

Unedited First Draft Transcription – Blocking Love - 2017 February 11 (PM)
Sebastian, Florida retreat
Questions #94 through #99

Good afternoon. All right, are you okay? Does anybody have a question about this morning, anything left over from this morning, anything not understood? We should be done, so...?

Audience: Bye.

Jac: Pardon?

Audience: Bye.

Jac: Yes bye, yes indeed. Okay good. Jack would you like to come up or do you want to talk from there? What would you like to do?

#94 / 01:04

Jac: Hi there. How are you doing now?

Q (Jack): Good. I certainly beat a tree. That was a good idea, and I understood the point so then it kind of goes on from there. I mean I certainly feel... I can recognize anger when it shows up, that doesn't surprise me too much. And then relatively quickly when one just sort of gets into this beating things up and being angry, then there is a kind of a sense of.... there's a certain satisfaction in expressing anger, but it doesn't really accomplish anything. I mean I sort of come quickly to the sense that it's kind of futile and it's sort of a whole sense of just being stuck in a place you can't break through, and so there's that whole part of that that comes up. And so I would describe it as misplaced, let's say. I mean one has anger and I guess you're going to have to help me with this, is that I've had a whole series of thoughts since I had the experience, of sort of getting in touch with what you're point is.

Jac: Yes.

Q: 2:14 So I definitely see that one of my big issues is that my mind rushes to the fore, I have experiences and before you know it I've realized that (sound effect 2:25) and then there's this part of it you know. I get that, and in a way it's not really just sitting quietly with what's coming up, that is the problem. I mean, this is sort of a habit of rushing forward with... It is in a certain defensive... in a way, you know?

Jac: Yes it is defensive.

Q: 2:48 But, and again not to rush too far forward, but it's like I see that it gets in the way of just being happy, of just being.

Jac: Yes. It does?

Q: Yes, so I'm just seeing that I need to pay attention to that. I mean, I don't know what else to say about it but accept it (sound effect-hard exhale 3:16). Somehow I need to allow the messages that come from within to come from within.

Jac: Yes, and not override them with concepts; intellectual.

Q: Right, right. And I'm not exactly... other than sitting with it, I mean I had very nice experiences, just kind of, "okay." And just in the last couple of hours just kind of, "okay." And then something comes up you know, "this feels real."

Jac: 3:50 Something comes up and it feels real?

Q: In other words, a greater understanding of what my general personality structure is, and that sort of stuff.

Jac: Good.

Q: 4:01 What's been kind of... I mean I really don't have big complaints but at the same time I see that I have these bad habits, you know? I mean just kind of like not allowing happiness to be there.

Jac: Yes!

Q: That's really it.

Jac: Yes.

Q: 4:20 And the funny thing is that's what **indiscernible name- Lyna?** says.

Jac: But you suffer yourself?

Q: Yes.

Jac: Okay good.

Q: I can see how I've... not always, but I've certainly had a tendency to sabotage, you know an appreciation, what's there to be appreciated.

Jac: Yes you do, you do. You have a very strong self sabotage pattern, it's very strong.

Q: I don't really... I mean you can probe into "what's that about" or whatever.

Jac: Let's stay on the feeling side, because the feeling is really your way of knowing you're not in your head, and you're not, you know using the intellect to avoid stuff. If you stay with feeling you have a chance to get out of it.

Q: Yes my feeling is that it's a very unfortunate habit to have. I mean it's just such a waste of life and energy, and it causes pain for no purpose whatsoever. I mean nobody wished me pain, you know in any sense. You know I didn't have a life of people wishing me pain.

Jac: But pain happens.

Q: Right, that's right.

Jac: 5:39 And can you see how this pattern establishes itself? If we talk a little bit about it we might be able to unravel it. When pain happens, and it's just you know way back, some point, because it's a habit that is pretty solid so it's been there for a long time, but way back we interpret scenarios in a painful way. We get hurt whether the other person has that intention or not we get hurt, and when that happens, especially by somebody who is a primary carer, what we do with that is we interpret that as "in order to be alive it means that me being hurt is what me being alive constitutes," you see?

Q: I do.

Jac: 6:36 So one of the things that I was wondering is if the tree might show you that you beat yourself.

Q: I do see that.

Jac: You were beating yourself that's what you do, but you use the intellect and you use your survival kit, and now it's working against you because it's beating you up, and all you're doing is repeating a pattern of hurting yourself because somebody somewhere really hurt you, really hurt you.

Q: Well I don't know what to say.

Jac: Don't say anything stay with the feeling. Stay with the feeling, the intellect is not working for you anymore when it comes to this level of spirituality, but feelings will. Everybody's a bit different but for you this is the way the sequence is lined up.

Q: 7:45 It's just so pointless to get in your own way, that's what seems weird to me.

Jac: It is but it happens doesn't it? It friggin happens. If we learn the habit early enough that's what we think living is, that's how we learn how to do life you know, and what a shame because we just suffer ourselves. We cause pain to ourselves and keep suffering, and where's the space for love there? It keeps other people away from us because we're just like a pillar of suffering, and it ends up leaving us in a very lonely place inside and outside. It just gets darn lonely because we're in this loop of suffering.

Q: Yes I think that... Like I said, I see the whole idea I just...

Jac: Stay with the feeling. You can talk from the feelings but the head is only wired to keep that suffering loop going, and that's why it's not working for you anymore. It's a coping strategy that was born out of the suffering. Your intellect saved you it made good of it, but it's not working anymore.

Q: 9:20 I see that as the point of that being a sort of strategy. I understand that yes.

Jac: Yes, yes, so we've got to drop the strategy and get more authentic and raw, and that's where we make the change happen. So for you it's about staying with your feeling and honoring your feeling.

Q: 9:47 Well I'm going to have to tell you that at this point I'm just recognizing little trickles. I have no expectations of some sort of windfall.

Jac: That your mind talking now stay with the feeling. Do you see the difference?

Q: Yes okay, right, I sort of formed that observation so there it is you know. That's correct a kind of programming, so forget it.

Jac: Yes forget it, that's it, that's it, but stay with the feeling.

Q: 10:16 So I'm just telling you truthfully that what's happening in my life in this period of time is you know, allowing these trickles of inner self to come, or whatever you want to call it, to be there and to just be with it no matter what the hell it is about or how it makes me feel. I mean generally it's okay I'm not afraid you know, I just....

Jac: Yes but be with that feeling, of that original, I don't know just, what was the price you paid, you know?

Q: You know I was seeing that basically I did everything I wanted. I mean the things that I sort of wanted to do I did. I didn't have people saying... well everything didn't go the way I wanted but basically I made my own choices and did what I wanted to.

Jac: Okay, okay, so what was the price? What didn't happen? Because if the wiring was set up to, you know self sabotage, what could have been the alternative?

Q: 11:38 I mean, I can see how I could have been more open to certain kinds of relationships and things like that, friendships or deeper friendships or something like that. I can see that I sort of you know, put them out of my life, except in a relatively superficial way with some exceptions.

Jac: Yes, so what would be scary about having gone a different route. You know, what is scary about opening yourself up to be intimate with other people during your life?

What was the fear that you strategized to kind of keep them out and move away?

What were you scared of? Now feel into it I don't want a head answer.

Q: 12:22 Well, I mean certainly when I was younger I definitely had certain kinds of pursuits that were mine, that were not other peoples, you know? Let's put it that way. And that's true, I mean I really see that in certain situations it was just, what was I trying to do? Just distance myself.

Jac: Distance yourself. What were you afraid of, what were you avoiding, in that you were distancing and pulling away?

Q: 12:51 You know, I mean I could give you simple answers, but....

Jac: No don't. No, I want you to feel into what is it that was scary about it? What stopped you from being intimate? What goes on around love? Are you scared of love? Do you know what it is? Do you know how to do it?

Q: 13:11 I think I certainly do, yes. You know, except that I'm really making this distinction between you know, a general way of being with people versus intimate relationships that I have, which are quite fulfilling and very satisfying.

Jac: Okay let's stay back now, let's stay back with it okay because I can... your head...

Q: All right, okay.

Jac: Okay great, thank you. So the pattern of distancing yourself to kind of protect yourself or to kind of do what you know well, which is kind of to pull back, what does that say about love and how you do love? Where does love feature for you? Do you know what it is? Genuinely, do you know what it is?

Q: 14:02 Yes I do.

Jac: Okay.

Q: I know what it is very deeply actually.

Jac: Okay good, so why do you move away from it?

