

Unedited First Draft Transcription - How to Live Without the Rat Race - 2014, April 06 (PM)
Toronto, Canada
#06 through #21

Questions & Answers:

#06 / 00:27

Q: It's funny how sometimes words are inadequate. So you've heard the expression, "we're Spirit having this human experience" or pure consciousness, I'll refrain that now, and now our roles have evolved into Spirit having a human doing experience versus human being experience, and my question to you is, why is it that the ET's of the world like Eckhart, that's my acronym for him, need to hit that proverbial rock bottom to become awakened? I had my park bench experience; I spent the past year in bed healing my cancer, and I have a clean bill of health now. During this time I have no TV, I have no distractions, so I spent the entire time just in the beingness and the nothingness, and the only time I would even leave or get up to go out was for intravenous vitamin C treatments etcetera. So I can say that this experience has led me to glasses off a large part of the time now. My concern is, I've seen a few medical intuitives who have stated that I have this extreme sensitivity to energies, and a few of them were psychic and they said, "caution yourself against these sensitivities, and that could have been a large contributor to these chest issues." I guess I'm framing two questions, why do we need that rock bottom experience if we are born with pure consciousness, and secondly, how do I shield myself from these energies in order to keep the glasses off? The knee-jerk reaction is to put them back on to protect.

Jac: 2:46 Yes, yes, okay so the hitting rock bottom, separating from the ego that sense of ownership, me, my life, my anything, is another way to phrase what the ego is, it's the sense of ownership, so most examples of when people are pulling back from some bit of drama and getting to see, "oh that's what I get caught in," as they pull back there is a moving of your perception out of the ego. To go the other way is to go to the depths of the absolute ego, and you can burst out that way too, you see? It's like there's two directions from this ball of energy, that's all it is. And what we've been doing all the weekend is like pulling back, pulling back and going way back, all right? But for some it actually is so dense that you pop, you break through the other side. It gets so intense that actually it breaks your neurological pathways because it's too much, it's too deep, there's too much of it, and that's what depression is. Depression is, "everything is about me," every single thought, everything that somebody does has a reflection on me, you know, and I get every sense of myself from every thought because it's all about me. And it's hugely painful! You know, just to have that constant darkness, darkness, darkness, that feeling in your belly, and it clouds mind, body and spirit at every level, and that's the ego at its richest. Depression is the densest form of the ego. And what happens with depression? It's actually a window, that it becomes so bad you can pop out, awareness pops out from it, you see? It disconnects from it and sees what it was. So it's like whichever direction, do we pull back or is it actually going to pull you in so hard that you pop out the other side. That's what happens there. So not everybody needs the deep darkness, "the dark night of the soul," to pop through. Some do and some don't you know, but every path is different. Most of us chip away at stuff you know, it's a progressive path for most.

Q: 5:07 So it's not as apparent or evident as the park bench?

Jac: Correct, yes. Most of us just chisel away. You know, I've worked with a good few people that are like, well life.... and I've asked them, when was there the last sense of, "oh gosh I'm my body I'm caught, my story, my spiritual stuff, is just a concept, I'm here." You know, and I've met people that say, "I don't know a few years." "So why do you think you still have work to do?" "Is that it? Is this really it?" It's like, "no ownership, and is there peace and calm all the time?" "Yes." "Is there searching?" "No." "So what did you think was going to happen?" And we discover, "oh bliss," and it's like, "these are just experiences do they pass through?" "Yes but you know....." It's like, "yeah, uh huh, uh huh." So it's amazing the amount of people really who I've come across who don't even know, because you can't see yourself. It takes somebody outside to actually go through it to say, "well you know, everything that actually is a component of the I being owned, the personal I imagined to be real, if none of those characteristics are there and a few years pass by then it's probably all over." Do you know? And they don't even know, don't even know. So it can be that gradual. All different sorts.

6:48 Your second question was about protecting yourself? So it's around protecting your physical form from its reaction to some energies?

Q: I believe that that is what this intuitive was stating, and I largely also believe that the reason that I did develop this hiccup or portal is due to environmental factors, the sedentary lifestyle, huddled in front of computers, energies, lack of movement through the space, stale energy, and things like that.

Jac: Yes, it creates blockages and off we go.

Q: 7:39 And it affected me very much psychically as well. Something you said Friday tweaked me, you had stated that it is okay to put your glasses on and play the role, and then go home and take them off as usual, and I had a question at that moment surrounding the fact that, why should we ever put them on? I'm tired of playing roles. I thought, "I don't have any roles left to play," and so part of my energies are surrounding those role playings too. It requires for me energy to play those roles.

Jac: Does it?

Q: Yes.

Jac: 8:26 Okay it's a bit smoother than that. It's like you would talk to a child in a different way than you would talk to an adult. It's like that, because some faculty of our intellect is required to know that we talk to a child about childish things and what they can understand, and we talk to an adult about something that a child might not have any exposure to, and so what is it that would know the difference? So taking that to another level, we live in a culture where you know, we wear a certain type of clothing to work and a certain type of clothing for bed, and a certain type of clothing for the gym, and you know all these kinds of norms are roles too. There is a societal set of norms, and I lost them for some years so I know, you know? 9:32 I remember the very first international satsang was in Chicago with Richard [indiscernible last name] this guy who filmed me and made the [indiscernible name] channel, and I came down the stairs in the morning and I remember everybody saying, "Jac wear different clothes every day because it's on camera, and then it's easier for me afterwards to edit the stuff and know what clip was what day." And I remember thinking (sound effect 10:06), "remember to wear clothes everyday, remember to wear different clothes every day." I remember trying to consciously rebuild, "so before I go to bed every night I will put out the different top for the next day." It was quite full of effort to actually kind of, what's the norm here, what's expected, what do we

have to do? We don't live in a place as free as India where you can just you know, live with a towel wrapped around you, which is fine. We just don't we've got certain things that require us to behave in a certain way, and I see them as roles. I see that as kind of a social norm, as a set of ways to allow the functioning to happen smoothly, you see? So it's not a case of pretending a new persona, it's not that deep in it at all. Do you know? It's around, well if certain things need to be delivered at work, sure, the professional is what goes there. If you're a mom then certain requirements are placed there, you know? And none of these is actually who you really are. That's about as deep as the roles get. If the roles are making you tired then the one who is playing the roles must be also a role. Like if pure consciousness is adapting to what is required in a scenario, that's the role. Pure consciousness doesn't get tired of adapting in manifestation. It doesn't, it just picks up the guidelines in whatever way it can and it performs, you know it engages, participates, but if pure consciousness were to get tired of creating itself so that it can fully participate, then it's not pure consciousness and something else has loaded on top of it before the role is played. Do you see?

Q: 12:06 Okay I have to let that one sink in for a little bit. What if it's more about.... I'm trying to come up with a metaphor that applies, like a compass or navigation system, what if like you've lost that in a way?

Jac: Yes.

Q: 12:49 Not you, I.

Jac: Yes.

Q: I mean this past year feels like every story has that arc, and I'm just coming out of it, and the arc of healing and everything I've experienced, so it's like now I'm looking around and it's feeling like a ship bouncing at sea and no compass, and so how do I play those roles? And when I start to think about it that's where I feel my energies sink.

Jac: 13:32 Okay when you start to think about it, okay.

Q: Yes, because it's all great and fine for me to have experienced what I did, and now I must come out of that proverbial cave and walk into the world again, and it's like, how?

Jac: Sure, is there any sense of what there is to do, like in terms of work, in terms of what to do with your time? Is there any sense, do you have a direction?

Q: 14:00 It's starting to build slowly, and I'm being with the gentleness of it. The previous marriage discussion, my marriage was my work for 20 years, so it very much resonated. I reached that point of, "did I give it all I could," and for my spiritual growth, and I walked away, and then the Universe said, "you didn't walk away quickly enough so here's the cancer." So that was interesting. So I gave that up, which was a very intensive career, you know a fifth appendage, blackberry pager tethered, that kind of lifestyle. So part of this new role acquisition is learning a completely different way.

Jac: A different way of being in the world.

Q: 14:56 Yes a gentler way, a way that is not pulling me in a multitasking, texting, answering my e-mails in an immediate fashion, and trying to really just be.

Jac: Yes, pulling back from the rat race.

Q: Yes, so it's like a complete relearning of how to walk out there, you know? That's the role that I'm afraid of acquiring again.

Jac: 15:37 Yes, well take it day by day. That's the most important thing, take it day by day, because you're learning how to navigate with a different ship, you know? You've got a

different vehicle now, and you know more about it, and you know what works for it and doesn't work for it, you see? If you can find balance in every day your health will support what you're doing. It's about balance you know, and whatever work you're led to, the people you're led to, it's like, "does it support me, does it support me, does it support me?" And if you have to do that intellectually for a while, so what, whatever it is that supports you. If you set that up you've got a good platform from which to move out from, but you have to take the baby steps first. Do you know? Because there needs to be a lifestyle that's not speedy, so you have to get that sorted first, your lifestyle. It's like, "well that's something I just don't do, I just don't do Facebook actually." Do you or don't you? So you just have to figure out what does your lifestyle look like now, and that's really looking at a day and seeing, "well what supported me today and what didn't support me today?" So there's a wonderful learning phase, a real fun learning phase, you know? Because you can pick and choose what supports you and what doesn't support you, and from there, okay you've got a balanced lifestyle. Now you can do something with your day 17:16 because you know what will restore you, and what doesn't attract you and won't slip down a rabbit hole. If you don't consciously build in those supports an old habit could easily, and I'm 99% sure that it will, start up again, because we do what's familiar unless we proactively move out of it. That's the danger, unless you are proactive now, and there's times to let everything go and let the universe carry you, and there's times to be proactive, and you need wisdom to know the difference, you see?

Q: It's huge.

Jac: It's huge! That's really important, because trying to live a spiritual life in the West is not friggin easy. It is not easy!

Q: Thank you for acknowledging that.

Jac: It's not easy!

Q: 18:05 Even as simply as, okay so I've been having tremendous fun not having a cell phone for six months, and there are ramifications because my friends are complaining. "Andrea, you know you're impossible to get a hold of." "You know you can't live without a cell phone." Even my dearest closest friends you know are..... I'm thinking, is it possible to live this.....

Jac: Yes.

Q: when you may be that lone salmon swimming upstream? Even though it's not like a dualistic perspective there it's just that this is how I will.....

Jac: Yes, I know where you're coming from. I can see what you're doing, yes, don't worry. Will know more in 100 years time you know, that if we take this huge phase of morphing, which we have to do because there is so much technology, there is so much advancement, and our lives are changing at such a rate that we kind of have to morph into something that is a slave of technology. Okay maybe we have to do it, but it's not going to suit everybody at the same time. It's not, you know? And if it's not honoring you to go there, what are you going to do? Honor yourself or just try to contort yourself to a system because that's how society is moving? You see we're at the time of the morphing. When the shift has happened we will be fine you know, that will be just the norm and our systems will be able to cope with whatever, or else they'll be banned, you know? I mean, we will work it out, but at the moment we're at the learning phase. So if it doesn't work for you to go into that technological age, then stand your ground girl! Stand your ground you know, "there's e-mail, and I check it once a day and that's it," and let your friends make the shift, you know?

