind of **indiscernible words** huge and amazing and wonderful and great and special.

Jac: Yes.

Q: And its just killed that and it just keeps doing whatever when something comes up, and it's like, "nope, nope, nope, nope." So I know that its just been such a healer. It's healing me, all the while I've been trying to heal it it's been healing me.

Jac: Sure.

Q: 1:45:10 And I know that. I have this intuitive feeling that it comes from this deep intrinsic fear, mostly fear of abandonment. That's what I feel but I could be wrong. I'm not sure, but I feel that it's fear of abandonment because it's like root chakra stuff too. I'm just so tired, and I'm just like... You know it's so easy for me to... You know I talk about surrender all the time. I'm a yoga teacher and I talk to my students about surrender and just letting everything be, and just giving in to pain, just giving into the pain, and I've gotten much better at it. I use to suppress everything when I was younger. I don't know, I'm just so... I'm tired and I'm scared and I just want it to end, and you know, at the same time I know it's not me, I know it's not who I am, and I can see that it's just sensation, it's just sensation.

Jac: Yes.

Q: And the label, the diagnosis is just a label it doesn't mean anything. I know that, but it's still my experience every day. I still wake up in tremendous pain and I still have to design my whole life around it. Is it so much to just ask to feel good? Sometimes I'm ashamed of myself for wanting to get better and wanting to feel good every day. I don't even know what I'm asking. It just feels like it never ends and I'm just... The last like four years of my life, my whole life is just completely focused on healing, and now the past year it's been like healing, you know like doing the practical work on this level, and then now knowing who I truly am, so combining both of them. And it's... I don't know, I just... I just want to give up, but I also have this fear that if I give up I'll never get better.

Jac: 1:49:29 Hmmm. Yes, yes I can that, yes. So you can maybe consider doing a ceremony like, "all right, if it's divine will that I get better I'm up for it, I'm up for it. But I'm now going to let go of the desire to get better." You need to take the steps so that you'll be well, of course that's common sense. Take whatever makes sense, whatever path makes sense to heal your body, but the desire for it to get better is causing more pain than anything. So make one prayer and handover that desire, and be okay with divine will. That would help. The second thing is, you know there's six years, and there's four years, and there's your adult life, and you keep pulling in the timeline, and so the experience of right now gets multiplied by all the days that are in four years, that are in six years, that are in your adult life. Like right now is the experience right now, but you're loading it with the memory of the worst times in those years, and you're feeling that now as well, you see? Like what's the pain level in this moment, ten being excruciating and one being almost not there, right now.

Q: 1:51:10 It's like a four or a five.

Jac: Okay, okay, that's okay, that's okay. Keep it in the moment. Don't be dragging in time, every moment is fresh you know, the experience right now is the experience right now, but what your mind is doing is dragging in the past and making your... You're contaminating your present moment with horrendous amount of pain and suffering around it.

Q: The future too, because I'm always planning for, "can I do this thing today, later today or I don't know if I can do it because I don't know what's going to happen to my body, so I better not do it."

Jac: Yes. You've forgotten how to listen to your body right now in the present, and see what it needs. So you've got to change your relationship with time, with memory and

future projections. It's very manageable right now, four to five is manageable right now and that's actually all that matters. Let your directive of, "will I go to something this evening," let it come from another place. There is lightness in the present moment, there is heaviness when our mind pulls in past and future. You've got to find that lightness again, you know?

Q: I don't think I've ever had it.

Jac: Not even as a kid?

Q: Yes, probably as a kid.

Jac: Yes, it feels like you might have. Okay find that again, find that.

Q: Yes I used to have that.

Jac: Yes you used to have it, yes. You've got to ignite that, you have it cut off and parked. Don't be doing an Elliott on it, you know?

Q: 1:54:00 Yes. I follow you on Facebook, and there was this quote that was put up on your page that was... you know, you said – obviously I'm paraphrasing – "The spiritual path can be very easy if you believe that you can have all of it, and I really mean all of it. This can be easy for you." I remember reading that and it really struck me, and I was like, "I don't believe it can be easy," because you know I look back at my past and my past has been so hard! And you know, I've been labeled by everybody else who looks at me as like, "that girl's life is so hard!" And if everybody looks at me and they find out what I've been going through, you know I can see that they feel sorry for me, and they're comparing their life to my life and saying, "wow, her life is very hard!"

Jac: Yes, but that has nothing to do with you that's their perception, it has nothing to do with you.

Q: But then you know I've internalized it.

Jac: Cut that one, cut it! Can you let yourself have it all?

Q: I guess what it is, is that I have this fear of believing that I could have it all, that I could have everything that I want or you know, whatever... easily, because from memory I know the times when I have opened up, and you know really taken that surrendering dive, I've been hurt by... with through my body or you know other things.

Jac: And have you been self sabotaging, is that when you take that dive?