Q: 14:12 I think being taken away by it or being, you know being **indiscernible 1-2 words**, being completely in the ocean of love is something that I feel concerned about. I feel that you know, that giving yourself over completely to it can be really difficult, it can be difficult to keep yourself centered.

Jac: Okay what's the danger there? If you're not centered what's the difficulty? Stay with the feeling sense, what's not safe or what's the threat of being not centered?

Q: I guess, you know you get very... What's to say, if you're fixing on a person it can definitely be that there's not a mutual understanding or a mutual sense of what's possible, which I think is something you have to kind of approach with a mature head so to speak. I mean the whole notion of.... Well anyway, a very strong emotion in relation to somebody else can really just kind of run away with you, where it can take over your ability to sort of think through what you need to do or be with what you need to do; at least in an immature person, let's just say that. Those are the experiences that I've had as a younger person, like in my 20s or so.

Jac: Okay, so I'm going to say the same thing back to you in a different way. So if you really love somebody and it's not reciprocated the pain of that was too much. Is that what you're saying? Is that where you got lost?

Q: I've had that experience, yes. And again, I

Jac: Is that the thing that stops you from swimming and getting lost in the ocean of love?

Q: 16:21 I don't think so. I mean I really... I could get into a very happy place being...

Jac: (sound effect 16:30) go down into the feeling center; I'm losing you again. So you said — I'm using my own language — if you don't have your wits about you, if you don't have a mature mind you can get lost in it?

Q: 16:43 I did at one point, yes.

Jac: Okay, did that go belly up?

Q: Yes, it was a very painful experience.

Jac: Okay, all right. So maybe that's making you not want to get lost in love again. Pure being is all about love, and your rational mind is saying, "don't go there because it's darn painful and you'll lose yourself." But pure being is calling you, and your head is doing its damndest to keep you out of that place of swimming in love.

Q: Let me think about this. Let me get with this first.

Jac: Yes, feel into it more than your head.

Q: 17:40 Well actually I have this very funny association — I have to tell you this — with this subject, but I have to get into story. At the time when I was doing the most meditating and so forth in my life, and again this is all just story that's in the past etcetera.

Jac: It's okay.

Q: 17:56 But that was the same period of time when I had this relationship that really... You know I was just so **cross talking 1 word** for it.

Jac: You were open.

Q: Possibly. I mean really events were just evens, you know?

Jac: That's okay don't dismiss it, I'm still with you.

Q: 18:11 I was so, you know involved in this place and who I was at that time. And coming back from that, particularly you know having, again, seeing my life in a way that involved a more spiritual center and even regular practice, **18:34** I mean that made it very difficult for me to reengage, and that may be the whole point. I mean that maybe I'm **indiscernible words**

Jac: It's one of them. There's a few big rocks but that's one of them.

Q: Okay, well that's one of them.

Jac: Yes, but it's a really important one. So it might be that your mind has learned from that experience and made the shift to like, "if I'm really open and vulnerable to Spirit that's when something will come in and stab me." Did it make that connection do you think?

Q: 19:07 I certainly see the context of this you know, I mean it's... I mean I hadn't really quite put it on... I mean I'm glad you're listening to this because it certainly sounds like total story, but it is true.

Jac: We have to go to story because our minds are story making mechanisms, and that's the thing that's stopping you from dissolving into what you really are.

Q: Yes, so call it a bad association or whatever you want, but at the same time I have never not wanted to be back in a spiritually informed place. **19:41** You know, so that's like what **indiscernible name-Lyna** and I try to do together, you know? I mean I'm still there smelling around trying... Okay...

Jac: Yes but you're smelling, and you're like, "can I taste this without jumping in actually, because if I swim there I'm going to be annihilated and so I'll just strategize and I'll look from the outside." It's a bit like that.

Q: And then lots of things have changed since I was 20 you know.

Jac: Okay, but that pattern is still there.

Q: I think that the association is something there, yes.

Jac: Yes and so...

Q: If you're saying that this is something that might be interrupting my ability to have a pure meditation.

Jac: 20:18 Yes you're scared of love, yes. And this is one experience, and you know I'm sure **indiscernible name-Lyna** will help you to find other ones as they go back, because we tend to repeat the same lesson, and that's what makes something feel like it's hard wired in our way we approach life.

Q: 20:34 I think hard wired is a good description, yes.

Jac: Yes it can feel pretty sticky and pretty full of resistance. But it's usually that we've got similar experiences that reinforce the same message, and we keep calling them in until we're like, "all right, actually I have to just jump off the high diving board and I know I can't swim." And that's what Spirit is doing, it's going to ask you to take the high jump. That's what it's doing 'take the high jump,' you see? So whatever is most scary for us is where we have to go. That's why so few of us actually go the whole way because it's easier to keep moving the furniture around and be on the path. It's a nice past time and it makes life a little bit easier, but really it's a total merging with what you really are.

Q: 21:23 Not only do I understand that but essentially what I see is that you know, in this earlier stage I would have a deep meditation and if I would let go I'd be dead, I'd be gone!

Jac: Yes.

Q: And it was momentarily frightening to let that happen, but then it was like, "(sound effect 21:46) this is good, this is good, I can do this!" You know, I mean... And it was true in relationships with people too, you inevitably run up with conflict, of people misunderstanding you, and so forth, and it wasn't a problem. I mean I could just... Just as you talk about it, I could see it and it was okay. "You hate my guts. That's all right, you know that's who you are." It was fine and I was living in a way that was very comfortable with all of that, and after this experience I just went into a much lower you know, all right I'm going to get this, I'm going to get that, etcetera, you know?

Jac: Yes, yes, yes.

Q: And then did it, you know?

Jac: Sure, sure, but now that phase.

Q: I mean I sort of felt like I hadn't been living like a fool, you know fundamentally, and I couldn't really explain myself so to speak, even to myself, you know?

Jac: So given the wisdom, the capacity to open, which you had at that stage, and then the wisdom of living that you've done since, right, the best parts of both of those are with you.

Q: Yes I think that's true.

Jac: 22:53 So now with the courage and the capability and the skills that you got through all of it, you got to dive in and trust love again.

Q: Okay, all right, so then what? I'm ready for it you know.

Jac: No you're scared of it Jack. You're scared of it, you think there must be some capacity to control that you've got to hang onto.

Q: I do understand that perfectly, I'm not trying to defend that at all.

Jac: And that has to go. That's the issue, that's the avoidance strategy that's been going on all the time.

Q: Other than sitting with and paying attention to what the messages are that are coming in, what else can I do?

Jac: Really ignite your relationship with love inside. Your head is of no use in this part of your path, no use at all.

Q: 23:52 Actually, okay I hear that and in fact what occurs to me is that nobody knows whether you love them or not, I mean it's a private experience in some respects.

Jac: Nobody knows if you love who?

Q: In other words, if you're really free to love people then what happens in your loving people is not incumbent on anybody, it's just a sense of what's here.

Jac: The only thing that really matters is about you loving yourself, that's the only thing. Everything rolls out from that. It's about you loving Jack totally, totally, and if you love Jack totally, unconditionally, you're not going to beat him up anymore, you're not going to self sabotage anymore; the proof will be in the pudding.

Audience: 24:40 indiscernible-too soft

Jac: cross talking

Q: Unconditionally is of course is the big problem, right? The conditions are the whole issue with withholding, there's, "I've got to do this then I'll be okay," and of course you never get to the end of it.

Jac: Of course, you never do. Okay good, you've seen through that one.

Q: That's so ridiculous!

Jac: It is. So maybe it's like, "okay what would love to do now? What would loving myself look like now? What action would be the most loving that I could do?" Find out about love again, find out what it's like to live from your heart again because there needs to be a phase of that.

Q: Okay. I think you're right, I think that's what I'm trying to...

Jac: 25:21 There's no head involved in that, there's no logic, there's no intellect, so your rational mind, concepts, are of no use! They've got to depart, and they are your enemy right now because they saved you but now it's the flip side, you see? They saved you but their time is up, and now you've got to get the wisdom from all of that life and go back to love again. That's where we're at.

Q: I heard that very clearly.

Jac: Yes! Well done. All right then, come on give us a hug Jack. (applause) No rationalizing about it Jack. Be sure not to go into your head and conceptualize, even at home, going home, don't say, "I'll think and...." Don't analyze it at all, it will be just lost like if you bleed it out, you bleed it out through talking so you've got to stay inside. Stay in your feeling center and go back to love. 26:31 So indiscernible name- Lyna it's like,

"what would love like for breakfast?" Like even change how you address him. It's like, "what would love do now?" You know you've got to do your taxes, can you approach it with love? Like literally everything, let him find his love center so that he can operate from love. He's got to learn how to trust it again, and maybe find out what it really, really is in its new depth, you know?

