

*(Man playing flute fades into scene of Jac sitting across from female participant, conversation already in progress)*

Jac: Um. In my own path I followed a guru, I followed one guru and he brought me to Ramana Maharshi and...and...

Participant: By the way this person was - that person of 20 years ago - was Poonjaji. He met Poonjaji - who was one of Ramana Maharshi's disciples.

Jac: Ok. Yes. Ok, ok. But it's funny because something in this form doesn't advocate following a guru...

Participant: Yeah...me too...yeah.

Jac: Even though...but...it's like...it makes no sense now. It just doesn't come out of my mouth. But what comes out is - you are your own guru. You are your own guru. If you need to go through an external teacher or, you know, or whatever...a non-duality speaker really...is more what it is. There's nothing to teach, you know? I don't get this teacher thing. So if you need to go through - you'll get it, wherever you get it. But having the discernment to know what's garbage and what's going to be of assistance to you. And...and...knowing that...resonating with the Truth and setting up that monitor so that you can smell the Truth for yourself...and assess it yourself.

Participant: Yeah. Uh huh. Mmm. Yeah.

Jac: Because in the movie you have to take this path alone. Really you do. Because I just...even if the Guru is followed, at a certain point the teacher, the teachings - the whole lot is the obstacle...*the whole lot*.

Participant: Mm. Yeah. Well this...this mentor refuses to call himself...or let himself be called a teacher or a Guru - and a mentor...is a good word...is the good word. And you're the first - quote/unquote - non-dual teacher that I've ever met. Be...and I've... I've heard of, and read about, and listened to a number of them because friends or ... and..for whatever reason.

Jac: Yeah. Sure. Yeah, yeah. Ok.

Participant: So you're the first. And I'm happy about that. Anyway...and I know that...

Jac: Yeah, but I don't even go with the teacher thing. For me...but you know what I mean. But that doesn't matter. If the label is there or doesn't...or isn't there...but it's like, what's to teach, what are we talking about - what's to teach?'

Participant: Yeah...it's pointless...yeah yeah...I totally get what you mean, yeah...I totally understand it...yeah.

Jac: So, okay. So it feels like the guidelines you got...sure it pulled you in, and it made sense and you tried it, and it worked. But then you said, "I don't know if it was worth it."

Participant: Yes...see...see when you were talking earlier this morning and the...the image of the screen...the blank screen came up? I, for some reason I...I that I...I...I don't like to think that of...the absolute being a blank screen. It's too blank. It's too um...*blank*. It's *not blank*. I mean...I...I can't believe that the absolute...or...it's *not* blank.

Jac: It's not blank in the way the mind understands it. It is beyond any concept...

Participant: Yeah...yeah. See my mind can't understand that...yeah...so...

Jac: No, the mind can't. So...but if the mind is then...ok, you know the mind can't understand it - but yet mind is now saying that...it's not...I kinda don't like... I kinda don't like...

Participant: Mm...yeah...kindda don't like the words...

Jac: ...I kinda don't like what...what it's going to. Mind will do any trick in the book to prevent its own annihilation. So what it's doing is...is it has imagined what beyond mind is and says, 'we wouldn't like that.' The thing that wouldn't like it is mind. You *are* it. So mind is saying, 'Well, I wouldn't like the state. I *am* it, ok? But I wouldn't like the state... the state of mind, or the state of the experience.' [Lowers voice] But it's not a *state*.

Participant: So...you know. Yeah...it's hard to find the word, isn't it?

Jac: Sure. But whatever mind is presenting it...it's a *lie*. That's what I'm saying. Is that mind can't grasp it, identify with it, name it as an experience...whatever it does, it's telling you a lie. It's telling you a lie. Because what...what you are, is beyond mind. So if mind is saying...'Yeah, but I...I don't want to experience what is beyond mind.' No, *you can't* experience what is beyond mind.

So whatever...whatever mind has now made as those few months as an experience - that too is a lie. Because whatever happening - if it was a glimpse of that which you really are... and only you know...if it was a glimpse of that which is beyond a state, then mind *made* it something in interpreting it, when the suntan wore off. When the 'I' kicked back in and living happened in a personal way...at that point mind made it an experience and interpreted it. And, of course, mind is saying, 'Don't go there.'

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Participant: So....my mind wants to go there...well, well wants to say it wants to go there. And it's... it's...

Jac: Your mind doesn't have a choice. Your mind doesn't have a choice.

Participant: Yeah...ok....alright. But in the meantime, the way I'm living now...this way, it's ok. Um - without a teacher, so to speak...without a group, without a plan...without a... without anything.

Jac: There's just a free flow going on.

Participant: Yes. It...it is a free flow. Yeah. Is that the right thing for this person - if you can tell individually...

Jac: Ok. Ok. What's happening for this person is the only thing that can happen. And so when the right-and-wrong labels come in, then it must be right. It...It's the only one that can happen. If there's a desire for it to be another way, then it must be wrong. They're equally just kind of...black/white, black/white.

Participant: But sometimes when I feel the boredom of or the...or the sameness of the quiet life I'm living, um...that's mind just coming in. Is that right?

Jac: Yes. Yes.

Participant: And what to do is just say, "That's mind." And be like....be quiet...

Jac: It's just craving a distraction

Participant: It's a desire...

Jac: Yes, it's a desire. Unhuh.

Participant: ...for dis...distraction. Yeah, that's me! Yeah. I love distractions and all that. Ok.

[They both laugh]

Jac: Yeah. Um, is there the idea that if you deny distractions there's something to be gained?

Participant: Um, I'll think about that...I mean...ok. I don't...I don't know how to answer that.

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Jac: The sense I'm getting is that it's the 'I' who's trying to do the right thing, or get the right guidance or whatever.

Participant: Or not do the wrong things, maybe...yeah...

Jac: Or not to do the wrong thing, ok. But...but that's very much keeping the 'I' alive. So the 'I' is asking the question...the 'I' wants the tools for living with an 'I'. Chuck it all out. Do you see the whole framework that you've bought into?

Participant: Ok. So basically 'Be'...and...

Jac: Not even that.

Participant: Not...yeah, yeah, yeah. Right.

Jac: Not even that. You see, you can be a 'doer' not doing stuff. I'm busy doing 'not doing' - 'cause I'm not the 'doer'. The 'I' is really solid not doing. Doing 'not doing'. It's the 'I' we're after. It's not the 'doer' or the 'non doing' or...fixing or not fixing...or nothing... these are theories in the movie. Go to the end of the line. Because the movie will continue and it will keep giving new methods for living, new approaches to take. *Now, after all of that...after all of that* - can we start there?

Participant: I've lost...I've lost you....my mind has lost you.

[laughter]

Jac: Yes, mind has. That's exactly what I wanted. Yes. That's right. Mind can't go where we're pointing. And the 'I' will get frustrated and know it can't get it - and won't know to do what's right, and all of that must collapse. It will all fall down.

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