Q: Sometimes, yes oh yes, sometimes I self sabotage. A lot of times I self sabotage. Oh yes, God yes.

Jac: All right, so diving in and letting it all come to you, and you know yourself it's not about having it all like, "here are all my desires and I want all those," it's not about that.

Q: No no.

Jac: It's about the fullness and richness of it all, just let it have you, let it come to you, but we're scared of our own light, you know?

Q: 1:56:39 I'm afraid of it getting worse because it has been **indiscernible words**, it has been so bad and I'm afraid of it.

Jac: 1:56:52 Well that will keep you from **cross talking**

Q: "I'll stay here because this is..." You know I've healed enough that I'm at this point where, "Okay this really sucks, this is really horrible and my life is so limited still, but at least it's not as limited as it was back then." And so I can't believe that I can have a body that feels easy because if I believe that the disappointment... If I believe that and it

doesn't happen, like I get worse or something like that, the disappointment of that would be almost more heartbreaking to me than just staying here.

Jac: 1:57:36 Yes, but it's not belief like positive affirmation or calling it in, it's not that kind of a belief, it's like being open to whatever way it rolls, and that might look like perfect health, but it's not attaching to perfect health, you see? But it's knowing that you're open enough if that comes your way, that you're up for it. You're not going to cling to it, but that you're up for it, that it can be welcomed. Any which way it goes is welcomed so that you can have it all, it might be the crap and it might be fantastic. All of it, but your mind heard the good stuff because you're just focusing on the bad stuff, so mind will always look for contrasts, right? So you're just swapping out one for the other. Let your perspective get much wider, you have yourself in a little box trying to control this and looking at how it was and how it's going to be, and it's like, (sound effect 1:58:45-overload). Can we just expand it all? Yes you have to manage your health, okay, so what? That's just a tiny dot of what's going on for you, tiny dot. This isn't really about managing your health, that happens. Let your perspective get much, much, wider. It's your teacher, it has been your teacher and that's great, it's serving some usefulness, good, okay.

Q: A lot of usefulness.

Jac: Yes, but if it takes all of your attention, and you know you run stories about the past and the future, you won't have space for letting anything else in. You've reduced your life to be just about the illness. Blow it wide open! Illness happens, pain happens, so friggin what? So what, it's just a tiny part of what you are. You can manage it, you can integrate it, you can deal with that but you've let it become all-consuming, and that's hell! It's not a denial of it it's like a re-organization of it to let your vista get wider. It doesn't have to be all-consuming.

Q: Yes, so when that fear comes up of, you know the story starts playing again and you know; maybe I shouldn't do that, maybe I should, you know I avoid making plans for the future.

Jac: Well it's like, "Okay my body is in pain, let's see what's the best way to manage this," and sit with it and see the sense of what you can do next Tuesday – if there's something you have to make a decision on – what's my sense around that? Don't make a decision from the contracted headspace of trying to control things, listen to a deeper wisdom. Listen to a deeper wisdom.

Q: Yes, it's such a pattern!

Jac: Oh yes, you've got yourself in a fine loop.

Q: It seems to be an ingrained pattern.

Jac: You've got yourself in a fine loop. Yes, yes, it's a very small bandwidth you're operating from, it's all about your health. Your body is just one part of what you are. Pain is manageable. Find your power, find your power.

Q: Yes, that's my last name.

Jac: It's time to start living it, huh? Find your power.

Q: Yes.

Jac: Stop identifying with being ill. Stop it, it doesn't work for you.

Q: So every time it comes up just...?

Jac: 2:02:06 It's like, "yes that's happening, that's something I've got to manage," you know? But it's not center-stage it's just something you've got to manage. It's like having a, you know, a small child with you or something, you've just got to manage this thing, you know? It doesn't need all your emotional investment, and it doesn't need all the bells and whistles that you've given it, it's just something you manage. You're not your body you know, you have a body and part of it is a bit (sound effect 2:02:37), you know screaming right now. So, so what? Walk on in spite of it, huh?

Q: Yes, and I know it's just this deep conditioning of.... Because I used to have this tendency for creating perfection in myself, because I believed that the only way anyone would love me is if I was perfect. So now it's just been this deconditioning of that, and allowing myself to be vulnerable in front of people.

Jac: Yes.

Q: 2:03:14 But there's still subtly that fear that you know, they're not going to accept me, they're not going to love me.

Jac: Hooray!

Q: 2:03:23 I **cross talking** too much for them.

Jac: Hooray! Let them have every kind of reaction they want! Who cares? Why would you even bother imagining what people are going to think, and trying to change something so that you can manipulate their experience of you? I mean, wow! What a waste of headspace! Don't go there, stop those games, stop them. Be open and honest and clear yourself, and what other people think is none of your business. It's none of your business, it's none of your business. Loosen it up for yourself, get freer, get careless, get reckless, get powerful.

Q: 2:04:17 **indiscernible whispering**.

