

(Man singing behind slide show of Jac photos fades into scene of Jac sitting across from female participant – conversation already in progress.)

Participant Jenna: Does that make any sense?

Jac: Yeah, yeah. For different people, uh, the movie appears in a different way. For some thoughts still continue. I know I've heard Mooji say that: "Yeah, thoughts didn't stop. Thoughts didn't stop." But there's no stickiness to them. They're...they're not his. But thoughts don't stop. For...for me, there's...there's, there's very few thoughts. Is one better than another? Not at all. Maybe I'm just not alert enough to know that there's thoughts there. You know? And that's possible too. Do you see? But there's kind of a ...a carelessness about it – about both – there's kind of a carelessness. Because it's...it's – you know – there's an I-don't-mind position. You know? There's nothing there who minds, who takes care. Who...who...who...mmm...who...who is monitoring, or who is saying: 'It must be like this...it must be like this.' So whatever way it unfolds for you will be unique to that unfolding. Because manifestation doesn't double up. It doesn't double up.

Jenna: I'm not sure what that means.

Jac: Every version of what creation can come up with is different to the other one. No lu..two Beech leaves have ever been the same. Ever, ever, ever, ever. Imagine! And they're like this size [Pinches thumb and forefinger close.] So manifestation doesn't duplicate.

Jenna: Oh, I see – the way it's seen from one – if you want to call it vantage point – is not the same as from another one.

Jac: Yes. Sure. Sure. So...so resonating - the truth that has resonated for you today – that you know, 'Yeah I know that, I know, yeah.' Something *knows* that. Stay there. Because the unfolding of what mind does with it will be particular for you. So I'm reluctant to kinda say: [making check-off marks in the air] yeah, it could be like this; it could be like this. It's like, uh, yeah, don't be bothered with it! Keep attention underneath it all.

Jenna: That's leading to the next question. Um. Because the thoughts do quiet and then there's still...something is seen. It's not any thing, but it's some thing is seen. It's not a physical thing. It's like a...I don't even know...what to call it. That's why I'm calling it a screen. That's the best way to describe it. Um. But it's not...there's no concern about it. And it...and I...there was also...there's also a realization that what...I'm going to call it a "flash screen" – what's seen on the "flash screen" in daily life - if there's no resistance, it just...it just happens. Even if...there's not an expectation of how it should turn out. Sometimes, I mean...

Jac: Ok. Ok. Ok. It seemed to be just happening, Jenna? Ok?

Jenna: Yes. And I can go with it. And...even if it wasn't what I thought...I – you know: 'Oh, I'm going to get ready to come to satsang at this time' – and something else happens. So can still go with that. Um...and it was ok. Yeah. Um...

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Jac: Ok. Ok. Sure. Sure. Yes. Yes. Can I interrupt you? You know when you saying about you see what's on the screen, where are you? Where are you? Are you...where are you.

Jenna: Unhun. Oh, that's...where am I? Well, I suppose...

Jac: Yeah. Are you in the audience...where are you?

Jenna: It's more so when I'm alone...say like meditating or doing something...

Jac: No...are you the screen? Are you the movie? Are you the audience?

Jenna: Oh. Something watching the screen? Something...

Jac: Ok. Ok, that's the observer mode.

Jenna: Right. Exactly. I'm clear...I was clear that's what it was. And also when you said go...go beyond the mind, go beyond the observer...

Jac: Then you're the screen.

Jenna: Right. And...I know there's not a "how to" manual. But still the mind still wants to know - ok, how...how will that finally surrender.. How will that dis...dissolve? Because there's still a desire for that, you know?

Jac: The how of it cannot be known by mind, because mind itself is the thing that will be dissolved so it won't be there afterwards to tell the story of it. So the dissolving of it cannot be known. Because it takes a mind to know.

Jenna: Mmhuh. So long as it's...observing happens, eventually the observer goes away.

Jac: Uhhh. Ok. From observing there's one more step you can take. Go to where the seeing of the observer arises from.

Jenna: [Long pause - then makes empty hand gesture, giggles.]

Jac: [Leaning in.] That's right! That's exactly right. Yes. Yes. Yes.

Jenna: So that's the nothing.

Jac: Mind can't do it. Mind can't do it. Mind gets stuck. That's the idea. That's the idea.

Jenna: Yeah. Yeah. Is that kind of the nothing when...when the dream...beyond the dream...is literally nothing? It's...nothing.

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Jac: Ah...phew...ah. No. Because this is still an experience. Da...don't go to...don't try and set up what is beyond the dream as a concept because it's...it's just a distraction. Because there's no concepts – that's the whole point – it's prior to concepts. The movie is the concepts. So to think about what...what is beyond the movie is putting a concept there – so for sure it's gonna be trashed. Okay? Okay?

Jenna: Ok. I guess so, yeah.

Jac: Just know what - that's what you are. But it's not knowable like – [singsong voice] 'I know what I am.' There's just stillness. But there's that kind of certainty going on. About what? Not sure. But there's a certainty. A calmness, a stillness, a silence from it. As often as you can, go to where the seeing of the observer arises from.

Jenna: Does the mind literally disappear...I mean, when I say literally...

Jac: The me mine...the 'me-mine' part of...the ownership aspect goes. The ownership.

Jenna: Ok. As long as...I'm going to say awake...as long as it's *seeing*...it's doing this – you know, asking questions...and observing...

Jac: It's not as long as it's seeing, it's as long as somebody *believes* that they are seeing, that they are separate and that they're seeing. So then there's me who's seeing... there's ownership running because there will be questions. Because there's me who wants something out...something worked out. Because there's me who owns these thoughts. Have I just given you a spaghetti brain?

Jenna: No. I get it.

Jac: It's the ownership. It's subtle. It's subtle. You know? But it's the 'I, me, mine.' It's that story - that is what goes. That's all. That layer. That layer.

Jenna: That goes. There's still...it's still...well, there is seeing...it's just not...

Jac: A 'me' of seeing. The me is a mo...is totally implausible, a crazy idea – really. [laughs] It is seen to be an idea that just has no basis anywhere.

Jenna: Right. Every time it's looked for it – it's, there's nothing there.

Jac: That's right. That's it. There's nothing there. Place your attention there.

[Long Pause]

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