Q: Thank you.

Jac: Yes sure, you're very welcome sweetie, you're very welcome.

Jac: 27:07 Diane have you had your....? Did it go!?

Diane: 27:11 It's gone. You know it was sort of like a **chill** impulse.

Jac: Okay, all right, (sound effect 27:20) down again, all right.

#95 / 27:36

Q: So last year my homework was to find phenomenal freedom.

Jac: Aaah!

Q: And man what a domino effect that had! I'm amazed by how it just affected everything.

Jac: Give us just a picture.

Q: It also meant doing things that I didn't care what people thought, so that was big. I went to Spain, I went to a rave, I became a cougar.

Jac: What's a cougar?

Audience: Older women younger boys.

Jac: Oh! Yay! Well done! Oh that's great. Is there an equivalent for men?

Audience (female): No they do that naturally.

Audience #1 (male): 28:36 Lion, lion.

Q: So I'm just checking in to see what else you can work on.

Jac: All right, where are you at? What's going on for you right now?

Q: 28:58 I'm practicing on from pure consciousness, but the loops that were going on is, who, who is practicing it? Like who's going to the pure consciousness, which there isn't anybody.

Jac: Yes. Do you know that?

Q: Yes. Yes, it isn't real it's just thoughts. And so a thought... So when you say, "go to pure consciousness, your source," there is a thought which seems to be intention going somewhere, but intention isn't anything either.

Jac: Yes.

Q: 29:42 So things are just like not holding up to anything, but then the loops are still going. And I know this is some big wild dream. So there isn't a break there's dreams at night and there's dreams in the day. So it's still the dream of trying to go to source but that's all a dream too, there's nowhere to go.

Jac: 30:13 Okay but you're kind of marrying two different perspectives. Can you see that? Yes okay, because if there are loops and if they are bothering somebody, then there is somebody there.

Q: Right.

Jac: 30:27 Do you know? She's running them, **Shelley's** running them.

Q: Right, so then that's the flip-flop.

Jac: Right, right. So we've just got to be careful around acting out from what is presenting as real. Some part of you knows that it's not real, but if it's presenting as real then we've got to unravel it because why does it feel true? Why is there some belief in it, you know? The loops might continue but really it's like, "is there a sound coming from there? Oh there is there's a sound coming from the next room but I can't make out what they're saying," it's like that. The mind is just busy but there's just nothing that's actually listening to it or obeying it, and absolutely nothing that's being motivated by it, okay? So where in that is the volume of your loops? Are they in the next room or are they like, "oh my mind is just talking some bullshit but I really have to kind of, "what thought am I running?" Would you have to do that or do you know exactly what the thoughts are or are the thoughts influencing your behavior and action? the loops.

Q: 31:48 It seems to be on and off. There are times where there's right from where I feel distant, like removed from what's happening, and my response will feel like, "whoa, where did that come from?" And then there will be a, "well that sounded really stupid," there will be that judgment. And then as sometimes moving it will be like, I'll feel like there's a prediction of... it happens really quick but very slow. Does that make sense? Like I'm in slow motion and there is almost a prediction of what I was going to do, like I knew I was going to do that. So that's happening but then... So when I was in Spain and became a cougar, which opened up another filter because I got really involved and it lasted a month, so it was really hard to get out of that emotion; I knew I was in it but I couldn't get out of it. So things like that get it going, but then I'm aware that it's going and there's no way to get out of it.

Jac: 33:15 Yes I see where you are. All right, so when you see a thought drop it. Don't judge it. If you judge it you've gone deeper than the thought in the first place, you've gone more into story.

Q: That's creating a story.

Jac: Oh yes that's another story, and that's deeper in duality than your original thought, because your original thought is just... If it's just a looping thing that's just cycling and it's not really motivating you to dance, then it's just like bad chewing gum that you should have thrown out half an hour ago, you know? It's just kind of there gnawing away, but if you judge it, whoa, you've gone into a new depth of separation and right and wrong, you've gone deeper. No judging of thoughts, no judging of loops, see it and drop it.

Q: Like "shhh."

Jac: "Shhh" exactly.

Q: 34:07 So even in the question of who, so then it will start the, "well who's doing that," and there is no 'who' and all that other stuff. That's still another story.

Jac: It is. I'm wondering if it's effective. When the "who" is effective, "who am I or who's doing this," it will land you straight into pure consciousness. If it lands you into a thinking loop your mind just kind of hijacked it a bit then. It's got to be short and sharp like a (slapping something), that's when the 'who, who is doing this' is effective.

Q: Because then it goes in this, 'well who' and there's no who, it just does this thing.

Jac: Yes, then your mind is using it, it's using it just to crank up any kind of philosophical...

Q: That's really important. I need to know, I need to ask Jac about this really quick.

Jac: Yes, yes there we go, there we go, yes mind is all caught up in the story. So the only purpose for "who" is to drop you back into pure consciousness, like, "whoa, disconnect from story, disconnect." And mind can be doing it over there low volume, but you've disconnected you're in pure consciousness again, source or outside of all of it, whatever you want to call it.

Q: 35:17 But then still the dream?

Jac: All of it is the dream! Postgraduate course; pure consciousness is a dream as well.

Q: So it really doesn't matter.

Jac: But you've got to get to pure consciousness, and let it be the substratum 24/7 for that to break down.

Q: Okay, because I didn't think anything mattered but then when I worked on... 35:45 you know I wanted to get rid of **indiscernible word** really bad, and then I worked on phenomenal freedom which really did work.

Jac: Yes it's great. Actually it's a great phase, yes it really is and it just... You get to see through experiences, and you know the...

Q: 36:04 Yes it's still.... that program is still running.

Jac: Yes. And that's nice because it's very freeing. It loosens you up and it breaks the limitations in your mind and you see, "oh you know, every high has a low," you know? Get really involved with this guy and darn I can't get him out of my hair, you know? It's like, yep that's it that's how it goes.

Q: Now I can see how it's starting to turn into desires, want, want, want. So it's kind of taking that spin.

Jac: 36:40 Okay, so if it goes into desire it's going to bite you in the ass. So getting attached to this guy and then....

Q: 36:46 **cross talking 2-3 words.**

Jac: Yes.

Q: But now she just wants to travel and experience, but really like, now what? And I can see where you know, there is like, "I want to go to Costa Rica and Fiji and all this other stuff," but I don't have the money to go do it so there's just... there's something you know, something better than this.

Jac: Yes. So then the next phase is about seeing through experience. Like, what is experience? How does it register, what is it?

Q: I know it's a label.

Jac: Sure.

Q: I know intellectually it doesn't exist.

Jac: Yes.

Q: Well I know that it just sets up the next thing.

Jac: Yes.

Q: It doesn't go anywhere, there's nothing.

Jac: 37:56 Yes. So do you know the difference between when the personal I is having an experience and when there is the same experience, or something similar happening, and there is no personal I? Do you know the qualitative difference of those two?

Q: Just little bits.

Jac: Okay. Okay that will help you to figure out what experience is. When the personal I is running there will be a desire there; personal I and desire are kind of pretty closely knit. And so if it's like, "I have a desire to go to Costa Rica," all right, there will be another desire and then another desire and another desire, and you'll just be chasing experiences and there will be a, "what was that for," at the end of it because you'll just be left with yourself. So yes it's interesting how they create photographs but, but....

Q: Right.

Jac: Something will want something more.

Q: But she also sees things as, if she's meant to go she'll go anyway.

Jac: Yes, yes.

Q: I mean she wasn't asking to be a cougar it just kind of flowed that way.

Jac: Yes, you made yourself available for experiencing.

Q: Right. So she's flowing with things but kind of... I think just kind of wondering where to go.

Jac: Yes wondering where to go. So you have two options, you can go with desire for Fiji, Costa Rica or whatever, you can go with the desire and you know work to make money and then go and blow it and have fun, but if it's motivated by desire the emptiness will be quite deep afterwards, and you'll have to fill that gap with the next desire. Or, there can be total abandonment, "okay that will be nice, that will be nice," so my mind says, but let's see if I end up going or not, and you probably won't. And if you feel like, "oh darn it I should have gone" or "I wish destiny had brought me there," well you were running a desire all the time, and you might as well just go because you're not done with desires. Do you know? So we're trying to figure out if you're done with desires and can you see through experience, because the desire for an experience will bring suffering.