Audience: 20:15 You're a pioneer.

Jac: Be a pioneer, yes.

Q: 20:25 I did make a T-shirt that says, "unatasker."

Jac: I love it! Yes that's great!

Q: Sometimes having a message out front and center allows you to fully be it.

Jac: Yes, to walk into your power with it, because you're reorienting yourself in a new way in the world, and you learned a hard lesson. So how do we figure out what supports you, and from there where are you going to go. If you do establish how to manage in the world in the way that feels right for you, if you can establish that it would be very interesting to see what would come from there. It would be very interesting to see what comes from there, and it will be something that will be appropriate, you know? Because if you look at it from the bigger picture, like if consciousness is kind of saying, "whoops actually I'm not going with the flow here I'm just going to completely go the opposite," and you know what, you're not going to make it if you go with the flow, because it will be, "that's wrong." So it's playing with this manifestation. Let's see what it will birth. It's going to birth something, but you've got to get your foundation solid. My hands are buzzing with energy, so there's something going on here, there's something going on, yes. You can feel it too? So it's like, yes you've got to get your foundation solid; how to be in the world and how it works, and there is no compromise around it actually because that's how you function. Do you know? And from there something will not be contaminated, lost, compromised, and as a result whatever is coming through is going to come through.

Q: 22:20 I will admit that I came close to picking my cave and.....

Jac: Yes, "that's the only way I can live, going to the cave."

Q: In order to maintain that container of everything you're talking about.

Jac: Yes.

Q: Feeling at some points that..... That Sensation came when I first started to step out again. "Oh red light, and I didn't put my foot on the accelerator in half a second and I got honked at," and that's where it all started, and then I, "ahhh okay." Although I didn't react to that it was just, "oh this is symbolic of that which I'm going to start facing again in life."

Jac: 23:23 Yes that's right that's absolutely symbolic, yes. "This is how the culture is and I'm not worried like that anymore." I slipped it out, I healed it out, so okay I'm not worried like that anymore; what supports this wiring?" And day by day, you've got to go day by day and figure out what worked for me and what didn't work for me, and really, really, do that carefully because there's nobody that can tell you, "okay do this, protect your energy field like this," and if they do it's baloney.

Q: Yes, I've heard theories and.....

Jac: 23:58 It's not going to work for you. No not for you, not for what you've been through. No it won't work. You've got to learn this, and you're going to learn something about the way you're learning it, which is going to be significant for the next phase. The, "how to do it" is actually really important for whatever phase 2 is. The listening that you'll have to do, you know that, "no I'm not actually doing that, I can't do that that's gone." "That's not an option here, but this supports me." "A little bit of that supports me but not too much of it, okay I'll monitor that." And it might seem very contrived for a while but it's only until you get a system of what's norm, your norm, you see?

Q: Okay that makes sense, “my norm.”

Jac: 24:49 Yes your norm, yes. It's not an off the hangar dress, you know? it's not, it's got to be decided and designed by you. You know you're pioneering something, as Peter said, your pioneering something and it's great. When you're bringing in something new you only get what you can chew on, otherwise there would be overwhelm and we would lose the integrity of going step-by-step and learning everything thoroughly, You see? That's the way you've got to do it

Q: 25:27 In the step by step that really feels so aligned with just what a gift it has been to just be in every minute of this past year. Weeks would go by and I wouldn't have a goal beyond, “I've got to get up and juice my kale” or whatever it was. So to go from that to hurry, hurry, hurry, is a big leap and it doesn't make sense. So I never framed it with step-by-step.

#07 / 26:43

Q: I'm hoping you can explain the paradox that just listening to you today has created in my mind. It seems that if you break our evolution into different stages, first stage is, in this life we try to learn our lessons to become conscious. If your Hindi you have all of these lives in which you learn lessons to become conscious, but the paradox in my mind is that if you're pure consciousness to begin with then what's the purpose of the lessons to become what you are?

Jac: 27:24 It's to know what you are. I've interpreted when you said, “to become conscious we learn our lessons in life, or as a Hindi we.....” Okay to become conscious, what I understand you mean there by, “to become conscious,” is to recognize who you are, which is to wake up, no? Is it, or....?

Q: 27:43 Well, we are all trying to become this essence.

Jac: No you are it.

Q: And that's the paradox, because if we are it why must we go through these lessons to become what we are?

Jac: No you are it, it's to know it. It's for you to realize it, it's self realization. It's only for you to know it. It's a mind job. You are it, and you just think you're something else, you see? You can't be more of what you are or less of what you are, but you've got this false identity running, and you think you're a guy, and you think you're having a life, and you think you're going someplace, and it's like, “you're already there.” You are already everything you're going to be but you're just thinking something else. So it's around resting in what you are, but we're more interested in the idea of living a life in separation until you like see, “Holy Moses they're just loops in my head.” Resting in what I am is total perfection.

Q: I understand what you're saying logically, but spiritually I still think if you are this consciousness how can you not know who you are?

Jac: 29:03 Yes, tell me. Do you know that you're God?

Q: And I'm trying to figure out.... I'm trying to balance that paradox of why it exists. Obviously I'll continue looking.

Jac: Do you know that you're God?

Q: Well no sane person would believe that we are God. At least not admit it.

Jac: 29:31 The ego, if it's seen, would not believe it's God. The ego doesn't because it believes in separation, because that's the evidence that the ego presents to your brain, which is that we are all separate, and we've things to do and places to go and you know, spirituality is just

another goal, like my career is a goal or what I want to do when I'm retired is a goal. We just have these ways of perceiving the world, and that's the egoic way of seeing the world, and so spirituality is a goal as well. It just keeps the whole story going, perpetuating it. If the ego says, "I am God" it's deluded of course, but if there is a knowing, a knowing that there's only God, that it's all God, and I am that, that's known and then there's no ego, there's no ownership, there is no issue.

Q: 30:22 So this may be unfair of me to ask you this, but God, let's say it's like the Big Bang theory, exists. So how does ego come into play, because initially we were all this God that you talk about, or this consciousness, so when did ego come into the equation to make us try to understand who we were in the beginning?

Jac: It's like the ego is where you forget what you are.

Q: Like the Garden of Eden.

Jac: 30:57 The Garden of Eden or you know, when you were born you probably knew that it wasn't really sinful, and these adults are talking a load of rubbish and making life complicated when it's really simple. And then we just get so much indoctrination from adults that we end up believing that it's difficult; I have to do well on my exams, and I have to go to university, I have to get a job, I have to provide, so it gets awfully serious and contracted. It's all about me having to be responsible, and it gets heavy and denser and denser, and then we've got a very solid ego. That's how it's built. So as more and more people wake up we will rear our children slightly differently, and the ego won't be as tight. The children will have the skills to manage in the world, but the ego won't be fully believed. That's where it's going to go. All the ego is, is that what you really are believes its own story, because you must be believing that you are a man if you don't know that you're God; one is believing and one is knowing. Not like intellectual knowing, like you know how to speak English, it's not that, it's like, "of course I know it it's like totally given." It's that certainty which is non-conceptual knowing. That's what comes.

Q: 32:21 So there can't be more than one God, so are we a collective consciousness, different versions of that singularity of consciousness?

Jac: You could say that, but the way your phrasing your question, "are we that," it's like you're imagining that there is a we and there's only that. The we comes in after the ego. Do you see? Because the we comes from joining together what you assume as separate, but actually there is the same-same in everything. It's like you've got a slab of gold, and you melted it down into molds which are bracelets and rings and necklaces and cufflinks. So you melt down your gold and you pour it into these things, and now we've got bracelets, rings, cufflinks and necklaces, but it's all gold. And you're saying, "but how do these things, how are they all gold?" We put them together and then they're all gold? It's gold it's just in a different shape, the bracelet thinks it's a bracelet, so you know if it was a human species and if it had the faculty that we have, the bracelet would say, "well I'm a bracelet," and the cufflinks would say, "I'm cufflinks and this is what I do in the world, and this is my place, and I'm minding myself." And maybe they do, we don't know! But it's the gold, that's what happens, when the ego dies you are only seeing the gold, and the rest of it is, "oh it's just different on the outside, but it's all gold."

Q: 33:58 Okay last question, so what made me a cufflink and this gentleman a necklace, and this one a ring?

Jac: Your perception.

Q: Okay I'm not quite at the point where I can rationalize this, but I know what you're saying.

Jac: If we could shift your perception you would see first of all, that this woman and this gentleman are what I am with a different mask, but they are what I am number one, but it's just different masks. It's like wearing different clothes. If you were to wear a red shirt tomorrow, are you a different guy? No, you're just the same guy with a different covering, and that's the way I see it. You know, this is what I am just playing in a different form, imagining different thoughts, but it's what I am. I'm actually having all the experiences together, but that's kind of way back there, and I can tap into actually everything that ever was, but that's me as consciousness and there's no sign of Jac then you know, it's just everything, everything.

Q: That will give me something to think about.

Jac: Yeah I'll bet.

#08 / 35:36

Q: I'm glad to hear the description of.... My experience in my journey has been more going..... rather than backup, backup, it's been going in, going in, going in. I've been going closer and closer in to my experience until it dissolves out the other side.

Jac: Ah ha, yes!

Q: I think it was last year you were talking about surrender and commitment, and those have been the two themes that have been going on for me this last year. This weekend the going back, going back, you know the first time we did it I was trying to do it with my mind, and then all of a sudden it just came up because I couldn't do it, and then it was just like it was there. Now every time I sit down to meditate I'm just like kind of winking out, and I feel like in the last month there's been a whole surrendering of a lot of stuff, so I feel like I'm really open here.

Jac: Okay.

Q: 37:08 There's some I about it but it feels tender.

Jac: There's an I about it?

Q: Yes, there is an I-ness to it.

Jac: Like in ownership, the ego I or a singular?

Q: It's like it has my identity. It feels like it's getting to be the last vestiges of me. Anyway, it's like I'm going out both ends of the same time.

Jac: 37:51 Yes! Huh. Is that okay or is are concerned?

Q: No, I think it's okay. It's been kind of a relentless journey, like it's been happening and then deepening and happening, you know it's just going on. When you took us on that meditation the first time, when I got back I just felt so.... It's like the texture of love just like the whole....

38:41 It used to feel like the calm of resistance is gone. I don't know what else to....

Jac: 38:55 Does it feel fluid? Sometimes it's kind of like liquid gold or warm water?

Q: It felt more fluid yesterday. Today it just feels like vibrating energy. I feel like I'm going to pop out both ends at the same time.

Jac: And what would it be that would pop out at both ends?

Q: The whole universe.

Jac: The whole universe, yes, yes. From here it feels perfectly fine. It will pass again like every set of sensations, the way it's moving and opening and breaking and evolving you know, every phase has its place.

