

Welcome to Satsang. Good afternoon!

So, don't move your body. Amazing, eh? The mind wants to do the opposite.

Drop in. Don't think about it. Let your system become relaxed. It's the nature of the mind to be busy, so don't take any notice of it. It's going to be busy, always. What your mind is talking about, whatever the mind is talking about, give it no value, give it no importance. It's bullshit anyway. Invariably, it's bullshit.

Drop beneath where that chit-chat is going on in your mind.

Wherever you're right now, drop beneath that again, deeper. Dissolve.

Drop deeper than any emotion, beneath where emotions arise from.

Now dissolve. Let dissolving happen in the same way that a splash of water on a table evaporates. Let dissolving, disappearing... Evaporate, evaporate, evaporate...

The mind needs to know that it is as good as it gets. This is as good as it gets. This is as good as it gets. Notice if there is resistance to that statement, because it's true. This is as good as it gets. When attention rests prior, just prior, this is as good as it gets. Everything else is a phenomenal experience that has got nothing to do with the truth. So notice if you're disappointed that this is as good as it gets, if it's a let down, 'cause this is where you'll find what is keeping the "I" alive.

What desires are you still running? What's unresolved? What have you still given value to?

Whatever you're looking for is where you're looking from. You can have infinite experiences, but they will all land you right back here to the depth of what is beneath your mind, your emotions.

The depth of that is as good as it gets. Anything else is a lie.

The energy of desire will tell you that there is more 'cause that's the most potent tool that the mind has. Identification with thought happens when desire arises.

So how many more desires do you want to fulfill?

Awakening does not happen when desires are fulfilled. Awakening happens when you see through the desire mechanism, when you see that desire is just another way of cranking up the show.

Off we go for another merry-go-round! Off we go for another ride of something experiential!

You'll end up right up where you're right now, dropping where it is deeper than what mind has to offer.

There is nothing in the phenomenal world that can bring you to the truth. Nothing. It's there already but something else is more interesting. Something else wants your attention. It's up to you! You can give your attention to whatever your mind is generating now as a story, it's up to you. Or you let your attention drop to where it arose from when you came out of deep sleep this morning.

Where were you looking from? Where is the origin of awareness? I am not talking of awareness. I am not interested in awareness, it's deeper than that. It's deeper than non-duality. It's deeper. Where were you looking from? Where is awareness arising from? Where is that point? And stay there. Then there's no arising up and out to invest in the story of the mind, in the phenomenal experiences, in the “me” story.

Stay inside, where you're looking from. Stay there. And if the mind fights, let it kick, let it scream, let it play its resistance. See through its games.

If you can't see through your mind, you're in! It has you, and off you go on the roller coaster ride again until you're back here again. Maybe next time, maybe next time, maybe next time, maybe next time, maybe next time, maybe next time, maybe next time, maybe next time. It goes like that... *ad infinitum*.

That's what mind does. It's self-perpetuating. It's built in to mind, to keep identification alive. It's built in, it's built in. It's an exquisitely beautiful machine, it does not break down. So let's see through it, rather than investing in it or you see through it, whichever...

There'll be identification and a flip-flopping back to the “me”, “my story”, if you believe in it. Or if you can see the mechanism from that distance... I'm talking deeper than the observer now. Deeper... See the mechanism of mind, knowing that you're not whatever your mind comes up with. You can't be that; you can't be that.

If you've had any special experiences at all, that will have started to break down. But you'll have to trust that the crack is showing you the truth, the glimpse is showing you the truth. You have to shift, shift your investment into That being the truth, you see. Otherwise your investment is in the mind and spiritual experiences are great things to give you, a little bit of a holiday.

It won't work! You'll be forever investing in the “me-myself-I” and keeping the story going and have a nice spiritual past-time over there. That's torture. It's torture to live like that, a torture, 'cause you're not here and you're not there. It's like... That's hell because you're negotiating with yourself, “I want it but I don't really. I want the truth. I just say that I want the truth actually and then I can have both.” That's hell, because the mind will fight for survival because it knows that you've smelled something else. And when the mind starts to fight like that, suffering is deeper, desire is stronger. It's stronger.

So if you've seen that, that what the mind plays, it's torture. It's like, yeah, alright...

So which are you going to invest in? Can you trust surrender and have courage to step into what the crack shows you, step into what the glimpse shows you? Can that be where you live from? It means recognizing that the mind is always going to be a liar. It means seeing that when desire arises, it's like, "I'm on to you, mind. I'm on to you. I'm on to you". "I'm not, I'm not doing it again."

And then the mind will say, "Ah... there is no harm in it, just, just, just, just one more, 'cause it's great fun. You're a boring old fart being spiritual all the time. You know, it's great fun, let's go for it!" That's what the mind will find. You'll stay there until the suffering is too much and you're like, "Help, help, help! I'm up to here in my own story, my own BS."