Q: 40:20 I feel like she's done with desire.

Jac: All right! So then, how does experience, that's not motivated by the personal I, that doesn't have the personal I in there, how does that experience differ to desire motivated experience?

Q: It would be like how you're talking, being in pure consciousness and it just happens.

Jac: And it just happens. There's no stickiness, there's no attachment, there's no fallout afterwards because you're not in there, and the depth of the experience becomes a story completely relative to how much labeling you engage in the process, because really nothing is happening. Really nothing at all is happening, but if your mind puts words and labels and makes a story out of it, then okay now something is happening, and you'll have the experience but you can have it impersonally.

Q: 41:18 Is there really anyone who can control what is experienced or how things are looked at?

Jac: 41:28 Can you control it, that's a bit of a misnomer because the controller is way down after labeling is active.

Q: So when you say go to pure consciousness, who are you speaking to, the character or pure consciousness?

Jac: Pure consciousness is always there so it's the character who imagines her attention can go there, otherwise her attention can be at any other level, the deepest being desire; I like that thought, I don't like that thought, even that; likes and dislikes, all of that stuff, right? So the one who has capacity to put attention some place, that capacity of pure consciousness, but the capacity in pure consciousness itself doesn't know about that capacity, it doesn't, all right? So it is to the body/mind mechanism who feels her gig is that she feels she has the capacity to put her attention some place. All these layers....

Q: Because it's always there.

Jac: 42:35 Yes. Yes pure consciousness is always there, and when attention is absorbed back in there from where it arose from there's freedom, and reality shows itself to be what it is; pure consciousness is the real stable one, and this has just been created because your mind decides to label it. So experiences come and go but you're outside of it.

Q: 43:03 So what is she stuck on? that things still seem.... like the "I" still seems there sometimes. I mean, intellectually she knows it's a dream and everything is labeled and it's not real, but still there's identity running.

Jac: Yes, the patterns of.... I don't think the pattern of needing to be liked is completely gone or needing approval or needing to be okay, or needing to fit in or find your place, those aren't clean yet.

Q: Okay, so work on that.

Jac: Work on that. Get rid of it. Find a confidence Michelle, the confidence of pure consciousness. Find the confidence of that.

Q: Okay, and I like the exercise you gave Jack of what love would do.

Jac: Yes, anything other than the intellect and the personal I. For you, anything other than how do I you know, anything that's not the Michelle thought.

Q: Well that's what I was experimenting with today, where does that gut...

Jac: Yes, where does that natural movement come from. It will do very little, life will get simpler and it will slow down. That's one thing for sure.

Q: 44:28 Yes I feel slow and I'm not used to it.

Jac: Yes you're not used to it, and is that okay?

Q: Yes.

Jac: Yes she says, with an expression.

Q: That will be tricky to be slow.

Jac: Yes, because the experiencing thing is still a bit of a buzz for you, there is a buzz.

Q: And before she gets older she wants to go and do, do, do.

Jac: 44:53 And you're at that point of like, "well what do I need to do?" Do you feel like you'll be denying yourself something? Are you running that story where you're going to... I'm just thinking of somebody who did this stuff when she was younger, and now she's older and she says, "I just feel like God robbed my life," because she denied herself these things in her younger years, and now she's much older and there isn't as much

opportunity for experiences, there isn't. And it's like gosh you know, that's the story she's running now.

Q: And I don't want it to turn into, "well I'll do it when I'm 10 years older," type deal.

Jac: Yes okay, so you've got to check inside and see, "Would my mind create an infinite list of experiences? Does it just love this personal living too much? Am I ready to actually realize that no time is going to be a good time so I'm just going to go for it now?" You've got to find out what is authentic, what honors, what feels right inside you. Do you know? There is a timing thing that's kind of delicate.

Q: So keep working on that inner...

Jac: 46:11 Yes okay, so if you're using the "who" the "who am I" that's a quick slice in. When you're having experiences let them show themselves to be what they really are, which is like, "okay I find myself in this situation, and I can label it and really get engaged in this situation or I can just let it happen, and what would it be like to just let it happen? What would it be like, is my mind going to run a story that, "oh my god I didn't really participate, I wasn't really in there sucking the juice out of it." Are you going to run a story on that or are you actually, "jeeppers I'm fine I completely saw through it. It's such effort to engage my mind in the labeling and in the experience and the desire in order to get a little bit of juice, and then for it to be gone and me wanting it again." That's what I want you to be able to tell me. That's all that experiencing is, and it's just too much friggin energy for like a buzz that's just going to go, and then I'm waiting for the next buzz. I want you to see through it like that so that you totally know that it's not good enough. We need you to be there, need you to be there, but to know it from experience, that's the key for you.

Q: Okay, all right.

Jac: 47:25 And the quiet confidence. Not the intellectual, "well it doesn't matter I'll just go into pure consciousness and it doesn't matter," but it's like, it does matter somewhere. It does you know, in the phenomenal world something does matter, everything matters, but actually back in here there's a confidence and a knowing that, *it doesn't matter*, doesn't mean I change my behavior it's just seeing the bigger picture, and being okay with what is, you see? That's a kind of still confidence, so develop that, get to know that.

Q: Okay. Did you take notes? Thank you

Jac: Sure, sure, you're welcome.

#96 / 48:17

Q (Richard): Hi jac.

Jac: Hi sweetie.

Q: Nice to see you again.

Jac: Nice to see you too.

Q: So I'm not sure why I'm here but you'll tell me if I'm missing something, I think. Last time we spoke — this was in San Jose — you asked me why I held back my own knowingness.

Jac: Yes.

Q: And I said to you at the time that I didn't feel that I had the clarity that I thought you had, and so there was a holding back but I've played with that a lot.

Jac: Good.

Q: And the lack of clarity comes from a sense of misidentification.

Jac: Yes.

Q: I mean it all boiled down to, I was being totally identified with story and not acknowledging what's deeper.

Jac: Yes.

Q: 49:32 So I've also discovered in that process that that applies to just about everything. And it doesn't mean that I'm not traveling back and forth constantly as habitual thinking shows up, and it's not at all difficult to see, "okay there it is again."

Jac: Yes.

Q: I understand something about it so I don't have to pay attention to it. I can observe it.

Jac: Absolutely!

Q: I can let it go. So then I look at the chart and it feels like I missed that step of oneness in some way.

Jac: Aaah ha.

Q: Now I've sat a lot with you over time, and I've never had a problem dropping way down into prior to consciousness, but I've never... I can't honestly say that I've had the experience of hugging a tree and saying, "I am the tree," or looking at a group of people and saying, "there's absolutely no difference, that I am this."

Jac: Yes.

Q: 50:44 I can picture it as a play, I can picture it as a dream, I can place my awareness behind me and include myself in this arising, and it feels to me like reality is like — well I'll call it reality — it's like a fountain and just constantly showing up, showing up, showing up. And that's real for me but I don't...

Jac: 51:14 That's the small R reality we're talking about, is it, with the fountain?

Q: Yes it's what appears; appearance is that fountain, but the idea of oneness it feels like I almost skip it or I misunderstand it.

Jac: 51:34 So do you know the way a fountain has a gazillion little drops all the time, and every single drop has its own atomic make up, but yet it's all water. It's all water.

Q: Yes, that part I get, but maybe I'm just stumbling over what it is to experience oneness, because what you're saying there is obvious.

Jac: Yes it's obvious. I wonder if it's so obvious you miss it.

Q: I don't know.

Jac: Okay, so when you look here at this Jac woman, do you see pure consciousness? Can you find the place of where you see pure consciousness?

Q: I can't say that I do.

Jac: Okay, all right. So can you drop into pure consciousness yourself right now?

Q: Yes.

Jac: Okay. Is there something here that is not pure consciousness?

Q: I honestly don't know how to answer that. 53:27 It's like everything is just indiscernible word. It's that fountain again it's just appearing, and that includes you and I.

Jac: Yes.

Q: Would I call that oneness? Of course now I just leapt into definitions.

Jac: You did you went back into something else. So everything that's just appearing, that in itself 'everything is just appearing' is a unifying field.

Q: Right, absolutely.

Jac: 54:17 So is the appearance the thing that 'what appears' has in common?

Q: I just went somewhere else.

Jac: That's okay.

