

Unedited, First Draft Transcription - 2012 November 24 (AM) / Paranoid Lane  
Toronto, Canada  
#01 through #05

### **Meditation / 1:43**

Just check and see if there's something, if there's a thought passing through mind, which wants something to happen. It that thought is running through don't stick to it. It's like, "oh yes there is mind saying that something should happen now; come on start, come on." Whatever thought comes don't let your attention attach to it. It's like when a cloud goes across the sky, and you look at the clouds and imagine shapes in it that look like this or that, or you can just say, "there's a cloud." So there's a thought rather than going into the subject matter of the thought. It doesn't matter what the thought is about, they're all the same actually, they're just thoughts. So if thoughts were never again to be bought, if their subject matter would be of no interest to you, if there wasn't that magnetic pull of being inside your thought, would that be all right? So the thought that has arisen in response to that question, were you inside that thought or did you see that one as another cloud? That's the nature of thought. They're all the same they're just ideas cruising by looking for attention. So nothing happening, huh? Then there would be no reaction to nothing happening. It might help you to recognize how strong that pull is to experience something. To experience anything at all, a reaction, entertainment, distraction, anything to just keep the show going, keep it going, keep it going. So just notice if there's a reaction, "oh my God it's like being half dead." That's just the next thought that you thought and now I've bought that one. "But it is like I'm half dead." It's like, "no, you just bought the thought." "Now I'm thinking it because it's true." "No, it's the other way around it's true because you think it." In spite of all of it all is well, and playing the only way it can play. It's just life, the movie, the matrix. That's how it works. There is no you that's having the thoughts either. The you that's having the thoughts are watching the thoughts go by, and that's another thought. That's what happens here, that's how the movie works, concepts on top of concepts, on top of concepts, and it works and it's wonderful! There's actually no need to change the movie. You were never in the movie, so you're not the lead role and you're not the minor character. You're not in it at all. What you are is not in it at all. It's just a grand idea that you are in it that's been believed for a long time, that you are in it and mind is grasping..... I don't know, my mind often grasps to find out the truth you know, to get somewhere. Mind can grasp at the truth or it can grasp at the next coffee, it's same, same. Ultimately it's same, same. That's the mind machine, it forever projects outward in order to find some resolution for inside, and that loop of out in, out in, something outside can make me relax for a minute; that how the mind works, but it's always just a temporary fix. It's actually not a problem at all. It's not a problem that's just the machine of mind, that's all that is. There is nothing outside of you that's going to make you feel complete. There's just lifestyle, and that's as good as the phenomenal world gets, but you're not in the phenomenal world. Consciousness and life itself is imagining that there is a world and you are participating in it, but that's its only way to investigate itself. There's nothing that can look at you know the biggest phenomenal picture, consciousness itself. There is nothing that can look at that except from within itself, because there is nothing outside of it that can look at it because there isn't two, you see? So it can only look from inside itself at parts of itself, so it creates this crazy idea that there is separation so that it can look at a part of

itself, and that's all it's doing. This is what we're doing, consciousness looking at itself, inquiring into itself, exploring itself, that's all we're doing. That's all that's happening, trying to experience parts of itself or different aspects of itself to figure out what it is, but it's only ever looking within the filter of separation so it can't see the wholeness. We can get a glimpse of the wholeness, of the interconnectedness of everything, some do some don't, but people often kind of get it in nature, you know? You can get some kind of sense that it's all connected in some way. But that doesn't last either, because as long as something is connected it's just a step away from being disconnected; separation unity, separation unity, it's the same coin. The pull to feel connected to something is fine but it doesn't solve anything, it's just another experience. It doesn't matter if you experience it or not, the connection, it doesn't matter if you experience it. So then what to do, huh?

13:44 So this mechanism of consciousness, the ability to perceive something, all it can do is flip between, "there is this, there is not this, there is this, there is not this." "It's like this, it's like that, it's like this, it's like that," because as long as there's separation there are two, so you're something and you are something else. There will always have to be two in some shape or form in creation, any galaxy, anything phenomenal. In anything that can be aware of anything there will have to be two. It will have to create the mechanism of two in order to be aware of something, be conscious of something, even existence itself, and even prior to subject/object; me and the microphone, prior to that even where there is just existence, so that sense of being. Already it's heading down a rabbit hole. There's nothing wrong with it you see, that's just what it does. There will always be duality there is some shape or form. Even if you know that you are none of it, you're beyond all of it, the working mind will still be able to say a chair is a chair and not mix it up with the floor, you know just for functioning purposes. So some residue will always have to stay there in order to make life possible. Unless you want to live in a cave and have food brought to you, and things like this. You're not caught in this at all. The idea that you are separate is a mechanism to make experiencing itself possible, and experiencing anything it's just another idea believed into. Believed into existence. If you are not conscious of anything, if you've been given a general anesthetic you're not going to experience much. Whoever buys the idea of separation does not experience. Instead, that which thinks it's separate 17:06 just for the sake of experience, [indiscernible word] itself to make things better, so it plays this game. Things are fine exactly as they are, they always are. Even turbulence and physical pain is fine; it's just how energy is moving, how it's unfolding. It runs on its own and doesn't need your direct involvement. You're just an idea that's superimposed on top of something that's moving beautifully without your interference. The idea of you is intrinsic, just the idea of separation running, but it's superfluous to the bigger picture. That would be a good place to start to not take yourself so seriously.

## Questions & Answers

### #01 / 19:22

Q: It's good to be back, and I'm grateful to have become aware of you and know you for the last year and a half. I'm going to talk about a couple of things and the first thing is physical pain. Right now I have a sciatic nerve problem in my leg so I'm feeling pain, but I'm allowing it and I'm not taking medication, I'm not taking painkillers so I'm just grimacing and bearing it. I guess it

will recede in time so I'm letting it flow as it should. I'm assuming that's the right way to go about it. Anyway I just thought I would comment on that.

**Jac:** It's one way. If it's right for you go for it.

Q: 20:07 I've read your book Born to be Free, and I guess my first question is about deep sleep. If you get past disturbed sleep into deep sleep I feel like that's the perfect place to be. Except that we're not conscious or aware of it. So what I'm trying to come to grips with is, how do I bring that into the waking? Because when you first wake up you have that miniscule second when you're in, I guess we call it the natural perfect state, and I'm assuming that you yourself can remain that way through the day. I don't know if that's true or not, but I'd like to believe that we can. I've also come to the conclusion that if you're in the perfect state you might as well be dead, because you are not aware of anything! You are yourself but I don't really want to be dead. So I'm assuming on that basis that watching my thoughts as the clouds go by and not attaching to them, bearing in mind that the ego wants to attach to everything and identify, that I'm not too sure where..... You know I'm trying to experience and be in natural state as much as possible, and I believe I'm getting there. So I just wanted to discuss that with you. I'm assuming I'm getting this right.

**Jac:** 21:37 Describe the natural state when you have that space. What's it like?

Q: To me the natural state would be, to be content, peace, relaxed, no negative feelings flowing through the body.

**Jac:** Can pain, like suffering with your sciatica, does that come through and does it disturb the natural state?

Q: 22:01 I try and not let it, but when it gets intense my best choice is to sit down or lay down, so obviously the faster I can get to a chair the better, but other than that I just have to suffer through until I get there. At the same time, there's not much point in being angry about it. You know, it's from a back injury and I know how I did it so I just have to wait for the energy to flow through. That would be the best way to describe it.

**Jac:** So the physical pain is at a distance?

Q: Well it's there and it's real. Nothing's real but it's real.

**Jac:** Does it throw off that kind of stillness, that relaxed stillness that's underneath everything?

Q: 22:52 I try not to let it. I don't try to attach my mind to it. You know, is there a way I can kind of go to the mind and say..... Because mind feels pain, so is there a way to talk to my mind so that it doesn't feel it anymore? It's a physical body pain, and I don't know how the mind and the body necessarily interrelate, so whether it's because of mind or just body. I think it's a physical body pain as opposed to a mental pain, because you know sometimes mental states can create pain, and if you can address the mental state then the pain may be alleviated or disappear, but if it's a physical pain it's a physical pain.

**Jac:** 23:32 And the mind just reads that it's a physical pain so it can feel it. So is it that I'm in pain or is it the body is in pain?

Q: I'm going to say the body is in pain. I believe that would be the truth.

**Jac:** So when the natural state is there and things are just flowing, is there a you there that's enjoying it? Is it like, "oh this is great this is the natural state." Is there a comment on it or is it more natural?

Q: Okay, rephrase that again.

**Jac:** 24:17 When the natural state is playing you're relaxed and just going with the flow, and if the physical pain comes it's the body that it goes to, you know it just happens to the body, and you're okay underneath it all.

