

**Stories of Loss and Terror**

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**Q:** I don't know what my question is but I think we'll get there.

**Jac:** I do too.

**Q:** There's a lot of sticking points for me that I working through, many layers. I had an awakening, a very intense dramatic awakening about three or four years ago. It took a good deal of time to get back into my body, and the shock of reality is still something that my mind is trying to comprehend.

**Jac:** As in reality with a capital R, real reality?

**Q:** Oh yes. All my perceptions changed, all my senses of... I saw self here, and I still view it to some extent. So I went through this period of time where everything was very clear, it was the sage in me that was guiding me, because as traumatic as things were I was always guided by that deepest part. But as with everything in life things changed and then I lost my connection, and the fears arose or the fears that may have always been there, but I've created a very... a world that I live in and I would suffer, and I'm ready to shift that because I know that it's not necessary for my own growth, but I have been looping in it in the sense of physical illness, feeling stuck, feeling disconnected. I don't know.

**Jac:** If you kind of drop-in, can you touch the sage or is it like gone, zero access?

**Q:** No I can touch it because I've been able to reconnect.

**Jac:** Yes!

**Q:** And I know that it is still there, but for whatever reason there's stuff that I've needed to work through, and that was all supported.

**Jac:** Yes. Are you able to work through the stuff or does it feel too much, too heavy, what's it like?

**Q:** I've been working through it. So from the Christina world, the "I" world, I'm ready to shift out of my career, I'm ready to embrace life with my heart, and I know that I've done that even while working in my career but it no longer serves me. And I feel stuck because I feel like my physical illness – I'm supporting whatever manifestation that has occurred –, has caught me in this loop of my job supports my health, in the sense that it funds my medical expenses and my care, and I just keep going. And it's insanity that needs to stop. I'm ready to change it.

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**Jac:** Do you know what other work you would go into or is it just that you need to stop and do nothing or where are you at with it?

**Q:** I'd love to go into healing work; I've been studying. I'm still figuring out which modality really resonates the most with me, but I need to be in service. I absolutely know that. That's the space where I feel the clearest and the most free, is when I can step out of the way.

**Jac:** Okay, have you trained already?

**Q:** I've been training but I feel that I need more. I really need to find something that truly resonates, and I do feel as though I need some time, some space.

**Jac:** Yes.

**Q:** But I don't feel as though I can do that financially.

**Jac:** Okay. Yes that's okay, that's okay. Yes you're spot on about the service, but I also feel that something's not ripe around the healing work.

**Q:** I agree.

**Jac:** Service doesn't have to be through that kind of healing work. Would you be open to any kind of service?

**Q:** Absolutely, I feel I need to do it.

**Jac:** Yes, then play with different services. If you're working in a shop, it doesn't matter, serve, serve, serve, if it's in a restaurant; anywhere, service. Use the broadest, broadest understanding of the word service.

**Q:** From a practical standpoint I just...

**Jac:** You tell me.

**Q:** I don't know, I just...

**Jac:** Are you saying you don't want to? What's really going on?

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**Q:** It's not that I don't want to, I just feel that I need a break. I live in New York City and I'm pushed beyond my limits every day, and I just feel stuck. And I don't know where the next path is leading me, and I trust that it's there. I know it's there, I just feel like...

**Jac:** Yes, I just see that there's something else before the healing work comes in, there's something else, and it really doesn't matter what it is as long as it's service. It's not kind of a career path move, but it's something that's not going to demand so much out of you, but yet you're playing with service and it pays the bills.

**Q:** I hope so.

**Jac:** Can you be open to that?

**Q:** I can. I'd like my health to shift so that it's not so financially burdensome. But I feel like it's totally connected, it's all connected.

**Jac:** It's all connected yes. When there is a huge whammy like you've had, a big whack, blown out of this realm and into reality, capital R reality, very often your body has to play catch-up because it was too much too soon. And the other thing that gets overlaid on top of it is like karma, just stuff that needs to be balanced out, closure, closure, closure.

**Q:** Yes I'm processing a lot.

**Jac:** Yes, and you have the tools to do that?

**Q:** I work with a number of healers and I work on myself. Yes I absolutely have that. I'm doing the work.

**Jac:** Great, great okay that's good. Your re-connection with the inside connection to that reality, it's never going to be as strong as the big oomph, you know that.

**Q:** That's fine I'm not attached to the sensations or feelings or emotions, I'm good.

**Jac:** Yes, and the reason is because the way our body is, the vibration that we are at when we get thrown into reality, it's so off. It's so off, all right, and then this wham comes in and we have so much light that all that needs that's not of the light needs to come up. But where you're going in the last few years, because of the healing work, there will never be such a contrast between the Christina character and reality again because you're catching up. So it's never going to feel like it used to, it's never going to feel like that again.

**Q:** That's good.

**Jac:** It can't.

**Q:** It was so extreme, I mean I experienced every, absolutely every...

**Jac:** Absolutely, yes, yes. It can't be like that because you're constantly.... You're shifting and clearing and clearing, so you're getting closer and you're bridging the divide. And that awful shock was because the divide was huuuge! Humongous! So you're creeping up, you're creeping up, you're creeping up, you see? And even if you weren't aware of that kind of crappy stuff that was in there, it was there it was in your body/mind, it was there and not in the conscious mind, do you know? So that frequency got a serious shake, great, it's going to be gentler. Your access to it is going to be much gentler, and it's literally touching into the sage. That's where it is, that's the same thing but it's now in a way that your body/mind can take a little bit at a time you know, can just take it for a while.

**Q:** Yes, I don't.... My life is still so intense. It absolutely is, and I even say the past year to six months, the intensity and the darkness has gotten so dark, as if any ounce of pleasure that I could possibly derive, gone, and then recognizing now that I need to let go.

**Jac:** Yes let it go, of course!

**Q:** It's a good lesson, a very good lesson in non-attachment.

**Jac:** Yes!

**Q:** From family to friends to physical health and well-being, everything.

**Jac:** Yes, you've nothing to stand on.

**Q:** Nothing, even parts of my personality has left, in the sense that there are times when I can't even recognize Christina, and that has shaken me because there's only parts of Christina that Christina loved and she hasn't seen that, and I need to let it go. My attachment to wanting to see Christina, I need to let that go.

**Jac:** Yes, yes.

**Q:** It's a scary place.

**Jac:** Yes, but it is the dark before the light.

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**Q:** Trust.

**Jac:** Oh yes! You're totally fine, you're totally fine, you've just got to go through this. You can't take any shortcut it ain't gonna work!

**Q:** I've never gone for shortcuts though.

**Jac:** Yes, its just this isn't expeditable, it's not. And it's beautiful because it's at that phase of being so thorough, so thorough, clean, clean, clean, clean. Yes and it gets like that, and that's what you're being called to do also Dean. This will make a lot more sense in about a years time, like, "I can't get away with an inch, not an inch, nothing," clean, clean, clean, total honesty, openness, no hiding place at all, no attachment at all. But it's beautiful because it's only what you're not that's being pulled off; the reality, the sage, is the only thing that's going to be left. The bits that are being hacked off you were never you, they were just a place for the light to hide. They were never you Christina. You were just playing a game for a very long time, longer than the Christina woman, like a very long time. You had a lot of power and you were able to do lots of things, and a lot of things came easy to you.

**Q:** Not in this lifetime.

**Jac:** No, but here's the flip side, here's the flip, here's the flip. That's how duality works. It's okay it's just all the games, all the games are going, and the authentic you is in there untouched, unscathed, unmarked by any of this.

**Q:** Why does it have to be so intense?

**Jac:** The personal I says that, yes.

**Q:** I guess so, because it's rattled me so.

**Jac:** Yes, but some part of you must have kind of said, "bring it on I'm ready, I'm up for it I'm tough," some part of you.

**Q:** Yes absolutely, the inner curiosity I think just kept calling it for years and it's been shifting at least 10 years.

**Jac:** Yes, some part of us you know, is up for it, thinks we're up for it, and that's the part that's like, we think we're falsely tough because its kind of been easy somewhere. Somewhere we've had power and kind of took it for granted somewhere, so we imagine, "yes sock it to me, it's fine I'm up for it. But what is it? It's just seeing the truth and

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getting rid of stuff," yes of course. And then it says, "you really want to see? You want to see what the depths of human suffering is? okay here we go." And everything gets hacked off. We forget you see, we forget the depth of what human suffering can be, of manifestation, how it can dive into the depths of human suffering. You're never going to forget this, and that will be your gift to whom you serve. Some part of you is up for that.

**Q:** Of course, why else would it be happening.

**Jac:** Yes. So you're in training; the PhD of suffering.

**Q:** Okay, I trust that when it's time it will end.

**Jac:** Oh yes, yes it will end but you won't get away with a grain of sand in your shoe. It will be like, "get it out, get it out," so thorough and so clean and so full of integrity that you just kind of say, "oh my God, this was there all the time. Why did I hang onto that other crap, why did I imagine that that was clean and pure and fun?" You will sound like this, you will. You can do this, you can do this.

**Q:** Yes, yes I know.

**Jac:** Yes you can. It's all right, the set up is perfect actually you know, that you're in a job that can't work for you anymore, that you're in a crazy place that throws everything at you, it's perfect! It's all about, "let's give her her max because you know, she called in the max." You just turned up the dial, you know?

**Q:** Yes, and I have been calling it in for years, even consciously for whatever reason I thought I needed to do the most difficult thing and the most challenging thing, and then I created it.

**Jac:** You created it, yes.

**Q:** It was beautiful because it was beautiful for my own consciousness, you know to see the reality that I lived in propelling me through this. It was almost like I needed that to get to the point of a complete breakdown to see truth.

**Jac:** Yes to see truth.

**Q:** And now this is part of the circle I guess.

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**Jac:** Yes this is the cycle, this is the destruction part of the cycle, and it's all going to fall apart and you come up newborn and raw but extraordinarily strong and full of integrity. I can see it it's in there you know, but it's like (unseen movement), you know?

**Q:** This little guy swimming around in all the other stuff.

**Jac:** It's like trying to, trying to, "can I come up at all, can I?" And it's like, "nope not yet."

**Q:** I think what this week did for me is that it created a space for me to feel comfortable in meditation; whereas, previously I could never do that because I was so out, it was just so far out. So this I feel has given me that place where I can go again, where that place was just a natural part of me, but now I need to actually.

**Jac:** You need to activate it and connect. That's very important yes to cultivate the path to there again, you know so that it becomes your anchor. It can start becoming your anchor now, and in a month it will feel like kind of, "oh it is coming in, this anchor." It is easier but it is going to take another few weeks still before it kind of like 'clicks,' you know? And sure the crap is going to continue for a while, it's going to there's a while of it, yes. But that's all right, that's all right there is something being birthed that the world needs.

**Q:** I'm ready.

**Jac:** Yes you are you're up for it. You've signed the contract I'm afraid all right. Yes you're able for it. But get a job that's service that doesn't demand too much out of you. Get a job in between because you're not ready for the healing thing yet.

**Q:** Yes I feel that, because every plan that I've tried to make, and not even necessarily healing, but it just falls apart you know? I just need something to stick just so that I can....

**Jac:** Just to carry you for a while and doesn't demand too much of you. Give that a go, forget about a career for a while because it's like you've got to do this. It's not about career and it won't be about career anymore. None of that currency is going to be valid. It's not valid anymore. So you're not going to be functioning in the world like that.

**Q:** It's so free.

**Jac:** Oooh, you're telling me girl! Yes.

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**Q:** I'm not sure that I have a specific question, but I have some sense that if I were to really abide in this kind of space so loving and restful, that this terror, this fear arises at the most... that it makes me more vulnerable but in a way that's scary. I don't know how to quite describe it very well.