Q: 54:32 Where I went is the idea that... Yes I'm just struggling with my own understanding here.

Jac: No problem.

Q: I'll hear you or other people say, "I sort of merge with the sunset and I become one with it," and when that experience of — we'll call it oneness — occurs for me, there's no sense of 'I', there's no... I can't say I merged with this, there is no "I".

Jac: Okay, there is no "I".

Q: So it leaves me confused.

Jac: That's okay. So if we take out that step of "I merged with," right, because for you the "I" just disappeared in a different way right, and that's the step from when people go from duality to non-duality you know, the multiplicity to the unit, all right? So okay, something has to happen to the 'I' there because it's a straight transition, but for you the part is coming in retrospectively — or whatever the word is — afterwards. So we're going to forget about the merging part. Everything that appears, the fact that it appears gives it a unifying quality.

Q: Right, no problem.

Jac: So is the unifying quality more defining than what makes it different? Like Jack and Richard, like that being different. Is the unifying quality that we are both in an appearance?

Q: I've never even considered that question.

Jac: Yes, let's do it.

Q: That's sort of obvious that the unifying quality is there, that characteristic has to be there.

Jac: 56:45 Yes the appearance being the unifying quality, the appearance. Okay.

Q: It has to come from source, it has to be the same only unique, you know uniquely displaying.

Jac: Yes.

Q: Yes, that's not an issue.

Jac: Okay that's the unifying field, that's how your brain is seeing the unifying field.

Q: Right.

Jac: The unifying field is appearance itself.

Q: So it almost seems like I'm trying to apply other people's definitions and descriptions to my own experience.

Jac: Yes, yes you have it, rather than listen to the words that are making sense to you. Because you're a teacher your version of it has to be unique to you, otherwise you're just going to be a template.

Q: Well it has to be, absolutely.

Jac: You'd just be a template, you see?

Q: Yes.

Jac: So for you it's showing up that the appearance is the characteristic that is unifying the whole thing, you see? And mind then will label the subjects, will make subjects of just an appearance. It will make drops out of the fountain.

Q: Okay right.

Jac: It will make little particles out of an appearance, and that's what makes difference, the particularization...

Q: You got it right (the word particularization)

Jac: I get tired and the words just don't make sense. Okay, all right, do you see?

Q: I do.

Jac: Yes good, yes it just shows up in a different way for you.

Q: Okay, I just needed that clarification.

Jac: That's right.

Audience: 58:39 Don't let him leave Jac this is amazing, keep going.

Q: Thank you.

Jac: You're welcome, you're welcome. You might have to come up yourself Sid and tell us a story.

#97 / 1:01:15

Q (Peter): So maybe we should start with fear, so not being criticized and being accepted you know, and expectations and self sabotage. But it had to all go that way.

Jac: Yes.

Q: It had to. So let's start with the sabotaging, that had to go that way because you learn.

Jac: You do that's the egoic experience you know, it has to create itself through some suffering usually because that's what builds the ego.

Q: 1:03:45 It was so simple, just a beautiful possibility of a wonderful relationship, you know? And then all the conditioning sabotages it because you know, need I say the word; it wasn't Catholic enough. Fuck. Anyway expectations, "oh shit would you do something else to me?" Expectations also. See expectations come down on both sides; what is isn't good enough! Okay so I have an expectation and what happened was the expectation wasn't fulfilled.

Jac: Yes.

Q: 1:05:12 Therefore, what is isn't good enough.

Jac: Okay.

Q: Another learning experience that I don't believe this time entirely, that I haven't really entirely believed because I want it to be good enough. I don't want it to be what it is.

Jac: Okay.

Q: It is what it is. So I fought that for a long time, a long, long, time.

Jac: You know that having the expectation is what set you up for the fall? It could only not work because of the expectation. If there was no expectation "what is" would have been fine.

Q: Right.

Jac: It's the expectation that created the suffering.

Q: Right, but my body is sort of like built for that expectation.

Jac: Your body is built for the expectation?

Q: 1:06:41 My mind built my body for the expectation. My mind wants the body to... Anyways, it's like...

Jac: The body is pretty innocent.

Q: Yes okay. There are a lot of conditionings that has to take place and had to take place in order to let go of that expectation. But that's pretty much happened.

Jac: All right good.

Q: Yes it pretty much happened because I took care of the expectations in other ways.

Jac: All right. Do you run expectations still in other parts of your life or have you seen through that mechanism?

Q: 1:07:39 I'm seeing through it. It's experiences that I haven't run through it, is that the expression you use? I still want to experience.

Jac: You still want experiences.

Q: But, but you know chopping them down, you know meaning not needing them but you know, they're still popping up.

Jac: Do you see the promise of happiness that's in experiences or the promise of a thrill? Do you see the mind game that makes you want experiences in the first place?

Q: Oh yes. And sometimes no, but like being here is perfect for you know... Okay I had this experience of going kayaking on Monday you know, but it's not going to happen so I'm going to be in integration and meditation, and the whole retreat is going to be here with me Monday. So like; whereas, the first reaction, the first impulse, was to, "oh yes, so I'm going to go kayaking because you know, the experience of the river, and blah blah blah."

Jac: Okay.

Q: 1:09:15 So I don't need any of that.

Jac: That's just thinking too much.

Q: What is?

Jac: 1:09:21 Hanging out in what's going to happen Monday. You don't know what's going to happen Monday really. There two sets of ideas and one is kind of disappointing the other, but they're both kind of fantasyland. You really don't know, you can make a plan to go kayaking and then cancel or... Who knows? I mean, leave it looser.

Q: Okay, but can't I see that kayaking and setting it all up seems now to be a 'wanting an experience'?

Jac: Yes, if the motivation came from that place. Where if it's like you're still inside, you're in the stillness, and you're like, "oh there's an opportunity let's see, let's see if I do it," and keep it soft, keep it soft and then it's fine because you're inside and you're not invested in like, "what can I get here, what can I get here," and grasping. That's

torture, because invariably the pattern is that you won't get enough of a return. No matter what you expect it will always fall short. It has to fall short, it has to go belly up, you see?

Q: Yes.

Jac: When we get wise enough to see that that's not good enough. So is it possible for you to make a tentative plan but not to attach an expectation to it?

Q: Yes.

Jac: Okay good, so let it get softer.

Q: It's done.

Jac: Okay good.

Q: Relax, get softer.

Jac: Yes. Be curious, "what will happen on Monday? Maybe this, maybe not, let's see, let's see how it rolls out," so there is an availability for what really is going to present to happen.

Q: 1:11:14 Like at the beginning of the hockey game I can sit on the bench you know, and I just like... Like the lady who was the artist in West Massachusetts, same thing, the canvas. So there it is the ice is the canvas and everybody's warming up, but I'm there on a bench, let's see what happens.

Jac: Yes let's see what happens, good.

Q: Just putting myself into that meditative state before the game.

Jac: Yes, let's see what happens 24/7 Peter. Bring that home with you, not just at the game. Tell me about self sabotage.

Q: 1:12:11 Oh yes, thanks I've been **indiscernible 2-3 words**. So self sabotage, okay so let me do it this way... oh my god, okay I want to do it two ways. The first way is, "I don't love myself enough."

Jac: Yes.

Q: The second way, in the past there was a trauma where I surrender to love, where I was open to love, that "I" that Peter got the raw end of the stick, and that happens.

Jac: Yes it does.

Q: At the age of 4 1/2 Peter got traded for a right brain family to a left brain family, so a little difficult on the conditioning. Oh, it's already creating conditioning.

Jac: Yes, yes, yes..

Q: But that was then and this is now.

Jac: Okay, yes.

Q: But, Peter took with him self self-sabotaging, not loving myself, not being loved, experiences, and thoughts that I wasn't good enough, and from that into this life that unfolded.

Jac: Yes. Can we kind of say that that part of the story can be let go?

Q: Yes.

Jac: 1:15:23 Let's change the **indiscernible word**.

Q: Oh yes, yes it's just a story, it was then, and we've done that together. We did that together at the barn.

Jac: Okay, so loving yourself a bit more could happen.

Q: Shrinks and everything, so I'm fine.

Jac: But you still speak about it.

Q: 1:15:50 Only that I know that I carry this “not loving myself” from it.

Jac: So what needs to happen for that to turn into unconditional self-love?