Q: I feel right now. I'm not fighting it I'm just letting it be, yes.

**Jac:** Okay, so with that kind of content relaxed state, are you owning it? Is it like, "I am feeling this, I am in the natural state?" Is there a you who's in that natural state?

Q: I don't know if I can there's an "I" attached to it, but I can feel it. One of the things I've been learning is, feel your body because your body is trying to tell you something.

**Jac:** sure.

Q: So I've got to listen to the messages my body is sending me. If I've done myself an injury, which I have, then clearly it has to heal. So now I have to do the right things to heal it, and I have to take the advice of physiotherapist and doctors and whatever. That's all I can do, and do the appropriate exercises.

**Jac:** Okay, but the natural state.

Q: The natural state, I have to accept what I have. I have to accept it for what it is.

**Jac:** Okay, and when the natural state is running with or without pain, the natural state itself, is there an "I" who is in the natural state?

Q: 25:41 I don't know if I can always identify the I, because I is always trying to manifest itself through separation. I mean, I've come from an existence of separation and I've been working for the last two or three years to find unity, and you know I've made a lot of progress that way. I'm grateful for all these learnings and teachings, but at the same time I've become a teacher in my own right, because there are family members around me that can benefit. You know, I'm a father of three children and they never learned what I learn today, and even though they're adults I feel the need to try and pass on the knowledge without trying to fix them, because I can't do that.

**Jac:** No not at all they're not broken.

Q: 26:30 I was the broken one. So that's mended, but now they're broken because I was broken. Now they have to realize that they need to mend themselves. All I can do is put water in front of them and hope they take to it. That's kind of what I'm trying to do. That's my next discussion point, which is, what is the best way for a parent to deal with adult children when they go from an egoic life to a spiritual life, whether they know it or don't know it, because we are all on the spiritual journey whether we know it or not.

**Jac:** The greatest thing you can do is be as clear yourself as you can and operate from there. That's the greatest gift you can give to your kids, you know it's to let it be about you, because what they pick up energetically is your shift. What they pick up is much more potent than you giving them theories. It's just not going to wash you know, whereas the shift is authentic in you, it's like osmosis.

Q: 27:30 Yes, there is an energy that passes unseen but it's felt.

**Jac:** Yes, that's right. That's got much more authenticity, you know?

Q: Okay, that's what I wanted to chat about.

**Jac:** Okay, so when you wake up in the morning you do get that split second of no identity, of like the body is awake.

Q: 28:03 I understand that it's there but I don't know if I actually perceive it or realize it. I just know from my learnings that there is that thing, and I've got to somehow.... Of course then it's

a mind concept if I identify it and see it. You know, one of the things I've learned in the last year is to observe my thoughts, so observing is huge. 28:29 It's taken [indiscernible several words] given me a clearer view. In fact, highlights your teachings in a different simpler way, but I've actually built.... I believe I understand the puzzle, and that's a mental concept, but other than that you got to understand it intellectually as well.

**Jac:** 28:49 Your on the the money though when you say, "how could you recognize it in the morning," because that's the whole point. If the you is there well you know....

**Q:** 28:59 Well, it takes [indiscernible words] it's already there, right.

**Jac:** [cross talking] So you're dead right, you can't see that space in the morning except when the I is arising, and then as the I arises you know the space is gone, but you can't see it while it's there obviously, you can only see it when it's gone.

**Q:** Yesterday you talked about your experiment and when you were sitting the first thing you want to do was pee, so when you wake up in the morning the first thing you want to do is pee, so is that before the I gets there?

**Jac:** 29:33 You can feel when the [indiscernible couple words] yes it's the body, no? The body, it depends on whether I want to go for a pee or the body just gets up and does it.

**Q:** 29:43 So I'm sure there's a certain window there I can take advantage of.

**Jac:** There is a window, and as soon as the I is trying to do something the window is closed. The thing is, if it can be seen how the I instructs itself at the start of the day....

**Q:** So it can be seen?

**Jac:** It can be seen by the I that's constructing itself. The I can recognize how it constructs itself, but it can't see prior to it being there. Of course it can't because it's not there. So it can only see when it's pretending to be separate; it can see that. It's almost like the I starts to crank up and then you can see that it has started to crank up.

**Q:** Okay, so I should watch what I'm thinking.

**Jac:** Exactly, it's like where does the sense of individuality start, and you'll see.... you get a good idea of where it cranked up, but you can't get it before cranks up because you would have to be there before it cranked up, but you can find out what the hook was. For instance, was it stress because you had to do something that morning? What was it that gave you the sense of, "I have to do something."

**Q:** 31:00 So if you take the workplace for instance, the work you have to do, the things that are on your to do list, that would be actually the construct phase, and I can watch that build.

**Jac:** You can. Can going to work and my to-do list, can that happen without it being, "I have to do these things?" Does the I believe it has to do it or can management happen from a place that doesn't have me in charge of it?

**Q:** Do you mean it can happen by itself? Is that possible?

**Jac:** Yes, without ownership.

**Q:** This is where creation comes from then.

**Jac:** Yes, pure creativity comes from here, yes.

**Q:** So you can run that through today?

**Jac:** Yes, it's like it runs automatically through the day. You can't do it because the you is the problem.

**Q:** I know I'm the problem, yes.

**Jac:** So it's like, okay these things have to be done so let's see how they unfold. The trick is kind of allowing it, as long as there's a trick you know, that's like when the mind is being put to the side, you're putting the ownership to the side and getting a distance. Eventually of course it disappears and you'll see that these things happen automatically; planning happens, making decisions.

Q: 32:24 well that's proper use of the mind.

**Jac:** It is, these things just happen, and it sounds like you're making decisions. Mind will just play with the idea that you've made a decision, but you know that it actually arose from someplace else, and these different layers of how it functions don't clash with each other. There's just a knowing that it's inevitable. There's just a knowing of inevitability of how it moves, you see?

Q: That's why when I enjoy what I do that's the reason why I enjoy what I do. It's when I don't enjoy what I do then I have to look hard and say, "okay where's the you coming from?"

**Jac:** That's right, and there can be a you or and I that's enjoying something because it's in there getting juice out of it also, but then there's the natural enjoyment of something because it's just organic; the obstacle of the I isn't there, and that's the one we're after.

Q: Extracting the I isn't easy.

**Jac:** It's tricky enough because it can only extract itself as long as it's there. It can't actually do the full extraction; you can only dissolve the power supply.

Q: 33:38 Yes, well there is the illusion that I've really made a lot of good progress, because a lot of stuff is just gone.

**Jac:** I can see that.

Q: It's like a miracle. I call it magic, and it's wonderful to experience magic. Life can be magical in the same context.

**Jac:** Yes it's beautiful. Even when it's crappy it's still beautiful, you know? And that's fine too; something else doesn't take the crappy stuff seriously. 34:14 I don't know if I answered anything [indiscernible words]

Q: 34:16 No I'm just trying to see where I'm at you know, because the mind plays games with me too. I find I have a relatively quiet mind compared to what I had, and in that respect I'm grateful. So now it's a matter of trying to share these concepts with the world so the world can be a better place, but that's the rising consciousness.

**Jac:** Absolutely, it's about the shifts in you.

Q: Yes, if I shift the world shifts.

**Jac:** 34:46 Yes, but to take on the idea of making the world a better place, that won't work, because it's only the I that will take that on, you know? Watch that thing in the morning, because that would be an interesting experiment to see what happens there.

Q: I'll try that. First thing when you wake up, does it take you by surprise? Does it sort of get there before you do?

**Jac:** That's right, what's cranking up is the sense of separation.

Q: Something tells me I've got to be quick.

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## #02 / 36:04

Q: I love the word you say, and I have since I first met you, and I've been reading your books and listening to your talks. The thought that's been coming for a long time is, I want what she has. Recently that change to, I want to not have what she doesn't have, and I want to be without what you're without. What I see in you as being not there. That thought kind of stunned me, and I thought, "well what is it that I have that is keeping me from the experience that I hear you describe." At first it represented itself in my mind as a huge rock or a bag tied to my ankle that's keeping me on the ground or at the bottom of the ocean. So I got curious about that and tried to figure out what the rock was or what was in the bag, and I haven't been able to up until.... I don't know, I've come up with a lot of things that seem fairly obvious, and I think I've been able to let them go and feel a lot clearer and less held down than I was 10 years ago. My wife was up here last night talking about a car accident. I wasn't in the car but it did take us to what she called a portal to Paranoid Lane, and so for the last month we've been dealing with..... Nobody was physically hurt, but it brought forward a lot of things that I have been really working hard to keep at bay. I have to say that I really don't want to be here talking about this; I'd rather be just about anywhere else. When I got up this morning I pictured myself getting on a bus and taking a bus out to the Prairie and finding a little room in a house somewhere and living out the rest of my life in obscurity and that would be a way I could stay safe.