**Jac:** You're doing fine.

**Q:** So if I were to really shine or just be without the conditioning then I would be vulnerable to just people's hatred, peoples... Kind of the sense is of other peoples... I don't know what that is or where it comes from, but it feels very visceral and held in the body. I think sometimes because I can relatively easily drop down into a certain space, but then there is that kind of tamping it into real truth, I guess.

**Jac:** So the sense that it's unsafe because others can in some way harm you or get in, in some way, does that trigger terror or is terror there independently? What's the relationship?

**Q:** I think the terror is there and the mind looks for reasons.

**Jac:** Okay that's how it looks, okay that's great.

**Q:** And at different times in my life the reasons have been different because they played into themes.

**Jac:** Yes I completely agree with you.

**Q:** But I don't know how to just stand in terror. Sometimes I do.

**Jac:** Yes, how does that go?

**Q:** Good!

**Jac:** You can stand in the terror?

**Q:** Sometimes.

**Jac:** And it shifts?

**Q:** Yes, but it's probably been a while since I've done that, but that was my experience, that sort of on this other side of that wave is a sort of placid pond.



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**Jac:** Yes, and it's only a wave, it's just a wave like where the water has frozen into some icicles and they're sharp you know, and you're like (sound effect – big inhale ), but it's just a wave. My sense earlier, when you were sitting there Laura, is that the terror is something you're dialing into. It's like a frequency of terror – I've seen this a couple of times –, it's like.... you know how beauty – I'm kind of saying this for other people because I know you know what I'm talking about –, you know how like beauty.... have you ever sensed that it is a continuum? You might see a beautiful, I don't know, anything, a beautiful bird, a beautiful painting, a beautiful piece of music, anything, and it's like you tune into the same thing and it's like the bird or the painting brings you into that frequency, but it really wasn't about the thing at all. Do you know that? And you kind of go into that, and it's like it was just a trigger to tune you into a frequency. It kind of dials you into a frequency. So there are certain... There are absolutes really, absolute truth, absolute beauty, absolute love, and there's an absolute terror, you know? Not in the same way but terror.... I'm going to kind of take back that term. So there is the frequency of terror that exist like that also, but somehow you've got an ability to tune into it. It's a dead search when your mind, you know it finds different reasons for it at different times because the source of it is something else. The source of it is beyond cause and effect, it's just a band. But it will always be there because it's a necessary part of duality. It's like the extreme fear of like unsafety, like fear of existence, losing existence, that kind of stuff is terror, no? So whatever version of the story we come up with, or that consciousness itself comes up with in order to kind of threaten itself to have the experience of terror, it's going to always be there. The thing is for you to understand what it is, and if you can dial into it you can dial out of it. You're dialing into it, you're dialing into it. Something is kind of... And it might be just a sequence of thoughts and you might kind of say like, "oh no I'm going there, oh no I did it again." I don't know if you have that awareness that you actually see yourself slipping into it or is it upon you before you know what's happened?

**Q:** I guess both. Sometimes one and sometimes the other. I know what you mean though, it's like a side loop.

**Jac:** Yes, yes it's like a side loop. So are you gaining something out of it? Somewhere does it help to like hold you back? What does it do, what is it teaching you, what are you getting out of it?

**Q:** I think there's a kind of letting go of the victim type story line in there, 'oh it's so scary!' Kind of interesting, it's also very palpable, something I can really feel. So there's something to that part.

**Jac:** Yes.

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**Q:** But I can do without it.

**Jac:** So it might mean that you never get to really feel in that human way again, that visceral....

**Q:** Yes, that's okay.

**Jac:** So you might not kind of know you're alive. Is that okay?

**Q:** Yes.

**Jac:** Okay. So then the victim energy that allows you to play that role; victim and bully are very close, the one who's terrorized and their terrorizer, at this level you can't have one without the other. It might be worth kind of, I don't know, in meditation or I don't know if things work when you're going to sleep and you ask for guidance, I don't know everybody has their own way of like, "okay I need an answer to this," you know? However it is you do it, get information on where you were the terrorizer. Embrace that a bit because you've good access to the victim, but it's like... If we understand both we're actually like, "oh my God I'm all of it, I'm all of it," and we go into unity consciousness and then we're not so glued into one side of the experience of terror. Because to really dial out of it you've got to see how it plays; the power that it gives the terrorizer and the one who's terrorized, the victim. And of course the power comes from their own fear, but feeling the power as well as their own fear, their own need to abuse and torture in order to kind of feel alive, they're often the same feeling; feel it and alive.

**Q:** Yes that's helpful.

**Jac:** Yes, I'm just kind of scanning here and looking to see what else has her tied on to this frequency. Where's this sitting now?

**Q:** The only thing that's coming up for me is some sense of biding my time in some sort of holding pattern.

**Jac:** That it's offering you a holding pattern?

**Q:** Maybe. No I don't think that's it. I guess what I mean is that it seems too easy that you could just really relax and be in pure consciousness. There's something mentally... That just seems too easy. There should be some horribly horrific terrorizing place that you have to get held up in. I guess as I articulated it I see how that's not true.

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**Jac:** No it's not true, but if it's a belief then it's true to the Laura character and that that's helping to glue this experience together. So do we have to work for everything or is it based on some kind of old religious practice 'suffering comes before God welcomes us home?' So where is that coming from?

**Q:** I don't know. Maybe there's like a deserving aspect. Not that I didn't deserve it, I don't mean it in that sort of typical way, but somehow it's that I would enjoy it more or I would be more grateful for that experience if there was.... if it didn't come easily. It's around there.

**Jac:** Are you supposed to be special for it to happen.

**Q:** I think so. I have some ideas like that, you're supposed to be more interesting, something like that.

**Jac:** Yes, yes.

**Q:** Selective. It's kind of funny.

**Jac:** Sure, but yet it's potent. So could it be that you set this up in order to have some way to pay the dues so that you can rest within and abide there?

**Q:** Yes.

**Jac:** That's one way of keeping the show going. And it's only your own loop, it has no validity outside of the loop that you made it. There is nobody anywhere keeping tabs, there is no sequence. Religions have made a fine mess of saying that you've got to, you know, no pain no gain. So you've got to do this and do penance and do spiritual practice, and you know that works for a lot of people. It works for a lot of people, like the education system, so it works for a lot of people. But it's disastrous for some! It might not be your way at all, you might be just a bit odd do you know, literally. It's just like, "okay I'm not down the middle path here. Sorry Buddha the middle path quite ain't for me," you know? "But I've set up this loop until I think I have cooked enough, earned it or something," but there is no bill to pay. That's the thing, there is no bill to pay. You're doing it to yourself, mind is doing it.

**Q:** Right. How do I stop?

**Jac:** You have to see through the loop that you set up. You have to see that it's a belief that actually is doing nothing except creating more suffering in the world. It's creating more suffering in the world. This is a global thing, because it's a global terror that you're

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tuning into. You're just bringing more pain here actually to reinforce the dualistic, the separation side, the suffering side of duality, you know? That's really what you're doing, and if you can see that it's like, "oh man alive, that is so not where mind energy is supposed to go. I've got to abide and bring that energy to the planet." I can tell you that but you have to see it for yourself. You will be of much more service shining the light instead of shining the dark. So many tune into that frequency of terror and they don't have the objectivity you know, you've got all the other parts in place so you can see what's happening, but they believe the story that they've attached to it. You know you're like, "yes it can be about this so okay I'll clear that up." Then, "there it is again only now it's about that," and it's like okay. You see, it's not actually locked tight for you; whereas, regular people out there that are having the authentic feeling of terror, it is because they were held captive or they were abused and that's it; the cause and effect is clean and clear. The whole thing is falling apart for you beautifully, you see? So you're like, "I can't really stick any cause this," you know? So you're tuning into a global thing, but it would be much better if your energy is tuning into the Absolute, to the love thing. But it's about seeing through something, you can't just jump ship you know. You can't just jump ship, you've got to see through the loop you got caught in, which was fine for a time, but it's actually not needed anymore. There is nothing special about being totally human and totally free, nothing, it's just another way to be here. But it helps globally when we live from that place, so that's worth doing. Is that too much of a high jump?

**Q:** No! I don't think so.

**Jac :** Well done, yes!

**Q:** Thank you, thank you for letting me come just for the day. I really appreciate that.

**Jac:** It felt right. Now I know why.



**Jac:** Hello sweetie

**Q:** Hello. It's very nice to see you.

**Jac:** It's good to see you too.

**Q:** You look very lovely.

**Jac:** Well thank you.

**Q:** Beautiful I would say. You know this is our seventh anniversary.

**Jac:** Is it, I knew you would know and I thought, "I wonder how long it is?" He'll come up with it. Is it seven years?

**Q:** Seven years.

**Jac:** That's a cycle.

**Q:** That's right.

**A participant:** It must be my 7<sup>th</sup> too.

**Jac:** Yes Asheville.

**Q:** Yes Asheville, where the owner of the home wanted to throw you out.

**Jac:** And he did. 6 AM in the morning, "get out of my house!" And I said, "whoa, let's just enter the car real quick and go down into Asheville and wait for someplace to open for breakfast." And then it was like, "where are we going to go now?" That was the end of satsang in Asheville. These things happen.

**Q:** But there were three weekends right after that, and by the time the year was over I was in India in Tiruvannamalai.

**Jac:** Is that the same year?

**Q:** Yes, the end of 2009.

**Jac:** Wow!

**Q:** And here I am, and the level of what goes on these days seems to be really moving.

**Jac:** How is it for you Ed, what's happening?

**Q:** I didn't say that thinking of me, I was thinking of you and what was happening here. I mean let's face it the gang that now meets is very different than the gang that was meeting when we first began, and of course I was very, very different at that time, as you well know.

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**Jac:** Yes the times they are a changing.

**Q:** And I've heard you say to me, "you don't really need to come to satsang anymore," and I couldn't hear that. I wasn't able to hear it at the time. It took quite a while before I heard it, but here I am.

**Jac:** And are you here for fun?

**Q:** Well yes, but that's only a part of it. Of course it's fun to be here, but I'm here really because I just knew I had to come. I don't really know why exactly I had to come but I just knew I had to.

**Jac:** That's perfect, that's the thing that guides us all.

**Q:** And when I look at my schedule – you see I have quite a few other commitments; family etcetera and I do quite a bit of traveling –, and when I sat down at the beginning of the year and worked out a schedule, thinking of you in that schedule, it seemed like everything just fit perfectly. And it was like it gave me a real confirmation that I was to be here, so here I am.

**Jac:** I'm glad you came Ed. It's good to see you and check in. Your body seems stronger, it seems stronger than it was last year.

**Q:** It is, yes it is. You know I have a problem with my feet, and I have terrible balance and pain and all that stuff, and I really kind of, you might say, surrender to it. I don't know if that's the right word but I gave into it let's say. By that I mean, in a negative way I gave in to it thinking that feeling the pain etcetera, that kind of thing, but now it's like I don't feel the pain anymore. I mean I feel the pain but I don't feel the pain. Do you know what I mean when I say that?

**Jac:** You're not reacting to it. The pain can be there but you don't mind.

**Q:** It can be there, yes it can be there.

**Jac:** Yes, well done, well done.

**Q:** It can be there, and it really doesn't matter because I don't think about my feet and whether they're going to get worse. I'm told by my doctor that it's supposed to go up the legs and out the arms, and all of that stuff. So what.

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**Jac:** So what, and you know that's just one perspective, so I wouldn't buy that either. It will do what it will do.

**Q:** Yes I really don't buy it.

**Jac:** Good. I'm very glad to hear that.

**Q:** I am stronger yes, than I had been, and I'm doing things now that I was almost going to give up on. I wasn't sure if I would ever travel again, and I even was considering at one point whether I should live in another kind of establishment where older people live, you know?

