

Unedited First Draft Transcription - Don't Use Perception as a Pain Killer - 2017 October 29 (PM)
Carlsbad Retreat, California
Questions #51 through #63

Okay, welcome back everybody. You know if it comes up that the most important thing you can do to evolve yourself, if the most important thing is bodywork, is therapy, do it and get it done and go back on track. Do it and get it done and go back on track because there's a place for all of it, and the sequence isn't like you do the therapy and then you forget about that and then you do awakening. That's one way of doing it but it's not the only way. If you do end up going to a bodyworker or a therapist don't bring your non-dual in there. It's like, you know if you're getting your hair done you don't go to a massage parlor you go to a hairdresser you know, or a barber, you know? So you're going there for something and they don't need to know anything about non-duality, they really don't, they really don't. I've seen a good few people who end up teaching their psychotherapist about non-duality, that happens a lot. And all that's happening is avoidance, that's all that's happening they're avoiding their stuff, and the psychotherapist is like hungry you know, to get out of, "my god there's more than what I do!" You know? So you don't need to tell your therapist, of whatever ilk they are, you don't need to tell them that you're doing this other stuff. You go there to do whatever it is they're doing and get out again, you know?

2:13 Let me think, this is our coming in for a landing. So I'd like to just open the floor to the people who haven't come up already. If you want a mic there or to come up, as you like, tell me what you need to do.

#51 / 2:46

Q: About 2 years ago I had a stroke, and I'm getting through it really well, but I feel like I've hit an impasse.

Jac: Man we've been onto heart things this weekend!

Q: Yes it's happening to a lot of people, not just me.

Jac: Yes it does happen to a lot of people.

Q: And I wonder why a stroke as opposed to anything else. I was really healthy, and you know get things done, so I'm wondering about that. I'm also wondering about something that happened which was kind of like a near death experience. Sorry, sometimes it brings things up.

Jac: Yes.

Q: I seem to have met my soul family, and I miss them and I want to be able to talk to them while I'm still here. I don't know if that makes sense to you.

Jac: It does. Are they geographically someplace else or...?

Q: 3:48 It felt like, I don't know if it was but it felt like another dimension. I was in the hospital when they asked me if I wanted to live or if I wanted to die, and I said, "take me with you." And for like eight months after the stroke I was in a state of bliss. But I

wanted them to take me with them because it was like obvious that it was a pain in the ass being here, down on earth, the job and, you know?

Jac: They asked you, “do you want to stay or go,” you made a choice but they didn’t honor that choice.

Q: They didn’t honor it or I didn’t or another part of me didn’t honor it.

Jac: Which do you think?

Q: I’ve been thinking a lot about it since it happened, and I still don’t know, but I have a feeling that it was like maybe I’m three people, I’m not just one person, and one of those beings said, “okay, you want to go and you want to go but you need to stay,” you know? And I felt like I was speaking for myself.

Jac: Yes.

Q: So I think that’s it but I’m not sure.

Jac: Yes.

Q: 4:57 And basically you know... and I see the way that you have, you know you have the vision, I can see it in your eyes and I can tell it’s truth, so I just want to get some advice about what I should do next. I don’t know.

Jac: Talk to me about your heart.

Q: My heart is open, open, open, open. I don’t necessarily like talking through a mic, as you can tell, and I hope I get rid of that too because I don’t know why I don’t like stage fright, but my heart feels very open, more open than it has ever been, and I’m in a much better state of bliss than I’ve ever been. I didn’t know bliss was so blissful, and I don’t have words to describe it but it’s been really something. I feel like this stroke is a gift more than it was taking something away from me.

Jac: Yes.

Q: And I know that I can handle it, and I also know that dying is exquisite and lovely, and if I choose to die it’s going to be fabulous. I don’t know, yes it’s open, I think.

Jac: Yes.

Q: It feels pretty open.

Jac: Yes. What’s left to do in this dimension?

Q: 6:20 Well I feel like I want to help people. I want to heal people, not heal them but be a part of their healing, you know just remind them that they can heal and I can help support them to heal. That would be cool. What else do I want to do, I want to be... I don’t know, I don’t know. I want to be blissful still. I don’t want to be a burden to anybody, that would be nice. 7:01 I don’t think I am, but what’s indiscernible word go there.

Jac: So let’s say the blissful experience disappears.

Q: It sort of is disappearing, and I hate that.

Jac: It is going to go.

Q: And also the memory of my soul family is going too, and I’m like, “hey come back,” and I keep... I was thinking they were on the astral plane, and so I kept buying these CDs to listen to at night so I could be in the astral plane, but I could never quite get there, and... you know?