**Jac:** Running away.

Q: 39:13 I know it's all a movie and I know it's all not true, but that doesn't satisfy the yearning.

**Jac:** Something needs resolution it seems.

Q: In the movie what happened was that I found myself confronting criminals, people who took my money, smashed my car and took it and wouldn't give it back until I gave them a lot of money. This is an auto body shop, a legitimate auto body shop. A tow truck driver convinced me and my wife to bring the car back to this body shop, and in 24 hours we decided we didn't want it to be at that body shop but they wouldn't release it. So I ended up sitting in the general manager's office and telling him that we wanted our car somewhere else. At the surface it was all illegal, but below that it was terrifying because I realized that I was sitting in this office across from somebody who had no problem whatsoever with taking money from me to get my car back when it was completely illegal, but there was no other way I was going to get my car back. Getting angry wasn't going to work, because he was the kind of person who would get his hackles up and be very defensive and say, "you're not getting your car." So I got real calm and realized the only way to get out of there with my car was to say calmly that I want my car back. Eventually he reneged and gave us the car back, but it's going to be a \$1500. administration fee to release your car.

**Jac:** 41:37 My, my!

Q: Yes, that's what I said. I realized there wasn't going to be any arguing with this man. This is the paranoid, I realized I really touched something in him that there was no way he was going to lose this battle, and if he wasn't going to lose the battle then I was going to have to pay for it. So we used our credit card and we got our car, but it was like a huge punch in the stomach. All my life I've had this thing about bullies, so this is what this is all about. All my life I've been trying to be vigilant to stay safe and keep my family safe from this imagined bogeyman. A similar kind of thing happened with a rental car. The tow truck driver that showed up arranged

a rental car and a tow for my wife who was in a somewhat disoriented state having just been through a car accident, and taking our car away had a friend of his bring a car from his rental company, that we had never heard of, and when my wife took the rental car back they discovered this mysterious scratch along the bumper, which still hasn't been resolved, but they're talking about taking another \$500. from us because of the scratch on the bumper. I just feel like I'm reeling from all this corruption, bulling, and then as Carolyn said yesterday, we finally close the deal on a new car and I thought, "okay it's over now." Then she gets up here and starts talking about how important it is for her to say no, and you talked with her and encouraged her to say no, and I'm thinking, "yes that sounds right," and then it dawned on me that she's going to say no to this man who kept our \$1500. So my mind just kept racing making up pictures of things he's going to do to get even with me and my family to make us not go to small claims court. So what it seems like Carolyn needs to do next for her healing is the very thing that I've spent my life being vigilant about.

**Jac:** 44:37 That's great that it's up Jim.

Q: Yes, that's what all my friends tell me.

**Jac:** They're good friends.

Q: I know that. There's a part of me that definitely knows that this is what's in the bag. I'm just so afraid. I'm afraid of all the things I've seen in the movies or heard on the news about getting my kneecaps shot off, and it sounds ridiculous when I say it you know, but this is the closest I've ever come to a real honest to goodness gangster in my life, and I would rather just have nothing else to do with it. I would rather let him keep the money and go on with my life, and knowing that it's going to come up again very soon anyway because that's the way these things work.

**Jac:** That's right.

Q: 45:56 So it's this big bag of fear, which is something you don't have. There are people that I recognize as being free that seem to not have this fear. I would really like to jettison that, but I'm just terrified of what the consequences would be.

**Jac:** Okay, let's look at it another way. This auto body shop guy, let's say on his journey he is at that phase of his life where the ego is getting stronger and stronger and where power is the only thing that makes sense to him, because you sensed that, no? He was actually going to win this no matter what. So that's his thing.

Q: Actually at one point he let this little phrase out and he said, "it's the principle of the thing," at the time I didn't really get what he meant but afterwards I realized, yes it's exactly as you described.

**Jac:** Yes, it fits the power principle. So if that's the only thing that makes sense to him then he is honoring himself, because that's where his vision is. So he's doing his thing and he's going to fight tooth and nail to prove that he's right, because the ego does that at a certain point. It has to prove it's right.

Q: It's the teeth and nails I'm afraid of.

**Jac:** 47:46 For him to prove that consciousness puts somebody else in the way in order for him to be able to have that experience. So let's say consciousness has just grabbed you right now, or life or whatever we call it, to enable him to create karma for himself. That happens.

Q: I don't want the job.



**Jac:** But you're personalizing it. You're making it about you and this is about him. This is about him, and you've turned it to make it about you because it reminds you of a pattern through your life. This is actually about him.

Q: 48:32 Yes, the person who suggested that phrase, "you've taken a turn down Paranoid Lane," when she suggested that to Carolyn she was talking about the people like at the auto body shop and not Carolyn per se.

**Jac:** Yes, it happens quite often that our character, our personality is put in the way to enable karma to be created by another. Sometimes you know you can work somebody out of it, but for sure this guy no. This guy is tied to a principle so he's digging in deeper, and that's absolutely fine, but now you've made it about you and this is where your problem is; it has nothing to do with him at all you've just made it about you. It's not about you that's about him feeling power, exercising power and taking what he can and there has to be space for that. This happens all over the place you know, where the ego goes into power and greed, and that's fine. What does that have to do with you? Why is there a connection point there? How come you made it about you? How come it shook your bed of fear? It's not about you. So the fear that you feel is what you have to clear. It has nothing to do with the auto body shop man. It's got nothing to do with him this is your fear. He's doing his loop and you're shaking. You don't have an obligation to keep yourself or anybody else safe. All you can do is have common sense, and if hits come they come but life tosses and turns us around the place, and you know what, it's all right. It's all right. If your knees get blown off you'll deal with it. You'll deal with it, it will just be the next thing that's happening. What's happening, the feelings that you're feeling now, if you link it to this guy you've lost the plot, because it's not about this guy. He's doing his dance and you're doing your dance, but they're actually not connected, and the way you're recognizing it they're not connected. He's on his own path and he's honoring the only thing that he can do. He just has a hunger for power or money or whatever it is.

Q: 51:31 That's not hard for me to understand that.

**Jac:** Yes, and some part of you facilitated him to get deeper into that for himself, and that's fine too, but that's where that one ended. So something in you has a memory of, "it's not safe, life is not safe," and that's what you have to crack. That belief is still there. You can't fall off the planet. You can't fall off it.

Q: Really?

**Jac:** No you can't. Thankfully there is gravity there so you can't get lost. You're not going to dissolve into space. Do you know what I mean? You can't get lost.

Q: That's one of my repeating images, being an astronaut floating outside of the spaceship, and then having the tube become disconnected and just floating and unable to go anywhere, and eventually just dying from lack of oxygen.

**Jac:** Don't become an astronaut then.

Q: It isn't something I really worry about. There are other easier to imagine things that I do think will happen.

**Jac:** So in the mind is like a wiring, a neurological pathway which brings you into that feeling of being disconnected, lost and dying because of that total unsafety. You've furrowed a little groove which runs this feeling and the feeling is familiar. First step is to see that it's a feeling and it's not about you. This is just a pattern in the mind. It's like, "yes okay that's my short circuit," that's justice short circuit. That's all it is.

Q: 53:44 I'm tempted to want to try and go back and figure out what caused that in the first place.

**Jac:** You can, if you're tempted why not? That's another way to unpack it. How can we believe that it's not safe?

Q: 54:02 [indiscernible 1-2 words].

**Jac:** Yes, why is safety so important? What on earth can damage you? You'll deal with whatever comes and you always have.

Q: 54:24 Yes, and this keeps popping into my mind so I'll mention it, earlier in the fall I was riding on a city bus and I fell; it was actually stopped. I hit my head on the back of one of the seats and started to bleed profusely. I wasn't sure what was going to happen, but I was taken in an ambulance to the hospital. It took 10 staples to sew it back together again and it was excruciatingly painful, but I'm here to talk about it. So as recently as in the last few months I've had an experience when my body has been injured, and I made it through. So now I've got the short circuit and I can understand that.

**Jac:** What triggers it is that feeling of helplessness, enough to go vroom and any image will do because it's the feeling that is so familiar. It's the feeling that stirs up so any image.

Q: When the feeling comes up I have to attach it to an image.

