

Life-force Itself is an Appearance

(Man singing behind slide show of Jac photos fades into scene of Jac sitting across from female participant – conversation already in progress.)

Participant: For me, it...it's scary to lose control – especially the spiritual aspect because I don't want to feel being lost. I always want to feel being connected.

Jac: Yes. Yes. That's now becoming the obstacle.

Participant: Mmhuh. [Nodding]

Jac: So now you're at the end of *that* part. It's like...'Whoa! Here we go!' And that's how it happens...isn't it? It's like something else spins out. And something else spins out. But mind will forever create things to spin out. So...at some point the pull will be – you know - place attention in the stillness underneath. And if there's a spiritual practice happening – there is. If it's gone out in the world – it's gone out in the world. Place attention there. And let a freedom come around that which moves through your form. So that the aspect of mind that thinks it's controlling what...what you do - is made redundant.

Participant: How can I find that sense of peace you spoke about - you know?

Jac: It's what you are. It's what you are.

So there's a lot of methods for teasing the mind into that place. But in the...in the teasing the mind, sometimes there's a 'flopping' out of time and space...and sometimes there isn't. But the best you can do is bring your mind to a single point. To like...it's like: "Who am I?" Or "Whew" – drop any thoughts. Or you dissolve. Or...you know there's kind of a trapdoor - sometimes you fall through, and sometimes you don't. *But you can go to the trapdoor.* And then...then you...you *can't* [makes dropping motion with hand]...because the...what falls through is...is the awareness without...without the 'I'. Okay?

So you can go to the trapdoor. Sometimes you'll fall, sometimes you won't. And you'll only know you're there when you come out. 'Cause when you're there, there's no 'I' who's experiencing. All that stuff stops. Do you know what I'm talking about? Okay. Keep attention there.

Participant: So the aversion is not real – basically. Even when...when that...that whole diversion is...is just see that and know that that's not it. It's really the life-force of the seeker?

Jac: And that too is a thought.

Participant: That too is a thought.

Jac: Yes. The seeker is an 'I'.

Participant: Is the life-force itself anything else?

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Jac: In the *movie* – okay. But it's still a thought. It's *all the movie*. It's just an appearance. Life-force itself is an appearance. We can say it's kind of finer, or maybe more sophisticated, or less identified; but it's still the movie. The best that can happen is that it's seen as the movie. So there's indifference of whether it's seeker or life-force or...? But ownership will make difference because there's good and there's bad running. And there's good and there's bad because there's *me* who likes and who dislikes.

So it might sound complicated, but it's as simple as - keep your awareness on that which is outside it all. Keep your awareness there. And there will be a letting go and surrender that your mind will say – '*Whoa – not safe!*' And it's like – '*Fine, I hear you, I hear you.*'

Participant: I see.

Jac: Let that level of surrender kick in. *You can't do it!* But by pulling back it happens. You can't do the surrendering. Because if you do the surrendering the 'you' is still alive...it's just doing another spiritual technique. And after surrendering, there'll be another one...embracing life...god...wuk! Wow! The 'I' will just - *ad nauseum* – go off on it's own merry way. So somehow, whatever remains of a...um...a functioning for this physical form on the planet – it will do it without you needing to control it. Now that's the level of surrender I'm inviting.

Somehow things will be taken care of – somehow they are. And they're taken care of by what you are. That's what's holding the show. You're holding the whole show. That's what you are. And you don't even know it. You know? It...it...that which is – doesn't even know about the show....so? But yet it contains all of it and doesn't know about it. So how can there be danger? It's only a thought.

[Pause]

Participant: It's a belief system of something. That if I'm not doing something, that it's going to be dangerous.

Jac: Yeah, yeah. Yes. Yes.

Participant: It's a belief system.

Jac: Yes. It will be dangerous for the 'I'. For the personal 'I' – yes - it will be dangerous. Yeah. That's fine. It happens.

Participant: So I am this body. I can feel the life-force coming through me. I can feel fear. I feel aversion. And all's okay.

Jac: "I am this body." The first sentence – *oops!* I don't know about that one. Are you this body?

Participant: No I'm not.

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Jac: So then what can you say?

Participant: This body.

Jac: Yeah, maybe. And all that's passing through it, is passing through it. It's not good or bad or anything. It's just passing through. Like we're not concerned about the amount of oxygen in each breath, you know? There's no controlling there. We're...when we swallow food, we're not...'Oh gosh, I'd better release some...you know...enzymes now, or something.' The model that things take care of themselves is everywhere. Let it expand. Let it run amok.

[Long pause. Participant places her hands together and bows head]

Jac: Thank *you*.

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