Jac: Yes.

Q: I’ve been searching and looking.

Jac: Yes. So the thing is, when we're here there feels like home, and when we're there here feels like home.

Q: 7:52 Yes but here is less, there feels like real.

Jac: Yes it does when we're here.

Q: Oh I see what you're saying, but when we're there...

Jac: When we're there there's such opportunity for stuff here and so much work to be done here that here has, "oh my god that's the place I should be to..." you know,... So mind plays this kind of comparison trick, it's really saying, "whatever I have there's something better." It always does that, even in the astral it does that, it says, "here is better." There's a lot of beings in the astral that are kind of queuing up to get into a body here. A lot of them attach to people here because that's the closest they can get to being in a body. Work happens there too, crap happens there too.

Q: Oh! Okay.

Jac: Uh huh, uh huh, yes.

Q: 8:47 So it's not that it is a soul family.

Jac: No it's not, it's not, but the contrast of touching into that vibration when we've had such density here – this is really dense, this place! – I mean without physical form here there isn't even... it's more... you can put your hand through somebody in the astral. There's a form but you can put your hand through it. So the density of gravity and the physical form here is friggin awful! When you get a glimpse and you're like, "aaah," touch into the memory of being in the astral, it's no fun coming back into this density. So the contrast between there and here, when we go from this density into there it's like, "(sound effect 9:32) oh my God!" It has such relief and release and (sound effect 9:35) you just dissipate, you see? But it's the contrast from here, when you get used to that it becomes the new normal, and then the attractiveness of this dimension becomes really cool you know, and whatever...

Q: We want what we don't have.

Jac: 9:50 Yes, we don't want what we don't have, you have it, you said it. So that to and froing is what goes on between the astral and here, okay? So I'm glad you can touch into the multidimensional aspect of your existence. There's more than three, but that's plenty because that's enough to introduce the concept. And how much your brain needs anyway, heck, you know we just need to grab the concept so we're not tied into, "I am this form," because it has loosened your whole understanding and that's really the purpose of it, you know? And multidimensionality is another version of unity consciousness anyway, you know the interconnectivity of anything. So it would be interesting to play between, "okay I can completely resonate between the three forms, completely, there's definitely a resonance there, can I spread it to 7 billion?"

Q: Yes!

Jac: 10:45 Yes. So I'd love you to really get into unity consciousness, because that's what the multidimensional existence that we have, that's what it's about. It's like when we take away the singularity of an individual form and it gets wider, we, "oh holy moly, oh holy moly!" You know some of us get that experience of having more than one life running at the same time, and it's usually in another dimension. But what it does is it shatters your parameters, it's really good, so I want to completely shatter it so that the

interconnectivity of everything, of all people and then all forms, that the whole frigging lot of it is all interconnected, and that individuality appears as a lens, you know? You can see individuality but it is within the unified whole. It's the same but it's different, like, "this is my body but that's my foot. My foot is different from my hand but it's still my body," you see?

Q: Yes.

Jac: That kind of thing, it's the same. The unified field is the same, you know, cut my hand off and my body is going to know about it, and my foot is going to know about it; there is a wisdom that communicates the whole thing. So the interconnectivity is a lot more potent than the part.

Q: 12:01 And is that interconnectivity, is that everyone? Is that like a samadhi kind of thing, like, "we are all one?"

Jac: For some it does, it does turn into a samadhi, blissful experience. Why I'm encouraging you to do it is that, okay, you'll really get the interconnectivity of those three lives that are running simultaneously, albeit in different places. And I want to see, okay can we expand beyond the three and find out, okay. what's the unified field of all of it? Because there's a very much a sameness between those three, so okay what would it be like with... what is unity consciousness really like? What is the interconnectivity here? If I switch off the diversity making sunglasses, if I switch off the diversity making lens of perception, which is in our mind, what's that like? And some people get blissed out on it, and some people are like, "oh me and the tree are one," and it's all fakey and they usually can't embody it, and it's a passing experience. But see if you can like, "can I tap into that place of where actually me and this armchair same-same?" Can I find where they are legitimately the same?" Not just a concept but where they really are the same. I'd like to see you doing that, to see how close are you to unity consciousness. Because there's an attachment to bliss it's going to be taken from you, that's why. Yes it's a bummer.

Q: 13:32 Okay. Yes, it's been taken away a couple of times and then it comes right back again, but yes it's going to dissipate.

Jac: It will, it will fade out, yes it will fade out. But it's great because when bliss comes it's like it's a... Really what it is is a dose of light.

Q: Basically yes.