Q: 40:00 You know the thing about not being able to understand what people are saying, like somebody will speak to me and like I just... so that happens.

Jac: Okay, the words don't make any sense at all.

Q: Not a bit. Usually I see what their energy is and I go, "yeah" or "okay" or whatever, and everybody seems quite happy with it.

Jac: I know somebody who makes T-shirts, and she could make you a T-shirt, "I don't know what the heck you're talking about." "Nod if I'm giving you the right response."

Q: It's the time of morphing I guess.

Jac: 41:07 Yes, and you know it's great if we can just isolate and the collective protects us, and we can be in our cave for a few months, but most of us don't get away with that. So while the breakdown is happening neurologically you've still got to go to the supermarket, and be sociable, and go to a birthday party, and..... Okay!

Q: 41:35 It's interesting, one of the things I really hate doing is financial stuff. I hate doing taxes, I hate doing..... And just a couple of weeks ago I sent, "oh taxes," and I sat down and I did them. I started at the beginning and went through to the end, and it was like not even a miniscule amount of resistance.

Jac: None, there we go. That's a very good test.

Q: So I feel like it's all happening, and I don't feel unsafe, and maybe it's because I've got enough stuff around me that I can go for a long time.

Jac: 42:30 Yes, I tell you there's a huge value in having your own house in order, you know your own lifestyle in order, because it really makes it much easier to get that established. Yes get your house in order, and from there you can move out. Really it makes a huge difference! Somebody was telling me recently that in the Sufi religion they make quite a point of it. At a certain point of your spiritual evolution it's like, "you get your act together, you know will take you to this level." If you've got a good paying job you've got no poverty issues, and you've made peace with those around you, you're in a stable relationship, or at least you can prove that you've had one, and it's like, okay then you can manage in the world, and from there it's infinitely smoother! It is! I'm kind of wondering how is this going to show up in our culture? I'm just so familiar with the Indian culture where you wait for your retirement, and then you give it full on, because you've reared your kids, your kids are going to mind you, you've got a little bit of financial security and that will support you then to completely dedicate to God, you know? And we don't have that here. So it's like we're just bringing this to the West really en masse in a way where it's going to be culturally acceptable or where it has become culturally acceptable. Non-duality isn't a cult generally you know, so it's like okay it's beginning to normalize, but we don't have any way of supporting. So it's beautiful to see like Dean was saying, "you know people want to meet every few weeks, every month or whatever, to get together," and it's like yes, in something that's not a church. So how do we do this? How do we do this? And it's for us to explore to see what works, you see? So yes, lucky that you're in a situation where there aren't too many life things. So you've got a good few things together, you've got free time, you don't have too many worries and you can see, "okay things are breaking down," but yes functioning out in the world is dodgy at times, you know?

Q: 45:00 It's actually getting better.

Jac: Yes, it phases out and then it comes back in a different way. So it's the times we live in. A lot of our questions are around the times we live in, and how to make this work for ourselves. And non-duality will be mainstreamed into something. It will be in 50 years time for sure.

Q: Maybe sooner.

Jac: Maybe sooner, sure, and wouldn't it be fantastic if it was in schools. It would teach our kids how to think, how to use the mind you know, but I don't know if we're going to manage to penetrate the education systems.

Audience: 45:49 I'm teaching background stuff, so.....

Jac: Oh good! So it's around that, isn't it? Of course there's going to be weird times of when you're like, I know you're talking and it doesn't make any sense at all, there is going to be all that. There is, because we've got to do it while we're in the world. I went off on a tangent, and I have no idea where we were. But it does feel fine, you know around that vibration that's here, and the pulling back that's kicked in, as well as you're like going deeper into something and you pop out the other side. It's like yes, yes! To have access to both gives you a great understanding of how the whole thing works.

Q: 46:45 Yes it's good, it's good. It's great, but am I doing it wrong? Like, I haven't been doing enough step back, step back, step back, but the paths I've been in have been you know, go in, go in, you know step closer to it.

Jac: Go into it.

Q: You know, step closer to it, step into it, step right into, breath, you know?

Jac: 47:06 Yes, the advantage of doing it that way is that denial is impossible. The disadvantage of going backwards is that if somebody isn't spiritually mature they will do this to avoid the learning issues which are in life. So if you do the stepping back and you haven't done enough work on the ground, then we've got avoidance and we will do varying stuff. So that's the advantage of going into stuff, you're not running from anything. You're feeling everything and you're chewing up experiences to the full and it spits you out, you see?

Q: It does, it spits you out. I sort of have the image of spitting experience out, but it's actually experience.....

Jac: The experience spits you out. It spits out consciousness.

Q: Come back. That's my other question.

Jac: If it happens.

#09 / 48:26

Q: So my mind doesn't want to come up here and my mind doesn't want to sit there either. So I think that my mind is wondering what's happening, and is there a need to know? My mind is fighting and my mind says, "I really should figure out what this is," and then the other part of me is like, does it really matter you know, it will pass. This too shall pass or maybe it is something that I really don't need to, but my mind kicks in and, am I going to be okay? Maybe it's a safety thing, and I have physical sensations in intensity in certain parts of my body. So is it just something burning off, coming up to be looked at, or is it just like, "oh cool that's happening."

Jac: 50:26 When there is physical sensations in the body that don't relate to an organ, it just doesn't make sense that it's an organ or a ligament, muscle, nerve, tissue, or whatever, then of course it's a chakra spinning out something, spinning out a story. So we have security, safety,

trust, am I'm I going to be held in the world; base chakra. Second chakra is me and other people, me and my bank account, me and sex, me and competitiveness, me versus, me versus, okay? And the third one, this is 1,2,3, these are the ones that give you physiological sensations because they're very dense, and the third one is me, my will, my self-confidence, my position in the world, my identity, my image, ego, all that. So 1,2,3. So just as a piece of information for everybody, it's like sometimes you know, you can go to the doctor and there's absolutely nothing wrong with you, and it's just because when you're on this path you're shaking something, and the imprint is leaving, leaving the chakra level. So if it's like, "am I going to be all right, is this safe," that's absolutely the base chakra talking, absolutely the base chakra talking.

Q: Well I would probably say it would be 1,2,3 at this point.

Jac: Okay, everything is rattling.

Q: 51:57 Yes, so then it's just something spinning out. That feels good then.

Jac: When something is spinning we have an option, we can go into the story of it and say, "no actually I'm not safe." "I'm going to take a break from this work right now," or "I'm not going any deeper into it," or you can say, "hey you know what, I'm just going to trust that that which put me here is taking care of me, and then I'm going to be all right here somewhere along the line," and to fall deeper into it. And that's loosening, huh? That will loosen it.

Q: That's all I need to know then

Jac: Yes great, just some tools around that.

#10 / 52:53

Q: I've seen you on YouTube and then we said with my friend, "let's come and see and meet you." I have had for the last few months a few huge experiences, huge for me. Huge, where I could see emptiness, complete emptiness, not attachment, and it doesn't matter what's going on out there it is complete nonattachment. I was in South America in a very crazy house, and there was not attachment with the other people.

Jac: Yes, a huge sigh of relief. Yes, something opens.

Q: 53:48 Yes, and then a few weeks later even realizing that that was me crazy, that was me too! Almost like taking them in with their own craziness, you know saying, "that's me too!" Even though they were completely nuts! Completely behaving very improperly, very badly! And you say, "that's a drug addict," but I can take you in that's me too. That's part of me too. And that also went like, (sound affect - sigh).

Jac: Lovely.

Q: 54:26 Thank you, I don't know who I say thank you to, but I say, "thank you, thank you, thank you." "Thank you, 10,000 times thank you to everything."

Jac: That's a beautiful prayer.

Q: "Thank you, thank you!" But I have gone from that..... Before that I had a lot of thoughts going by my head, but crazy huh. Even taking a shower and speaking to myself, and not knowing that I'm speaking to myself, (sound affect 54:59) and seeing thoughts going through my head, but seeing them, and really, really, nasty. They're all very divisive. They're all very, very.... cutting from this, cutting from the table, no no in the carpet, cutting, cutting, cutting, judging, judging, judgments, and I could see them go through. And I had that beautiful experience in December, and when I came back it lasted another two or three weeks that I used

to say, "thank you" every day. That was the only thing I said, "thank you." I don't know to whom or to what, but saying, "please thank you." But at the same time then the thoughts, the crazy thoughts came back, and I could see them and I would grab one, and I knew it was incorrect. I knew it was incorrect but I still did it, and I know the way out, because now I know there is some silence. Not the complete silence, because that would be a lie, but I know some silence is there, and I will still grab it. I said, "I'm a nasty girl and this is what I know." "This isn't the world that we live in so let's grab it." 56:19 And then of course I'm going bananas because my head is just going, and I'm speaking to myself, "I'm crazy," and I'm a very functional woman; my life runs very well, and I realized in the shower just (sound affects 56:36), all really nasty thoughts, nothing good, and then take a shower and said, "okay this is no good and I know it." No one has to say, Jack doesn't have to say it to me, my husband doesn't have to say it to me because I know it, but still grabbing on it to comprehend, grabbing to that stupidity that makes no sense! And the person that I do energy work with he says, "now you know the way out," because I can hear the silence, let's say 5 or 10% I can hear. Like when we sat here I was hearing that silence. Just a little bit of that silence, no? Not very much but yes it's there. So I know the path out but still grabbing the stupidity, and the crazy thoughts that run through my head. It's almost like crazy, like a mental, like it's a madhouse.

Jac: 57:42 Why would you do that to yourself?

Q: And I said, "is this conditioning? Am I doing this to myself because this is what's known?" It's almost like if I give you a beautiful flower and I give you rotten food, and I'm willing to take the rotten food because it's known, because that's what I've always known.

Jac: Yes it's familiar.

Q: It's familiar, and the flowers, "well let me smell it for 10 minutes today and that's enough." It's ridiculous! You say it in front of everybody, it's nonsense! "Why would you do that yourself it's your life, it's who you are with everybody around you, it's your whole family," and I still..... I know the way out, I know if I stay silent I can hear the silence at least for a few minutes, and I get busy enough, stupid enough, do all the stupidities that I need to do in order not to be there.

Jac: 58:55 So energetically your system must not be able to hold the silence enough, so it has to go into something that will (sound affect 59:08) bring you back to some level, you know, to something that won't blow your circuits, you know?

Q: Yes, and if you ask me, "how did you get into that experience," I have no idea. "How did you come out of that experience," I have no idea.

Jac: Yes, yes.

Q: "Can you go in there again," I don't know. I don't know how to go in there again. Now what is it that I do in order to get more and more further away? I know, because there's a few stupidities I'm doing in order to move even further away from, which is nonsense. And here I am.

Jac: And here you are.

Q: 1:00:04 And that silence I can keep it for a few minutes. I can be there, I can truly hear it, and it would clear up, but then I start doing things and it disappears. It's not stable.

Jac: No it's not stable enough, no. So whatever part of your energy can't stabilize in the silence is looking for the anchor in the density.