Jac: Oh yes you've got yourself in a very small box.

Q: Yes. I feel like I've been wearing a straitjacket for years.

Jac: Yes, you've put it on to yourself, cut it off, be big, make noise, be seen, be daring, wear clothes that clash, be ridiculous, say the wrong thing, be politically incorrect, blow out all those limited behaviors that are in your head. Blow them out! Stop being nice, knowing that you're doing it in order to blast open the cage that you have yourself in. Find your power. You can do it.

Q: Okay. Thank you.

Jac: Sure you're welcome.

Q: Can I hug you?

Jac: Sure, yes. (sound effect-growling), right? Okay stand up here beside me, and I want you to like grab a staff or a sword or something and go (sound effect 2:05:48-gruff).

Come on, be vicious; one, two, three (sound effect loud 2:05:56). Not a smile, I want a big ugly mug. Yes a big ugly mug, like a big fierce... Be fierce!

Q: It's so hard!

Jac: Oh come on, come on, come on grab your power, don't do this to yourself! Don't do this yourself! Come on, come on wake up (clapping her hands) you're God! Stop playing small, stop it! Stop it, stop hurting yourself! Stop hurting yourself.

Q: I've just been like...

Jac: Are you going into the past? Are you going into the past?

Q: Yes.

Jac: Forget it! Come on, come on.

Audience: How about we all do it along with her.

Jac: Let her do it first because she's got to grab this. Stop being nice!

Q: Okay, okay!

Jac: Stop smiling!

Q: Okay.

Jac: Fierce, find the fierce fighter inside you, the fierce woman!

Q: I can be when I'm alone. I just want you to know this, when I'm alone I'm very good at it. I scream, and I take a bat and I hit the couch, and I scream and I flip out.

Jac: Good!

Q: I can do it.

Jac: 2:07:26 Good, good, do it right now. Good for you. Get rid of the idea that they are a separate thing, get rid of the idea that they have power over you, get rid of all that bull shit! Find that potency inside you. Stop giving away your power, claim it. God doesn't play at being a wimp, so come on. Do you have it? One, two, three (sound effect 2:08:07 totality blowing out the microphone)

Audience: Clapping.

Jac: Yes. All right, I'd like a, "nobody fucks with me," kind of an air about you, all right? Try that on for a while. Good for you. If that victim energy goes from her she'll get better.

#33 / 2:09:10

Q: I'm also nervous. I think I've also been playing over time, past time. I catch myself, I know I'm doing it but I just don't necessarily know how to let go of it at times. So I guess playing with that whole time concept and it just... I've learned to... I guess I'm not attached to... I cannot have children.

Jac: 2:10:41 Okay. That's okay a lot of us don't, a lot of us don't, and those of us who don't, we can run the story that, "oh, I chose not to," but none of us chooses. We don't choose to have them, we don't choose not to have them, we don't. It plays out the way it has to play out.

Q: I just wonder when it's going to stop the hurt.

Jac: Can you accept it? And when you're like, "all right, my life is just going to be a different way, bring it on." But you're grieving an idea, an idea.

Q: I mean, there are sometimes when I'm okay with it. I've come a long way, it's been a good 15 years now, and I've come a long way. I've done a lot of work, but then there's just sometimes something will just trigger an old emotion, and it just takes me back.

Jac: Do you feel sorry for yourself?

Q: Not anymore. I did, I did the, "why me," and, "I'm not a woman," or you know, I would identify with it immensely.

Jac: Yes, yes.

Q: I think I've worked through a good 90% of those concepts over time, but it's just I feel like all my 20s and part of my 30s have just been... like that's been my work, and it's just like I'm just tired of it, tired of playing the old story.

Jac: Yes, yes.

Q: 2:13:50 And there are just some times, just a couple weeks ago you know, and there was a trigger and it was like, “boom, back into that cycle, that story.”

Jac: So your mind is using it as a strong anchor to create identity around, “ah, that’s me in my story, that’s my place in life, that’s my experience of life,” that’s all that’s happening.

Q: 2:14:23 I’ve expanded in ways, I think that if this wouldn’t have occurred?

Jac: Yes, you live a very different life without children, yes.

Q: Completely. I would love to have... but I guess I have to kind of let go of that idea, and accept if it does happen or if it doesn’t in whatever way.

Jac: Yes in whatever way. There’s so many different ways to live, so many, but to hang onto one, one way, because that’s not your way? The pattern is you’re hurting yourself. That’s the pattern, you’re just using the story to hurt yourself.

Q: But what do I do when I catch myself in those moments? How do I get through them quicker or less frequently?