**Jac:** You don't want to be around older people Ed.

**Q:** And I got one whiff of it and I said, "no way José!"

**Jac:** No it wouldn't be right for you at all, well done.

**Q:** I remember when I was working in Boston some years ago, I was working as a social worker and seeing people in their homes, and some nurses asked if I would see this woman who was 95 years old, and they were thinking that she couldn't stay in her apartment anymore, she needs to live in a home. So they said they would like me to work with her and help her to see that. Well it didn't take long before she said to me, "you know what," and she's 95 years old, she looked at me straight in the eye and said, "there is no way I'm ever going to live there because I hate being with old people."

**Jac:** Yes!

**Q:** I mean she was so firm about it, and I understand that very clearly but I'm not 95 yet. Although I may look like it. I'm working on it.

**Jac:** Good you have that clarity too, it wouldn't be right for you at all.

**Q:** And I have to say that so far here, as the week has gone by, as the days have gone by, what we've been working on and talking about and looking at, has really been helpful. In this life a lot of things have been falling away, they're falling away, so it's not like I have to give things up really, but it's like they keep dropping off. But they keep dropping off to the extent where I don't have anything to do now, you know that kind of dropping away. So sometimes I go to YouTube and I check things out or I listen to what's going on with the Donald and Hillary and so forth. I mean it's fun and fascinating.

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**Jac:** Yes exactly, it's just entertainment.

**Q:** I guess at this point I have to say that there is no real clarity as to where this character goes from here. It's not like I have to go anywhere, but I'm not ready really to just not go anywhere, but I'm not clear at this point as to what that might entail.

**Jac:** Does more need to be experienced or is there a call to serve or, I don't know, feel around there and see what it feels appropriate.

**Q:** Well clearly I need to serve. I really would like to do some teaching, and some of it has begun but just a tiny little bit. That's a part of it. There's also a feeling of possible experience as far as relationship is concerned, but that's not clear to me so I don't really know what's going to happen there. There is a sense that maybe something like that might be happening. Or might not be.

**Jac:** Yes I remember you mentioning that last year. Are you putting yourself in the way of it.

**Q:** Yes.

**Jac:** Good. Okay then you're open and the universe can play with you whatever way it wants, and sometimes it just gives us the feeling of it and it's like, "okay something's coming in but...., and it will just steer the other way, and sometimes it comes in and lines up with us. I've seen that happen too.

**Q:** I'm prepared to go either way. And I've learned to listen very much to the choiceless choice, to that which is the true essence of who I am. I'm very aware that that's been my life, my life story. It is very clear to me that what's been happening has not been because I made a decision to make them happen, it just unfolds in that way and I trust that. I trust that.

**Jac:** Yes. So the teaching, can it happen on Facebook or on Skype or something, or can it be through written form or is it about recording something?

**Q:** Well I am doing some of it now through writing, emailing. I'm doing some of that, and I also sit face-to-face with somebody many days of the week. A few days a week I sit with somebody face-to-face, and I know that there is effectiveness in what's happening. It's very clear that that's so.

**Jac:** Yes. Put a prayer up there asking to be used because it is the availability. That's the service the availability, the openness, the willingness, that's the service. And it might



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just be your frequency is going to be the service, and it might just be... who knows? But the willingness, it's the attitude, the openness, the availability, the prayer, "use me, use me."

**Q:** All right, and the word love has a deeper and deeper meaning here.

**Jac:** Say something about love Ed.

**Q:** It is the essence of who we are, really. Life manifests in trillions of way but ultimately it's all about love. Life is all about love, there's nothing else but love.

**Jac:** Yes, there's nothing else but love.

**Q:** There's a growing feeling of love here as well.

**Jac:** Yes.

**Q:** And I love to hug people. It's wonderful to sit here and just look.

**Jac:** Yes it's lovely, it's just beautiful.

**Q:** Yes it's very lovely.

**Jac:** For me too.

**Q:** I'm very, very, grateful for all these years, very grateful.

**Jac:** For meeting yourself in other forms, huh?

**Q:** Absolutely, absolutely. I also spent a lot of time with Nisargadatta. A little story there, that first year when we did that four week retreat in upstate New York, and I remember that you said to Allen, Allen from Toronto, "you know you ought to read the book 'I Am That,' read a chapter a day," and I heard that being said to Allen but it struck a chord here, and about a month later... I had read 'I Am That' prior to that, but of course I really didn't know what it was saying. Although I knew it was speaking to me and I knew there was truth and I knew it was powerful, and I knew there was love there, and yet I didn't really understand consciousness, awareness, or all these words which were coming alive over time for me. I really didn't understand the whole package as it fit together. So I started one day reading a chapter a day, and there are 101 chapters in 'I Am That,' and I did that every single morning. I went through that book 9 times like that.

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**Jac:** Wow, that's like three years of reading.

**Q:** And then another half the time, and then I thought... I got the other books, 'Prior to Consciousness, and Consciousness and the Absolute,' both were written by Jean Dunn, and then I moved on from there. It's interesting that Nisargadatta himself had moved on from that first book, 'I Am That' to these other books. And yet every time I read anything, every time I read it, it said something deeper and deeper and deeper, and the understanding just expanded and grew.

**Jac:** Yes.

**Q:** It's like now when I read any part of any of that it's like it's just known.

**Jac:** It's known it's in your cells.

**Q:** Yes it is absolutely there. I remember one of his friends that I say that I sit and talk with at times, I suggested to him that he should read 'I Am That.' Well I told him that there are two books you should read, 'I Am That' and one written by some woman named Jac O'Keeffe.

**Jac:** A skinny little book.

**Q:** And finally after a couple of months he picked up, 'I Am That' and started reading, and he said, "I don't understand a thing about this. I am not reading that book." We could talk about these things and he listened to me and he understood, but he could not understand; he wasn't ready. That's what's so wonderful about this work; you don't understand something until you understand it.

**Jac:** Absolutely, absolutely.

**Q:** You're not ready until you're ready, and you can't make it happen.

**Jac:** You can't make anything happen, yes. Yes, that's for sure it's got its own way of rolling out.

**Q:** Thank you, but I deserve a hug.

**Jac:** Yes.

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**Q:** Allen sends his love.

**Jac:** Oh Toronto Allen, the same as...

**Q:** Yes and to add too and to whomever is here that he knows. This is the fourth time that I've sat with you.

**Jac:** Yes your face is familiar, but I'd don't know from where or what.

**Q:** Toronto, the Inner Garden twice and the Red Canoe was the last one.

**Jac:** Our recent one.

**Q:** So I've sat with you three times, and sang with you once here, so I guess that's the satsang. So I was thinking, "oh that's interesting." When I came up to the Red Canoe in Toronto I was coming because I was afraid I was going to kill myself by accident. I had been having some bad falls, but I felt really good when I was there. I was in a lot of pain from my last fall; I had almost been hit by a car. It was very close to me though and it shocked me. It was still moving so I froze and I fell backwards and really compressed my spine. So I stood at the Red Canoe because I couldn't sit. I sat a little bit but mostly I stood, and there were some amazing moments at that and that really helped me. Oh I know, I realized it's how you started this one. You started it with a question about, "If you were to die now would it be fine," like would it be okay? And I thought, "I can't believe she is saying this," because that's what I realized when I was with her the last time and that's what calmed me down, because I was afraid being outside that I was going to be hit by a car. I still had almost some PTSD from that and I didn't feel very safe in my body. But that calmed me down, and I thought, "No, it would be fine actually, and if I get hit by a car or something happens it's going to be fine."

**Jac:** Okay.

**Q:** But what has brought a huge change to me in my life, Jac, is that I lost my husband five years ago. He killed himself, he hung himself in his costume shop. Warner was his name, and...

**Jac:** Oh dear I'm sorry.

**Q:** Yeah, Warner was the most amazing person I've ever known Jac, and that's saying a lot. We had just bought our dream home and I had to move into it two weeks after he died. I was able to do this, and a number of people gathered around me so I had help, but my world was shattered by this although it wasn't entirely unexpected. When I first met

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Warner – the first night I met him –, he told me he had just come back from Nova Scotia, from a Trappist monk monastery where he had gone to because he wanted to kill himself then. He was 44 years old, he was born in Austria on July 8, 1944, so.... And his mother didn't want him, and he was born into that world. He was extremely intelligent, extremely sensitive, artistic, unbelievable. He made homes, costumes, he was a master tailor, and did period costumes; 1850s to the present, a potter, knitted, sewed, gardener, made boots, shoes, this is a productive life.

**Jac:** Good Lord.

**Q:** I know, and he was gorgeous and beautiful, you know a beautiful, beautiful man. When he went to the monastery he said, "I'm having a breakdown," and the monk said, "okay fine come in, this is going to be your job; you go into and you work on repairing statues." So he would talk to me about putting the fingers back together of the Madonna's. That was my Warner. But he had that second world war, that Austria, that mother, that terrible traumatized family, he was extremely traumatized. My mother lost her first child while she was carrying me so I'm knew about that too.

**Jac:** Yes you had it in your cells too, that shock and trauma.

**Q:** Absolutely, exactly, so I also.... but Warner and I also really understood that about one another. So what happened after he died.... He had become very depressed and when we had to move out of our house it triggered something that was just.... We rented this house for 16 years, and had bought a couple of condos and the owner was going to sell the house, and he had his shop on the second floor and I had my office in the basement – I was a psychotherapist and I specialized in psycho traumatology –, and we lived on the first floor, so we were all together there. But anyway we both exhausted ourselves in this move. We had so much, we had two shops and our home and you know, and we had to partially renovate our new place so it was overwhelming.

**Jac:** Yes high stress.

**Q:** 14 hours a day for three months. I got very sick and Warner got very depressed by the end of it, but it was not for a few more years before he died. But anyway, after he died I had a lot of inner resources. So I had that and that really helped to pull me through Jac, and I mean I have an inner guide whose name is Iris that I discovered her. She's about the seeing, right, about the eyes and about seeing, and that really helped pull me through but eventually it was three years after his death, so that was in 2014. I finally stopped functioning I just couldn't think anymore. I had pushed myself, I mean I had to set up a new home, and I also had to become a householder because Warner did all of that. He was very capable so he did all the practical stuff.

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**Jac:** Right.

**Q:** He used to refer to me affectionately as, 'Kim is not of this world.' So I have so become of this world since I lost him Jac.

**Jac:** Yes.

**Q:** Oh wow, I mean I can't even believe what I can do now.

**Jac:** Yes, it's a good thing.

**Q:** It's been a wonderful thing, I really needed that grounding. But in 2014 I stopped functioning and I had to close my practice. I really truly laid down on the sofa for nine months. I could not think I was like in no mind. I wouldn't call it a state of meditation, but I did have to get up once a week to go to the store to get my food. I had a very simple diet, I know a great deal about diet. I know a great deal about many things, and I'm more practical than I realized too, as I found out. But anyhow, I don't know how I went to the store either but I did somehow. It was like I would build up to it all week, "okay you've got to go get groceries, you've got to go out and get groceries."

**Jac:** Yes, functioning kicks in when it's needed. It does.

**Q:** So I did, and then finally at the end of nine months – this started on the anniversary of Warner's death, the third anniversary –, I started coming out of it on my birthday and it was February 4th to November 3rd. And what happened was like then that's when I dropped into this stillness, although I was still in... Month by month I was getting stiller and stiller. The man who lost his wife, I forgot his name that's here....

**Jac:** Stephen.

**Q:** Yes, not breathing. I mean I was barely breathing for nine months. I was down to one friend. I had no friends, no family, people were horrified by the trauma I was transmitting but they were just like, I can't, and....