Q: 1:00:36 Yes.

Jac: You see it's finding some recognition and it's grounding. It's a recognition of the density where it's like, you know to lift you to there. For some physical detoxing and stuff helps to lift your frequency, to go up. For some that works.

Q: 1:00: 57 Yes, and every time I've fasted, I haven't done it in years, three or four years, but that brings me in, beautiful.

Jac: It clears you up.

Q: Yes it does.

Jac: 1:01:09 If you're ready for it you could do something that will shift your vibration, so that you don't have to dilute the silence with the density, so that you can manage. You see, in order to function in the world it's like, "whoa too much light, too much light, let's grab some garbage again and put some darkness into the mix" you know, and then "okay she's ready again for a bit of light," you know? This is what you're doing you're mixing the two energies.

Q: Yes, and thank God at least I had some experience of the light, because from what I see I was stuck in the darkness.

Jac: Of course, most people don't even know that they are stuck in it, and they can't do anything about it.

Q: 1:01:53 Exactly, it's yucky, yucky, yucky, yucky.

Jac: It's total suffering, but you think that's how the world is. That's the perception you're looking at and that's how the world is, and it's like, "oops."

Q: And now I have flashes of that that I say, "ahhh." I'm in awe when I'm there. Flashes, just small flashes, and a few days that I had the experience in early December, a few weeks, let's say a week and a half, but nothing beyond that, but I have flashes of that space, just flashes, and then I go back into the nonsense again. And almost knowing, it's not even conscious knowing, if I grasp that and I go and just this is not..... and I'm here to stay.

Jac: 1:02:43 And is it worth it for you to.... Kind of answer honestly rather than giving me the right answer, does it feel like it's worth it to grab the dense negativity?

Q: When I'm in there?

Jac: As you're grasping it, does it feel like it's worth it? Do you want it?

Q: To be honest I want it, and after a few minutes I regret it because I know the way, and this is not the way out. It's almost like my body just says yes because it's what I know, and it gives me power, and it gives me my life back, but then I say, "no I know this is not okay," and sometimes I'm.... It usually happens in the shower. So many things happen in the shower.

Jac: Yes so many things happen around water, running water, it's amazing.

Q: 1:03:31 It's amazing! And then sometimes I don't even have to wash my hair, I wash it every other day, and sometimes I wash it just to say, "get it out, you get those crappy thoughts away from me," because I grasp them and it makes me strong, but a minute and a half later I say, "this is not it!" I know this is not, I know.

Jac: 1:03:55 If it is just a couple of minutes this is great we can work with this.

Q: In the shower, but during the day when I'm lost, no. Sometimes I say, "where have I been for the last two or three hours?" These stupid thoughts, and they're all bad, and no one knows, because you don't need to know, but they're all bad. But you grasp them, you put a judgment, you cut your reality from everything else, 1:04:22 and then there you are with a [indiscernible word].

Jac: Yes, then you're in there.

Q: 1:04:26 And then you're there. Like let's say during the day, two hours or three hours, and then when I realize it, "not again!" It's all the [same indiscernible word as above] I don't want it anymore.

Jac: Okay, okay.

Q: And I realize that and then I go into silence for a few minutes, and I say, "okay, now maybe I can hear the silence just for a few minutes," and then everything opens up and I can see the colors, I can hear the (sound effect 1:04:59) it takes me there, but then I get lost again. It's as if it doesn't have a ground to stand on.

Jac: Yes, you're not stable in either. You're not stable in either perspective. You can do things with this, you know? If fasting worked for you before, then fantastic because if you change your physiology it definitely helps. There's no doubt about this it definitely helps, because it's like, have you ever noticed that if you drink a couple of beers the following day the quality of your thoughts is different. Do you notice that? Like with a hangover, the quality of your thoughts, actually the subject matter of your thoughts is different, you know? Because chemically it's in there with what thoughts you download you know? What thoughts I can download, it's like the baser you know, it's like the grosser, denser, and your neurological pathways are picking up the thoughts, you know? So sure, of course if you detox your body there won't be as many hooks to pick up the negative thoughts that are cruising by. There is always all kinds of thoughts cruising by, and it's fine, but going in and attaching to them, if you don't have any density in your body it's not going to do it that easily at all.

Q: Really?

Jac: 1:06:25 Yes, that's one trick. Now, if somebody takes that advice and they're not ready for it, then they just become a fanatic about fasting and they'll probably do more damage than good. So it's got to feel right. It's got to feel like, "okay actually I'm going to experiment with that and see what my thinking is like for the three days after I do a day of water only," and experiment, and really get to know how your system operates around the relationship between food and you're thinking. That's one thing you can do. It will continue to break you know, the length of time that you spend in the dark thoughts, the second that you spot it, if it's 4 hours later or 2 minutes later, as in the shower, the second that you spot it you have to leave! The second that you spot it if you still stay there you're in trouble, and your opening to the silence will close.

Q: 1:07:26 Really! So I have to leave from the thought and say, "that's enough."

Jac: The second that you see that you're in that thought, it's like, "whoops I'm out of there." You leave immediately.

Q: And you say it even physically, you say, "that's it!" Sometimes I say it in the shower, "that's it!"

Jac: If that helps you, whatever helps you to like, "it's a thought, I'm not going there I'm out of it now." So that would really help. It's literally just.... What you're doing is you're using your mind to bounce back to the observer, to separate from identification with the thought. So by saying that you're like, (sound affect 1:08:01), you're forcing the separation. If you see the negative thought and you still play with it, then you're not ready. Then you're not ready at all. It's like okay keep doing that until you see, until you've got enough of hurting yourself, because somebody who wants to hurt themselves and who doesn't deserve it, and who enjoys suffering, and thinks they deserve no better, all of those beliefs are running in somebody who recognizes

it's a dark thought and still stays there, still chooses to stay there even when the observer window is open, but they choose to stay running the thought.

Q: 1:08:36 Well I would say I do half-and-half, because sometimes I say, "that's it, stop [indiscernible 2 words] because I can't take you anymore and shut up!" And I just go....

Jac: Yes you shift your attention.

Q: 1:08:47 But sometimes it's like I'm there, and I know I'm there, and I'm hooked, and in some moments you say, "that's enough!" And I say it loudly, and my husband, which is a beautiful man, a beautiful man, sometimes knocks on the door and says, "you've been screaming for the last 5 minutes, can you be quiet?" Because there is a baby in the house. "I have been screaming?" "Yes cutie pie you have been." And because we do the work together he understands, but he says, "yes but you have to realize that they're coming," because the thoughts are there, and sometimes they're rivers of thoughts, and I just grab one, but there's so many!

Jac: 1:09:37 Sure, but a stream of thoughts is all right. It's all right it's the..... It's much easier to work with pulling back to observer than being on high alert before a thought comes in. It's like that does something to the nervous system that I don't think is useful. You know, we're kind of like on high alert or watching out, and it's like hmmm, you know you might see it coming but if that doesn't happen naturally I wouldn't force that one. But yes, the moment that you see it. If your practice is, "no I'm not having it," do you need to go that strongly? Because then what mind tends to be doing is it's building a resistance to thoughts, which actually is just more mind. It's just a different type of story with the same energy. So if you're fighting a thought you're probably building a little bank of resistance to the mind, and that don't help. So it's a case of I see it, "drop it." Two words should do it, "drop it" or "stop it." Back to observer, "okay what am I placing my attention on? Place it on the breath, on a mantra, and, "what's the name of my shampoo?" Or whatever, put your attention on something else. But to put your attention on a fight with a thought, that's not out of it, you're not out of it you're building resistance. You're building another story with the same energy. The second that you see it drop it, my attention is on something else, and that's it. Singing is a great thing to put your attention on because it's lighter, you know your voice and you're listening and words, so it takes your attention. It's easier than the breath because the breath is very subtle, you know? So if you've been in a dark place, and you've been like murdering somebody or getting revenge or something, you know it's like, stop and sing (singing), and you know it's like, "okay give me the words of some song," so it tends to engage more faculties. So something that breaks, that takes all your attention so that the river is out of sight for a while. That would be good.

Q: 1:12:06 And when I'm in that silence for a few minutes, how do I extend it? How do I ground it? Because I know what it is just a little bit.

Jac: Do you meditate?

Q: Yes, I used to do it constantly, but what I find is that when it's in body, I'm a very body person, when I know that all of those good feelings are within me, when I'm drinking the tea, when I'm doing.... 1:12:36 when it's in body it feels really [indiscernible word]. It doesn't feel I'm segregated meditating, because I've done that and it works, but I love it when it is in a day to day 24/7. When it is real to me not when it's spaced out. Yes I can sit down for half and hour and meditate, but I need to hear that silence, almost like more often during the day while I'm cooking, I'm cleaning, I'm working.

Jac: Yes, it's only a matter of putting your attention there, you know?

Q: Just giving it space.

Jac: Just giving it your attention. Play with this. See if you can put 50% of your attention, roundabout, and it's like, "okay I'm going to put my attention on that silence and wait to hear it," because that's your way, and when you hear it it's like, "okay that's the background noise, and I'm going to feed the baby now with this background noise going on." It's like a radio or something, "it's just background noise of silence, and I'm going to move from here." Embodying it is like, I've used this example a few times, it's like when you're just pregnant, and you know you're minding yourself, and you know you have a secret, but it's too early to say something. Do you know? It's almost like that. It's like there's something still in here, but I can still function. So it's like dividing your attention in that way, that same way where most of your attention can stay inside, because when we put all of our attention out in the world identification happens.

Q: Yes, and that's my day.

Jac: Yes, we're inside out. That's what the ego does it makes us go inside out. The mind was never meant to be that so far out. So start to pull your mind in word and see if you can operate with.... You move slower, that's what will happen. You will physically move slower until you get used to it. So keep some attention inside and just take out enough attention to operate. Play with it, play with it and see if you can do that. That's worth practicing.

Q: To me that sounds very real because it's day to day.

Jac: 1:15:09 It's working on embodying the access to that which is prior you know, and you're picking it up as silence. So it's like, "okay work on embodying it, come on don't bleed it out all the time," you know? Keep but that awareness and let functioning happened. Let your day happen task by task that's all, because you lose it after like 1 minute and then try again, because it works, it totally works because there's just always that access.

#11 / 1:15:45

Q: I have another question but maybe it's for everyone. Why are we here for? Consciousness is here to.... being lived, to manifest. You said it's a circle of energy coming back and forth, so what's the meaning? Does it have any meaning?

Jac: 1:16:03 We are not here at all. That's the truth, we are not here at all. There is no we and we are not anywhere. We never left what we are, so this is just an idea being believed.

Q: Because in that huge experience I had for a few days the concept of where time stopped. There's no time.

Jac: 1:16:23 No, there is no time.

Q: There was no time whatsoever. 5 minutes or 5 hours was exactly the same, and that brought me to tears. There is no time, and now I know it. There is no one that can say anything because I know it. You don't have to say yes or no because I know. You know when you know, and it's so beautiful, but I said, "well if there is no time.... I didn't see space. People asked me, "did you see how space works?" And I said, "no way jose, I have no idea."