Jac: Yes, so you’ve got an option to go into the emotion of it or you’ve an option to see, “ah, my mind is running the old story. I’m so sick of it, forget it,” and pull back and step out of it. It’s just your mind creating, re-creating that sense of identity, that’s all it’s doing, and it hooks into your emotional body, and hey, there you are off and you’ve dived on into it again, into the pain. That’s all that’s happening really, but as soon as the thought goes into your emotion you’ve lost her footing. You know, your thinking capacity and your emotional capacity are sunk, they’re in bed together. So if you can see it as a thought and manage the emotions, say, “no, no, no, no, those thoughts are not going to go into... I’m not going into a load of emotion because that’s the hell, I’m not,” that’s the thought, so if you can divide the two that would be really useful, really useful.

Q: The thought and the emotion?

Jac: Divide the thought and the emotion. When they jive together, mmmmm, it’s hell, you’re gone, you’ve gone into it, you see? So we need to cut the two so when there’s the thought or you know, it’s triggered in some way, it’s like, “I’m just going to breathe out of that emotion. I’m not going to go into it because my mind is just running a story about me-myself-I, me and my story is running right now so we’re not going to bombard it with an emotional reaction.” You’ve got to learn to cut the two. Cut the two, let your emotional body be your emotional body, but don’t let it be used by the me-myself-I, the personal I story, you know? That needs to happen so that the me-myself-I disconnects from your emotional body. The other thing that would be good would be to do the, “who am I?” Who is the one that thinks she is missing something here? Who’s the one who’s sorry for herself in this moment, who’s the one that thinks that life is less than, who’s the one running that story? That would be a good thing to do. It’s just that the self referencing is running the story and it’s totally fine, loads of women don’t have kids; some because they can’t and some because they don’t want to, but really as I said, they don’t have a choice in the first place. They don’t, it’s going to play out the way it’s going to play out. There’s so many different ways to live! So many different ways, but to grieve for a life that you haven’t got is wasting the energy for the life that you are

having, because the self referencing is running an idea of, “life could have been another way.” Do you see how futile that is? Why would you be running the story about how it could be? What’s here now is beautiful and it is perfect, but you’re missing it. You’re missing it because you’re running an alternative life in your head.

Q: 2:18:54 And I realize I have those moments, it’s like I’m definitely not in the moment and I’m grieving something that’s not there.

Jac: That’s right you’re grieving an idea.

Q: An idea.

Jac: You’re grieving an idea. Yes, it’s just a loop that your mind has set up, but you’re giving it permission to run, and the emotions will do that. Emotions will fuel it forever. It’s just an idea, just an idea. That’s all it is, just an idea. “I can’t have kids,” is just an idea. Where does it have meaning? Where? Only if you personalize it, and turn on that egoic nature and attach emotions to it, now, now you’ve got some kind of a reality field to an idea, but it’s just an idea. Your life that’s happening right now is being missed while you’re lamenting an idea. Do you see it?

Q: I do.

Jac: 2:20:07 You need your emotions for what’s happening right now. Stay with what’s happening, not what you imagine isn’t happening, really, just imagining that this isn’t happening. Yes, you know? Motherhood isn’t happening, it’s like, “really, really, really?” That’s where you want to go? It’s just a mind loop, it makes no difference how your life plays, it makes no difference. It’s what goes on in your head is what dictates inner peace or hell. There are no mistakes, you know? Your life is going to pan out exactly as it has to. There really are no mistakes. Can you work with that?

Q: Yes.

Jac: Great, great.

Q: Thank you.

Jac: Sure, sure, you’re welcome.

#34 / 2:21:45

Q: This may just be a short question, I don’t know. So as I mentioned on Friday there’s been a lot of changes, and the panic I used to go through, the depression, 2:21:58 and I haven’t you know, **indiscernible words** that deep... I’ve gone through that, yes it’s been hell but it’s not there. And I’ve gone through ayahuasca and things, all that, but what I’m wondering now is, you’ve talked a lot about things this weekend that I haven’t experienced, like, “awareness of awareness” or even this feeling that I’m light or that I’m love. There is a lot of equanimity in my life, and this low self-esteem that I’ve lived with all my life I don’t experience anymore.

Jac: Yes.

Q: So what I’m wondering now is whether just to keep staying with what arises or whether there’s some... I don’t know if there’s any blockage that I’m allowing to run that’s not allowing some deeper awareness’s or feelings to come through.

Jac: Do you feel that or is your mind coming up with that?

Q: 2:22:58 That’s what I can’t... I have a sense that there probably can be more love as a feeling sense. There’s certainly a lot of kindness and all that there, but it feels like there

could be more love. And also when you talk about stepping back, I just goes far as the witness and I live in that place, but I don't know what's prior to that.

Jac: 2:23:26 Okay. All right then that's what we do. So when you're in the witness... Can you get into the witness right now?

Q: Yes.

Jac: All right. Is the witness being watched?

Q: I can get the witness to be watched.

Jac: So where is that one looking from? What's going on there?

Q: 2:24:01 It sort of gets lumped with the witness.

Jac: Okay. The perceiver that can't be perceived?

Q: To go to a place where the perceiver can't be perceived?