Q: 1:16:09 Relaxing is just perfect for the antidote, the meditation — your CD every day, the long and the short — The silent meditation is just perfect for that, and there's you know... 1:16:32 I can say it because he's not here, you know there's François, there's Ramon, there's indiscernible name. I mean the group in Montréal is just (1:16:51 sound effect), that's like the North, South, East, West, you know, so we've got it all covered and we're all there for each other.

Jac: Beautiful, beautiful.

Q: 1:17:07 So those kinds of yoga and hockey, and Nadine. Like I come home, I'll come home from this, and there will be a wonderful meal on the table, and, "how are you? Tell me all about it," you know. What did you ask me?

Jac: So there's support and love around you, for your spiritual group, your wife.

Q: And the service, so it's just wonderful.

Jac: Okay, so what about Peter's relationship with Peter?

Q: Oh good that's the important one.

Jac: Uh huh, because love can come from the outside and you know, we can still not get the message that really it's about ourselves loving ourselves, so that whether there is love from the outside or not actually is just an embellishment....

Q: 1:18:17 Yes.

Jac: But the indiscernible words-background noise.

Q: So what we did last night with Sid you know, is what Peter has to do for Peter. I'm glad we're here, so I have to take.... So I go out and I come back in and.... so I go out, I come back in, and I bring all of that to here

Jac: Into your own heart.

Q: Yes. But Peter can also go — especially with your CD — go in and it's dark and I take that dark.

Jac: Yes.

Q: 1:19:35 And I bring it right to the heart.

Jac: Tell me about that dark, what is that that you touch? What is it?

Q: It's very comfortable.

Jac: The dark?

Q: Very comfortable.

Jac: Is it an abyss or is it like a shadow side?

Q: Neither.

Jac: Okay, all right.

Q: I like black, the color black. It's the color black, it's a blanket. It's a black blanket, it's a place to... It's just a comfortable place.

Jac: Okay. How can you love yourself more?

Q: 1:20:54 Well I take that black, I stay there, and I... Last night I was bringing that up into... going deep and bringing that up to the heart, and of course Grace Bubeck, you know she has her heart meditations, and so a group of us go there on Saturdays you know, and we do the heart meditation with her, and that's great.

Jac: 1:21:32 Criticism, criticism from others, in your energy field you have a pattern of self-criticism, and it invites criticism from others. It's like you've got an advertisement in your energy field, "criticize me, I'm fine I'll soak it," and you soak it, you internalize it. So we need you to transcend that frequency, we need you to rise out of it so that you don't have that T-shirt on, "it's okay to criticize me."

Q: Yes I do have that T-shirt.

Jac: You have that T-shirt, you do. Somehow you're willing to soak it up.

Q: Yes, and I know why.

Jac: Okay. Can you change that?

Q: Oh I need to. I stopped hockey for five years to try to change that, you know? You know in the dressing room, because I wear that shirt in the dressing room so there were those shots, you know?

Jac: Yes.

Q: So for five years so that I... So when I came back it just kind of... I had all kinds of... where it could bounce off, techniques so that it would bounce off, but I know I still have the shirt there.

Jac: Yes you do.

Q: That's important

Jac: Yes, because that's what's limiting the self-love.

Q: Okay thanks.

Jac: 1:23:16 So we need you to get ballzee Peter.

Q: I know, I know, I know, I know, I know, I know.

Jac: What would that look like? What would that feel like? Let's go there.

Q: 1:23:35 Don't mess with me.

Jac: Uh huh.

Q: 1:23:37 And I did it I **indiscernible word**. And I just did it recently, and I didn't do it in an angry way. I even did it in a kind of, you know to be helpful too here, "don't mess with me," but I'm trying to show you something, you know? And, didn't get it, and it's finished; the relationship is finished, and that's not the first one. There was one just before that too where the relationship is finished. I get a phone call, I'm out to lunch, not available, end of story.

Jac: 1:24:40 Okay. Are you all right?

Q: Yes. These are relationships where I put myself in a situation where I'm demeaned, you know?

Jac: Absolutely, yes you're the punch bag, that's the role that you play in the friendships, yes. I can see that, yes. So we need you to have that energy. Do some kind of a morning ritual, like when you're in the shower or when you're brushing your teeth, or something that just happens every day automatically, but make an association.

Q: Yes, and it has to be some sort of ritual like kickboxing, it has to be (sound effect 1:25:21)... no?

Jac: I don't think it has to be that strong. I think 30 seconds of like taking a moment of like, "I'm nobody's punch bag, I'm not playing that role anymore. I'm not available for people's crap to be dumped on me. I'm refusing to absorb this, I'm not, I'm worth more

and I love myself too darn much." Something like this that you like write down and have it beside the bed or someplace so that every morning you kind of, "okay...

Q: Okay, can I interrupt you for a minute? Where I'm going to right now is, I have a punching bag at home and I'd really like to punch it every morning for 30 seconds.

Jac: All right perfect.

Q: Or I'd like to do 30 push-ups or something like that.

Jac: Okay, I don't want you to be hard on you.

Q: Oh okay. But it's good for me. Okay, so 13 push-ups, you know?

Jac: You're so cute!

Q: I'm just trying to say that something.... I'll do both, I'll write something down. You're saying you want me to have it here, and... I need it physically.

Jac: 1:26:45 I do, I want it in your head and physical as well, because it needs to come through your body because I need you to align with a self authority. Do you know? And my hand is going up, and it's like, "back off," you know?

Q: Thank you.

Jac: So your self authority.

Q: Because Nadine sometimes has to step in and be my self authority.

Jac: You've got to do that for yourself.

Q: Yes, yes, yes.

Jac: Right?

Q: Yes, yes, yes.

Jac: So you work out what it is; 13 push-ups followed by whatever, a minute with the bag, but I don't care what it is....

Q: 1:27:21 I've got to write something down about self authority.

Jac: Yes.

Q: I've got the whole audio from them and...

Jac: 1:27:27 Okay, **cross talking** little piece.

Q: And whatever you're saying right now I'll write that down and that will be my message to loving Peter every morning.

Jac: Yes, because they're wrapped up with each other. It's the lack of self-love that makes you wear the T-shirt, you know, "you can abuse me," you know? So we're going to go after your self-authority because the self-authority is like, "don't mess with me," right?

Q: Yes, learn self-authority.

Jac: 1:28:01 When the self-authority is there, and it comes from a place of love, then it will work. Whereas, if it comes from defending yourself because you're self-defensive because you're being arrogant, of course it's going to make it worse; you watch it will fall flat on its face. So they're in bed together, wanting to transcend other people being negative towards you, wanting to transcend being visible and available for them to crap on you, okay?

Q: 1:28:31 Yes, yes I used to set myself up **cross talking 1-2 words**

Jac: You set yourself up. You do, you set yourself up for that and it reinforces the lack of self-love. So the two of them have to come together right, come together.

Q: Great, and at the same time relax.

Jac: Of course! So it's like a standing upright will happen but in a relaxed authoritative way. Do you see? Do you see it's not tense, it's not fearful, nothing, it's just like "this is how it is, this is how it is, I'm not going to take certain things." Do you see? In a calm, relaxed, confident way.

Q: Firm way.

Jac: Firm way. It's funny, as I talk I'm noticing that my hand keeps going up, so it's like establishing a boundary, it's like, "back off it's not going to happen here," but saying that in a very relaxed non-aggressive way because that's just how it is, and there's a line here and you can't cross it. Do you see? So it's energetic, if we do the work for you on the inside...

Q: 1:29:48 cross talking & soft

Jac: That's right! That's right, and it's like...

Q: indiscernible sentence, soft.

Jac: That's right, yes, abusive energy cannot cross it. No it just can't.

Q: 1:30:01 indiscernible-whispering.

Jac: Yes.

Q: Okay, so twice I've done that now. Every time you said, "there is a line there and you can't cross it," I've said, "there's a line there and I can't cross it."

Jac: Aaaah.

Q: I don't know why Freudian, that's coming, but...

Jac: Peter you can do anything, you can do anything.

Q: I've done anything, I know I can, I know I can. I've just got to really know it.

Audience: Own it.

Jac: Own it, it's the personality that needs to own it, you know? That's different to the other ownership we talk about, as you know. The personality that needs to own it so we need to straighten up the personality so that he can fall away, but he's got to be fixed a bit first.

Q: 1:30:57 With pleasure. With pleasure, Indiscernible words because I just, you know had this wonderful experience a number of years ago of falling away.

Jac: Okay yes. Yes, yes. Okay, is that enough to go on with?

Q: That's perfect. One last thing, this is training camp.

Jac: Yes.