Jac: Space is finer than time, it's further out than time. In the sequence you hit time before you hit space. Space is a more subtle concepts than time, and it too is a concept. Everything is a concept believed into manifestation, everything.

Q: 1:17:12 So absolutely everything, even the body I carry?

Jac: Absolutely everything, from an ant to Mars, to E.T., all of it are concepts believed into manifestation. All of it! All of it, even God is a concept believed into existence.

Q: 1:17:34 No, that I comprehend..., that I semi-understand; I never understood that very well, but even physical forms, the one that I'm touching now?

Jac: Yes, yes it's a concept believed into existence.

Q: Because time I know now, and no one can take that away from me, so space is beyond that?

Jac: Yes.

Q: 1:17:59 And matter is even finer than that?

Jac: No, matter is denser.

Q: It goes the other way.

Jac: Yes.

Q: 1:18:04 But it's exactly the same concept?

Jac: Yes, it's a concept believed into existence.

Q: And why do we need that concept?

Jac: 1:18:14 We don't need it it's just how our species operates. These are the things that we perceive in order to make sense of the world. It's like you know some insects have multiple eyes in order to..., and that's the world for them. We see in 2 dimensions actually and then we make it 3 dimensions in our brain. It's actually 2 dimensions and we make it 3 dimensions. Science knows that now, and a lot of people have spiritual experiences like, "oh my God everything went flat." "Everything was like paper thin, everything just collapsed," and it's like, "yes that's how it is." It's just that the 3-D making faculty got turned off.

Q: Wow!

Jac: Yes, it's wild! But it's what we create and we assume it's real.

Q: Exactly, and it's all done through consciousness with the mind.

Jac: Yes.

Q: 1:19:08 Who was the first mind then? Who created the whole....?

Jac: It didn't work like that, it's just consciousness keeps unfolding, manifesting it which ever way it can, because it can. Just because it can.

Q: Really?

Jac: Yes really!

Q: Well I hope in 10 years I can say, "I know that!"

Jac: Why not?

Q: Because I know time, I know time....

Jac: You can know that right now if you're done with the story. You can know it right now.

Q: 1:20:31 I can't see you anymore.

Jac: Let's see what happens next.

#12 / 1:21:51

Q: I started talking about disidentification. Now there's a teacher who says that if consciousness is vibrating at a different wavelength it is so much detached. If it is, just like in my case, at a certain frequency which is low then it's body identified, and then he says you can make it vibrate at a different frequency, a higher frequency. You had the experience because you can see people's chakras, and you can observe other things which the ordinary person can't do. He gave me the impression that because your consciousness is vibrating at a different level,

that's why those things were available to you. You could see them even through fleshly eyes because you're vibrating at a different wavelength. Now, is it true that a person can be disidentified partially or different levels? He's bringing this wavelength thing in there, frequency thing in there.

Jac: 1:23:30 Yes, but that makes perfect sense. It's like what the last speaker was about, if she cleanses her body her frequency will go up and she won't be as accessible, she won't magnet or pull, draw the negative thoughts towards her. If she cleanses her body vibrations she will pulsate at a different frequency. So it's just a different language for the same thing, because at the densest point is the ego, and that's the lowest frequency we can pulsate at.

Q: 1:24:03 Totally body/mind identified.

Jac: Yes, and that's the densest frequency that we can manage.

Q: Yes that's what he says, if you're there that's where you are.

Jac: Yes, and there's certain things that you can do to lift your vibration, you know keep good company, meditate, spiritual practice, an attitude of gratitude, you know all the mindfulness techniques. All these things lift your vibration, they change your frequency.

Q: 1:24:29 You mentioned techniques which can help us to vibrate at a different wavelength, but he says, "no you can choose it." "Vibrate at a different wavelength and follow your bliss." I read those words, "follow your bliss," and I said, "brother, do I want to follow my bliss ever." All my life I've been trying to do that, unsuccessfully of course, you know? But he says you can do it, but he doesn't give a technique or anything. He doesn't mention any. You mentioned that certain doings are, just like you mentioned, food can help, meditation can help, other things can help, but he doesn't go into those things. He just says, "hey change your vibration." "Higher frequency follow your bliss."

Jac: 1:25:30 What's bliss in that context?

Q: You are in ananda.

Jac: Okay, it's just another experience. Ananda is just another phenomenal experience then.

Q: It's not an experience..... Let me define what I call direct experience. To have a direct experience of this thing I have to become this thing, and then I'll know.

Jac: Yes.

Q: This is the way it is. Sat-chit-ananda is a direct experience, so if you are it then you will know what it is, otherwise you won't.

Jac: Otherwise you won't, okay.

Q: 1:26:15 No, otherwise conceptually you can imagine, "oh yes so and so described it this way, and you know I understand this way....."

Jac: So follow your bliss means to place your attention on the happiness and peace within or.....

Q: Yes that's it. You will be happy and at peace.

Jac: The phenomenal you or the real you?

Q: 1:26:35 He doesn't make any distinction in the preview. You know that's what the title is, okay change your frequency, go to a higher frequency and follow your bliss.

Jac: 1:26:47 If that makes sense to somebody great. Try everything you know, try and see what works.

Q: But where he's coming from, according to you, does it make sense? I just wanted to know if he's giving me the right information. That if I listen to him and say, "ha, now I understand him," then I'm getting the right information. I want to confirm.

Jac: For me to answer that I'd have to meet him or read his documentation or something, because I'm getting your interpretation of it, and then it's my interpretation of that. So it's like I'm not informed.

Q: Okay it's secondhand. I didn't attend any satsang with him or anything, so I really you know, that I resonated with him or not, and he talks about this resonance and high-frequency. In those terms all the time he expresses these things, and I thought maybe this is the new language of advaita that's coming in. You know, people are using new terms in modern language.

Jac: Sure it's going to change, yes. There are just frequencies, pure consciousness is a frequency and it gets denser as it rolls out, and as we go back we go back to a finer more subtle.....

Q: Then it makes sense.

Jac: Yes of course, it's all energy you know?

Q: Yes it is.

Jac: Give it a go. Try everything, why not?

Q: Thank you, I'll follow my bliss.

#13 / 1:28:40

Q: Basically what seems to be happening is my experience is in front of my understanding, which is probably good. Even though I read a lot and study a lot it still seems as though what I experience I need to understand in retrospect. So that's why you're a big help. So I was Tiruvannamalai again this winter.

Jac: Oh lucky you!

Q: 1:29:12 It was so good. It was for two months this time, and when I went..... my experience in the past had been a very passive thing, you just go there and it cooks you. So I figured you know, more of the same would be fine. So I sort of said to the mountain, I just said, "okay do it, just do whatever you've got to do."

Jac: Yes.

Q: And nothing happened.

Jac: Ah I love it!

Q: 1:29:41 So I kind of just hung out, and the other thing is that in my previous visits I had been very solitary, so I just hung out with one friend and even then.... And this time I just met people. Every time I turned around I would meet somebody new, even though I wasn't really looking for it at all. So I ended up being really social. Way more social than I am in my normal life. I was just being with people all day long, which was fine up to a point, and at the very end I backed off and spent more time alone. But a few things came up after a while but they got resolved really quickly. The mountain is quick, and if you're ready it just does it. There was some bliss from time to time, and some really fun experiences, like really pleasant stuff, but overall nothing much really happened. I came home about three weeks ago and sort of reengaged with normal life, and the normal frustrations with work and everything just came right back, but what was interesting was that they were so far on the surface, like way up there, and down here was a stillness that I didn't even know I was experiencing until I had some reference point. So that seemed to have happened when I was there.

Jac: 1:31:10 And it's with you since?

Q: Oh yes, I mean we'll see what happens next, but up until now it just seems really there. And the normal stuff of life, the normal turbulence, frustrations and emotions, are all there but there just way, way, up on the surface, like a long ways up, and they just take care of themselves so they're not really too much trouble.

Jac: Yes, yes.

Q: So that's sort of it, and I'm just curious as to what you see in all that.

Jac: 1:31:51 So am I correct in saying that the perspective has shifted and that life is at the surface, and where you're looking from is down in the depth?

Q: Yes I'm down here.

Jac: Okay, can you dissolve into the water or whatever is down here?

Q: 1:32:17 The dissolving is interesting. When we did the meditation thing this morning, yesterday I actually fell asleep which was kind of curious, but today I went someplace I've never been before that seemed accessible in a way that never would have been in the past. So this dissolving seems to happen. In the past you've talked about going back and all that stuff, and I could go a layer or two you know, but you would lose me, and this time kind of.....

Jac: 1:32:53 Did you hear that folks? For the people who have gone just one or two layers, it's like, "look, look." Two months on the mountain might just..... but it moves you know, it does move. Tell me about dissolving. If the idea of dissolve resonates, what's your understanding of it?

Q: Well that happened on my first experiences with the mountain, where it felt like melting or dissolving. That's what was happening, and I didn't have any understanding of it at all but it was really good, and I just went with it. So this time I didn't really feel that at the mountain, for whatever reasons, but nothing much really seemed to..... I had a really great time.

Jac: That's important too, you know, experiences being had.

Q: And there were some really good moments, but anything really noteworthy, there's nothing to.....

Jac: 1:33:51 But the dissolving right now, like work is stuff that happens and it resolves itself up there, what does it feel like? Give me a taste of what it's like to dissolve. I want to see what happens.

Q: 1:34:02 Well the dissolving, for me it was less dissolving as more stillness. There was a stillness that I didn't know was there until I got involved in life again. And I just realized that.

Jac: Is it stillness itself or is it a state of being still?

Q: I lean towards the first.

Jac: Okay stillness itself. Nothing there being anything, being still.

Q: No, I would say. Anything being anything is more at the surface again, functional, doing what has to be done.

Jac: Yes your prior to being, yes. Okay so the stillness, is the stillness all there is or is there a trace of a you that can dissolve into that stillness?

Q: 1:34:59 There's probably more dissolving to do, I would say.

Jac: Is there a sense of you there when there's access to the stillness?

Q: I've never really paid attention to that, because it's all kind of new still. When I was in India I didn't have any perspective, I didn't have any sort of reference point, you know? So it's only after coming home that I suddenly realized, "oh I'm really quiet!" Because I was kind of busy all the time. So anyway, sorry, the question again was, is there a me still here?

Jac: 1:35:31 The stillness, when there is access to that stillness, is there something there that can dissolve in the stillness or is there just the stillness?

Q: 1:35:42 I think I have to do a bit more investigating or something, I'm not sure.

Jac: All right, if something comes with you then it's to be dissolved into stillness itself. If there is a sense of a..... even a viewing point, even a viewing point of the stillness itself, even if that's there it's like, (sound affect 1:36:11), dissolve, stillness only. Because when we're at that frequency, that place of where there is stillness itself and nothing being still, then we're into the essence of stillness. So the essence of stillness, what I'm looking for, is there any trace of something being there subtly viewing from there, experiencing? Is there any sense of the dualistic framework coming with you, is what I'm looking for.