Jac: Yes.

Q: 2:24:25 Yes, I want to do **indiscernible word** the mind **indiscernible word** create.

Jac: Yes, yes.

Q: So if I drop that... I just have to keep dropping that image and just being.

Jac: Yes, yes, so back to the observer. So we're going to go to that which sees the observer but can't be seen. We can see the observer, so that which is looking at the observer but can't be seen.

Q: So what I get there is like this infinite space, so it's still something.

Jac: Space is okay for now.

Q: Yes? Okay, so I can get that infinite space that is boundless.

Jac: Right okay, space is the first concept, so you're at the very edge. So practice going to space, now take space away.

Q: Okay. Yeah I just got a...

Jac: Yes a tiny crack.

Q: 2:25:42 I just got a tiny crack to that space.

Jac: Yes that's right, which has no space.

Q: Which has no space, right?

Jac: 2:25:54 All right. So back to observer, and pulling back from observer, that which can see the observer but can't be seen, and it gets kind of wide and open.

Q: Yes, and then there's stuff going around my body around that. I can feel... It must be some kind of nervousness or something.

Jac: That's all right.

Q: 2:26:26 I know that's okay, I'm fine with it. I just notice that's **indiscernible word**. Yes there's tears starting to show up so that's... It's all okay I'm just telling you **cross talking**

Jac: That's right, yes. It will clear out whatever was stopping you from going there, you know, the adjusting in the new zone, the new opening has to throw stuff off, you know?

Q: Yes it's okay. So, you know where you talk about... **2:27:01** Someone was talking this morning about like there's nothing there, there's no existence, which I don't **indiscernible word**.

Jac: 2:27:10 Your way is slightly different, and the next time we meet that language will make more sense. But I think for you, because the observer is so well practiced now, you're better going with observer and then what's seeing the observer but can't be

seen. Otherwise the mind will set up an observer who is looking at the observer who is looking at the observer.

Q: It needs to stop somewhere.

Jac: Yes absolutely. So there's like, okay, because what's looking at the observer but isn't seen, can't be seen. Now, let space be taken away, let space be gone.

Q: Okay there's confusion there because I'm seeing this. I'm seeing this and I can't see what's seeing it, but I'm seeing this, and that which can't be seen seems to be everywhere in some way.

Jac: Yes it does.

Q: Yes but there's still this.

Jac: Like what's happening right now, yes sure. This happens in a little small screen of a portable TV.

Q: 2:26:42 Okay, so I get that, and the rest is just... Okay I can work with that.

Jac: Yes, you're on the right track, you're on the right track.

Q: So, it's okay to... I can't see that. So to be seeing this while I'm not seeing that.

Jac: Yes, you can't see it it's you as pure consciousness. Your mind can do the observer, you see? And then it's you as pure consciousness does the next few layers, and when you get comfortable with it your brain tends to find some kind of language for it. But it will be incorrect to give you the language, because your mind will be grabbing concepts and putting it on it and it's like, now you will be creating a state of mind then, you see?

Q: Right, I get that.

Jac: So the experience is all-important now.

Q: So it's to be looking for what can't be seen? We're getting into language, looking at...?

Jac: It's like, okay, so you're the observer, you go to the observer, what's looking at the observer but can't be seen?

Q: What's looking at the observer but can't be seen. Okay so that's... Okay.

Jac: And from there if space shows up, great.

Q: Yes space shows up.

Jac: Great. Now drop space, it's deeper than space.

Q: Okay, and what happens is I drop the concept of space and... So I get... But I don't get that that's what's seeing the witness.

Jac: No it's not, the witness ain't anywhere now.

Q: No the witness isn't anywhere.

Jac: No, no.

Q: So it's just...

Jac: Forget about the witness.

Q: It just is, but I don't connect that I'm that.

Jac: No you're not that; you can drop identity.

Q: I can drop identity. So I'm not that, it just is.

Jac: You're not anything.

Q: 2:30:44 I'm not anything. Okay, so you know I don't get that... So... It's really hard for me to get that and I want to get it. I prefer to get it but it's okay if I don't, it doesn't

matter. I like where I'm living anyway so it doesn't matter. But it's nice to... Yes okay so I can... As best as I understand what you're saying I can...

Jac: You got a glimpse so I'm happy enough. You've got the observer, you know it very well, "what's looking at the observer but can't be seen."

Q: Okay. And what about this... what I'm saying is I don't know if I'm totally embodied like in terms of love and...

Jac: I wouldn't worry about that.

Q: Don't worry about that, it will just come when it comes.

Jac: I wouldn't worry about that. I'd like to see the pure consciousness aspect of your being coming more to the forefront. That's what needs to happen now so that you can hang out beyond space, deeper than space, and get your brain used to you operating from there. That would be really good.

Q: Okay, thank you very much.

Jac: You're very welcome, you're very welcome.