Q: This is training camp and the team is getting ready for the regular season.

Jac: The team?

Q: The hockey team, and you're the coach.

Jac: Yes Sir.

Q: Thanks. (clapping)

#98 / 1:32:25

Q (Carrie): I don't know what to say.

Jac: Tell me how you're doing.

Q: A little foggy and tired, but glad to be here, and now nervous since I haven't met any of these people.

Jac: That's all right. They were not supposed to be talking to each other, so really half of them shouldn't know each other at all either. But you know....?

Q: Shall I tell you something?

Jac: Yes, where are you at in all of this? What's going on for you?

Q: 1:33:26 The brief story is that five years ago I lost my energy, and got diagnosed with about a dozen illnesses. I worked my way through it and I think the thing that really took me the farthest was when I started on a spiritual path, and then worked with neuroplasticity and this program that helped me through it. So I am better than I've been in a very long time, and I feel like I've come a long way in shedding this illness identity. But I think the symptoms are still fatigue, much better than it's been over the past five years but not like I was the rest of my life. And a little bit of, in terms of the spiritual side, this screen kind of in front of me that blocks the clarity. I don't think it's like the disease brain fog that I had so much anymore, as it's just I want to see the beauty of life more clearly, and I think I've done a lot of mind/body and self help work and all this, so to me it seems to stem from two big things; one being control, my need to control, and two, my unwillingness to be completely vulnerable, which I think a lot of people can probably identify with; I don't feel like I'm special. So that's it in a nutshell.

Jac: 1:35:07 Okay. All right, is there a fire in your belly for truth or is it a mechanism to make yourself well?

Q: I think it's getting more to wanting truth instead of the motive of just being to get well, but I think that's always there. Are you saying I should want the motive to be wanting truth?

Jac: No, I'm just inquiring to see if you can taste the difference, and what part is the illness playing to bring you home, capital H home.

Q: I think the illness doesn't... I mean it's released its grip so much, but I think it's just my lesson. I think it's going to stick with me and it's just going to be my Achilles' heel as I am in search for the truth, and as my spiritual path opens up.

Jac: So are you saying that you kind of need it to motivate you?

Q: I don't want to, I don't want it.... No, I think I'm very self-motivated. So no, that's what's frustrating to me, why is it still hanging on? I'm very self-motivated; I've always been a type A.

Jac: 1:36:59 Okay, so if there is that motivation for truth whether or not the illness is there, then is the motivation for spirit stronger than the motivation to get well? Now that we've disconnected the two, which is actually stronger?

Q: 1:37:20 Now I think the spiritual path is stronger.

Jac: Okay, then you might or might not get well but it won't matter.

Q: Right.

Jac: It really won't matter, so the desire to get well might shift. The desire to get well, as we drop desires and see what's deeper than kind of investing in desires, you might still do the same good practices to bring your health to the optimum that you can, but your motivation to do it will come from someplace else and so you lose the disappointment if you don't get well. If you could arrive at an acceptance of your health that has nothing to do with being 'poor me, victim', "oh my God this sucks, I just have to accept this," no story at all, an acceptance that comes from another place altogether, an acceptance

that comes from a mature dropping of the desire. And it's like, "I'm going to do every friggin thing I can do to get well, and if I get well that's fabulous and if I don't I'll be just fine too." If you could go there that would help a lot.

Q: 1:38:41 I feel like I'm going there, and I see the illness as a blessing. And in so many ways I'm better off than I was, so many ways better off than I was 5, 10, 15, years ago. So I think that I'm on the path. I mean, I'm taking the turtle steps and that's why I was kind of hesitant to come up because I think I'm doing the things I'm supposed to be doing, unless there's a way for things to go faster.

Audience: Oh don't ask.

Q: Okay never mind I'm happy with it going slow.

Jac: 1:39:36 (singing) And it's too late now.

Q: But things are so good right now.

Jac: So that attachment will have to go too.

Q: That attachment to what's good?

Jac: Yes. Truth will take everything from you, everything.

Q: 1:40:06 So then my monkey mind is telling me all the horrible things that could happen.

Jac: That's fear coming up, and your mind is putting a story on it but really it's just fear, nervousness, anxiety, that's what we heal, that's where you've got to go, that's what's blocking you. It's up for clearing. It's just a ball, that ball is blocking you.

Q: Just fear in general, I don't have anything specific?

Jac: Yes that's perfect, I'm glad you don't. The mind will put any story on the fear, but it's not about the story it's about the fear itself, that energy, so stay with that energy. It's not about fixing stories. When it comes to fear it's not about fixing stories, fear is too primal.

Q: So that's why I want to control?

Jac: That's why you want to control. Here have some Kleenex. You can splash out, do you want to go on?

Q: But I control the stupidest things.

Jac: Sure! You've got to change your relationship with the fear. There's no other way to go after control. For you there's no other way right now to go after control, that's the engine.

Q: But how do I go after the fear?

Jac: You look it in the eye.

Q: Every little thing that comes up? All the little things, because I don't have... How do I look at some big ambiguous....

Jac: You touched it there a minute ago, you touched it a minute ago, you know?

Q: That was just a swarm of scary thoughts.

Jac: Yes, yes exactly. So pull that apart you know, that's your homework to pull that apart. It's like, "all right so there's this ball of awful feeling, and I can run all these crazy stories that like are just torturous and it sends me into this spin of awful adrenaline," and you know the chemicals we run, so it's like, "okay what's at the bottom of this, what am I really scared of, what's the big threat here, what's the worst thing and how bad is

that?" That's going at it from story and that's of use, all right? But only looking at the worst thing not all the little monkey mind... you know there's this, there's this, there's this. It's like, what's the worst thing? That's one way to go.

Q: 1:42:46 I don't want to face it, I don't want to put it out there.

Jac: Huh, that's a very clever use of your mind to keep it stuck. When it's inside it's more toxic than being out there. You're putting it out there in order to break it up, send it to the light, dissolve it, see through it, that's why it's going out there. So go after, 'what's the worst thing, what's the deepest fear here'?

Q: Say it or no?

Jac: It's up to you!

Q: I don't want to say it; losing everyone I love.

Jac: Okay! Well done!

Q: But doesn't everybody fear that?

Jac: That's the second time you've gone to the group for comfort. Stay with it your good, stay with it.

Q: I have no reason to fear that though, I've never lost anyone yet.

Jac: 1:43:58 Yes, but fear is not rational, you know? Fear will just grab a story and then we believe it. What it will show you is that there is attachment to the people you love, because if the attachment is gone it's okay because everything that comes in goes out sooner or later. Everything that has a beginning has an end, so you were fine before you met the people you love and you'll be fine after them. Do you see? To understand the mechanism of how fear works and it grabs a story, and it's, okay we can rationalize the story and kind of see like, "all right, actually this is just attachment, there's attachment to these people, and I'm just going to set them free of my attachment and love them freely without my stickiness to them," because that's what attachment is, you know? Our neediness, that's all it is it's neediness. So you can work on that and dissolve that, okay? But coming back from that, the fear itself, what fear often does it kind of lurks for awhile and then it finds a new story. So seeing through fear will be really good, it's about, "what is this, what is this ball of energy and why am I entertaining it at all? What would it be without this?" Because somehow we imagine that fear keeps us safe, somewhere we think it will kind of steer us in the right direction. So we really do give it like a position and it's just toxicity, it's just the ultimate separation; the absence of love, that's what the experience is, the absence of love. So you've a few different angles there to go after it. You need to go after every one. The way you are you need to go after every one.

Q: 1:45:59 What are all the angles, would you recap?

Jac: Okay yes. So the worst thing that can happen to me; losing the people I love, process that. Drop the neediness, change your relationship. They won't even feel it. Change it from the inside, drop your neediness and check it out, "do I need their approval, do I need them to endorse me, do I need their acceptance, how needy am I here with these people?" Clean that up okay, so that they're free to love you and you're free to love them, they're free to come and go and you're the same, okay? So that's right now the story that fear is attaching too. Fear will attach to another story unless you go after the source and the source of it is fear itself. Find out what fear is, it's like,

"all right it's this absence of love that somehow is helping me, it's motivating the controller, that's one role that it has and that makes me feel safe." It's like, all right type A personalities sure, the controller is really strong and fear is in there, that's it. Can you change it and still be type A? Absolutely, absolutely, you'll just be motivated from a much softer center that's present to what is, rather than having this (sound effect-sharp intake of breath 1:47:22) tension revving up from the inside, you see? So there's two pieces of work all right? That's probably enough for now.