Q: I still don't have an answer.

Jac: 1:36:48 Yes, perfect.....

Q: My feeling is that if it was it would dissolve fairly easily. If I detected it I would let it dissolve without too much trouble.

Jac: Perfect because that's the thing to do. That's the thing to do because from that essence of stillness there can be no trace at all of the scaffolding that makes duality. That's the clearing house for the scaffolding of duality, and then there's a possibility even to go prior to consciousness, which is kind of like way out there. You'll have plenty of non-dual speakers who will say, "she's talking BS because there is no such thing as prior to consciousness," and it's like, "yes there isn't, until you go there." Then when you go there of course there are other dimensions that rollout, and that rollout in a sort of similar way, but consciousness is not the underpinning thing. I mean, that's kind of wacky like. Do you know? That consciousness is not what is the essence of other dimensions, it's like, it's friggin wild. Do you know? But you see all that when consciousness itself collapses. But what is seen by, heaven knows, but it takes a whole lot of clearing then for mind to be able to find some vocabulary to introduce this at a conceptual level. We turn it into something else of course, you know? But all I can do is just say, "look I'm not talking BS go, go for yourself and figure it out for yourself." So that's why it's really important right now in the stillness that the essence of stillness is totally completely untouched, uncontaminated, nothing else, and no viewpoint is sneaking in there. So nothing of duality has come with you, and from there prior to stillness, but only when it's totally crystal clear.

Q: That's very good.

Jac: 1:38:49 That would help, and go there as often as you can, obviously. You know how it works; back into the fire.

Q: It feels so good that it's pretty attractive, so there's no resistance at all to it.

Jac: Yay! That's wonderful. Yes go there often it's wonderful, wonderful. It's home you know, it's just pure.

#14 / 1:39:41

Q: Oh I'm nervous.

Unknown: Perfect.

Q: I guess I needed that push and pull to get me here. When I lie down in bed at night often I can feel.... I don't normally feel energy, but when I lay down in bed at night often I feel like a

vibration, very, very quick here at this level. It seems like it's between the throat and the heart, and it's pretty scary for me.

Jac: And what do you do? Can you go to sleep with that there or do you move it on, what happens?

Q: 1:40:37 Normally I'll try to move so that I won't feel it anymore, because it's when I'm very, very still and just trying to sleep lying on my back. So sometimes if it doesn't go away I'll move and then it goes away, but as soon as I'm still it comes back, and it scares me. So sometimes I'll sleep on my belly, so I'll turn around and I won't feel it.

Jac: Is it there when you're on your side?

Q: No

Jac: 1:41:12 Huh. Is it something coming from the outside or is it (cross talking 1 word)?

Q: Yes, and I get very anxious. Like I don't know what it is and you know I get scared.

Jac: Have you ever successfully moved it on?

Q: No, it's fairly recent so it's like I brush it away. I haven't gone through it or stayed with it you know, because I get afraid of what it is. I don't know if it's my energy or somebody else's energy, so I get freaked out and I just, "I don't want to go there!"

Jac: Yes, and when you're fearful does it change, does it gets stronger or weaker? Does it influence it at all?

Q: 1:42:11 It gets stronger.

Jac: All right there we go. So things like this that come to us are to teach us about fear. It's to teach you about fear. So there might be another layer, but let's talk about it at this layer, and if it turns into something else then okay, there's another layer to it, but at the moment let's take this, okay? So I'm not saying it's definitely this and there's no more. It's this for now, and we might sort it and we might find something else. An energy that comes over the chest or the chest and the throat, but it's always the heart and the throat or the heart alone, that feels like heavy or an oppression and happens on your back, and it brings up fear and it gets worse with fear, so you're ticking all the boxes, is invariably something.... it's like fear in our own system that isn't going to be worked out through life, but is coming up in an environment where you can deal with it. What it has to do with is, the fear attracts fear from another energy, and it's very often from the spirit realm. It's almost like a gift, that it comes to you for you and it's like, "hey I'm going to rattle fear in you so that you process this." So you learn about fear, get used to fear, and don't let fear be your slave. It's a fantastic way to transcend fear. Some rise to it and some don't, you know? It's full on like, it's full on you know, because you're in your bed and you're alone and you're tired, and you're like (sound affect-intake of breath 1:44:06) you know, and yes of course, but.....

Q: 1:44:09 It doesn't happen if I meditate or if I'm sitting or if I'm still or anything, it only happens when I lie down on my back, and always in the same area.

Jac: Correct, yes that's classic.

Q: 1:44:20 I am often a slave of fear so I guess that makes sense.

Jac: Something is saying, "hey come on, look at this girl, look at this."

Q: And the way through it is just to be with it?

Jac: Play with it! Like everything there's different techniques to deal with things, but it's like, "okay so there's fear, I'm going to watch it, and I'm going to let it do what it wants with my body, and I'm just going to see, okay, there's adrenaline pumping now, and I feel nauseous, and

my heart is pumping, so all right that's the body." "That's all it's going to do to the body, so what else is doing? Okay mind what story are you running?" So if part of you can pull back and allow the fear to run its course, you'll see very quickly that yes this is a physiological response and a mental response imagining that there's danger. Is there danger? No this is a piece of energy to show you that there is no danger actually. It's just triggering danger points in a safe way.

Q: 1:45:25 Okay, because when you mentioned spirit earlier, that it could be energies from spirit, I tensed right away when you said that, like I don't want to interfere with that.

Jac: Yes it's very effective isn't it? But it's like attracting like, you know it's only there to exacerbate it for you, you know?

Q: Yes, and the only way out is through it.

Jac: Through it and at the other end it would be sending love to that energy. What will break this up is love. That's what will break up the fear that's external and obviously the fear that's internal, because when there is love there is no fear. Fear is the absence of love, that's all it is the absence of love. This is what the system does when there is an absence of love. So that's really what you're learning about through fear, but you've got to do the fear thing first, and when you're done learning from it if you send love to this energy it will dissolve. But it might mean sending love to you as well, so there's two layers to it. And be really objective, like, "okay how do I feel? What is this fear and anxiety? Come on, come on, what is this?" And just watch it and understand it so that you know you've got a handle on it then, and you're not swallowed up in it, but you can see it without trying to control it, just seeing it.

Q: 1:46:57 Like being the witness.

Jac: Yes, being the witness of it.

Q: Okay, instead of being caught up in it and creating more of it.

Jac: Yes, because you don't need to take that position because you know that position. You know that one, it's not working anymore so here's something saying, "hey come on, here's an opportunity. You're alone now and you've nothing else to do except go to sleep, so let's work on this."

Q: No distractions, that's probably where it gets me because there's no TV, no computer, nothing.

Jac: Yes, you can't run from it. It happens to quite a lot of people. You would be surprised how many people get to process fear in that way.

#15 / 1:47:53

Q: I'm not sure that I have a question, but I would love to hear what you think of where I am now. I have been practicing meditation for years and years, and there was a time when my heart was open and I was loving everything, every single thing. After that somehow I think that some old stories, some memories, came to me, and it has been probably two years with all this. I think it is called karmic energy or whatever, but it has been coming to me, and I have been sitting with that, working with that, but ultimately I'm away from the other beautiful open heart experience. I think that I just take it the way it's presented to me, and that's what I'm following and with no expectations, so just being where I am now. But I would like to know what you think about it.

Jac: 1:49:21 How are you managing, do you feel that you're working through things?

Q: Yes, the first memory really shook my whole life, and it was hard to manage, but now it's more that I think I have learned a way to deal with these things. So it's not shaking me that much, I'm able to do other things.

Jac: Okay, and do you feel you're closing doors, that you're healing things, that you're understanding things better?

Q: Yes, and it takes time, but yes it's like understanding on many levels.

Jac: 1:50:10 Yes, good, good, good, because great wisdom comes when the doors open to some pain.

Q: Yes, it has been very painful. Nobody tells you that, right? It seems like everything is beautiful for a while, but.....

Jac: Sure of course everything is beautiful for a while to make you want more, and then you are so far in you can't get out, and then it gets shitty you know, and it's like, "oops, I can't get out now, what am I going to do you know, I'm too far in?" But it's a phase and it does pass the course, because that's just the work that you've got to do. For some it's intense for a short time or for a long time you know, and some people are just chipping away at it for years and years and years and it's not that intense at all.

Q: 1:50:58 That's the way that I'm doing it, I'm just taking it like this is where I am now but who knows where I'm going to be tomorrow or in a couple of hours.

Jac: Yes, yes, and there's a funny balance between like the non-dual perspective, like stepping back and saying these stories are belonging to the character and I've got to heal the character, so there's that position, or there's like totally being in the character to heal it. Do you have access to both or which methodology do you use more?

Q: 1:51:31 I think I'm doing both. Like I allow, because the feelings are so present they're happening now, but at the same time I have that and I go through that, but at the same time I have.... I see your meditation and I know that, I know that, yes. 1:51:51 Like I can see it (cross talking)

Jac: Yes, fantastic, fantastic. Okay that's what's really important, is that you can see that the character is doing this, and that she is honoring the experience and she's learning, but it's the character.

Q: Yes, well my feeling is like, oh it would be nice just to understand that it's the character and jump to something else, but I think that for me I have to go through that.

Jac: Yes you do, but as long as you have some distance you can see, and you just know the characters going through this.

Q: 1:52:24 Yes, even when I dip into it, it feels I guess [indiscernible words].

Jac: Full on, yes.

Q: 1:52:31 I still can have that perspective.

Jac: Fantastic, fantastic, because what can happen for some people is that when old things reappear and we're not really effectively healing them, the drama will just pull you back in and it becomes all about the story, and a new identity appears because, "I'm damaged," you know? And it's like (sound affect 1:53:02) that's where it can go a bit funny, to create an identity out of the one who doesn't have the open heart. Do you know? Just to, "no, this is just a process, this is just a phase, this is just moving."

Q: Yes, so the way that I'm feeling is like I'm surrendering really.

Jac: Yes perfect. That's fine, that's very clear.

Q: I guess there's some hope that.... or at least a knowing that there was the other.

Jac: Yes exactly, and it won't come back in the same way because you're getting wisdom now, you know? So to want the other back again, don't do it.

Q: No I'm not.

Jac: Perfect. Yes that seems very clear. From what you say it all seems very clear.

Q: Thank you that's reassuring.

Jac: Yes, keep doing what you're doing.

#16 / 1:54:24

Q: A lot of things that have been talked about are resonating for me, so lots of things have already been covered. I just have a question, I'm having more profound experiences than I've had previously at this point in my life. Physically I don't feel familiar anymore.

Jac: Huh!