**Jac:** Of course, that's what the mind will do it will pull a story in, and any story at all will do. It doesn't matter if it's real or fantasy any story will do just to give it more vitality. So you can by all means go to like, "okay where did this original helplessness..." You can do that. Where did this first feeling of helplessness originate because it moved in at that point. At some level it just got registered that this is how the world is, "I'm helpless here," do you know? There was a moment when that was decided that that is my interpretation of the world, and that started the hard wiring, but it's just a short circuit now. Let's move through it and see how you get on.

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### #03 / 58:01

Q: I was here last night, and I listened to the woman that said that this was her first time and she asked a lot of questions, and she was asking my questions. I've never been to a satsang, 58:21 and I was invited by Rob, and of course I right away went on YouTube and looked you up. I spent hours looking at your satsang's, and so that's kind of why I'm here. I've been trying to understand the last 17 months of my life, if you call it life, it's like I'm in a twilight zone. Everything I knew to be I left..... And you talked about the ego and depression, oh my goodness that just resonated with me completely. So I left everything, and I've never been unemployed in my life but I'm unemployed, and I don't want to do anything that I used to do. It took me forever to unpack, I don't make my bed anymore, it's like it's weird for me there's something.... and when I left my life there was something in me like there was something I was supposed to do. There's something, it's right here, it's like something and I couldn't figure it out and it was driving me crazy. It's not there anymore but now it's like I feel disembodied or something. It's very strange. I've been reading a lot of spiritual books and things like that, and trying to understand what I'm possibly going through. In listening to some of what you said it's like, it's frightening. Everything I know or everything I was doesn't make sense, and it's no longer, and you're saying that we are not anything. I'm like, okay so what are we? You mentioned it this morning, and I guess some of my questions are.... Is consciousness like what they call God?

**Jac:** 1:01:18 Yes you can.

Q: And it's a one?

**Jac:** It's a one.

Q: 1:01:23 Okay, and we're all just like drawings or little ideas from that one?

**Jac:** Yes within that one; you could say that.

Q: Okay, so does that include the galaxy? That includes everything?

**Jac:** Yes.

Q: So is it the one that is creating my world or am I creating my world?

**Jac:** You are the one.

Q: Okay, why would we want to create a world of hardship?

**Jac:** Because the only way this world works is with dualistic, in out up down. It's based on dualism because the separation is intrinsic to it. The separation is that there's two so we've got right wrong day night in out. It is based on opposites. The whole thing fluctuates like this, so half of it is hardship and half of it is joy.

Q: Okay I'm going to say, if I am the one why would I do that? Why would I do that it seems selfish.

**Jac:** It can't help it it's just energy moving, it can't help it. There's no intention behind it. If it was then it would be like a supreme God who is making this, but there isn't there's just this phenomenal Google galaxies or something, how big can we get, because I mean infinitely this phenomenal appearance of matter you know, but it's only an appearance. It's only an appearance.

Q: 1:03:21 So if it's only an appearance that whole law of attraction thing, because I feel that's what happened to my life, because I attracted the negativity that happened in my life, and you know how they say, "you can attract it's up to you," but if that's the case then what is precipitation, manifestation? Does that actually work?

**Jac:** It works for a while. If the idea that you are a separate individual human being is active, then the law of attraction and the power of manifestation will seem to have validity. That will work there, but as you see that you're not and you're imagining yourself to exist, because when there's no I thought there's no sense of you being there at all, once you see that actually, "no I'm only me when I think I'm me, I'm no more than an idea of me," if you see that then the law of attraction and manifestation just becomes insignificant.

Q: Yes, because it doesn't matter.

**Jac:** It doesn't matter at all. So everything is valid for a while you see, so that's why everything must have its place.

Q: 1:04:39 Well if that's the case then why comb your hair, why wear clothing, why do any of it really? You mentioned that you sat then you had to go pee, I mean why work, why do anything? If I don't work I don't eat. Well, do I really need to eat? It's kind of strange.

**Jac:** Yes, inbuilt in all of creation are natural basic instincts. The animals eat when they're hungry and then they stop and they don't hunt again until they're hungry. The carnivores anyway for sure, so there's a natural order of something taking care of itself, preserving itself. If somebody came in with a gun we would all run for cover. It's something basic that kicks in their, and it will put on clothes in the morning, and it will preen itself and put on makeup. We preen ourselves, do you know?

Q: It just seems odd that a nothing would preen.

**Jac:** Yes exactly that's the magic of it. It's all an appearance. It's just an appearance and it does all of that. When the ideas and the beliefs dissolve you're just seeing that it's not happening at all, that's the wild thing, it really is a dream. So let's say you had a dream last night of being in a car chase, and this morning we could say that actually it's odd that I would dream that I was in a car chase because actually I was in bed. It's like yes, but it just happened and so what. So it's like saying, "we are dreaming but we're talking here in satsang," and of course there is a "so what" from the other perspective, but as long as you believe this to be happening it has significance. So if in a car chase in a dream last night you believed it was real there would be fear or adrenaline running. So whatever is pumping as a perceived reality is taken to be real in that moment, but none of it is actually real, none of it is.

Q: 1:06:55 So who is Jesus?

**Jac:** He's just a guy that had a great PR team I think.

Q: Well there's the whole walking on water and things like that. I can't believe it but it's like I've turned into this library, and I can't stop. Like Baird Spalding and all these people that talk about..... And I think, "well yes, of course we can walk on water because it doesn't exist and we don't exist so of course you can walk on it." So when you hear things like that, and like.....

**Jac:** But then there's no water. So if we don't exist then the water doesn't exist, and then there's nobody who can walk on water. So you're adding one part of an argument and another part of an argument and gluing them together, and that doesn't quite work. Do you see? Something has to order itself; it's like the information you have is out of sequence a little bit.

Q: So all those people like Buddha and.... I mean, were they like you? Were they awakened or not?

**Jac:** 1:08:04 What's awakened and what's not anyway?

Q: I see.

**Jac:** We play at helping each other and then labels happen and it doesn't really matter. I studied theology way back in university you know, so the walk on water thing, at the time water was considered the bed of evil and so symbolically water was always about evil. That's where things existed that they didn't understand. I mean, they didn't even have snorkeling tools never mind being able to go down to see what it's about, but something very strange was there and they didn't know. So the story of Jesus walking on water was never actually an event, it was a part of folklore to say he walked on water, which actually meant he was on top of the source of all evil, because the source of all evil was water. And look what we do 1000 years later you know, we take it literally that he walked on water as an event. So it's like we can poke holes in everything, and it's really useful for the mind to see that walking on water is possible because it breaks down the limits of mind, but on another level it's just a symbolic understanding for the source of evil, you see? So it depends on how we look at something. So your pulling in information, you're soaking up like a sponge information, so what you've got to do is find out what's real for you. What's still running here? Is there a me here? I have the theory of the intellectual knowledge, and you'll probably gather it for another while, and that's great because you need that just to have some sense of like, "okay draw me the map of what this is about," but what I'm interested in is what is real for you. Have you grabbed the concept of you don't exist or do you know that you don't exist or do you feel that you really do exist? Was playing as authentic there in that form?

Q: 1:10:11 It's really strange, because I get up everyday and it's like I'm a zombie just kind of walking around like nothing seems to.... It's not that I'm sad it's just that it doesn't matter. I go out and I garden, and that felt good, and I go out and I eat, but in between those there are times still where the pain of what I went through, and then I go okay. It's like I'm trying to understand it but there's no understanding it. I remember hearing about when you were in South America, and you felt like your body didn't work and you felt like you were in a dark hole or something, I can't remember exactly, when you finally realized. So I think I'm a little fearful of that because I'm going, "if I'm nothing and this is nothing and nobody exist," because I love the planet it's a beautiful planet, and if there's nothing it's kind of weird and strange and a little frightening, you know? Even though it's frightening everyday it's kind of like, "okay." Like it doesn't really matter what happens, because for some reason it's not sticking to me anymore, so it's weird. So if that's okay, I'm understanding that.....

**Jac:** Yes.

Q: 1:12:03 Are we all supposed to just understand that I guess? There's no nothing, there's nothing.

**Jac:** Yes there is nothing but it's like you've got something that's six steps ahead of what your mind is ready for you see, and it's like okay lets just show you how you got there.

Q: Yes, because I don't know. It's been very strange for me and my family thinks I'm going crazy, my boys, because I've never been unemployed I've been successful in my life, and I'm sitting around doing nothing and reading, lots of reading, and I don't even eat that much anymore. My sister is asking me what's wrong with me because I have to eat, but I'm not hungry so why would I eat. It's just weird and I feel like I'm a different person, but I'm not a person. It's been very strange. You talk about thoughts, and now I'm questioning myself because..... I've always meditated but now I'm really meditating a lot, a lot, and I've been seeing things so I'm going, "is that my mind or am I seeing....." Like is it your eyes or your mind and I'm trying to figure it out, and I'm doubting everything I'm seeing. Sometimes I'll look in the mirror and I don't even see me anymore. I mean I sort of see me but I see my eyes and it scares me a little. It seems like they're not me so it's weird. I'm not sure what to do with it all and I'm a little afraid.