**Jac:** Yes, they couldn't take it.

**Q:** And I was venting about certain things too, so I would be very angry at Warner's therapist, and that was a whole other complicated part of this. Horrible though. My therapist referred Warner to his therapist who had a breakdown when one of his clients committed suicide, and Warner was the client who saw him the next morning. The therapist went to work the next morning and Warner had had a dream that he had

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sentenced him to death, and he came in in a rage to his therapy session with no idea that this therapist had completely, what is the word for it? It's incompetence but I mean it's beyond.... well it's actually.... I don't know what it was but it was totally incompetent. I've hospitalized clients, and I take them to the hospital. I've stayed eight hours one night with one of my clients that was trying to run out of the hospital, so it was unthinkable to have someone who is in that much despair and distraught about having going to the hospital and say, "oh yes you have to go to the hospital," and let them walk out the door. This client went straight to the subway and killed himself. Warner walks in the next morning, and the therapist was completely reactive and said, "this is a paranoid assault," and all kinds of bullshit. And Warner spent three more years just getting him.... Just to get him to admit that.

**Jac:** Oh dear. So that was their dance.

**Q:** Absolutely, but it was also repetitions for both of them, of course Jac, but whoa! This is my training institute, this is my therapist. A faculty in this man went up to 350 pounds and had a heart attack, and his colleagues, his circle, did not say, "you're in trouble!" So all of that Jac, all of that complicated... it was already complicated, but it was just layers and layers. So at the end of these nine months this stillness came, and the tiniest voice calling out for Warner, but this was like a baby almost crying. And that night I even responded to it, but it was like 'that' responded to it. That silence responded, and it just.... I just rested, and then everything let go and then I started getting better, but getting better, like I could do things that I couldn't do before. I mean it was like I was in a bubble for a year, like so protected. I wasn't afraid anymore, and I had had terrible PTSD after he died. I was going to... I know I would retrain myself in traumatology, 1:15:10 but I was getting even more refined things and learning more and more, but this was like a human, and I had no fear anymore.

**Jac:** Yes, you closed the circle.

**Q:** So I was really good for about a year but then I started slipping back again. So that's what I'm here to... I've learned.... Something else though, I was going to say that I have learned a lot being here in these days with everybody, but the most important thing has been the silence. That has nourished me so much! So it's coming back, the silence is coming back. I realized for the first time – I'm 60 –, it's so nice to not talk to people! It is so wonderful to just be here!

**Jac:** Yes, to be with people and not speak is a whole other experience.

**Q:** Yes, I've known that but not like this. So in some ways I thought, "you know I don't really need to come up here and take other people's time," but I had these falls, you

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know? So that's me just not being there, and, but what I've noticed is I would fall every time I start hurrying. I can't rush anymore.

**Jac:** Good, good.

**Q:** I mean, because this stops.... I'm going to hurt myself.

**Jac:** Yes, but I bet it's easier for you to touch into that stillness inside when you're slow, rather than when you're rushing. And you know it's funny that you were saying the silence is coming back because the silence didn't go anywhere, your attention left it. Your attention left it it's there all the time.

**Q:** That's right, that's right.

**Jac:** And it's an option to tune into it or not.

**Q:** Right, so I needed to change my diet, I needed to stop drinking, all of that is happening here.

**Jac:** Good.

**Q:** You know I've got this nourishment to meet these people...

**Jac:** Yes it's redirecting you.

**Q:** And I was making every excuse not to come, "oh I can't afford it, how am I going to get there it's 2 ½ hours away from Boston, oh this is not, this is not," and then I was just, "you're going, you're going," and I said, "are you calling me?" "Yes you're going, go and see Jac."

**Jac:** Yes well done. So if you let go of all of the Warner story, does it feel in any way that it would be a disservice, that it would kind of be disloyal to him if you were to let it all go?

**Q:** No, no he wants me to.

**Jac:** And what do you want?

**Q:** It's hard, it's hard I miss him.

**Jac:** Sure, sure. Sometimes holding on causes more pain than letting go.

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**Q:** Yes for sure. It has been really hard. You know it came to me Jac that this was one of the ways that came to me. I felt that I was his inheritance that he left behind, so the way that I lived my life is the most magnificent thing I could do to honor Warner's life. It was a beautiful life, he was much loved Jac. He was one of the kindest men I've ever known. You know, when I would get mad at his therapist I had that message too, he said, "it's all taken care of, it's all taken care of."

**Jac:** Yes, as you talk with that loop it has nothing to do with you. Actually it's important that you don't get into it, into the energy of it. It's important that you don't.

**Q:** Thank you because that's what....

**Jac:** You don't.

**Q:** Okay thank you. I think I needed that because it does torment me.

**Jac:** It does, and you are actually making trouble for yourself energetically. It's not your dance, that has nothing to do with you. Don't get in there, don't think about it, let it go. Don't go there, don't work it out, don't get angry, don't. That was Warner's experience that needed to happen, it was between Warner and the therapist and that's that. That's their dance and it had its own purpose, you know? Someday I hope you let your life begin again, huh? Someday soon? You're not done you know, there's another phase of life waiting for you.

**Q:** Yes I know I've been told that too; I mean from inside.

**Jac:** Yes you know it. What would be the downside of kind of embracing that? What would you lose by embracing that?

**Q:** The only answer that comes is a lot of pain.

**Jac:** Yep! That's all you would lose.

**Q:** Yes. Well I guess the other thing I would mention is, two weeks before I came here I realized that I can stop working.

**Jac:** Good.

**Q:** And I do have some ideas of what I might like to do.

**Jac:** Good, start making that plan happen it's time. You can do it you know, you can.



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**Q:** Oh yes, yes I know I can. Yes I do feel that, yes. It's just more of the unknown right, like I want more time for this.

**Jac:** Yes, sure.

**Q:** I want more time for this, and actually I also want to say that when I laid on that couch, when that happened it just happened, because I had no idea I was going to do that, it was one of the best things I've ever done in my life, which was to do absolutely nothing for months on end.

**Jac:** I don't think you had an option, but yes.

**Q:** I didn't have an option but there was a restorative....there was a layer of that awareness there that just kept growing the stiller I got. So it was like near the end, the last month, I was feeling my body drop another centimeter, like just starting to let go, let go, let go, and then everything was easy for a year.

**Jac:** Yes, so the only thing that's going to stumble you up now is living in the past. So when you feel...

**Q:** I hear you, I do hear you.

**Jac:** If you're stumbling that's why.

**Q:** Okay that's very helpful.

**Jac:** You're not going to be allowed to live in the past, you're not going to be allowed to take it with you. You've done your respectful mourning time. You've done it you know, you've paid homage it's done, it's done, it's done. Your new life is waiting.

**Q:** I've had a number of them.

**Jac:** Yes.

**Q:** I am one person with many different lives.

**Jac:** Yes, different cycles yes; rolling them all in. Grab this next one girl.

**Q:** I will I'm looking forward to it actually.

**Jac:** Good for you, go there, go there with just a clean slate. You can do it.



**Q:** Excuse me just for a minute it's hot.

**Jac:** Yes it is warm. I'm delighted you're relaxed enough to take off your clothes!

**Q:** Very relaxed.

**Jac:** Good for you.

**Q:** So, since Toronto I've been relaxing, relaxing, relaxing, relaxing and it's been wonderful.

**Jac:** Yes you're quite different.

**Q:** So a funny thing happened, on Fridays I get ready for hockey and I guess the game starts at 4 o'clock, and I start getting ready at 10:30 in the morning.

**Jac:** That's a lot of prep.

**Q:** So I took the edge all of that. No, I didn't do anything the edge got taken all off that; yes a lot of grace. The time is relative, but some time around 12:00 or sometime around 1:00, before I would be at the arena at 1:30 or something like that, but now it's been set up that there is a little meditation with a couple of friends at 12 o'clock or 1 o'clock you know, and holy mackerel, I could care less when the meditation ends, and... Okay yeah, and so when I get there – I'm in charge of a number of things there –, and when I get there there are always a couple questions for me. They come in here and the answer goes out there, and the other part of it goes out there, so that it's just quite sweet you know, it's quite... So the hockey is much better. You know how Peter, not this Peter but the other Peter, used to worry about me and struggling with hockey you know, indiscernible, you know? Fear from the barn, you know? Struggling with hockey and that kind of thing.

**Jac:** Yes.

**Q:** So the whole hockey thing is much more of a flow. So there's been a lot more power here, but not that old vicious. I don't want to say bullying power because it's not quite bullying, but that vicious power, so there's just power here, you know? So I can walk into situations where at the end of the game I know that there could be some bullying of me, and it's like I'm being sent into, you know just to be un-defendable and let go completely.

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**Jac:** Yes.

**Q:** I go home and.... I mean it's not that easy to let it go completely but it's a practice.

**Jac:** Yes very good.

**Q:** So it's great. The other thing is that your satsangs have been helping. I didn't start there but one of the places I started at was with the barn and Peter and Patrick and Paul and the whole group, and all the people who were there you know, and so that's been wonderful. The 2012 get together that's been really great to revisit that. And that's sort of been like my basis to sort of like build away from that, because I came in there and I told you what a victim I was, and that kind of thing, so that was a great opportunity to (sound effect ).

**Jac:** Yes.

**Q:** And I said, "oh great, I can tell Jac what a victim I'm not now!" I don't even need to say that, you know like I don't even have to go through.... and you know... So that's been really great.

**Jac:** That's beautiful.

**Q:** Yes, yes, yes, sort of like either/or (sound effect ). So relaxing has helped me to have an anchor, thank you. Relaxing is really a lot of fun and there's a couple of things that go with relaxing, if there's relaxing then I can go down deep, I can go in.

**Jac:** Yes you can go in.

**Q:** And if I stay in then things come to me rather than me going out to them. And so that's why I was able to, sorry I wasn't able to, but that's why I went to that incident with the bullying, you know?

**Jac:** Yes, yes.

**Q:** Because I heard from within, "go there," and that guy he's in his power trip but...., so it was fine.

**Jac:** And it's fine, yes.

**Q:** So one more thing and that's nature. Nature teaches me to be, reminds me, teaches me, reminds me, teaches me to chill. Yes so it's a piece of cake, a slice of life. So one more

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thing, around the back of the neck; spin around and up into the top left corner, all of that, all of that, is from nothingness.

**Jac:** Yes!

**Q:** And so I've been seeing that nothingness more and more. Like in 2012 in the barn I would have said to you that all of that is because I was in the zone, or something like that.

**Jac:** Absolutely.

**Q:** And I told you the story about why, where did you get that from, what the guy told me, the guy told me.... Okay, one of the better players with really soft hands said, "Where did you get that from," you know? And now I fully know where I got that from.

**Jac:** Beautiful.

**Q:** Isn't it wonderful the way he phrased it?

**Jac:** Yes indeed, yes.

**Q:** Like the universe is saying to you Peter, "recognize..."

**Jac:** Recognize the source of this.

**Q:** When you recognize the source of this, and recognize it everywhere in every moment by staying inside.

**Jac:** Yes!

**Q:** And relaxing.

**Jac:** It's the only way to see it, if you're in there at the source.

**Q:** And breathing. So the yoga classes have been wonderful, they've been deeper you know, and your satsangs have been wonderful, and I hope you have a wonderful time in, I don't want to say Italy I want to say Tuscany, and I hope Derek has a wonderful time in Tuscany.

**Jac:** Derek isn't going to Tuscany he's going to Korea.

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**Q:** Okay, have a wonderful time in Tuscany Derek. I'm still trying to talk that you need to come into Tuscany. I tried to talk her (not Jac) into going to, what's the name of the place in, it's not Florida but....