So where have you put your cards? Where have you laid your bed? You need courage and you need self-honesty. They are critical on the spiritual path, critical. You have to have huge courage to actually stand on what you really, really want. If you really want truth, if Grace is pulling you home, there's a deciding point, of like, "I may. And I'm walking away from what mind wants to say". You need serious courage to do that, serious courage.

You really do. And you have to be self-honest, because it's up to you to audit whether you're playing a game, and you're just being spiritual because it's cool. Or if you actually said, "I hear the crap that comes out of my mind and I'm not going there anymore."

You've got to be honest enough to hear what's going on in your mind. And when we're not self-honest enough, when we're not in a place where we can just expose the ego to ourselves, expose the dark stuff that we don't want to share with anybody, probably you don't want to share with yourself either. Awareness within you probably does not even want to see it. And this is a great trick of the mind. The real hooks that keep the ego alive, that dark stuff, messy stuff, the yucky side of the ego, that "shadow side", whatever you want to call it. You've got to be honest enough to see all that. It's amazing how much we bullshit ourselves. It's extraordinary. It's extraordinary and we do it without even recognizing it.

But once, you're like, "I need to be honest with myself, I need to totally face up to the crap that's in this mind that I'm hiding from".

And if you have that level of honesty, now we've got something to play with. Now there's some capacity for distance. Now you've got the capacity to see it because the hiding has stopped. That's the self-honesty I'm talking about, that willingness to see it, to really see the game that you play yourself with yourself.

And you know, the mind will tell you it's because you have a self-image to protect.

Or, you know, it's actually... It's just a mechanism to keep the show going. You're hiding from yourself. But literally it presents itself like self-image at this stage of the game. You're keeping

your self-image. It's the image to yourself. It's not an external image at all. It's your own image of yourself, the person you thought you invested in for so many years, you know. All the healing, all the courses, all the things we surrendered. It's like... you know what? It was for... nothing, for nothing!

And if you can say that, alright, alright, if you're willing to let that go, alright, now we've got a bit of honesty coming in. Now we can begin to stop fixing the one that we actually think is great but actually we keep fixing it so actually it's kind of broken.

What's going on? What's really going on? Courage. Self-honesty. They're essential, they're essential. Otherwise, it will be just a sticky awakening, and there is a lot of that around. There's a lot of sticky awakening speaking from the non-dual scene, for things are not clean enough, just not clean enough.

The other thing that happens is when that self-honesty, when that courage has not been developed along the way, one gets stuck on the non-dual layer. Non-duality is a stepping stone. It's a pivotal one, it's an important one, but it's actually the one that is the flip side to duality.

So we've got the word of separation, "me-myself-I". We've got observer that gives us a break from it and we've got the non-dual, alright. So we've got separation and we've got non-separation. We've got unity consciousness. We've got these things hanging around the non-dual layer. You can jump between the two forever. You can hang out in non-duality where it absolutely makes sense that nothing ever happened—there is no "me," nothing ever happened to anybody, tadada, all that stuff. That absolutely is valid there; that's valid in the non-dual layer, sure, it's the flip side of duality. It's still dualistic because it's the balance of the dual, you see. Duality needs non-duality. They're mirroring each other. That goes nowhere. It's a stepping stone to go beyond.

If you don't have courage and self-honesty, you won't go beyond non-dual. And you will stay for ever in that zone of non-duality. Non-duality is a critical first step. Awakening is a critical first step.

And non-duality, it has to be a huge movement out there, do you know? Sure, this Jac character is part of the non-dual scene, even though I stopped talking about non-duality in 2010. But here we are, still a non-dual speaker! That's because that's the only language that's in the non-dualistic world for this, because it's like a funnel. It's like the widest net that can be thrown on the dualistic world is the non-dual because it's the flip side. Then it gets a bit narrower and not many people want to hear this part of non-duality, not a lot.

So duality, non-duality, that's fine. It's for the masses because that's, you know, what's available for everybody. Every religion pointing to singularity. One, when there is not a second, pointing to the non-dual, okay. It's the first step.

Once there's courage and once there's self-honesty, it unravels itself from there. You really and truly can't steer it at all. You can steer it quite a lot when you flip into the dualistic world, when the “me” appears and separation is running. You can do a lot. You can do spiritual practices. You can do an awful lot to create a space for an opening. You can do an awful lot, clean the stuff and let go and dissolve in spiritual practices.

The landscape changes after non duality, it changes.

I'm going to use the whiteboard in a while to kind of map what it looks like from the bigger picture, so you can get a context of duality and non-duality and where does it go, just to kind of widen, dissolve some limitations around what the spiritual path is about. So that you can kind of see where am I at really, where am I at? They're maybe some parts that are in duality, some parts non-dual, some have really transcended it. But that gives you a better hand at how the map is laid out.