**Jac:** 1:13:46 Sure.

Q: And as a person I'm not like that I'm usually pretty fearless, and I'm like, "oh my God what the heck is going on?" So I'm not sure what to do.

**Jac:** Can you trust the process?

Q: I guess I'll have to. It's like I don't have a choice.

**Jac:** Yes, it is that you don't have a choice.

Q: Yes, the dualistic part of me is going, "you're going to run out of money oh my God," and the other part of me, whatever that is, is like, "okay what's money?" It's like it doesn't matter. So just trust it. Just go with it?

**Jac:** 1:14:41 Yes just go with it, because what happens is that a new way of engaging with the world will kick in. It will kick in. Right now it seems like there's a comparing of how you used to be and you're taking that as a reference point, and that's causing the disturbance. Let how it is now be how it is. It's completely freaky of course for the mind and it's saying, "my God I used to be competent and professional and out there, and here I am now 1:15:18 I'm not even [cross talking several words] properly.

Q: I don't care, and it's weird.

**Jac:** It is weird if you compare it to how you were. So there's memory coming in there which is creating the anxiety or fear or whatever kind of uncertainty there is at whatever level the uncertainty is playing at the moment. So drop the comparing of how it used to be, because this phase is a stand-alone. People imagine their whole life to have this phase, so it's all right. Can you shift, "I don't care" to "I don't mind?"

Q: Well it kind of is like that. It kind of is, like I'm not unhappy. There's still a little bit of heartache but I'm not unhappy. I get up and walk around my house and I look at things differently, and this is going to sound so strange, but sometimes the world wobbles.

**Jac:** Yes.

Q: 1:16:24 It vibrates and I see things that don't.... I feel like I could.... You know like in the movie The Matrix where they touch, sometimes I feel like I can do that.

**Jac:** That the world wouldn't be solid?

Q: Yes because it's wobbling. That's when I think I'm losing my mind.

**Jac:** No it's fine. That's fine it's not solid, and everything 3-D can turn into 2-D and get like paper thin. If you turn it sideways it's paper thin. This is just different levels of perception. It's all right you're not going nuts at all. It's just that it's losing its solidity, it's losing its authenticity, and everything around you is shifting of course because your perception is shifting. Therefore, what you see you're seeing it..... God, let me just try that again. When I, me, am running my life there is a perception from, "well I'm Jac and this is my world and my life and my family dot, dot, dot, dot." So as the I starts to break down it often goes into, "well I'm everything" or it can go into, "this is not real." It breaks through in different ways for different people, so if it's like, none of this is really real, or something around it, if this is how it's manifesting then something is still saying, "yes but there is a me as a reference point seeing that this is not real," and this is why it's difficult. It's because the reference point is still taken to be real.

Q: Because it's comparing.

**Jac:** 1:18:07 Yes, so that reference point is looking at the past and comparing there, and it's trying to [indiscernible 2 words] to make sense of it, because it hasn't examined itself, "well are you real?" The one who is looking at all this and experiencing this, are you real? It's like the outside is breaking up but you actually haven't seen that, "hold on now, hold on now," yourself. You can see yourself in the mirror and you know something is different, but are you actually real? The reference point is very solid because you're talking from a reference point that hasn't had the same breakdown of perception.

Q: Sometimes I feel movement in my body like a wave. It's like something is moving inside of me. Is that the energy? What is that?

**Jac:** Yes, it's your body catching up it's your body shifting energetically to try and catch up with what's been happening in your mind, to try and line you up, but there's a you in the middle of this that's causing this phase is to be turbulent. So you need to check that out. This one called I it's like it's checking itself out, "is that real," and how do you know if it's real?

Q: That's the mind blowing part, that's really mind blowing.

**Jac:** That's the core of all of this.

Q: I feel like I'm going to shave my head, I'm going to not wear makeup, I'm going to wear plainclothes, and I'm going to go sit in a cave for however long it takes me to figure this out. It's very puzzling, but I do understand what you're saying. If we are nothing, why have sex?

**Jac:** Why eat, why breath?

Q: Like, what are babies?

**Jac:** That's the phenomenal world; it's like if we're nothing, it's like if what we really are is nothing, can you see the difference? Like if we are nothing denies the phenomenal world, and there's no need to deny it it's an appearance, but it's a gorgeous appearance. It really is it's quite fantastic, but it's just a dream, it's just a movie. You know what appears to be solid isn't even solid so it's melting away and that's fine, but to say, "if we are nothing," is like the whole lot of it is nothing, but it's not to be denied. It's known to be nothing but it can't be denied, it does appear to be there, huh? So just to see the shift in the language, if what we really are is nothing, it's very different to say, if we are nothing. If we are nothing it denies this appearance. If what we really are allows this manifestation to be but you know that you are not the woman who is sitting in this chair, that's the difference. That's a world of difference.

Q: 1:21:34 So what's experiencing pain and pleasure?

**Jac:** It's got nothing to do with you.

Q: It's just thoughts?

**Jac:** The experience is..... Manifestation is experiencing it and it's owned by a thought. The thought makes it my experience. That's just the idea. Experience itself is another thought, but we'll just stick with you for the moment, okay? The owning of the experience makes it mine, and you're owning this transition that's happening for you. You're owning the process, because it's like I'm looking in the mirror and it's weird, and it's weird for me, and I'm not hungry, so it's like, hold on there's ownership of this process because you haven't looked to see that this one who's the reference point, where everything is being mirrored back to, check out to see if she's real. Check out to see if she's real or if she's just an idea. That's where it's at, huh?

Q: Yes.

**Jac:** It's all right. It's all right. It's wonderful to be just carried like this its just magic.

Q: 1:22:41 I get pressure right here. The other night I woke up, "what is happening to my head?" it's really, really hard pressure right there.

**Jac:** That's part of it, yes. It's literally a rewiring. It's all all right, but not to deny the world. It's showing itself to be not real.

Q: So it's just an experience.

**Jac:** Yes, from within itself it is able to experience itself. It's experiencing.

Q: Hence feeling good or bad doesn't really matter because it's just the experience.

**Jac:** Phenomenally it makes a difference, you know within the world something wants to feel good and doesn't want to feel bad, and that's natural. You want to go towards that which is whole or fun or lighter. That's human nature you know, it's like a natural protective mechanism.

Q: 1:23:36 If it's not real then what happens, like if this is all perception, what happened yesterday doesn't exist.

**Jac:** It doesn't exist at all.

Q: So all that which happened in my life is just a made up story.

**Jac:** Yes.

Q: I'm really going to have to sit with this.

**Jac:** Yes, it's just memory. There's no way of knowing if it really happened, there isn't, and the mind will say, "well there's my kids I definitely had these kids, but if linear time breaks down

there would be nothing except memory that tells you that they are your kids. I know this sounds bananas but you know it's just memory. It's just all constructs of thoughts, it's all concepts. The whole thing is held together by concepts.

Q: Wow this energy, it's like a child playing.

Jac: Yeah, yeah, yeah, yeah. Yes it's a playground; the big cosmic joke. Come up again so we can keep unraveling this.

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#### #04 / 1:25:10

Q: 1:25:10 I came because of listening to [indiscernible 1 to 2 words]. I think there are some similarities to your situation and mine. I am afraid I can't do my job anymore. It's hard to talk about it.

Jac: It's all right.

Q: I work in an outpatient clinic of a hospital doing addiction counseling. I've been going to training in a kind of energy therapy, which has nothing to do with my job, for about six years. What happens is that the conditioning has been cleared in a very deep way, like more and more my conditioning gets cleared, and people have awakening experiences through this too. This is affecting how I experience my job. I think I used to be very identified with doing therapy, psychotherapy and counseling, and I don't identify with it anymore.

Jac: Yes.