Q: I think that's good, thank you.

Jac: All right sure, sure.

#99 / 1:48:08

Q (Deb): I'm afraid to come up here.

Jac: Yes I believe that. (she didn't believe that)

Q: Do I start with a question?

Jac: I don't care.

Q: Or do you do your reading first?

Jac: No, let it roll.

Q: 1:48:29 The question has to do with pure consciousness. In the course of the last few days I've been able to see how I've used my stories, like saying there's only God here, like wanting to not be responsible, which is where I think the kind of God story originated in a way, and to believe that there is another power. And in these five days I've realized, listening to you, that there is not; this pure consciousness is what I've been calling God.

Jac: Yes.

Q: So now I'm totally responsible right, for my own life.

Jac: 1:49:15 Oh I see **indiscernible words**.

Q: It's a miracle, it's freeing, but it's also that God that I couldn't explain and that was doing everything left me off the hook, so now I really have to face laziness, the truth about how lazy I really am.

Jac: All right. So if the Deb character needs God that's okay, but you've got to know that it's like kind of believing in Santa Claus, you know? But still she might like to pray every now and then or ask God for help, and that's okay.

Q: 1:49:57 Is it asking pure consciousness, is it the same?

Jac: It's just the part that functions. In terms of duality, sometimes needs to run that story. And prayer for example does, asking God for help — call it what you like — it actually does invoke energy.

Q: Right, it brings that light.

Jac: It does bring that light. So there's a place for it. Do you see, there's a place for it even though you know within parameters it's real but actually it's lowercase or real, and really what you are is God. It's not so much that Deb is God but it's like what you are is God. What you are is responsible for all of it, so if what you are is just responsible for Deb then you've missed something. What you are is responsible for the whole!

Q: For everything.

Jac: For everything within time and space.

Q: Even the garbage.

Jac: Even the garbage. Do you see?

Q: I do, I do. I've tried to clean up that garbage everywhere I go. Like I had this idea that liberation would be this place of total enjoyment, and I'm starting to think that it's more just authenticity of all of it, and not necessarily totally bliss. And yet I can see that it's also bliss, because you won't be arguing with what you think is garbage because it's not garbage it's beautiful itself.

Jac: 1:51:36 Yes it's beautiful in itself, yes. If you really see the essence of everything there is beauty in everything. And contrary to what I said a minute ago, there is even beauty in fear. You know that capacity to experience that kind of a contraction is fantastic, but it's hell when it has you, you know? Okay, so then the one who has seen that she can no longer be lazy, is that like from an impersonal perspective or is it the personal woman Deb?

Q: 1:52:23 It's like I've been sitting and waiting, because I have had this life, I've raised my children and they've all left home, I've had the divorce, I've had the crisis's that... And I've tried to start the business, and I've tried to find the perfect job, and none of it has ever amounted to anything you know, and I don't know if the spiritual pursuit is... I'm just saying this it's coming out right now, that the spiritual pursuit is kind of the laziness. We'll just go for ecstasy, we'll just go for divine bliss, because all this activity out there accomplished nothing really. I mean it's a life behind me, a story and greatness.

Jac: Sure.

Q: 1:53:13 So there's a little bit of the "what's next?" Like with the divine energy, am I going to be able to just walk away from the comforts of life and let spirit have me completely? And I feel like there's always... I've always felt that walking this is a fine line between sanity and not sane. I don't know.

Jac: Yes there is a bit of a line there and that's all right too.

Q: Yes, and I can see from everyone else's experiences is that it doesn't really matter what anyone else says if I know... You know this morning you walked into the kitchen, and I was standing in front of the coffee pot really asking myself, "did I want another cup," because it's so automatic that everything I do has this automatic feel to it. And in asking myself I didn't actually want another one, you know I didn't. I don't even need coffee. I think there's too much to unravel.

Jac: 1:54:21 No you're doing fine. So a new level of awareness has kicked in where you're seeing something that was just kind of cruising by. She kind of just cruised by for a bit; life was dull, nothing was really happening so she kicked back a bit. This phase is coming to an end that's for sure. It's done, it's futile, it's going nowhere, you're getting stale right? So even asking, "do I want another cup of coffee," it's like some new level of like heightened awareness is coming in. So your brain has to learn how to do that Deb. Do you know, how to just be present, be present and let that direct your action, and as soon as we can — be it like right now or in a month — move towards, "okay what is it that I want, can I see what I want or Deb wants, but actually can I allow my action to come from the deeper part, from my God center, from pure consciousness?" And get to

hear the two voices you know, but only bow down to your center, your spirit, your God center, pure consciousness.

Q: The truth.

Jac: Yes the truth, don't filter it out and navigate it. I'm glad that you see that life really, you know, is nothing. Do you know, that the things you've done is just a life, and there's a kind of a 'so what' in how you talk about it, you know? That's great, because that comes with kind of a maturity of like, "it really was about nothing," do you know? It really was about nothing, things happened and there were stories with whatever ending, but really, really, what else? Do you know? And it's like, "yes" so it goes into proportion, you can see what living is and what experience is, that gig, the limitations that it has, you know? It's like, all right those limits don't apply to pure consciousness, to live from there they don't, but what does kick in is some kind of a, "oh my god is this movie still playing?" Do you know? For as long as the body is alive.

Q: 1:56:54 Doesn't it make a decision?

Jac: Yes, well they get made from someplace else, but it's like, "oh I'm appearing here again today am I, oh okay." There's a bit of that you know, "oh this perception is running, I forgot about this bubble, this appearance, here it goes," you know? There's a bit of that that something has to kind of give a little bit of attention to the physical, physical manifestation, whereas; actually just hanging out in pure awareness that's where it's at.

Q: It's okay.

Jac: Oh god absolutely, absolutely!

Q: 1:57:32 I think that's... I don't really have much else. You know there's a little tiny moment where I... If you looked at my whole life story I was always incredibly lonely, and I also realize that when I found this God that I started to believe in, and I started to understand this power of God I wasn't as lonely. So I heard you address that with Rosie yesterday, and I mean it's like in pure consciousness we're not lonely either because we're all there. It's where all the love really is, it's where everything is, so there isn't a separate sense of "I" and loneliness.

Jac: The idea of something being absent isn't possible! It's not possible!

Q: Right, and in our lives I feel like we'll never understand that, like we'll always want something else in the life.

Jac: The ego does, but you know the volume of the mind goes down and it stops looking for stuff.

Q: 1:58:34 **indiscernible words**, yes.

Jac: Yes, it just stops looking for stuff.

Q: And then it feels the bliss?

Jac: Sure! But the bliss comes and goes it's kind of overrated really, you know? It is really it's just another experience, you know?

Q: Yes I get it.

Jac: Yes it's just another experience, you know, and then there's little projects, phenomenal projects, and it's like, "oh yes my personality likes goals, okay let's set a goal," and you play you know, you just play. Because you know it can't deliver, it can't deliver, it's just like your life has been, you know? It happened but it still didn't deliver

wholeness, it can't. And there is no wholeness in that way, but pure consciousness doesn't revel in the idea that it's whole because it doesn't know the opposite of it, so there's no experience of wholeness there it just is complete.

Q: Here we are.

Jac: Here we are, apparently. So you don't miss the God that you had externalized?

Q: No because it's the power, it's the pure consciousness it moves everything, it's just there.

Jac: Yes it's just there.

Q: 2:00:11 Yes I understand that. I still wish you could tell me how to get like you know, the love of my life, the vacation where I get to like just go to satsang and Krishna Das, and you know have enough flow, income and all that. And that's why we can laugh about that because it will come if it's meant to come, and it doesn't matter if it doesn't because...

Jac: That's right it doesn't matter.

Q: Pure consciousness, you're just always all right.

Jac: You're always all right, that's right.

Q: I've had some experiences — since other people have talked about death here today — and it's like we can get that, we can grasp that in those very last moments. You know the point is to grasp it, for me, before the last moment because we can live our life in that state.

Jac: 2:01:13 Yes, and then it doesn't matter if you meet, you know the **cross talking 1 word...**

Q: 2:01:18 **cross talking.**

Jac: Yes exactly.

Q: Listening to everyone today, why would I want a man? But I do! Really I love all of you for being here, and being brave enough to come up here you know, like "wow!" The ladies in your lives are lucky ladies, and you notice there's a lot less of you than there are the ladies here. Anyway, thanks Jac.

Jac: Yes, thank you Deb.

The End