#35 / 2:32:10

Q: First of all I wanted to say how incredibly grateful I am to know someone like you, but I know you're a vehicle.

Jac: There's loads of compliments today, what's wrong with ye lads? I mean, come on it's ye, I'm a mirror, 2:32:27 I'm indiscernible doing this mirroring back cross talking!

Q: Okay whatever, but I want to say it anyway because you like a gold mine, and people like you are rare, they just are. So I just wanted to say it. You can accept it or not, but you know what I'm talking about.

Jac: I do of course, I do of course.

Q: Okay, I just wanted to get that out. I had a strange experience, and a friend of mine mentioned that maybe I should talk about it. When I go away to foreign places I have a very strange feeling that I'm kind of on Mars or on a different planet, but it's not in Canada, but when I go to different places, even if I've been to a place like say Albuquerque, New Mexico, where I go all the time. It's only in the city that it happens, but I have this very strange weird kind of uncomfortable feeling that is that I've died... You did a very, very, good thing calling it subjective perception. I don't know if you remember that or not, about four years ago. What you were saying that was very interesting, and I don't know whether it ties into this or not, but you were saying that the creation of the person, the separate entity, comes from the belief in the external rather than the projection of something out there coming from this first.

Jac: Yes.

Q: 2:33:39 What you said, you reversed it.

Jac: Yes.

Q: Now, I don't know if this has anything to do with my situation, but when I went to France about 40 years ago, everybody says you should try travel, and it's great but I've always hated traveling for some reason. I just don't have any real need to travel, maybe the Middle East but that's about the only place I really want to go. But when I went to France and I got off the boat, when I put my foot on the shore I felt like I was just from Mars, it was just, "what is this place?" And I had to remind myself, "I'm still on earth

and these are just human beings,” and everything else, and I was very uncomfortable with my whole experience in France. All I did was walk around Marseille on the docks, and kind of wondering what I was doing there, and it was the same thing when I was in South America. And I’ve never really talked about this with anybody who... because nobody’s ever said that they have had this kind of weird experience. Like if I go to Buffalo for instance, which is 100 miles from here, I’ll have the same feeling, but if I go 100 miles radius in Ontario or whatever, I won’t have it, even if I go to a place in Ontario that I don’t know. But if I go to Albuquerque, which I’ve been to like 20 times, and I know it pretty well, I still have it every summer I go down there. So I don’t really know what this is about, and I don’t... If you have any kind of ideas about what may be happening with that, and why I’m feeling this way, because it’s a real... There’s no objective threat obviously within the environment, you know? I’m projecting something and something’s coming back.

Jac: Yes.

Q: So I don’t know what is happening with that, but... because I don’t like it it’s weird.

Jac: Yes. You know it might be as simple as this, there is a specific energy in Canada. Well there probably is in most countries. I said it to Derek even this time, “oh do you feel the softness of Canada when we landed?” There is an energetic difference when you drive over the border or you put your foot down at the airport here, it’s very different to the US.

Jac: To Audience: Do you know it? Yeah it’s very different.

It’s different in other countries but the Canadian one is very specific. It’s like it’s soft or it’s feminine, there’s a gentleness here, and your energy field is completely attuned to it, completely! And the contrast when you leave this environment that mirrors you is awfully jarring, awfully jarring. You feel like Canada to me, you feel like it, you really do.

Q: 2:36:19 I want to invest **indiscernible**. I have something to say about that.

Jac: No but honestly, it’s like energetically you’re in sync with the energy here. You’re in sync and your perception just picks up when you have to re-organize your energy to fit into a new place, and it’s just too much of a leap, it doesn’t come naturally to you.

Q: Okay what I’ll say to that in response is, “I don’t feel Canadian at all.”

Jac: Yes.

Q: And I’ve never identified with this country, and I find this country, to be honest with you, very good but very bland.

Jac: Yes.

Q: When I go to the U.S., and I like the U.S. a lot because it just has a lot going on there, but I don’t necessarily want to live there. I find Canada depressing when I come back. There was a spiritual teacher, who has left the country, who said, “he thought Canada was depressing but not the people.” There’s something in Canada for me. **2:37:16** I’m just saying this **cross talking** of what you said.

Jac: Yes, yes of course.

Q: I don’t feel identified emotionally with this country at all, and so whenever I go to these other places it’s very strange, but what you’re saying makes sense even though I don’t feel particularly attuned to this country.

Jac: Of course, but energetically there's something in your aura, in your energy field, that I find instantly recognizable as the feeling when I get off the plane. It's just like, yes your energy field resonates with... not your experience of it or anything, but just resonates with the energy field that's here. And then what we do with that is entirely subjective experience. And it's just that you just don't morph very easily you know, it's like you know, you have a certain imprint, a certain color, and it doesn't blend in very well with others, you know?

Q: Right.

Jac: Stay at home you know? Do you know?

Q: Yes, that's okay.