**A participant:** Kashi and Sebastian Florida?

**Q:** Yes, yes, I've tried to talk her into that, but she's coming some way you know, it's just a matter of time.

**Jac:** Yes just a matter of time.

**Q:** Because her painting is starting to give way now, because of her eyesight her paintings are starting to fall apart. So when it happens it happens.

**Jac:** And she might see in another way, huh?

**Q:** Exactly.

**Jac:** That's a beautiful report Peter, really beautiful.

**Q:** Yes it is. So a special thanks to Mukti and Veda, you know, and to you because Toronto just... I mean you know, because 2012 was so great at the barn and then Toronto after that was so great, and then you know....

**Jac:** But you did the work, you did the work, you know?

**Q:** Yes that's what I'm reporting, that I've done a lot of work. I've gotten a lot of help from other people in Montreal who don't want to be mentioned you know, but I've gotten a lot of help from a lot of people. And okay I should mention this too at this point, this satsang and meditation in Montreal, you know that....

**Jac:** All these reminders are so useful, you know?

**Q:** Oh wonderful, that I get on Tuesdays and Thursdays you know, they're just like, someone said it earlier you know, like it's come to me, I've been invited to do this and it's just gotten like.... and the more I get out of the way, the more I get out of the way the easier it flows. In other words, get out of the way and relax, breathe and be still and take it in deep inside.

**Jac:** Yes and let the flow come from there.

**Q:** Yes that's great.

**Jac.:** Yes that's great it's much easier, it's more natural to us. Bless you.



**Q:** Yesterday during the chanting a number of insights came. Part of them came out that the fact that I couldn't sustain your gaze during the chanting. It kind of showed me that I have no or it felt like I have no receptacle or no space to receive, great difficulty with receiving. And I think I burned that off at some point, probably in the late teens. I probably didn't receive much nurturing during childhood, and I received crap so I decided, "well if I'm to only receive that kind of thing let's shut this down."

**Jac:** That make sense.

**Q:** Be at peace with it, you know?

**Jac:** Sure.

**Q:** I guess that's why I tried to.... I started to try to be invisible just to attract less attention. You know a person becomes his own jail at times, you don't receive, feel, rejected, there's lots of needs that creep in and you can almost deny yourself the possibility to feel those needs. So I know how that came up yesterday. And there are other things, being the space, and the first few days were great. Even this morning I was really struck by, like all the things you said about desires and mind brought me to a standstill it was really a stopping, it was great. I'm not having this...I have to say that this part I can handle and listen in and find my way with the healing part and I often get confused. I think I'm getting a bit of a sense of what's in the bag. I know the size of the bag, so in a way this is reassuring. I find it's not loose at the end, it has a bottom and sides.

**Jac:** Yes.

**Q:** It's manageable.

**Jac:** It is manageable.

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**Q:** I know in Toronto I mentioned that this stuff was pulling me back, and maybe two or three weeks after I wasn't so sure and really asked, "show me, is this really holding me back?" I know it comes and goes, but is this really holding me back? I think I don't have the phone line.

**Jac:** No one picked up and told you.

**Q:** You seem to always get answers somehow when you asked those questions in the past, but I don't seem to get answers. I've been looking at the idea of the ayahuasca thing, but I haven't quite made up my mind yet. I'm trying what I have of other options, and I think I prefer to do ayahuasca if I have no other choices then I'll go there.

**Jac:** Are you afraid of it?

**Q:** I think it more has to do with health and physical endurance. If there's another way I would take another way.

**Jac:** It's very healing. It's actually very good for your body.

**A participant:** What is that?

**Jac:** Ayahuasca, plant medicine. Okay it's cathartic you know, but it actually heals nerve endings. It heals, we know that it heals stuff. Just for what it's worth, if that makes the decision easier. But you can only go if it feels right in your deep gut, you know?

**Q:** I still feel like I was kind of touching it during the chanting yesterday.

**Jac:** Yes, yes, yes. So is there any confusion between desires and allowing your needs to be met? To receive, you know the needs in terms of things we need to receive.

**Q:** I'm a little bit meaner than that towards myself.

**Jac:** I'll bet you are.

**Q:** What came to me this morning was, there's probably a better way to put it, but it came to me sometimes to say, "I have the right to...., I allow myself to...."

**Jac:** Great, great.

**Q:** It's still things that I was doing but with a little bit of hiding, and saying this kind of exposes the hiding.

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**Jac:** Very good, very good, very good more of that please, yes. I don't think you could kind of overdo it really. I don't think you could in terms of you know, allowing stuff to come in. You would be checking yourself.... You check yourself well, you know? You wouldn't overdo it. If anything it would be like, "more Francois, more." Let yourself have more so that it's automatic for you to have your needs met you know, that you give off the right energy if other people have to meet your needs, or that you can take care of your own needs, and that it doesn't get mixed up with desires or shoulds or should not's or the old pattern.

**Q:** But it feels there is so little place to receive, you know? It's like just a little bit and it just overflows. I don't know, it's not....

**Jac:** 1:53:50 Like you overflow when a little thing comes in or what do you mean?

**Q:** Yes I think so. There's not an ease with receiving.

**Jac:** Yes, so maybe something like when it's coming it's like, "take it, take it, come on take it." Telling yourself to, "take it, absorb it, absorb it, take it in, let it come in, let it come in." Something like that might be useful so that you're actually training yourself to stay open, because your impulses is to swallow, seal it, but it's like, "I've got to breathe through my mouth and leave my throat open for five breaths." You know that kind of thing where you want to swallow, it's like that. So don't shut down the doorway keep it open, keep it open. You might have to train your system to do that to establish a new pattern. You know so it's like, "let it in, let it in, take it, take it, take more." Take more until it stops and that will be the natural flow, take more, take more.

**Q:** It's funny because I started doing that with embarrassment. When embarrassment comes I used to react, and now I really make space for it.

**Jac:** Yes! Good.

**Q:** It's weird to know that, you know I can do it most for the good things.

**Jac:** Yes do it for the good thing! Yes! Let yourself have it all and more. There's a huge abundance in the world, huge abundance, huge. It's all sitting there log-jammed, backed up waiting for you.

**Q:** It's somewhat very.... it appears very demanding on the emotional side to allow to receive.



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**Jac:** You're kind of reversing a pattern and that's tricky, but it's a nice demanding. And I think it will probably make you cry you know, and that's good because it will bring softness in that you've denied yourself. You had to do this to survive but some kind of softness has been denied and so the hardness that comes to protect ourselves has to melt away, and that's going to come through tears, and that's beautiful. Welcome that.

**Q:** I was actually crying a lot during chanting. It was difficult but I thought it was a good moment, but still I'll have a look at Ayahuasca.

**Jac:** You know, if it comes your way see how it feels. Every now and then just Google it and see, "does that feel right," just that kind of thing just leave a little window. It might be fine, it might be fine, but...

**Q:** Yes, can I ask you how I could frame the intention about the Ayahuasca?

**Jac:** "Show me what you need me to see" or, "show me what I need to see," and needing to see in terms of my highest good, you know? You know, "show me what I need to see for my growth, my spiritual growth, an efficient spiritual growth." Invite it to show you so it's deciding the subject matter, it's deciding the content. See what it brings, it might show you parts of yourself that you haven't embraced yet. That's what I hope. Start pulling you together, you know?

**Q:** I remember two years ago you did ask me, "why do you look away?"

**Jac:** You're not looking away now.

**Q:** I'm doing my best!

**Jac:** Yes, good for you, you broke something. You broke something last night. Yes, well done. Did we speak a about a lion?

**Q:** We did.

**Jac:** Okay, because why do I keep having the same image, it's all right I'm not going completely bonkers yet. Whew! Did you find the lion?

**Q:** I've been quite desperate about it. When coming here and I hadn't a clue about the lion. It sure makes sense in the context of Ayahuasca.

**Jac:** Indeed.

**Q:** It's without that context that I have no clue.

**Jac:** Okay, I see it in terms of finding the potent part of you, the power, your own power, and claiming it and letting that be integrated so that it's part of your capacity of how you move around in the world.

**Jac:** Owning it, claiming it and letting it be. Integrate it, you know?

**Q:** Yes, I do feel the... When you mentioned that something needs to push through with the force of discipline?

**Jac:** But you're lifting the limits, you're on it, you know?

**Q:** I try not to be influenced by the astrological lion. Is that what you mean?

**Jac:** No, I mean the raw guy in the middle of the jungle. Yes that potency, that potency is in you, you know, it's in you.

**Q:** It has no place I guess.

**Jac:** No not yet. No, you're just letting in tiny little cracks of things, tiny little cracks, and it's like, it's okay, it's okay, it's okay, but I'm just kind of saying that the more you open you'll be nowhere near letting everything in. Like I'd love to see you explode, hence the ayahuasca, the lion, that kind of imagery of like total carelessness, you know to try and like, "okay now I'm going to breathe in and take it in, and let it sink in." That's what I want to see for you, and you are taking drips, just drips, and it doesn't have to be like that.

**Q:** I'll try and receive more.

**Jac:** Yes, give it a go, huh? Great.

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**Q:** I wasn't expecting this. Well, I've been trying to deal with it on my own in every which way, but it keeps coming up. I don't know if this is the original cause of this feeling but it's the event that sticks out for me. About three years ago I had a surgery, and you know when you go into the hospital for surgery everything is out of your control at that point, so whatever happens, happens. This was supposed to be a real simple thing but it turned out to be a big thing. There was no disease process they just were excessive in what they did. So I think I'm dealing with the stress and the shock from it, because my life leading up to this was all about health and nutrition, and I really thought I had it figured out, you know? Even though I still struggle with things I was doing great, and my family saw me as the healthiest person in the family. I was feeling on top of my game with it, and then I moved from the West Coast to the East Coast where everything seems to be about disease and surgery, you know?

**Jac:** Yes.

**Q:** And they're proud of it.

**Jac:** Yes.

**Q:** I kind of counted on my husband to sort of protect me in a certain way, because when I was told that I had this little tumor that needed to be removed, he just kind of fell apart, you know he just wasn't there. I was in shock and I thought, "really, this is supposed to be a simple thing," but it turned out it wasn't so it didn't turn out to be a simple thing. So they just cut me open and took everything they could out of me that they didn't think I needed anymore.

**Jac:** Whew! As if we have extras, you know?

**Q:** And there was no disease.

**Jac:** Oh jeepers!

**Q:** They said that this tumor... I know, I know that this tumor that was there never goes to cancer, rarely, rarely.

**Jac:** It was benign.

**Q:** It wasn't even benign it wasn't even....

**Jac:** Not even in the ballpark. Oh my God!

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**Q:** Not even in the ballpark. So I just have to see this as a karmic thing?

**Jac:** Yes, you have to find some way for your mind to be okay with it, yes.

**Q:** Fortunately I went to Amma between the diagnosis and surgery, she was in the middle.

**Jac:** Beautiful.

**Q:** And she came here to this area, and so I went to her and I said, “Amma I’ve got a tumor,” I wrote it on a piece of paper because then they tell her you know, tumor, and she did this fierce look and she pulled this thing out of me, whatever it was, she did this fierce thing. I knew at that point that everything would be fine, but then I question, does that mean I shouldn’t have done the surgery, but you get on this conveyor belt and it just moves you and it just moves fast, and everybody’s like, “well the surgeon is going on vacation so you have to do this now” you know, so there’s like no space around it. So I actually sailed through the thing unbelievably well. I laughed on the gurney all the way to the surgery room. I was checking out the... I mean I was on high. I was in such a zone of unconditional love and bliss through the entire thing, and it was blowing everybody’s mind. It was great, even though the recovery was really painful because I had a tremendous amount of stitches and they got inflamed, and all that stuff. So I suffered physically that way but I was happy anyway. So it was like a really cool experience for that reason you know, and it gave me tremendous confidence in a world I didn’t understand before that. And there was a peace inside me that I could reach. So there was a lot of learning that came from it, that was great, and I would have to say the next two years my body healed pretty well. It took a year to get my energy really back and then the next year was pretty good, but now I’m hitting the skids again. It’s like my whole endocrine system is really weak. So energetically it takes a lot for me to just come up here sometimes, you know just to face life takes a lot of energy. So I’m working on that, I’m trying to find a Chinese doctor and all that other stuff, but boy I tell you I feel like I’m chasing a train that is getting away from me. So my confidence and trust is shaky.

