

Scene opens with Jac kneeling in front of a seated male participant, holding his hands – conversation already in progress – in the second part of a three part session:

Jac: I see you.

Participant: [Pause] What do you see?

Jac: I see what you really are...and I see an experience of torture – just torture – manifesting as thought - running through your head. And I know it is not what you are – but I know the experience is playing *full-on high volume*.

Participant: [Nodding, mumbles softly] Yeah.

Jac: You can do different things to manage the experience. But it's just an experience. In managing an experience, we have a good experience and try to get rid of the bad experience. But there's a short cut. [Long pause]

[Reaches behind her to reposition headset and says "Ok, thanks, Donny" to unseen helper.]

That which the tort...torturous thoughts land upon is Love. But the torturous thoughts are so strong, for so long, on high volume, that there's been a huge distraction from what you are.

It will feel like you're pretending if you focus on the love which is underneath the thoughts - *but do it anyway*. The thoughts are passing through – the love remains. It arises out of what you are, like an aroma.

As often as you can, drop attention to that love center. That love center is not tainted, or damaged, or in any way sacrificed by the experiences that are coming through. What you are is not being touched by the experiences that are being had. They're not changing what they are...what *you* are. They are not altering and they are not damaging what you are.

They just shout louder than the love. Love has a soft voice. And somehow, settling our attention into it, we kind of align with it. Because it has that gentle nature. When we're placing our attention on the thoughts, love doesn't get a look in. It just doesn't get a look in.

They are thoughts. They are not real. Their repetition makes them feel like they're real. That's repetition, *not* reality.

Participant: I know that. *Intellectually* I know that. It makes it look almost [inaudible]. You just...you just...you just *know*. But it's not a knowing that's useful for this...so...

Jac: Ok. So what about taking action to shift attention to something that is below...?

Participant: I...I think I try to do that...and it's just gotten so thick that all the things that I'm doing...trying...aren't – you know - working anymore. That's what's going on. I spend a lot of time getting still – softening, trying to soften. I don't have...just going in, you know? It's almost all I do.

Jac: Okay. Okay.

Participant: And I just....[Long pause]. I feel like I'm taking too much time now, I really do feel that...

Jac: Yeah – well, I'm not letting you go...so...[Very long pause as she holds his gaze.]

Participant: So could you just say one more time what you said already to do...what to do with attention...where to put attention? [Pause] No? [Jac smiles, laughs]

[Everyone laughs]

Jac: I wonder if it...Let's see if something else comes. They're just thoughts you see. But they're taken to be real and they've worn you down to such a point that they're accepted as being real. But they're just thoughts. And knowing that it will pass doesn't help right now – even though it will pass.

Participant: It's been building for years.

Jac: Maybe.

Participant: That's what it feels like.

Jac: Sure [Audible sirens outside.]

Jac: It's an experience that's being had in the greatest scheme of all. There's nothing out there that says it shouldn't be this way. But there it...there's a desire for it to be different.

Participant: I'll say!

Jac: And the desire for it to be different brings a fighting energy which adds to it.

END part 2 of 3/dbc