Jac: Yes, that's an uncomfortable feeling when your energy field doesn't kind of get accepted.

Q: So where should I go? Am I happiest in nature or in cities, or where do you think I should be?

Jac: Stay inside.

Q: Sure okay. What about externally though? What's the best environments for me, if that's what you're talking about.

Jac: 2:38:37 Even if you're bored in this country, it works for you, it works for you. It works for you it supports you in some way. No place is perfect, everyplace has good stuff and bad stuff.

Q: But I feel more alive when I'm in the states than I do when I'm in Canada.

Jac: Yes because it shakes up something.

Q: Do you think it would be good for me to live there, in the right place in the states?

Jac: 2:39:05 I think you'd end up having to go in and do the work anyway. It will give you an experience, but really you're just moving the furniture around. It will just give you experience, go there for a bit and have fun, but you'll come back.

Q: all right, thanks

Jac: Sure.

#36 / 2:39:36

Q: I felt a lot better when you sort of calmed down the compliments and reverence, because I guess socially I find that easier to not hold anybody above or below.

Jac: Yes, yes, and it's about other people, I don't soak it because it's, "I love you, I hate you," they're the same. They're peoples opinions and I have no interest.

Q: Yes. So what did I want to talk about? How will I know... I guess all my questions are still coming from looking for validation, so I'm trying to find the softer place of that. Like when I'm just having a conversation with a friend, I'm not considering it to be like an ultimate authority or anything, but it's just like... Something is coming in. But I wanted to kind of ask about sex and having sex, and energetically whether that's beneficial or stay away, and also the other idea that's come, is just kind of stay away from pretty much anything that smells like spirituality.

Jac: You want to stay away from it?

Q: Yes, yes.

Jac: Yes sure, do.

Q: Yes, because I sort of feel like I wasn't... I was already on doing what... you know, obviously don't have choice, so before I didn't have any spiritual ideas growing up etc., so that saved me a lot of... Or I could tell it that way, it saved me a lot of... It wasn't until like 2009 say, that I started to meet people externally, you know like when I was in high school I said no to going to yoga or whatever. I didn't get it, right? So I follow that because I...

Jac: Sure, if that feels right to..., yes, yes, yes.

Q: 2:42:11 Just to play with that.

Jac: Absolutely. Sex, is it fun for you?

Q: I guess it depends on the partner, and... If I have expectations, like I think it's... I'm not... Part of what I'm not sure about is I seem to have trouble taking things lightly in relating, and I'm not sure if that's a personality thing of just like, like I'm used to being alone, I'm used to not having a partner, so for my mind if I do have sex with somebody it's like, "oh okay!" "Well, is this how it's going to be now?" You know like it does the mind thing, so physically it's hard to let go. Physically I feel like... It's weird, like it's almost like my cells take in all the information from... or my perception of the other, and I don't know what that is, but it seems to linger and leave quite an impression in the body.

Jac: Yes.

Q: So much so that you know, how do I mind my own business and not be, you know kind of containing... I don't know how to say it.

Jac: Yes. Would you prefer to have sex and let it just be sex, and the person goes home and they're gone, they're gone from your energy field?

Q: Well I guess maybe that's where I don't have the clarity. You would think there might be more of a chance of that happening, because I guess when I form an emotional attachment it's like, "wow, what are they doing now,....?"

Jac: Yes, that's just mind stuff.

Q: So I can just like leave it?

Jac: Yes that's just mind stuff, being distracted by... you know?

Q: 2:44:39 Yes. So would I prefer to just...? That's a very unusual idea for me, like I would fight that. I'm very much like... It takes a lot of... It takes a lot for me to loosen up and let that be in my life, and it takes... Like I don't know how people make it in to that part of my world, it's like they knock and I'm used to just being like just... You know it's just another sensation, like sex as an act is just more sensations.

Jac: Yes.

Q: So I guess it's the idea of the intimacy that... Like I want... I just don't want... I would not want... If I'm looking for it to fulfill like self-love, I feel like... I guess there's nothing really wrong with that, I would prefer to not have to cling on to somebody else's energy field. I feel like I need clarity here.

Jac: Okay. Do you have sex with yourself?

Q: Do you mean masturbation?

Jac: Masturbation yes.

Q: I'm not super comfortable masturbating. Like I don't feel...

Jac: That would be a great place to start Sandra.

Q: Okay. I've been told that advice before, and I kind of don't feel an integrity about it. Like it's...

Jac: 2:46:35 Okay, can you push through that and find where it's totally human, totally healthy, totally normal, it's about you enjoying your own body.

Q: Okay.

Jac: And you figuring out what you like and you owning it, and really have fun with it. That would be really good. If that's... Energetically you'll hold your body differently when you own it in that way, then you would be in a much better position to see what it's like to have a partner, you'd be in a different position then. Do you know?

Q: Yes.