**Jac:** Yes.

**Q:** I don’t know that there’s anything you can say to me about it because I know I have to deal with it, and most the time I don’t run the story about it. I mean, I’ve just accepted that it’s a done deal and it’s just thought that comes in. I had crushing depression when I first got here, I kind of started going into it after the first day, and I realized, ‘no thought, no mind,’ and I’m good with that, and then I could start feeling that depression that I’ve been experiencing this last month starting to really become heavy on me, and I said, “it’s not real, the depression is not real.”

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**Jac:** No it's not real.

**Q:** It can't be real, and it just disappeared and then I got really happy. And I said, "if it's that easy then seriously everything that comes up can be handled the same way." So I appreciate very much you know, all the reminding that you....

**Jac:** Well done. So is your body real?

**Q:** See, that's a good question! There is a tremendous amount of identity wrapped up in all of that story.

**Jac:** Yep.

**Q:** About nutrition, health, body,

**Jac:** Yes, you've got a lot of values there that needed a good shaking, and boy did they get a shaking!

**Q:** The whole family, it shook the whole family.

**Jac:** Yes because you were the super healthy one?

**Q:** Right, but I don't have too much credibility in that category anymore.

**Jac:** No harm in shaking that.

**Q:** The little ego got a rocking.

**Jac:** Yes that's all right. That's all right these things come, so we've got to take the learning and see them as little gifts that somehow we can use. You've got to use this.

**Q:** Absolutely! I know, yes.

**Jac:** You've got to use it because then it makes some sense.

**Q:** Right, it has to. You know the freedom that came... So I'm not sure why, but the freedom came for the first year, two years, I mean it was like, 'we're okay, the body is doing fine,' you know it's great, and then I started recognizing some paranoia slipping in about the true health of the body, because it started aging a little and doing some funny things.

**Jac:** Sure.

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**Q:** And so then I started scrambling, “what’s it going to take to get us back on track,” and that takes a lot of energy.

**Jac:** Okay, so is the controller pretty active then? What’s running the show here, is there a controller?

**Q:** The controller, I don’t know about that word.

**Jac:** Okay, so the body took a hit all right; a procedure that you know wasn’t conducive to health happened, all right. The body is an incredible thing it has a way of coping and adapting. I mean, look at what we’ve been through in our lives so far and we’ve survived that. The body can survive an awful lot too. It’s been treated well so it’s been very strong, and so you had a very good reserve going into it because you’ve always minded your health. So you were set up beautifully, all right? But your relationship with your body is under threat now, because it behaved a certain way and now it’s not quite behaving the same way, and it’s kind of throwing you off. So we don’t have that much control over our bodies. That’s where I was getting the word ‘controller.’ We actually don’t have control over anything, so we’ve kind of got to deal with the way things are, and that kind of has to be okay because that’s the way they are.

**Q:** I’m sorry I’m having a hard time. Right, so we’re here now, I mean this is it now.

**Jac:** Yes, this is it now. So if you keep giving very serious meaning to health issues or recurring pain or scar tissue or something that’s off because of the surgery, if you give it high value of like, “this shouldn’t be,” or if you link it to the trauma that your body has received unjustly in the phenomenal world, that’s how it looks, you can make yourself sick with that. More sick than you would from just the surgery.

**Q:** I get that. I also recognize that I put an awful lot of responsibility on food and things that I ingest that have to come in, and my environment and stuff.

**Jac:** Yes, over-the-top there.

**Q:** Yes, like I’ve read and I know too much, that’s the control.

**Jac:** That’s the controller yes.

**Q:** That’s what it is yes.

**Jac:** That’s it yes. And they said, “whoa here you go, let’s bring you into a hospital and now you have no control. Let’s see what you do now?” Here’s the opposite.

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**Q:** I didn't want to wake up either by the way, I said, "no, no, just leave me alone," but you know it is the whole control thing.

**Jac:** The control thing got flipped upside down, so what are you gonna do?

**Q:** Everything's being flipped upside down, nothing is working.

**Jac:** I hope so, good.

**Q:** Nothing is working. Everything I thought I was, I'm not, and I don't know where to go, what to do, the bottom has dropped out.

**Jac:** All right, don't start patching it together again! That's what you're trying to do like put some pieces together again so that you'll be all right.

**Q:** I just started receiving food. I mean speaking of making space to receive, it's really the same thing. It really is the same thing, so just like a week ago it dawned on me that I'm judging everything that I'm eating or what I'm doing. So I'm making space to receive it no matter the way it looks like.

**Jac:** Yes, yes.

**Q:** And then not saying that my reaction is because of the food, that everything is because of the food. So that whole cycle had to be broken.

**Jac:** Yes good.

**Q:** I had so many allergies that my husband used to laugh and say that all I could eat was lettuce. But it really was about not being able to receive and digest what was there.

**Jac:** Yes that's right.

**Q:** And that's one of the things I wanted to ask you too, the very thing about food and the health of the body, and that whole thing is coming out this way and that too has to be an illusion.

**Jac:** Yes it is, it is. So do you know what's really useful, common sense. Honestly, it's highly underrated really. It's like there's food there, "body what do you need?" Do you know? Because when our mind gets involved it's, "I can't do this, I can't do this," and resistance will run amok with food allergies, run amok! And really all it is is pushing, pushing, pushing nature's gifts away, you know? Can you be softer with your body?

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**Q:** That has come to me this last week, yes.

**Jac:** Softer, really it just needs to be loved a bit.

**Q:** Or listened to. I don't think I've been listening, I think this has been running the show.

**Jac:** Yes, your head is completely in charge of how you manage your body, completely yes. Your body knows what it loves, what it wants, what it needs, it knows. We don't know how to listen to it.

**Q:** So talk to me about that, about that relationship.

**Jac:** It's funny because it's something that got stuck in my own wiring for years, and being married to a body worker it's like, "Oh my God I missed that!" So it's funny because this is kind of fresh in my own brain too, you know? Like in myself I have to consciously work on trying to hear the signal to rest, hear the signal to rest. I don't hear the signal's to rest. I hear the signal, 'I need food or I need water or...' but I don't hear the signal, 'stop, rest, stop, take a break I'm done, go for a walk' or whatever. And then I go and I break my back, so I lie down for like three months last year because I broke my spine, I fractured my spine; I blew two disks last August. So there you are you know, it's like, "hmmm, all right that's kind of an interesting one to break," you know? And everything had to slow down, and I found a different pace because I can't run anymore, like jog, and I can't jump off the stairs two steps at a time, which I would always do because that's what you do with stairs. It's fun and I have energy so I just do stairs two at a time and now I can't. I think I've done it twice since Christmas. So I've had to find a new pace that I never knew was more authentic for the Jac character. I never knew that the pace I was... So there was some deep listening thing that was never activated, it just was never activated. I never knew how to hear it. That's my own story, and I don't have years of experience of this because I'm only just getting it now, all right, around the pace and the speed. But listening to the body around food, yes, absolutely, absolutely. The body knows what it wants, it just knows. Do you have the listening mechanism switched off or is it overridden by your mind? Which do you think it would be, is it there but your mind knows better or is it, like me, actually you can hear it at all?

**Q:** Food was such a huge thing in my childhood, huge! My mother was a meat eater and married a vegetarian man, she had me and she wanted to feed us meat and he wanted us be vegetarians. That's my dad, he's... (lots of laughter).

**Jac:** That's wonderful!



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**Q:** He's watching going (sound effect ). So it was like if I was sick, "what did you eat?" I mean, all my life if you're not feeling well it was, "what did you eat?" And, "tough it out" or "you're not eating enough of this," I mean food was used.. I can't even... You just wouldn't believe it.

**Jac:** Here's where it comes from.

**Q:** Yes, so is it shut off? I have no idea there were too many rules and restrictions.

**Jac:** Yes so it was managed by mind rather than teaching you to...

**Q:** So I got really good at knowing about nutrition so that I would get attention and love, "okay I'm doing the right thing, right?" I mean I know that started very early on with that. So that's something worth investigating.

**Jac:** It is, and it sounds like if it was there from the outset, from like before you even came into the family, you can be sure you were never taught to actually listen to what your body wants. I mean, where would the space for that voice have been? It wouldn't have been in that environment.

**Q:** Nobody else was listening to theirs either, so there wouldn't have been an example.

**Jac:** Absolutely, nobody was listening to it. So it's like listening to pure consciousness in order to, where do you go. It comes from that kind of place. Do you know what's an interesting thing to do, put your hand on a plate of food and breathe, and see if your breath gets stuck or not. It's a trick to get your brain out of the way. So it's like, (sound effect-deep breathing all right the body likes it. So you're telling the body this is your signal you know, but if you put your hand on something else and it's (sound effect-uneven breathing you feel it, it will interfere with something if you allow your body to communicate to you. It might be a good steppingstone. Something like that works, it's kinesiology really, a version of kinesiology you know, asking the body to talk to you in terms of what it needs. Bypassing the mind is what we're after, bypassing the mind. Because even if we change your thinking pattern around it, your diet can't come from your mind it has got to come from someplace else. It has come from your mind enough. You have the background around nutrition so you're not going to start eating chips and.... You're just not going to have McDonald's dinner on the way home, you're just not going to do it. So the information is there. So we have the information so that's enough of the mind now, that's enough of the mind. So all the voices around what to have has to come from an inside place. So just as you listen to pure consciousness around, "well okay, what's happening now," or, "where's the stillness," you've got to go down for it not up for it around food.

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**Q:** That feels very grounding also in my body.

**Jac:** Yes in your body. Yes it's about totally coming down into your body; what they left of it.

**Q:** They only took out the stuff I didn't need, I'll never miss it.

**Jac:** Of course the extra parts, yes. You know everybody has their loops, and it's around like, here's where mind is running amok being involved in something where it actually has very little place. Sure education is really good and you've done that part, now it doesn't need to be there anymore actually, around managing your body. This is going to take a little bit of time because you've got to learn how to start listening, learning the signals. So stick to your diet but check also, it's like, "okay body do you like this today?" "This is what's on the dinner plate, does this feel right, does this feel right, does this feel right," and see what your body has to say about it and start honoring the body. Your mind is going to say, "no, no, no, you can't, you can't, there's too many oils if you eat that many almonds today," or something. But you know, it's like actually we're going to trust the body, and let it break all the rules so that what's in charge is no longer your mind.

**Q:** Well that's the trust, I mentioned that something got really rocked in there, but it's much easier to do what you're saying then to go the way I was going, orchestrating everything and planning everything.

**Jac:** Yes it's more natural, huh?

**Q:** Yes it's definitely more natural. Well, to listen.

**Jac:** To listen, because those messages come from our body, they come from our body and our mind has to bow down to that. It's like a little micro example of what waking up is about, you know? It's the same model, it's the very same model that's coming through... it's coming through this way, it's coming through your physiology. Mind has to step out of the way The mind is not in control of this anymore, it really shouldn't have been but it kicked in in order to survive in the dynamic that was there.

**Q:** It all makes sense, it does.

**Jac:** So even things like, "okay body, do you need to stand up, do you need to sit down, what do you need?" Just open, open, open, open, to constantly listening to what it has to say, whether or not to hear it.