Whatever your mind is presenting, not good enough. Don't take the bait. Don't take it, drop deeper. Whatever the mind is saying, drop deeper.

Mind is a *liar*, always a liar. It's a tool for managing in the world, that's all. That's all it is, it's a tool for managing in the world. You pick it up when you've got to deal with the world and then you set it down again. End of the story.

Now what is left? Now what is left?

Ramesh Balsekar had a great way of explaining that, that the mind being a tool. He divided the mind into the thinking mind and the working mind. That's very useful. The working mind is the functioning thing, the thing that got you here and makes you understand your watch. It'll make you talk to people this evening. That's the working mind.

The thinking mind... Oh, that's the one that we don't need at all! I am not talking about thinking in terms of planning or creativity, that's the working mind. That's part of functioning, human functioning. The thinking mind, that's the creation of ego. Ego and the thinking mind are the same thing. So the thinking mind is the thing that is saying, “I have a reaction to what's being said here.” Be positive or negative, that does not matter. It has to be either positive or negative because a reaction is already in duality. It's one or the other. It's positive or negative. They're the same. They're the same, whether it's “excited” or “waiting for something to happen.” They're the same, you see.

If you're an optimist, it will be on one side. If you're a pessimist, it will be the other side. That's just nature. It's got no value really at all.

I know I'm zipping through it quickly but that's how it's happening.

So the thinking mind gives you reactions, it gives you desires. It says, "Oh, I like." "I don't like." You know, it always has an opposite. Now if you try to figure out. Can you identify the thinking mind? Well, that's the thing that's going to be the thing, right or wrong, because it always functions in duality.

The functioning mind? Gosh, you can create art, like... You can completely express yourself without any thinking mind at all. Alright, what's that thing that steps out of the way when something beautiful and natural flows through you? The thinking mind steps out of the way and your functioning capacity creates something. So you lose the thinking mind but your functional ability stays with you.

It switches off now and then when we can't, you know, when we can't take a vibration or vibrational shift or something, and we become dysfunctional for a while. But that settles down. But the functioning comes back. The ability to connect to the world comes back, no matter what kind of dramatic awakening or smooth awakening, or... It does not matter.

Learn to recognize the smell of your thinking mind. And is it okay never again to trust it, never again to believe it? 'Cause if you believe it and if you trust it, then you have put your chips on duality, not on truth.

I saw a TED talk by some woman (I'm not great with names at the best of time. She's some forerunner in neuroscience.) She has shown, or given studies and research papers, and proven that when we suffer, there's an experience that, you know, registers in the brain. When we have pleasure, there are experiences that register in the brain. The registering of an experience that's about suffering is 20 times deeper in our neurology, 20 times deeper than the pleasure impact, the scratch that's left, the imprint that's left from pleasure. The imprint that's left from suffering, is 20 times stronger on the suffering side.

So what's going to bring you back into duality? Suffering! That's the thing that will make it appear as real because it's 20 times as more charged than any other experience.

So if you are somebody that has had a glimpse, that you've been like in a great zone for, you know, "I had for six weeks of total clarity, or five years or an hour of absolute clarity." Something that's connected to suffering would have broken it more than likely. Something connected to suffering... That's what the potency has when you're at the end of the path. It's the suffering that will pull you back in.

So you know, believe in the suffering and go into the story of suffering, and manage your wounds and go tell me a story. Of course, it works of course but.. Tada! There you are. You're in your body. You're having a phenomenal experience. And where was that spiritual experience? "Oh God, you know, because 'me-myself-I' *my* whole perception has changed, and *I'm* in *my* world now with *my* story."

So our neurology is kind of set up to keep the “I” alive, the “me-myself-I story” alive, you know. In a way, you're kind of going against the way our brains have evolved.

My understanding is that we're actually super primitive. We really only have our hands barely off the floor, really. To call ourselves civilized is a joke. We're barely able to be aware of consciousness, barely. So you know, this is why we have such an investment in suffering. We're drawn so much to suffering that, you know, we make it 20 times deeper in our neurology.

We've evolved through being like that. It does not have to be like that, but it is right now for our time and space in our evolution where we're at. But the more people that are drawn to the light, drawn for its truth, this will change too. That's a wider span of where we're going in terms of the evolution of our race.

Does that lose our connection to be empathetic? Not at all, it increases it actually. It increases our capacity to bring in, to share our capacity, to transcend suffering.

Suffering still happens. Shit still happens, you know. Shit still happens. But the response to it is completely different. That's what makes all the difference, that's what makes all the difference. There's no immunity. There's no immunity but how do you respond to it? Does it create a sufferer? Or is it in some way allowed to pass through? Any experience, no matter how horrendous, can just pass through. Self-honesty needed there too.