Q: 1:54:52 (sound effects) So I'm having these periods at night when I'm alone. You know, my son is grown up and he has gone away, and my cat just died, and I'm sitting there afraid like a little child in the house, like just terror, but not a story, and I'm just like, "okay am I meant to feel this or is there something coming, like right now!" There is a little bit of uncertainty around that, and I'm having some feedback externally from friends and family and acquaintances, "you look really different!" "Oh I'm not wearing my glasses." "No, no, no, no, there's something different about you." So there's the external confirmation that there is a shifting, and it's like literally physically manifesting whatever it is. I'm quite excited to have any kind of changes, personality, ego, me, because I had no idea what I was doing here whatsoever, and you know time is ticking away and I still haven't figured it out, so something else must have to run through this to be what it is. But I'm having this experience of fear. Like I would be so excited to not have the..... I don't know if it's egoic, like the death of the ego fear, which I'm happy to dissolve that, that I didn't find very attractive. But I'm wondering is there, like in fully committing to this process, and it's far too late for me to be worried about looking crazy, but am I going to go crazy? Is this a possibility, because as I go further and further into not recognizing myself, and people saying, "wow you're just like so yourself, and so relaxed with yourself," and I don't recognize anything about me! Like even I think, "I feel really nice," and that's not how I recognize myself to be, "why am I so nice?" I don't understand; it's new. It's a new experience of myself. My brother has suggested that perhaps other people see me that way and I just haven't before. Okay maybe, but anyway that pretty much sums it up. I don't know if it's clear. It doesn't feel like it.

Audience: 1:57:43 How crazy!

Q: That's what I'm saying, right? And I'm alone in this, right, so.....

Jac: 1:57:59 It's unlikely you're going crazy. Peter just wants a partner in life, so....

Audience: He gets lonely.

Jac: Sometimes the, "I'm unfamiliar to myself," okay there's two things, one is that sure some kind of a transition has happened and it's to be celebrated, and so it gives rise to some new energy that we're sending out, and other people are perceiving something different. If your sense of yourself is coming from other people telling you that you look different, then that's about them picking up your energy differently. So that's about a change in you that they're

reading you differently. So all your signals of, “you don't feel familiar to yourself,” do they always come from outside?

Q: 1:58:56 No, no, no, physically I feel like I just don't recognize this body. I had an experience last night, I have to deal with a lot of pain in my experience, and so I took some pain medicine last night, I don't always take it but last night I thought, “okay I'm going to take this.” Well it didn't ease the pain, but it heightened the experience of the unfamiliarity. It was just like an expansive kind of, “oh gosh I just....,” and now the vibrations are like, this!! And I'm like, “why didn't I just it still in the this? It just kind of amplified that, and I was just like, “oh, not what I was hoping for.”

Jac: 1:59:42 Yes, yes, yes.

Q: It distracted me from the pain regardless, but no I feel physically....

Jac: Okay you feel yourself.

Q: And even like psychologically, mentally, just different. It's just not how I recognize myself. Like I say, that's not a bad thing, because I didn't like what I recognized before.

Jac: It's to be celebrated, yes.

Q: No stability, you know? Like I live meditatively, and this kind of thing, so I do tend to have a kind of place, I just am not now, and as I let go of the self and say, “yes finally,” I have no idea what's to come.

Jac: That's normal.

Q: 2:00:34 So just like hoping that I'm opening up to the lighter energies, but I've been so familiar with the dark right, so all of a sudden I'm afraid of the light!

Jac: Yes, yes.

Q: 2:00:48 Just worried that..... And I guess maybe here is where I think it's like, this is just like ego afraid of death, and here's another little tiny nugget of a story of, “maybe I'm going to be crazy!” Well there's so many people who already think I'm crazy, 2:01:05 [indiscernible sentence].

Jac: That's fine, I don't see any psychiatric thing in your path at all, so don't worry about that. Don't worry about that that's just a way of trying to label it, but it's not going there. I don't feel it's going there at all. This change is to be celebrated, it's totally to be celebrated. It's just like a vibrational shift, and the memory that you have of yourself isn't resonating anymore, it's just not resonating. So when that happens..... for some memory morphs itself. Memories change all the time. You can have two people doing the same thing and they have completely different stories in memory. So for some their memory changes in order to give them that security. I've seen this happening. Do you know? Their memory of who they think they were morphs in order to provide them with that kind of anchor into the past. So it's just not happening for you, but for some it does. It's like they remember themselves.... it changes in order to give themselves something, a cushion, because memories change “all the time!” So memory is allowed to break down, which is fantastic, because if memory wasn't breaking at the minute, the authenticity of the memory wasn't breaking, then of course there would be no sense of being unfamiliar, you see? So memory is taking a fair-ol-rattle, and I would be like, “yesssss!” If that whole structure of memory is breaking then linear time breaks, there's a whole load of stuff that breaks when memory breaks. So when it starts becoming, “it's not to be trusted really.” It's just not to be trusted, there is nothing solid in memory at all that can be found about yourself even, and it will roll out from there. There's nothing solid, and it's like these are

stories and they're just a filing cabinet of reference points in order to communicate, and there's nothing else there. Let that come, because you're like this close to seeing that, you know? Or maybe you've seen it already. So the fact that you feel unfamiliar is a symptom of memory breaking down. So sure, okay, then we compound that with other people seeing you as something different, and it's like okay, then it becomes another story, and actually it's not it's just 2 and 2 and 2 and it got to 13 all of a sudden. There's just a few different things happening and mind is trying to put together everything, and let's try and run cause and effect; this cause must be this effect, and this cause might be the psychiatric effect, and this cause..... and it's like let cause and effect break down too. You're moving into a place where cause and effect isn't underpinning everything. It's not, cause and effect runs at a certain frequency and it's for functionality. Is it an absolute? Not at all! Not at all, so let cause and effect.... it's not quite fitting you see, the causes and the effects are not quite fitting. Yes, yes! Check out cause and effect because it's just a frequency that's very useful for interpreting what's beneath it for certain things like, clouds, rain, it's really useful but get out of the way. It's really useful, but it's not an absolute so your perspective of cause and effect is breaking, because you're trying to put things together and you know the conclusion doesn't really match, and it's like okay let there be causes, let there be scenarios, let there be facts showing themselves to you. Full stop, there just facts that are isolated in time, and we are not dragging a memory to reinforce them, and we are not going to have a, "well it means this." So I'm trying to introduce you to the realm where of there are just facts and they mean nothing. They're just standalone facts, they have no meaning, because mind tries to put an effect on something to give meaning for everything to figure it all out.

Q: 2:04:58 You know, there is no story on the track but I'm still running going, "keep running."

Jac: Put this together, let's make a story here, yes.

Q: Whew, there's nothing to hang onto!

Jac: Yes! The son of God has no place to lay his hat. A few thousand years ago somebody came up with that, and they were bang on. Or the Son of Man or whatever he was called, the Jesus fellow.

Q: Yes that's how I feel. I started sleeping on the floor because everything is too fluffy. I'm fluffy.

Jac: 2:05:56 Yes, spend—time—in—nature! Nature will absolutely allow this rewiring to complete in a more safe way, in a less scary way, and when terror comes up because you're alone or something, say, "okay that's phenomenal wiring that's linking cause and effect and I'm wondering is this because.... What's this about?" "Is this just terror or is this because something's going to happen," and we're there looking for effects and causes, and it's like, "okay terror comes, I'm not spending enough time in nature." Nature will rewire you beautifully and help you over this, and get you more grounded so that you can embody these shifts and normalize yourself and reposition. There is no place to lay your hat fine, but it's actually fine. It just has to kind of click in a different way. Your fine, it's great.

#17 / 2:07:30

Q: I have some experience in my life with my friend, my English is not so good I'm sorry, he was describing samadhi condition. I think this is what I was feeling for three days, yes. I was impressed with a lot of things which I didn't feeling before my life. I was like 21 or 22, and after

my friends put me in a psychological Institute, and they gave me medication, and I came back with great fear and big depression after that one. I just like to ask you, how to again, the best way to again feel like that condition, you know when you're feeling everything around, you're feeling every person, and you understand what he is or what he or she wants you know, and what around you happened, any sounds your mind is already understanding.

Jac: Yes, absolute clarity.

Q: 2:09:28 Yes, what's the best way to go back there?

Jac: You can't.

Q: No?

Jac: No, the more you desire it the more it will stay away. Those states they just come or they don't. You can take LSD and try and do it, or you know you can do these things but they're never the same. It's never the same as when it just comes naturally, totally naturally. Do you know what you were doing to make those three days happen when it happened that time?

Q: 2:10:01 Yes I remember, the feeling that you can do anything, you're like powerful.

Jac: But before it started.

Q: It was a long depression.

Jac: So you burst through a depression.

Q: Probably yes, and after that again was a long depression. Very long like years. It was very hard, and after I came into the normal life but I am always missing that condition.

Jac: Yes.

Q: Probably I have to feel again the long depression.

Jac: 2:20:50 It won't work. Those experiences we can't make them happen they happen naturally, because it's an experience and every experience comes and goes. The work we're doing is about transcending all experiences, where there's a total natural movement from the deepest part of you, and that's what's living, that's what's living life, you see? Accessing that deepest part of you. What happens when we have an experience like that and time passes is that mind will make it into a story and then mind will want that. So then we have a desire, and whatever we have a desire for moves further away. When it is a spiritual desire it moves further away, because desire is the very thing to stop, to keep your system closed. When your system is open and free and fluid, these openings can happen. Samadhi can happen when we are open and free. When we want something to happen we're tight because "I want it!" "How do I make it, how, how, how," but your tight, you see? But the more we're open and fluid, "hey if it comes great if it doesn't come it was great, maybe something else will come." If you can be that loose, that loose.

Q: 2:12:22 So relax, meditate, you know just relax in your (cross talking)

Jac: Relax all the time, all the time, just be relaxed in your day. Try and be relaxed as you can. Meditation is great, if it works for you great, if it's attracting you great, but let go of your attachment to that experience. Let it go. Say, "hey that was a great one." It might happen again it might not, because if you want it to happen it can not happen, but the looser you are the more things can fall away, and you know your true nature can show you if you're not tight closed.

Q: Just try to be more open for everything.

Jac: Yes, open and fluid like water. Be like water you know, just fluid with no resistance.

Q: Okay, that's a good point. _____

#18 / 2:14:11

Audience: Do you cry?

Jac: It's funny I had years of no crying, and an odd time would come, because my husband was like, "you have to be able to access all the emotions," and I'm like, "yes, it passes through but it never stays long enough to cry." And now an odd time during a movie a tear will come down or a couple of tears will come down. So yes, it's like it's starting again, but it kind of has to be triggered by something. There's never crying for no reason really. Do you know? You know just for crying, no not just for crying. Things will trigger it you know, but I kind of have to like, "oh I think I'm going to cry, great." It's like that. 2:15:03 It's lovely [indiscernible words] you know? And I pouted about a week ago, and it was great! It was fantastic because what I'm learning about, what the Jac characters learning about is to fully, fully, fully, have every human emotion. Every single thing must be able to come through you know, because if there's some part of life that would in some way trigger identification then the awakening isn't solid enough. That's absolutely the way I see it. Do you know?

Audience: 2:15:38 Can you repeat that please?