**Q:** I'm doing better with that.

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**Jac:** Yes great, great. So then it's just around the food really, so that's the one to crack.

**Q:** Well it's really just the last week or so, and then of course Amma was just here again so I saw her just before I came here, and it put me in a really good space.

**Jac:** Yes. So we've got to shift your mind's control over your diet and nutrition. Okay there's that bit of a project, but there is another part of you that knows that you're not your body at all actually, and whatever happens the body doesn't touch what you are.

**Q:** Yes, something got traumatized in there. I can feel that, that it's a little afraid to let go. There's something hanging on. I'm aware of that.

**Jac:** Yes, yes, some trauma release or some... you can get somebody to do it or you can take homeopathy for shock, the physical trauma, there's lots of different things to do there, but I would get something. I would get something in there just to like get the trauma, the pure shock, out of your body so that it can give you the right signal, you know?

**Q:** Right, and it has kind of resurfaced again now, because it was doing fine and then as I get a little more conscious, we'll say, it starts...

**Jac:** Yes, this is what your body is saying, "hey, hey, I've been traumatized," you see?

**Q:** Yes okay. And this thing here sort of got blown open so that I'm feeling things more too, and not particularly in a helpful way sometimes, you know? So today it kind of came to me to put almost a pentagram, and I don't know why that came to me to do that, but to just put a pentagram right there.

**Jac:** Okay very good.

**Q:** So that it wasn't registering everything.

**Jac:** Okay very good, so it's very vulnerable.

**Q:** Yes, and I didn't know that but I recognize that it is.

**Jac:** It's talking to you, your body is talking to you with the trauma first, it's like, "We've got to get this out of the way and then..." you know?

**Q:** Yes, because I want to come back. I mean I want to be back in force again, and I feel like I'm shrinking.

**Jac:** Yes, but you're going to be back in a different way because things are reorganizing themselves.

**Q:** That's it.

**Jac:** So forget about who you were, she's gone. This learning curve is too big and you ain't going to be the same. That's got to be okay.

**Q:** That's the 'no place to stand.'

**Jac:** Yes, yes, be curious about how this will pan out, be curious, you know? And if there is some kind of damage to your body it's like, okay, so be it you know, damage happens. The body is an amazing self-healing mechanism.

**Q:** Well I pretend I have phantom organs, they're still there.

**Jac:** All right perfect, yes, yes, perfect. There's no harm in that at all. So you have a few layers of it.

**Q:** Yes and it's doing fine, I think I'm doing fine.

**Jac:** Oh yes you'll be fine, but you'll be different, you know? You'll be different. Farewell to the controller. The mind serves the rest of you.

**Q:** Yes, I can see where the food thing will just come from the natural place. Like you said I will probably still do the same things but it will have a different.... I'll have a different relationship with it.

**Jac:** You got it, a totally different relationship with it.

**Q:** Just more fun, lighter.

**Jac:** Yes, and there will be ease, it won't be about resistance and rejection.

**Q:** Right. It helps talking to you though, because I recognize just verbalizing it sort of makes it more okay to just be with this now, it's just what is here now.

**Jac:** Yes, yes exactly.

**Q:** And not buying into the stories or anything else, or any of the emotions because I don't have to have those.

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**Jac:** Oh not at all! That's only just mind running amok making drama for itself for the sake of drama, and running victim stories or some old garbage. I mean, they would serve no purpose at all.

**Q:** I don't generally talk about it because it makes people hurt or feel bad and stuff, and I don't feel like I'm missing anything to tell you the truth.

**Jac:** Absolutely, yes, yes. Good for you.

**Q:** Fabulous, thank you.

**Jac:** Yes sure, you're welcome.

**Q:** End it for both of us.

**Jac:** That's lovely, good for you.

**A participant:** It would be nice to have some crispy french-fries.

**Jac:** With ketchup and mustard.

**Q:** Mustard? Mustard with French-fries?

**Jac:** Mustard is great on everything. What was that Kevin?

**Q:** He said, "it's a desire," and I said, "no, it's a need."

**Jac:** Yes, but let's experience what it's like not to have the desire fulfilled, huh?

**Q:** Sorry?

**Jac:** Let's experience what it's like to not have the desire fulfilled. I don't think there's any French-fries out there.

**Q:** Fortunately I know that.

**Jac:** Yes good.

**Q:** So I just tried to condense it.

**Jac:** Sure it's fine take all the time you want.

**Q:** And maybe some of this just needs to be said. (audio glitch)... do I have to?

**Jac:** Well it will... Yes.

**Q:** Like I'm going to want this.

**Jac:** Somebody else might.

**Q:** Well maybe not. Some of this I just need to say, because there is still some process going on so I don't necessarily need a resolution, but it needs to be... There's too much moving through that needs to...

**Jac:** Come out, okay very good.

**Q:** So the first thing I want to talk about was the block I talked about the other day, the physical energetic block. That there was some attempting to scream it out that had been coming, and this has been going on for a little bit now before the retreat, and sounds were coming but nothing was coming forcefully through. Nothing seemed freed, it seemed to back up a bit or disappear. Yesterday, last night I went for a short walk and some more sounds and some movements came, but again, there's no details with it it's just something that needs to move. Something that happened in meditation yesterday, last night, and this morning, and this has happened before where I'm deep in or there is no one there, and I'm aware of what's going on but I can't touch it. I mean if I had to I could come out, I can hear but I'm not really connected with any of that. It feels like waves are moving through, a release that's happened before and that seems to be what's happening.

**Jac:** That's good to hear.

**Q:** You know there's nothing... I'm not there but I can hear things but yet there's something moving through. And it feels like a lot of that happened because I feel it's softer. So you know, I don't know if it has gone way back. I don't think it's hidden because I was saying, "show yourself, show yourself," you know I kept putting aside the absence of nothing. That was hard but I kept putting that away and saying, "show yourself, show yourself."

**Jac:** Yes good invitation there.

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**Q:** It seemed there definitely was a softening and it seems... I don't know if it's still there, it's like way back or it's gone, I don't know. And I went for a beautiful country car ride today, and maybe two really strong screams came out and then the rest were joyful free loud sounds, you know like (no sound heard), so that was interesting.

**Jac:** Yes!

**Q:** In Kashi, so I'm onto something else now, you had mentioned bodywork. In May I wrote to you the joke of what happened with the body. To give a little story, this form has had digestive issues ever since I went to India in the late 70s, and it never fully resolved. There were ups and downs but I always managed it. When I was off my guard it would be worse you know, but I just learned to live with it. So this whole thing kind of came up out of nowhere and really stopped me in my tracks. But for whatever, I had the grace and I didn't have the surgery, so I'm rebuilding, I don't know what's going to happen, I don't know if it's going to work out, and I don't know if it's going to come back again and I'll have to have surgery. I don't know any of that yet because I'm still in the process of coming out of it. Why am I saying this?

**Jac:** Bodywork, Kashi.

**Q:** Yes, yes, thank you. So I just don't know if there's anything else that you have to say about that. I mean... Or did you... I mean, I don't know.

**Jac:** This stuff that I saw in your body is gone.

**Q:** Huh, because you didn't know what the bodywork meant when you said it.

**Jac:** Yes.

**Q:** I thought some kind of physical bodywork, that's what I translated it to be.

**Jac:** But there was just something, it was like, "what's going on in her cells?" "This stuff has to be worked out in some way," and I couldn't see anymore, but it's not there. It's not there so let's see where it goes from here, but what was there is gone.

**Q:** The character can't space out, as its tendency is to in terms of the body especially, so I have to really be vigilant. I don't want to use the word discipline because I want it to be ease, but I have to be really touching the plate and to try and figure out, is the digestive system ever going to work again and how? So I'm open to the universe to help me with that, because that's a piece of work.

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**Jac:** That's in process. It is a piece of work, that's right.

**Q:** For this character. But I was so knock downed that....

**Jac:** Yes it's going to take a while it seems. Is there somebody decent looking after you medically?

**Q:** My acupuncturist is the only one I really trust. He is the only one I trust not the regular doctor. I mean I see the regular doctor a little bit, and I probably have to follow up maybe to get some blood work nutritionally, because I did lose so much weight so quickly and all of that.

**Jac:** Yes go that route.

**Q:** Which route?

**Jac:** Just get some serious bloods done. Get a load of them done and look for H. pylori or just weird stomach things that can be sitting in your gut.

**Q:** I mean, part of me wonders about if I really should get another different doctor because I don't feel like they get it. Some years back there was a big thing with the liver that knocked me out for like eight months or so you know, not fully but the knockout was like three months, like finished. And I didn't trust how they dealt with it then, but then again it was the same acupuncturist that helped me, and a liver doctor whom I trusted but... so I guess....I struggle with that because it's easy, and I don't like doctors, I don't like dealing with bodies, and you know...

**Jac:** But there's integrative medicine doctors now you know, there's various versions.

**Q:** Okay so maybe I should really, really, let go of the convenience and put some effort towards...

**Jac:** Yes do a regular... I wouldn't go to a regular GP.

**Q:** I try to do minimal doctors for me.

**Jac:** Yes, yes, but somebody that has the whole package, holistic but they can also order tests and do that. I would, I would find somebody good, but I would check H. pylori. It's just an interesting stomach bug thing, parasitic thing that wreaks havoc with your digestion, and of course they want to cure it with antibiotics but there is another way to



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cure it if you have it. Absolutely there is another way, absolutely easy, easy way to heal it.

**Q:** I did have parasites years ago that were dealt with.

**Jac:** Let's just see; do some bloods and check for that. I'm just inclined to think there might be something there that might show up in blood work. Just want to make sure everything is working okay, and then let's see.

**Q:** Okay. Next, something else you said in Kashi was about work, and you said something about another job or something about my life. So being ill I had no choice but to cut way back on my three jobs, and now that it's summer and I just have the one, I still cut back on that. My sense, no matter what the money is, is I have to stick with that cutback at least for the summer.

**Jac:** Yes.

**Q:** To give more time, not just for the body, but just for all of it, for all of it.

**Jac:** Yes, fantastic.

**Q:** And come fall, and assuming I'm going back to the same fall job, then I'll have to see if there is still some tweaking to be done. I still see having three jobs, because the second one that I took on this year at school is good and it's very good pay. So it's something to bank for the summer when I'm working less on the... When I'm going to really try to work less on that, on my....

**Jac:** Good, and I'm really glad you're just doing one for the summer, that you are doing one and lower.

**Q:** In the summer I normally do one but I do more hours.

**Jac:** It's like keep it, keep it, good. Okay, let's see what the fall... the school job is.

**Q:** I think something that came was doing something completely different but maybe... I don't know, I'm not looking for any answers I'm just kind of reporting where things are.

**Jac:** Yes perfect.

**Q:** You said you saw me doing something completely different.

**Jac:** Did I?

**Q:** Not the store. I thought, "okay I'm going to retire from the school," and I said, "the store," and you said, "no, not the store." So I don't know what it was.

**Jac:** Okay, let's see if it appears again.

**Q:** Okay, it's you know, there's faith that what will come... what needs to come will come.

**Jac:** Oh, for sure it will.

**Q:** So the other thing that I just feel like I needed to say was the relationship thing, whatever that is, this play. As I mentioned to you maybe in May or something that there's been a letting go since last summer, you know? A letting go of how it was working, how it was..., whatever. And then more formally in Kashi, I put two things into the fire and that was one of them, you know the letting go of that. You know the character sometimes burns but that's fine, it's fine. But in general there's a lot less of that. Not even in general, there's a lot less of that and it's clear about what's best. At this point it's still unclear how any of it's going to play out you know, and I don't really feel any absolutes because there's too much unknown still.