Jac: Your idea about sex will change. I'd like you to revisit the whole relationship with sex through having sex with yourself.

Q: Okay, and not just... Because I am familiar with running my energy kind of, but not actually physically servicing myself or like pleasuring measuring myself, it's like...

Jac: That would be great.

Q: It doesn't usually occur to me.

Jac: Yes that would be great, play with stuff, buy toys. Do the works, it will be really good. It will help you to ground, it will give you kind of an authority over your body, it will give you ownership over your sexuality, it will just put another level of potency together for you. It will help your base and your second chakra. It will affirm a lot for you energetically. Sex with somebody else, not as important, the work is sex with yourself.

Q: Okay.

Jac: And get cheeky, you know? Find out what you like, get cheeky, really play. See if you like porn.

Q: 2:48:46 Oh my God. I **Indiscernible 2-3 words** never.

Jac: You see? Yes, I want to introduce you to that world.

Q: Yes okay.

Jac: Buy a toy or two. Do you know what I'm talking about?

Q: Yes. Okay.

Jac: That would be great. And there will be resistance to it, and there will be lots of like, (sound effect 2:49:19) I don't want to do this, I don't like this," and it's like, "I'm going through this. I'm going through this, this is absolutely natural and this is my body, and this is a part of being human that I've got to... I've got to fix this part of my human love too," you know? "This is part of me coming into my skin here."

Q: Yes that seems to be the thing, yes. And... Yes okay, I guess the other questions were ones that I've already asked, like I get conflicts around you know, sort of similar to sexual energy but with working, anywhere that I'm devoting my energy to is a... and saying yes too when I mean no. You know what I mean?

Jac: Yes.

Q: 2:50:06 Which we do you know, in working scenarios or whatever, you do things that you don't want to do etc., and I find that when I'm alone it's still sitting in my body, and it's like, "okay how do I clear this?" I go for a walk or whatever, and I suppose that's the

play of life, at some point it becomes too painful and you have to make a decision or things fall away, right?

Jac: Yes, and you learn how to say no.

Q: Yes, yes.

Jac: Try it out. Try it out, and know that the person you're saying no to will be taken care of by the universe, you know? They'll be taken care of. Start saying no without an excuse or a reason or anything, without softening it.

Q: Yes, the guilt afterwards or the...

Jac: It's like, "no that won't work."

Q: 2:51:00 **cross talking** you know, I would've missed something that I need to complete, because part of it is the idea of something that I need to complete, or that somehow... And maybe that's to do with believing that I'm special or whatever, that you know, as if... You know they'll find somebody else or to whatever.

Jac: Yes we're very dispensable. We are, all of us.

Q: Yes okay.

Jac: Good, have fun with your homework.

Q: I will!

Jac: Yay, good for you girl! Yes that's great. Good, all right great.

#37 / 2:52:07

Q: I thought it was very fascinating what you said about the energy of Canada that you perceive, the gentleness. Is there anything that you perceive that is like a shadow of the energy?

Jac: Yes, it has to be there, there is a dualistic thing, yes. But the softness is beautiful, that's like, it's on the streets you know, it's all around you know, the softness part. But of course, there's always a flip to everything isn't there, pros and cons of every area, yes. So like a flip side is the rules and the red tape and the laws.

Q: I just say that as an American I feel like Americans are much more like out there, like they're much more straightforward. And so I'm still trying to understand this place.

Jac: Yes, yes. You see, that allowing that softness isn't assertive, it's not, you know? the softness that's here you know. It's very allowing so it's much more accepting you know, and even a tiny little thing like, I never get asked in Canada, "where are you from?" I literally get asked every time I leave the house in the U.S. And I'm like... You know in my local supermarket, "well, we actually had a conversation about Ireland the last time I was here, you know?" I say that over and over again and I'm like, "you told me you were surfing off Donegal last summer, you know? Because I'm like, "I remember the conversation with you," and it's like, please, you know. But it's constant in the U.S., every little difference is noted immediately. It's really, really, every difference you know, and differences aren't so prominent here it's much more acceptance. That's part of the beauty of the feminine thing. But anyway we could talk about that for hours, that's a whole other thing.

Audience: 2:54:14 Thuli Baba, the only place he ever went to other than India was Canada, and he just loves the Canadians, and it's amazing.

Jac: Yes.

Audience: I was on the inside of that circle, and because I was an American I quickly became on the outside you know, it's amazing. And someone who's an unknown but from Canada became on the inside, so there was special treatment for Canadians.

Jac: Yes, yes it's true, and like if I look at...

Audience: 2:54:45 **indiscernible**

Jac: And if I look to it like, where do groups move the fastest, Canada and California, that's it, they're the two places. Doing satsang in all kinds of countries for the last whatever, eight or nine years maybe at this point, that's where people move the most, California and Canada, that's it. That's where the openness is, and the willing to take the chance, yes. There's something in it all right.

The End