Jac: Yes, if there is something in life that triggers identification or makes a density come back, then I want to know about it, I want to go there. I want to go there and check that out. So all the more reason to go back in. What really started this is a beautiful teacher in India called Neem Karoli Baba, and in one of his books he is quoted as saying, "money should go around the guru, it should never touch the guru, never go through the guru. Certain things can't go through the guru it must go around." I held onto that for about a year and I thought, the—West—doesn't—work—like—that, that's cultural, no, no." And it kind of started off a role to see, "okay is there something in the Western life which absolutely clashes with spiritual awakening?" "I want to find out if there is!" So the Jac way is like, "I'll speak from what I know and if I don't know it I will tell you I don't know it," but it's like give me the experience and then I'll figure it out. So I'm more and more deliberately going into life in order to check it all out to see, is there something, is there anything in life that actually completely clashes with self realization, with seeing the truth, with the knowing? Is the knowing so solid that nothing in life can shake it? So that's the phase that's going on at the moment. And my husband is totally on this because he's like, "I want a woman not a guru you know, I want a woman!" "Okay, okay." And it's great you know, because it's like, yeah he's totally on the money. It's got to be unshakable or else it's a smelly awakening, you know smelly. So about two weeks ago I was getting up, and I'm finally beginning to do yoga at this stage of my life. It's finally making sense. So I got up and I wanted to go to a yoga class, so I got my bag and picked up the mat, and I saw that my husband was going to be late for work, "do you want me to make you breakfast?" He said, "yes that would be great. I would love two eggs and dot, dot, dot." He was just getting into the shower, so I said okay. So I cooked breakfast, and then I thought, "you idiot, you idiot," you know? Like in the days of service, of course there would be something to be learned from, "let's drop what I need to do for me and give it to somebody else," and that pattern is like, "you fool that's not appropriate anymore. It's is not appropriate anymore, that's the old wiring of give and don't take care of yourself." What's appropriate now is like go right in and take care of yourself, and see if the opposite to service creates an ego. Do you see? 2:18:49 So I went down the stairs and I legged it down the stairs, and said, "okay it's there, the toast is done it's all ready, I'm off." And I'm down the stairs and I thought, "you're going to walk

in 15 minutes late,” so I thought, “oh my God there's a feeling coming, there's a feeling!” So I sat on the stairs and I pouted and it's like 2:19:08 “oh my God this is wonderful!” Indiscernible couple words] It was great you know! So my husband came out of the shower and he knew the car hadn't left, and he saw me on the stairs, you can lean over our stairs, and he took a photograph of me on the stairs, “the guru is pouting.” I got a text message, “the guru is pouting.” It was fantastic, and I said, “yes!” That's exactly what was happening, you know! And there was a little bit of a cry. There was a couple of tears of like, “okay I've got to change the wiring. I've got to look after myself first.” I've got to look after myself first, and see if the opposite of service shakes something. Because I need to look after this body because it could be doing a lot better. For my age it could be doing a lot better. So it just comes from years of not taking care of it. So it's like actually, this needs to happen, but the wiring there is to give before I take care of myself. So it's like okay we're going to break this wiring and see if ego will come up if I'm looking after myself. But what was beautiful in that scenario you know, it was like, “oh my God I pouted!” It was actually accessed like, huh, I wanted to do something and I couldn't, you know? And I got in my own way you know, the wiring of taking care of somebody else got in my own way. And then a pout came and it's like, it's beautiful when those human things come back. You know all those old patterns, they're just all allowed now. They're all allowed, and crying is part of it and I welcome it. Let's see how much more of the old human patterns can come up, and be present, and will there ever be a sense of an I with them? Will there ever be identity with identification with any of them? Will there be a me anywhere, and that's what I want to figure out.

#19 / 2:21:02

Audience: 2:21:02 And desire, do you have that with desire and the identity?

Jac: No, I don't have any desire.

Audience: And what about physical desire for your partner or your lover or husband, how does that work?

Jac: 2:21:15 How does that work, yes he has a kind of a problem with that.

Audience: Are we still recording?

Jac: 2:21:24 Yes we are recording. There is a sense of like, yes the body will desire intimacy or the body can respond to intimacy, and so it goes there, but it is never from a place of desire, you know? And I had to say that very early on in the relationship. It's like, I'm never going to be like really, really, needing to shag. I'm never going to like, “I need to screw you.” It doesn't happen, it just doesn't happen. But yet sometimes the body just moves towards intimacy, and then it could get very passionate. So it's not like raw desire disappears and then there's no passion. Passion absolutely can happen through the body just doing what the body does, you know? So it's been an interesting thing to see, yes all the experiences happen but they're not initiated by desire, you see? They're not initiated by desire.

#18 continued again, but it morphs into something else

Audience: 2:22:57 So when you were sitting there and pouting, would you say that at that time for the temporary period, for Jac the ego came up?

Jac: It didn't feel like it. The something always that's not engaged in it. Something is not engaged. There some awareness of what I am that is always. It's so far has always been there.

Audience: So while you were pouting there was still an observer which would see Jac pouting?

Jac: It's not even that allowed as the observer, you know? I haven't been able to find the observer for a few years. It's just that absolute knowing that the background is all that's real, and that the fullness of drama can act itself out. I'm never fully Jac, not in that way, in the personal sense. It's like she's..... me as pure consciousness is learning how to be fully human. That's what it is.

Audience: It's the other way around.

Jac: It's the other way around yes. Yes, that's what it is. It's like marrying the patterns, the wirings from the Jac character, marrying it with what I know I am, which I always was, but what I know I am is going back into life picking up that wiring, but it's never just the wiring only and all other viewpoints are blocked. It's never like that. Even if there is a lot of stress, and sure stress happens you know, and stress is a great one for like getting you caught up in something, but even if something is really stressful, like you're running for a flight or something, and you know you've just got to make it because you're supposed to be someplace, it's like even if that's full on happening there is some faculty that's inside in the stillness, some part of my attention is just always there outside of the game, you know?

Audience: And that has been since the initial insight, if you will?

Jac: 2:25:37 Yes, since the idea that Jac is real and Jac is what I am stopped, because you know the initial insight, and then it would disappear because the ego would come back full force, and I would be completely lost in my I. You know you lose it and then you're waiting for the next glimpse and the next glimpse, but it's just been a period of years now since some aspect of..... It feels like on a human level that my attention isn't what I really am. There is a knowing that what I really am, that ground is always there. It's just always there.

Audience: And this is the same presence that you mentioned earlier, that even when you're sleeping you still know this awareness.

Jac: Yes, in deep sleep it's even there.

Audience: But you also said that..... Did you say that it is there sometimes but not all the time?

Jac: 2:26:37 I know it's always there, and sometimes I translate it into the human brain and sometimes me as pure consciousness. It can stay there and it can't translate into the Jac personality. There is a knowing of what comes through the Jac brain, and there is a knowing of what I am that has no access to the Jac brain. That's how come I know I'm pure consciousness, because I can talk from there because the Jac brain has kind of gotten some version of it; she's copped it, and it's like an experience happens way before the vocabulary, way before anything, and that's the mind trying to condense it into this dimension, you see? So something is always known way before. I remember in San Diego last year I saying, "I have no words for it, but I just know there's a hole in the back of my head," and it's like, that's so clear now but I didn't have the vocabulary then. So it's constantly like this. It's like the further out.... It's not that I go but that it's refining the Jac character and the Jac neurology, so that more of what is, what we all are, can be present in the physical human form so less of the ego and more of the absolute truth can be known here. And so what I'm doing is I'm opening up, and it's organically happening, I'm opening up to the old wiring, what impact does that have on what I am? What impact does that? And can what I am penetrate even when I'm pouting on the stairs, can it penetrate that? And let's see if it can't, and, "wow that will be interesting," you know? If it

can't and I really lose all objectivity, wow! I would love to see what that's like. You know, what happens then, and what is that, and how come that can happen, and what can we learn?

#20 / 2:29:03

Q: 2:28:44 So when I hear things like this and a thought arises, I want to be there, I want to experience what Jac is experiencing, is that the person talking or is this the consciousness wanting to experience itself?

Jac: Yes, isn't that a good question. It's both, because consciousness wants to experience itself, but it wouldn't go through desire so the personality will put a desire on it, "I want it," but consciousness is moving towards that, is moving towards experiencing itself. That's what it's doing at satsang, consciousness is trying to experience itself, and that's its natural organic movement; to know itself to experience itself in the world as manifestation and back into itself as pure consciousness. So then what the personality will do is turn it into a desire, because it will superimpose its own interpretation on it, and it will turn it into a desire and it will say, "well, I want it," so that's why it's both.

Q: But that's not actually true though in a way, right?

Jac: Yes it can't you see, it can't. The ego can't experience the absence of itself. It can't, when it's not there it's not there. It can't experience its own absence, but it imagines that it can because it can't imagine without itself. Of course it can't, because when it's switched off it's switched off, you know? Where does the dark go when you turn on the light? It's like, huh? You know it's like that, when the ego is not there it's just not there. So it can't experience any of it, but it will turn it into a desire. That organic pull of pure consciousness, it will turn it into a desire.

Q: 2:30:56 But that's a desirable desire.

Jac: Until it becomes an obstacle.

Q: 2:31:03 How would it become an obstacle?

Jac: When it's the last remaining desire, the fact that it's a desire is then the problem. When it's the last remaining desire even that desire is a desire too many.

Q: I guess that's why the Scriptures say, "all desires have to drop."

Jac: All desires have to go, yes.

Audience: 2:31:25 But some people call it not a desire but a calling.

Jac: A calling, sure.

Audience: The unmanifested says, "come home, come home."

Jac: Sure, there's a yearning.

Q: So how would you respond to that, that's a yearning, but you differentiate between yearning and a desire?

Jac: If you still have desires, yes you will feel it as a desire and it will pump as a desire, "I want that," but the yearning is like, "gosh there's this pull and I don't know if I want it or not but I can't do anything about it." Do you see? That's independent to desire.

Q: That's true. It's beautiful.

Jac: Yes it is beautiful, sure.

#21 / 2:32:18

Q: Yesterday when Rob was up I believe, he mentioned something about thought having an energetic counterpart. Could you elaborate on that?

Jac: Yes, every thought is actually a little ball of energy. Every thought has a frequency, and that's why you have specific types of thoughts, like when you have a hangover you know, or when you go into a place that just feels awful or you're around somebody who's really light, like a child who doesn't do negative thoughts, and you pick it up, you see? So we're all the time swapping the energy balls which actually are thoughts, and we interpret an energy ball with our faculties. We've got a limited supply because we're story making machines, so we read an energy ball and we turn it into a story, and that's what we call a thought.

Q: 2:33:14 So the thought originates from these energy balls?

Jac: Yes, everything is energy.

Q: And then loops through the brain and does all its....

Jac: Yes.

Q: And that's creating the story when it gets into the machine?

Jac: Yes, bingo.

Q: I'd never heard that term before, a counterpart.

The End