**Jac:** Yes.

**Q:** There is way too much unknown, and I don't want to make any strong statements unless they arise.

**Jac:** Very good.

**Q:** I don't want to say, you know, this is it or.... and it seems like there's a choiceless choice there of just seeing what happens, what unfolds, and checking to make sure the character is not in the way and checking to make sure that what voice needs to be said is said.

**Jac:** Good.

**Q:** And without making big changes or statements, because at least from here, and it feels mutual, there is a lot of pure love and care that has nothing to do with character, you know that comes from...

**Jac:** Yes.

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**Q:** You know, so that to me just....

**Jac:** Yes, just genuine love.

**Q:** Yes. I mean it could change tomorrow but it just doesn't... I mean it seems silly to...

**Jac:** Yes, well the relationship is kind of built on that isn't it? There's just love there, you know?

**Q:** We'll you know, I... It's interesting that I really fully realized something, you know Amma put us together. I had no clue you know, so if anything I thought he was pursuing me, but it turns out, I found out recently, he thought I was pursuing him. So neither of us were pursuing the other. I mean we were friends, we had a mutual good friend, but it was just... and then... Amma was like the first teacher that I went to after I left the ashram, and that was like I thought I was done you know, and then you know pure love just.... I don't need to say more.

**Jac:** Yes.

**Q:** So you know I think that's kind of interesting, and obviously you know anything is work, any relationship no matter what the level of it is work, and it's work for the ultimate, you know?

**Jac:** Yes.

**Q:** I hate to use that word, but you know what I'm saying. So at times there's more focus on it than others or there's more awareness or consciousness of it, and other times you get lost. So the awareness of it or whatever, words are escaping me, but you know me there's more focus, and more... so that can only be for the best for no matter what happens.

**Jac:** Yes, good. You're in a good clear place about it Mukti.

**Q:** That's still very volatile. I don't know about volatile, but it's more like a rubber band, sometimes it feels like being in a wrestling ring. Not physically having the contact, but you know how they go back to the band and they kind of you know, and then it swings one way, and you know, but I'm really trying to keep mind out of it and just go with what feels... what's from here, because that's the only base of anything you know, the rest is just you know...

**Jac:** A pain maker.

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**Q:** A pain maker and also mental stuff, you know mental constructs that just don't... You know, I just have to stop and say, "okay, what's the truth here, what's the truth right now. What's the truth right here and right now?"

**Jac:** Yes.

**Q:** So one more thing to say, and this is still a process so I don't necessarily... but I just have to... And I want to keep story out of this because that's just not necessary I think. So it's talking about a recent shock I had, and it's still something that I'm having trouble grokking, getting, understanding, like seeing where does this fit in and what does it mean in a bigger sense about things. So maybe it just needs time or needs to settle somewhere in me or maybe it will never be understood. I don't know, but because it's still in the way I don't want to be carrying it. I really, really, do not want to carry it, because it's too big. It was too... And I'm going to have to look at my notes to try and stay clear with this. I mean I would love to resolve it in some way, you know understand it because I don't want to carry it, and maybe I just have to let it go. I don't know. Or accept it as unresolvable. But what I'm having trouble understanding is that someone I've known for 40 years, that there was a part of them or their nature or maybe it was a temporary thing, I don't know, that could be deceitful and could conceal it. And could conceal it for a time, not a day, not a you know... That was huge! I kind of see myself that I have some sensitivity or at least I usually pick up from people, even strangers, if something is not right. I mean I'm not saying a hundred percent, but especially someone you've known that many years. And also this character in some ways, not all ways, is chock full of rules and judgments and epics and you know, 'this is what you should do,' and all of that, and it's just... There's some vocabulary that I'm... is incongruous the right word? There's something that's just so like, where the frig did that come from?

**Jac:** But you know people who do abide by the rules are the very ones who are made to break them. That's why, it's just to show the futility and the stupidity of having that kind of control in our lives. When we have strong beliefs on the spiritual path we're made to do the opposite.

**Q:** Yes, but I usually see that they do it for themselves, you know that it affects themselves and not that it affects somebody else. You know what I mean? You see that, 'oh there's so and so, they never do anything and now they're dancing and laughing' or something like that. But I guess that's just a concept.

**Jac:** Yes, no it can have, can't be second guessed for sure.

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**Q:** What I'm talking about here, just to be clear, has nothing to do with what could happen in any given circumstances, that's not the issue. There was pain there for the character but that's not the issue, because there's understanding there. Maybe if it had been more so maybe I would have a different feeling, but to the degree... you know. Do you understand what I'm saying?

**Jac:** I do.

**Q:** But the continued concealment at a vulnerable time for this one when I thought I had 100% support, you know I question, did I have that support? I question trust you know, trust I guess is just bullshit too. You know what I mean? So that whole thing shook my world in every area, not just in relating there you know, whatever, and that they couldn't on their own even tell me. That someone that perhaps they gave a higher position to, had to tell them to tell me and that was even like, "what the fuck! do I not know somebody at all?" And again, yes it's all part of the play Jac, okay but... Yeah I don't even know... There's no real question for you here per se at this moment, it's just I think I had to say it.

**Jac:** I would like to say something though.

**Q:** I have to put it out in the universe.

**Jac:** Yes it has to be witness.

**Q:** I have to put it out in the universe so that I can process it. I'm not looking to you for an answer okay? That's not what I'm looking for, but I have to process it.

**Jac:** Yes.

**Q:** And I have to see, can there be trust again, is trust just bullshit like everything else? You know what I'm saying, because I said a few minutes ago when we were talking about work and stuff like that, I trust that it will become clear because that's what's operating. You know for as long as I can remember a lot of things would come internally, a lot of releases would come internally without any outside direction. So there's a lot of knowing of what steps to take next if the character was out of the way. So it really put me in a....

**Jac:** Yes it flipped a lot of things.

**Q:** It flipped and twisted and turned and... Yeah I just don't know what to do with it at the moment. And again, I know it's in process but part of that process was just trying to

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articulate it and say it, because then maybe I'm carrying less of it, I don't know. I don't know in this moment so only time will tell.

**Jac:** Okay, I'm just going to say one thing about relationships, and you know, pick it up or delete it as you see fit. When a contract, you know we have serious contracts really in all kinds of relationships, and when the contract has been broken by one person the first phase of it, okay there's shock and of course all these things come up, like trust and what happened, how did I miss that, but I find actually what's most interesting of where the real meat is, it's like, what was in me that thought you were somebody else? Because if you're slightly different to who I imagined you were and who I wanted you to be, and now I see actually some part of you that was always there, obviously it was always there, the potential was always there.

**Q:** I have trouble with grokking that. And again, it's not the circumstances. That piece is... I'm totally at peace with... Not at peace with that but I totally understand, know that, you know that maybe you know.... That's not what's staying, what's staying is the concealment.

**Jac:** Concealment for a length of time.

**Q:** And not telling me on their own.

**Jac:** So that's the attribute. That's the attribute that is a shock, that's the attribute that you didn't see. So then there's an aspect of somebody's character that you just didn't see before, that it was possible for that...

**Q:** So that was always there.

**Jac:** Of course it was there.

**Q:** Okay, I can't even fathom.

**Jac:** But maybe the other person didn't know it was there either. Maybe they didn't, maybe they didn't know that. Yes push comes to shove, if they were really stuck in this scenario would they behave like this? And you actually can kind of talk hypothetically but some situations [cross talking].

**Q:** Right, unless it happens, yes.

**Jac:** Then we really see where the chips blind ourselves. So if the other person didn't even know it was there or did know it was there, either way, it's usually about ourselves. It's

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like, “gosh who was I when I was in relationship with that person, and who am I now in relationship with this person,” and it’s that re-altering of how we fit into it. That’s where the meat is.

**Q:** That one I’m going to have to contemplate.

**Jac:** Sure, and it might be too soon.

**Q:** I’m not even sure if I even get that right now.

**Jac:** Yes it might be too soon.

**Q:** The only thing that I could see was that it was old stuff that definitely happened in this lifetime, the betrayal and concealment, and that I didn’t find out directly from the people at all, someone else told me about it. So I never confronted it, I never dealt with it directly with them, and even when I knew about it I still didn’t deal with it and I just.... maybe there’s pieces that I swallowed and overlooked.

**Jac:** Sure that’s very likely.

**Q:** Or gave to the absence of nothing before I even had those words, but... I don’t know, I just thought, “well maybe this is some old piece of karma,” you know? Obviously it’s karma on some level, but...

**Jac:** But two things are finding expression now, the voice that wasn’t expressed the last time and your response now.

**Q:** Perhaps, I don’t know, you know?

**Jac:** That’s great.

**Q:** In fact I thought that when the physical stuff came, the blockage not the health stuff, I thought, “oh I’m going to look at this and maybe it’s going to bring me back to that old stuff,” – this lifetime stuff –, there could be other stuff on that too, I don’t know, but there definitely was other stuff on betrayal but in a different way, more like being killed betrayal. But that doesn’t feel like it’s there.

**Jac:** This is different, this is a different song.

**Q:** So I don’t know, and I don’t want to make a story of it, and I don’t want to connect it, but I can just say maybe it’s a piece of that and if it’s being burnt up, hallelujah, God bless.

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**Jac:** Sure that's it, the thing is to honor this now.

**Q:** Yes, but then after what you're saying I have to.... Okay, I have to see... Say it again. I have to see what?

**Jac:** The person might not have even known that they had the capacity to, you know to hide something, but either way it was there. So who you were when you thought this person was in the old version...

**Q:** The version I trusted, the version that I thought they would have good judgment and be honest.

**Jac:** The most we can learn is really like, "well, okay so now I really see... the other person didn't see it or I didn't see it, but something was not exposed." So who I was then was willing to go along with the version that I perceived because it was there, but that was the perception that I tuned into. I wanted to believe one version of the other person.

**Q:** Okay, that they would be honest or whatever. Okay I wanted to believe that.

**Jac:** Yes exactly, I wanted to believe that so that's who I was.

**Q:** But I never had any reason not to.

**Jac:** Yes, but it really rocks our boat when the assumption that we made before is now proven wrong. That's when it's like, "whoa!" It's like, who was I then and how do I correlate how I was in the relationship there, because I had a blind spot. The blind spot is gone, and so it's really about ourselves.

**Q:** And do I keep my guard up or do I...

**Jac:** How do you deal with seeing that the blind spot is gone? How do you deal with it?

**Q:** Do I keep my guard up, is one piece, and then the other piece is, when I thought I was getting 100% support. But there was a split, was I getting it? It felt genuine but was it not, but it seems like it matters. Given the vulnerability, the vulnerable position I was in it seems like it matters, but maybe there's no knowing that.

**Jac:** Yes.

**Q:** I mean it felt like it was 100%.



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**Jac:** Sure, but keep it on the table till it's gone, you know?

**Q:** Yes, I may need a reminder on what this is.

**Jac:** That's okay. So if you hold onto 'I can't trust' then you're holding onto the wounded you who was hoodwinked.

**Q:** You're absolutely right.

**Jac:** See? You're operating from the wound and that's not where we're going. You can't hold on to the wound.

**Q:** It's not natural for me, and in this situation it's totally unnatural for me.

**Jac:** So now the blinkers are off and you see another version of this person, all right? Now you can find out what works for you now, it's fresh. The blinkers are off so don't drag anything of the old. It's a new person because you see something new, so go around it now, and you've got to find out how that works for you now.

**Q:** Yes, which is true, which is so true.

**Jac:** Yes, so don't drag the pain, don't drag the pain into the current dynamic.

**Q:** Okay, and deal with it as it arises.

**Jac:** Yes, yes.

**Q:** Go for a walk or whatever and figure out how to...

**Jac:** Exactly.

**Q:** Okay got it, I think.

The End