Q: 1:26:56 Also I've been there a long time, like about 20 years, so I'm not on a learning curve anymore, but also as I have gone through this clearing my memory has gotten really bad, my short-term memory. So I talk to the clients and I literally won't remember what we've talked about. I can recall it if I read the notes and stuff, 1:27:37 I can get back into [indiscernible word] presence, and I'm in presence with them when they are there, but when they leave it's like I just don't carry anything with me at all, like nothing. It's very bizarre to do this job this way. It isn't only that, there's this feeling that I just can't do it anymore. In the last little while things about the job have been changing and it's been getting more and more bureaucratic, and there are changes that are coming that are going to be even more, so it will be very stressful to try to accommodate them. Let's put it that way. I have reasons why it will be hard for me to accommodate them, 1:28:42 because I live in Toronto and I work in [unknown city] which is outside of Toronto, and I don't have a car. So I'm stuck with the bus schedule, and there's going to be things that are going to make it hard for me to do that. So there are outer things that are going to make the job more difficult, and there's this what's going on inside me, and I feel this pressure that maybe I should retire. I could retire. I would be retiring a bit early, but on the other hand this job is the only piece of structure in my life. I don't have a family, both my parents are dead, my brother isn't in the United States, I don't have a husband and I don't have children and I don't have a whole lot of close friends. So I feel as I've been doing these trainings that all of that reality was there 1:30:13 that I didn't have the family and the props, but the structures inside of me are starting to disappear. So I go to the trainings and as I have the experiences like the woman described, like the outer reality shifting. You know, my ego identity will find whatever conditioning is left you know to give me an identity, so when I leave the training I don't even try to do any awakening or think about it, because I have enough to deal with integrating what they do to me. After some of them I can be in an altered state for weeks and I have to go back to work like that. So the job is like this big piece of grounding and



structure that I go to after going through a big shift, and if I don't have it I don't even know how to..... I don't even know if I want all this awakening stuff to happen. It's really hard not to identify with things, like I thought I would always identify with being a psychotherapist. I can remember when I was learning it, I was so identified with it, it was fascinating, and after I think in the first year or second year of the classes I just stopped identifying with it anymore. If somebody had asked me if I wanted this identification to disappear, it would have been before the fact, I think awakening or no awakening it would have been a hard thing to give up, but it really wasn't my choice. I didn't see it coming it just left.

**Jac:** 1:32:53 Is there identification with the woman who is talking to me now?

**Q:** Yes, I'm not free of that kind of thing, but I'm not trying to be free of it. I just wait and see what gets taken away from me the next time I go, so I just wait and then try to deal with the consequences.

**Jac:** Is it just too much? Do you need a break from this energy healing work that you're doing for the last six years? Do you need just to pull back and be gentler on yourself?

**Q:** 1:33:39 Yes, but the outside world arranged for me to have a break that was outside of what was my doing. A lot of them are in the United States, and the last time I went they saw at the border on my passport that I was born in United States, and I had been doing three trips a year, so they pulled me aside and told me that they considered me an American so I had to get an American passport. So I told them I had been living in Canada since I was three years old. So I thought nothing of it I'll get an American passport when I got back. At work one of my coworkers said that a friend did that, she applied for an American passport and the IRS went after her for back taxes. So I researched it and I found out that the IRS considers people like me to be an American and there is a huge fine for not filing American taxes. In 1976 I took out Canadian citizenship and I consider myself Canadian, but they don't agree. Believe me I did all this, so when people were talking about paranoia. So when it really hit me about what was going on, and that the penalties could be like \$25,000, and this is not taxes this is the penalty for not filing, so I went through massive paranoia! It was like somebody dying in my family, and I realized I can't go to United States until I deal with this. The United States is where all the trainings are and it's where my brother is, my last relative. So I seem to be paralyzed around dealing with this. The best I could do was go to an immigration lawyer. Up here you keep finding people who know about this and in the United States they don't know this is happening. When I talk to my friends who are taking the courses with me they go, "what, that's nuts!" I've always paid my Canadian taxes, and anything I do is going to be massively expensive. Some of the courses are in England and I can go there, but I can't be doing my three trips a year. So it has slowed it down.

**Jac:** Oh good.

**Q:** There's a part in me that.... It's like my 3-D self is saying, "I've had enough of this," but there's another part of me that is pushing me to do this as fast as possible. There's part that I don't understand. So anyway getting back to my job, I don't know if I can do it anymore, but I'm afraid to not do it. It's just like with the IRS thing, it's like the conditions of the job are going to get yuckier and yuckier, is it trying to push me out? I'm sure you'll say it doesn't mean anything, the conditions of the job, it's just what's happening.

**Jac:** 1:38:31 Have you tried looking for another job or is the whole system becoming bureaucratic?

Q: My job is very hard to find. I did at one point try to look for another job because of the commute, but most addiction counseling is done in groups and I'm not good at that. I was trained in individual counseling. I wasn't actually trained as an addiction counselor I was trained as a psychotherapist. I am starting to do the healing work that I was learning, privately like in group healings and things like that. At my age, I'm at the age when people start to retire, but I had thought I was not going to retire at 65 which will be in four years. I thought I could maybe keep working part-time or whatever, that I would keep going. In four years they're going to move to another building and we won't have offices, and they're going to completely change the program, and I know I won't be able.... I just won't be able to do it the way they're going to have it. So I know that at least in four years I have to leave, but I don't think I can make it to four years.

**Jac:** Yes, on a very practical level could you financially do it to either work part-time now or to retire now? Let's just throw out some options now, okay? If you were to pull out from there, would you do voluntary work in order to give yourself space and structure?

Q: 1:40:34 Yes I could do that.

**Jac:** You're absolutely on the money about your needing that structure and order and social interaction that your work gives you. It's in your wiring you know, to keep your working boots on, but there are other systems where you can offer your skills. Do you know? If you can financially pull it off that it's not paid work it might be a lot gentler on your system. It's like where you work now is rough on your system and the healing work is rough on your system, so it's like, "hey hold on something needs to mind the body/mind that's going through all of this." It's too much it's just too much, but I totally get how you need the structure of work. Of course you need that, of course you do, so if it has to go then you've got to replace it with some other thing, and if it can be voluntary work then great, why not? Work doesn't have to be paid as long as you can eat you know, and have the lifestyle that you're comfortable with. Even working part-time and doing part-time voluntary work.

Q: 1:41:45 Before I started doing this work I worked in bookstores, but that was before everything was all computerized. I'm not that great at computers. It's like I want to do something kind of simple. What I can't understand is since I'm getting less and less identified with what I'm doing, why do my clients keep coming and keep coming? There's been times in my experience with this job where I've had lots of no-shows and cancellations, but not now they're just keep coming and coming and coming.

**Jac:** Sure, because when identification is out of the way everything runs smoother, so in some way it's kind of cleaner when identification is out of the way. So of course your work is going to get better. That's normal enough.

Q: I've heard this kind of thing before but there is part of me that finds that very weird.

**Jac:** 1:43:06 Well, the mind wants to imagine that if I'm not there it's going to be a mess. You know, if I'm not in control of it and managing it, if I'm not the one doing it then of course the standard is going to go down, but it's actually the opposite.

Q: But if you were a client wouldn't you want to know that the therapist actually remembered from session to session about you?

**Jac:** No, I would just be paying for me to spill my guts for about.... How you manage yourself would be none of my concern. Make notes and read them before somebody comes in; compensate for the loss of memory, so what?

Q: I do make notes. Part of the changes that is coming in is going to affect my note taking, and if I can't have notes I'm cooked.

**Jac:** That work is winding up isn't it, because everything about it is closing in on you, you know?

Q: It feels that way.

**Jac:** But that's all right you just have to find another thing that will give you equal structure. You've got loads of skills, and if you don't have to get paid for what you do you can still go off to work because you need that social structure, and that's all right. It doesn't have to be paid employment. There's loads of ways. You can work without identification in a soup kitchen for a year and see how it is. See how it is just to be busy and have order and structure in your life you know, it doesn't have to have bells on or whatever; just giving, just letting it happen, why not? Forget about the idea of a career ladder, just forget about it, and do something that will give you what you need, which is structure and a way to connect with people and be out participating in the world. That's what it needs to give you, nothing else. I know that urgency around the healing work, but the external thing with the US, that homeland security coming in on you, if that's what's happening, that burning, that conditioning, will happen another way. It will find another way. The IRS won't be able to stop it. It literally will not.

Q: 1:45:43 It won't be able to stop it?

**Jac:** Even if you stop going into the States for a while until all that blows over, if that's the action that you choose there you know, just to like become less American according to the IRS perspective, if you stay in Canada more and don't go in there and to have one trip to the UK per year or something like this and slow down, you can't slow down the natural evolution of consciousness, it will come in another way. The burning off of the ego will happen in another way. It isn't dependent on that energy work, so it will come another way. You may find a course on the Internet. You'll find something; something will just find its way to you. You don't need any dependency on one.... it's not going to stop just if you stop attending that series of workshops. It will happen another way so let it broaden. Let the ability of life to break up the conditioning, to break up identification. Give it wider space, you know? Be gentle with yourself.

Q: 1:47:06 Am I being hard on myself?

**Jac:** The push feels like too much for your system. It just feels too much. Just a little bit of integration time. Let it settle now, let a plateau come for a little bit.

Q: 1:47:33 The reason I went with this way was because I followed a meditation path for about 20 years, and I felt like I was at this plateau, like I wasn't getting anything out of it. This is a long story so I won't get into it, but for a long time I didn't do anything, and I didn't think that I could do what a lot of people do, like tons of meditation, tons of self inquiry, I just couldn't do it and I thought nothing could happen. So when I found this then I thought okay this is more..... It felt like cheating.

**Jac:** Good for you!

Q: There's a part of me that doesn't even want to do this, but there's another part that keeps pushing me.

**Jac:** Yes, it will find another way. Is there a fear that it will stop and you'll be back in that zone of, "nothing is ever going to happen?"

Q: 1:49:22 Too much of my conditioning has already been stripped away. The structure that I'm left with feels very young and childlike. It almost feels like I can't handle these adult things, like

I can't handle making decisions about the IRS. It's like I'm paralyzed. 1:49:47 Like, you know I've been presented with two paths maybe I could follow and I haven't been pursuing it and I'm paralyzed. I feel paralyzed about a lot of things because they all feel too adult, and I'm chronologically old enough to retire, but inside I feel almost like a teenager or something and I don't even know how old I am. That's another weird thing. Part of that is that I was probably a bit autistic you know, and I've been dealing with that all my life and it's had a lot of ramifications, but as I go through the healing I'm becoming less autistic, and I'm having experiences and the don't know whether they're just being less autistic or whether they're awakening. For me it feels like an awakening because I'm picking up on things I didn't use to pick up on. Is that the way most people function? For me it's new.

**Jac:** 1:51:16 It's new to you.

Q: I would have a lot of trouble telling when people were lying. Can you imagine an addiction counselor who doesn't know when the clients are lying? And that's how I functioned for years. Now I'm beginning to sort of like, when they tell me their stories about, (sound affect-sighing) That's kind of new. Part of me is just doing developmental things that are normal, but it should've been done like 40 years ago, and part of it is awakening, and sometimes I can't tell the difference.

**Jac:** 1:52:08 That's okay. Yes, I know where you're at. That's okay I know where you're at. You don't need to know which is which it's all right.

Q: Why don't I need to know?

**Jac:** Because the working mind.... You know the way sometimes we talk about the working mind and the thinking mind, you know the thinking stuff is okay.

Q: 1:52:29 [cross talking] explained it to me.

**Jac:** Okay, but the working mind has the common sense aspect and the wisdom from life, and that's being developed at the same time as the thinking mind breaking down. So things like intuition, to know when somebody's lying or not, that's the working mind. That's common sense and it's just a skill of life to be able to do your work better. So that's the working mind being refined. That's being built up developmentally as you were saying, and the thinking mind is where the conditioning is being washed out. So something is being developed and something is being washed out at the same time. You don't need to know which is which really. The fact is there's more of a refinement, more of a wisdom here around how life is working. It's fine it's not a problem. It's just the working mind refining itself and setting itself up better to be able to cope in the world, and because there isn't a clarity around what's being built and what's being taken away.... I wouldn't think about it. I really wouldn't, just go with whatever's happening at the moment. If there's a skill coming on or something is falling away see each one in isolation. It's just that the building up and the breaking down is happening at the same time. It's all right you don't need to control that at all. You don't even need to understand it.

Q: Well I definitely can't control it. I'm not trying to control it its just my ordinary self or my 3-D self is having a little trouble with the state I'm in. I feel like I'm out of touch or out of place with practically everyone around me. I don't fit in anywhere. Like even other people who are going through awakening, not going through this.... coming out of autism thing, it's very.....

**Jac:** It's all right. There's a lot of people on the planet who feel that they don't even belong to the planet, that they don't fit anywhere. There are a lot of people like that, and I'd like to put you all together and say, "look you're not alone." "You think you're alone in this experience,

but there are loads of people who feel that they just don't belong anywhere, don't connect anywhere, don't fit, they're in the wrong place, they landed on the wrong...." That must be there, because there are other people who completely feel, "oh yes, of course the Earth makes total sense," so there must be the opposite, there must be the sense of no belonging. It's fine it's just as valid as belonging to know, it's no problem. It's the opposite of fitting in so not fitting in must exist. It must exist, and it's all right it's having an experience there. It doesn't negate it it's allowing it. It really feels, let some things slow down, be gentler on yourself, some integration needs to happen so that you can just exhale and let things reorganize to a pace that's gentler for your system. Let the dust settle a little bit it will help a lot. Something else will open. You'll find something else, because once this roller coaster starts it doesn't stop. You might get a break for a while but it will crank up again.

Q: 1:56:40 Can I just ask you about the sense of urgency, is that....

**Jac:** Let it be there.

Q: Is it part of me, is it my ego or is this another thing?

**Jac:** That is a symptom of different things for different people. I think the most useful thing would be if you just saw it there and said, "yes that's the sense of urgency, and whatever I need to do is just going to have to be in front of me." If you identify with the sense of urgency, it doesn't really suit you. It's not really good for your wiring, because it's like you're playing catch-up with it. It's just too much it's too rough. Let the sense of urgency be kind of on the side and see it, but don't let it grab you because that pace doesn't work for you.

Q: 1:57:50 You mean, don't necessarily do what it seems to be telling me to do.

**Jac:** Yes, the sense of what to do is better if it doesn't come from the sense of urgency, because then that's identification with the urgency. Let the sense of urgency be there; there's the speedy thing going on and that's fine, so let's see what the next step is. Let that come from another place, a more earthy place. Let common sense prevail too. Don't let the sense of urgency take you because it doesn't work for your system. It's just a bit too fast.

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## #05 / 1:59:02

Q: I kind of perked up when you were reflecting back to the nonexistence of the observing self or persons or mind or whatever. I wonder if we could explore that a little bit more. Help me with that, because I think my current expression of that..... You know when you were talking about the need to protect, I think that's maybe the strongest form right now. I'm kind of watching out where I think.... Just as things emerge if there's aggression or roughness or disrespect or whatever, I'm tending to want to move away that, and not react, totally get caught up in that, but kind of disconnect from it, 1:59:58 but in my own relation I'm finding I'm a little more aggressive when I'm [indiscernible several words].

**Jac:** 2:00:05 That you are being a little aggressive.

Q: Yes I'm being aggressive in the facing of the need to disconnect from the..... You know maybe I'm.....

**Jac:** The need to disconnect from it, tell me what that motivation is about.

Q: 2:00:19 For example I had a car accident in August where a taxi driver went in front of me and then I hit him kind of right on. So I was sitting in the car because I had to collect myself and kind of deal with the situation, so he got out of his car and came over and opened my car door and wanted to.... He was assessing the damages essentially and he said, "oh your okay, right?"

What I felt was he was assessing it and not concerned about me but really more about his self. So what I told him was to get out of my car and I will come and deal with him, and I went and dealt with him. So there was a certain amount of aggression. I mean, it wasn't a rude kind of thing but I think in that case maybe it was protective. So I got his information, and the police came and it worked out. Actually that accident worked out quite nicely, but I really didn't want to engage with that guy's energy because it would've taken me out of my own focus. It would have released more of my aggression, but there was some aggression that was kind of present there at that time.

**Jac:** 2:01:30 But isn't that all right?

**Q:** Well, I'm kind of wondering then if maybe there's part of me just watching for that. 2:01:39 Like not as [indiscernible couple words] accident, but in general I'm a little on guard for it. Like I kind of feel that because I'm knowing that some of these things are happening. You know even last night, my friend and I came from the airport and we got in one cab, and not being from Toronto or knowing what the rules are here you know, the driver wanted to give a flat rate, and he started getting kind of worked up so I just got out of the cab you know, and then it worked out really nice because this guy came along and kind of helped us out and stuff, but I kind of felt like I was a little over-reactive there you know, probably. I mean we still could have left, and I probably would have wanted to do that because I really didn't like his energy, but I just kind of felt a little on guard. Maybe a little too on guard. So that's how the aggression plays out. With younger people these days I'm finding in terms of.... Like this is the first year that I've realized that I'm getting older and people are seeing me more as a senior, and I've not recognized that before. So dealing with young people, you know young people tend.... I'm thinking people in their 20s, I've had some recent experience, and they tend to want to kind of do on their own and disregarding or whatever, and you know I'm kind of getting a little irritated about you know, not being able to connect in a way maybe that I could've and would like to or whatever. The place I'm working there's a lot of young staff there, and I'm finding as I relax more there's a more inviting feel, and I guess that's what I'm kind of talking about. When I'm feeling kind of put out because you know, I've got this knowledge to share and people aren't receptive in a way that I want to be connected with them or something, you know? So I'm a little bit more irritated rather than accepting of that. So it seems that if I look back, reflect on the part of me that feels internally not comfortable, there's that irritation. Like there's a certain irritation that goes with that, and I think it is in a kind of protective framework, as it should be, and it's working quite well it seems, but it just feels that there is a little too much aggression with it. Again, I think my own conditioning you know, I had years of being really quite shut down in my anger and quite passive and stuff, and so since it has kind of arisen, and it is still finding..... you know, like you were saying about integrating or changing energies, 2:04:38 and then you [indiscernible 1-2 words] certain age and things that you would have liked to have done younger but you know, it takes a while to kind of release it or understand it or work with it or whatever. So it could be that young energy that's still..... On this path it's finding a voice. I think that's kind of some of it it's finding space that I haven't allowed before, so it feels a little kind of stronger maybe like a child or something, but more than I would want it to be or be comfortable with or something like that. But that feels more like the ego sense that I'm not comfortable with it if I look back on myself, and it feels like it's kind of driving certain things, like

it likes its space and it likes to feel important, and you know that kind of stuff. It's kind of saying, "what about me?"

**Jac:** 2:05:31 I'm wondering if it's like, you react very quickly and then the aggression is kind of popped in there. Is it that you react very quickly, and then afterwards you have the idea that actually you would have honored yourself more if you had not reacted so quickly.

Q: Yes, it's exactly like that. Yes, I would have liked to have given it more space for me to get comfortable with it, and then see what reaction would be there as opposed to this kind of kicking in as if there were something to defend. 2:06:07 indiscernible several words – soft]

**Jac:** Okay, this feels like it takes a different length of time for your mind and your feeling capacity to line up. It's like the response is in there immediately, but it actually takes a while for you to assess the situation and tell your brain what's really going on. It feels like a timing thing, the reaction is in much faster. But what's more authentic is how you feel about it. How you feel seems to be more authentic, that's where you come from.

Q: Yes, that's the first line absolutely. Even as it goes into intuition, because I have a strong sense of intuition, that's all part of it.

**Jac:** It is all part of it. If that feeling body or that emotional, the intuitive capacity, that feeling place, if that takes a moment to register then that's just part of your makeup. That's just how it works. The mind is much faster and it's coming in with a response but it's out of sync. So it's like, "whoa, whoa, whoa, why did that happen?" So it's only going to use things that are speedy like anger, like things that are instantaneous. It's going to use that as its tool, aggression. What would be really useful is to kind of like, I know in the examples you give it's not possible, but if somebody says, "what do you think of this," just say, "I'll get back to you on it." If you could at all, just even a few times, give yourself space not to react so that you can tune into how you feel about something. If that's possible at all....

Q: 2:07:56 Say that again, because the feelings are.... So I can tune into how I feel?

**Jac:** Yes.

Q: So there's a front line of feeling and then there is the how I really feel or something?

**Jac:** 2:08:05 Yes exactly, your mind is responding instantaneously you see, so it's going to come from ideas of, "they're doing this and I must do this," of safety. You're just using your head to reply to situations that come up unexpectedly, because your mind will be so quick that it's in there and it has a response.

Q: So it's with the feeling response of the mind that's coming in the frontline.

**Jac:** It's not even the feeling it's just that mind is interpreting something that's coming from a place of mind. Mind is coming in there or something, and it can only grab one emotion which is really an instantaneous one, which is usually heat, which is usually aggression. It's usually the one that's going to pop up because that's a very instant thing. Whereas, if you just feel like you're somebody who..... the authentic response is from a feeling place within you, but that doesn't come up immediately so you kind of have to settle to find a more authentic response of what you'd like to do. There's no way of making that faster. All you can do is stop the mind getting in so quickly as the first response. That's the only thing you can do, because if the feeling capacity works slowly then you've got to honor that. It will make you slow down; so there's a little hidden gem there. Of course in a car accident or something you don't have the time of like, "excuse me taxi driver while I take a second to figure out how to reply to you."

Q: Actually, while I was sitting there I was try to ground in the car so that that wasn't going to operate, because I really needed to be present and keep my wits about me in that situation.

**Jac:** Yes, that's it.

Q: There are those examples like when I've had the big challenges, I'm so settled with it and I'm just facing it, and I don't get that double thing going on, because I think there must be an innate sense 2:10:04 that knows that that's the [indiscernible word] part of it, or that that's going to get [probably] experiences where it got me into trouble or something, and that's.... You know with meditation and stuff and grounding exercises over time I've learned to ground, and that's what I need to do more. In general, even in the small situations not just in the big.

**Jac:** Absolutely, it's just like buying time on something. If you can don't give an instant answer, because your authentic answer is from the feeling place it's not from the mind place. So the instant answer mind is going to respond, so if you can at all, "can I get back to you?" If you can buy a few minutes at all you're going to have the more authentic answer. If you're not able to then, "well it doesn't really honor this form but that's why; I just have to give an instant response." That's fine there's nothing wrong with it it's just that your authentic response needs time. It just needs time that's all, and there's nothing wrong with that, but you've got to know that there's two faculties at play and their timing is a little bit off, so you're going to have to allow for it.

Q: I appreciate that that makes a lot of sense, because I confused the response with feeling.

**Jac:** Yes, you did but it's not the feeling one, your feeling is much more authentic and a much more rounded response for you, but it just needs 5 seconds.

Q: 2:11:32 So none of this is real so what [indiscernible-background laughter] like what's the connection to that? That's what I'm missing, and like I said I really perk up around that, you know?

**Jac:** This is the phenomenal scenario we're talking about, which is about how to manage the body/mind and all that, but it's not what you really are. These are just skills we talk about so that we can manage in the world, in order to kind of put mind at rest so that we can really get to the meat which is, it's not really what you are at all.

Q: 2:12:06 So is what we really are that empty space that's in there, like that kind of emptiness where it's not....

**Jac:** That's an interesting pathway to it, because mind can recognize that empty space within. Some people can access that and some people can't, they can access something else instead. So if there is access to that empty space go there and let the bottom fall out of it.

Q: So that's the harder part, to let the bottom fall out of it?

**Jac:** 2:12:31 Well, it's like mind can go that far, and mind can grab the idea of letting the bottom fall out of it, and then if words arise we've gone back into above that trap door again. Of course any words I use now I'm defeating what I'm pointing towards.

Q: It just opened more in here, 2:12:58 but that was the [indiscernible word] just kind of opened more.

**Jac:** Okay, that's the physiological resonance, you know? Through the trap door is what you are, but it's nothing phenomenal, it's not an idea, it's not a concept, it's not a feeling, so mind will put all these tags on it, to whatever, in order to give it emptiness or space or silence itself, and mind will do that, but note that mind is kind of trying to make sense of where it can't go. Mind can't go there, it's like it just recognizes emptiness or something.



Q: 2:13:31 And that's the key it's trying to make sense of where it can't go.

**Jac:** Yes, it's trying to make sense, and that's what it's doing and that's fine.

Q: (sound effect – sighing).

**Jac:** It's wonderful.

Q: It's a happy/sad, but thank God.

**Jac:** Thank God is right.

Q: You know, oh man we work so hard to figure it out.

**Jac:** Yes, to figure it all out and instead it's friggin simple. It's just there all the time.

Q: It's what is being figured out is all this stuff like day-to-day, day-to-day, day-to-day, and then you know the bigger picture of, what does it all mean or awareness or blah, blah, blah, it's just so much! We're working hard. I work hard and that's kind of the hard work of it, and it's just too hard.

**Jac:** 2:14:21 We go through that empty place and let the bottom fall out of it as often as you can, and that will make the hard work stop, because the hard work is exhausting. Look you're exhausted from it, and we keep doing that until like, "oh my God it was so simple," and then there tends to be like, "I killed myself and it was there all the time!" That's the journey, that's the experience being had you know, and that's fine.

Q: 2:14:54 But just giving it room and letting it be so small, because it doesn't have to be so big all the time.

**Jac:** Yes not at all. That's just life and that's really not where it's at, it's just a sideshow. Life is just a sideshow.

Q: But kind of a cool one.

**Jac:** Yes a cool one for sure, but let the center be like that emptiness with an open trap door, that's the center.

Q: Let the mind rest more.

**Jac:** Yes, bring the mind to that point and phump, there's either a falling through or mind is just too active and it can't fall through. Mind can't fall through anyway, but there's a sense of an outside of all of it, like all of it.

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The End