Jac: 13:50 Yes it's just a dose of light, and as long as it's penetrating your field you know, and it will become the new normal and you'll forget how it was. So the best thing you can do is like, "hey it came, and if it goes that's fine too." And if you can really in your heart, really in your heart say, "if you want this I give you this too," you know? Then if we can get you to a place of nonattachment there's a better chance that it will actually integrate, and you won't notice that you have it but that somehow you've integrated the light. The gift that it has, you haven't plummeted back to where you were, but you've sustained the level of where the bliss frequency is operating, you see? So I want you to be up there, but the stickiness is what will stop you from landing there. The attachment will make sure that you're like sticking to it artificially. I want you to evolve into it and merge with it. Am I making sense?

Q: Yes.

Jac: Yes!

Q: 14:49 Perfect sense. Indiscernible 1-2 words.

Jac: indiscernible, all right.

Q: I was wondering why the stroke. I'm just wondering what the universe is trying to tell me or what kind of message or...?

Jac: From patterns that I've seen the stroke is usually a fantastic way to just give your heart a wallop, your heart chakra, your love center. It's just like "whack!" Like (sound effect 15:21) you know, that whatever blockages are in the heart chakra it shows up in one little vein, one little place. Do you know? Just like, "okay let's accumulate it all and when all the blockage of the heart chakra condenses into one area it turns into physical, because as it compresses it gets smaller and harder, it's like, "thump, there we go, blockage." That's what I've seen, the strokes I've come across, it's like, "shoot," especially the people I knew before and after, you know it's like, "that heart is going to have to open somehow," and it's like, "whoa, okay this is how it happens," you know? And then the form of course, the physical body takes a hit you know, and sure your physical form is just an expression that's helping you to awaken, you know? The physical form is just the mechanism for playing here, you know for forgetting and remembering, so it's going to take the hit, it's going to carry whatever it needs in order for you to... whatever it needs to in order to assist consciousness to remember itself, you know?

Q: 16:31 Can I trust my form, because you know when I get up in the mornings it's like, "oh I can't bring my hand to do...," you know? I can't even do what I used to do; I used to be a beautician, and I can't even do that you know, because my hand is so lame and my leg is so lame. It's getting better but it's like, what kind of relationship can I have with it now that I know it's all a part of one thing?

Jac: What relationship did you have with it before?

Q: Well, you know...

Jac: Did you take your body for granted?

Q: No, no not really.

Jac: Good.

Q: Not at all. But then again maybe I did, maybe I did.

Jac: 17:12 Well as a beautician you were working with the body, using your body to help others connect with their bodies.

Q: It was pretty cool. When I was a beautician I got more into Reiki and stuff like that, so I... you know...

Jac: Yes.

Q: I got more into communicating with them in other ways, so it felt good.

Jac: Yes. How has your relationship with your body changed?

Q: 17:39 Well it has changed quite a bit. My body just got rid of all the weight, like just got rid of it. I guess I was 40 pounds heavier than I am now, and my body just didn't want to be heavy anymore, so it...

Jac: It threw it off.

Q: Yes. So I'm dealing differently with that, but also trying not to be the center of attention or trying to... you know what I mean, because you know I'm not used to being

slimmer, so... And I don't want to bring that into it, you know I don't want to gain another bad feeling. I guess not a bad feeling... I don't know, I think I'll be all right.

Jac: Yes. Do you think the weight fell off because there was baggage in the weight?

Q: Yes, and it was my life, I wanted to leave in the first place. I didn't like my life at that time so it was all wrapped up in that.

Jac: Okay, so the only reason then that you'd put on weight again is if you want to protect yourself from the world.

Q: Oh yes, absolutely.

Jac: Is the world safe?

Q: The world is what it is at this point.

Jac: And is it safe?

Q: No! It's not safe at all.

Jac: Do you need to protect yourself from it?

Q: No I don't, because whatever happens happens.

Jac: Okay good.

Q: It's out of my control. I'm not in control.

Jac: Yes. So can you love the hand and the leg that are really behind the plan?

Q: Yes, yes I want to for sure. So I should talk to them in that way.

Jac: Yes absolutely.

Q: Like, "come on honey bunny."

Jac: That's right.

Q: "Oh you don't feel like doing it today, that's all right, chill."

Jac: 19:29 Yes, and do your PT (physical therapy), you know do whatever you have to do to get it back working. But yes I would integrate them, integrate those limbs, you know? I would. So you haven't started a new career yet?

Q: No, I thought I would go back to doing skincare again, and in the meantime I'm thinking about doing neural feedback. My dad does neural feedback so I'm thinking about training with him, and I have my certificate and everything. But also, you know I'd like to help people who have been through this similar experience I have. I tried writing for a while, and it was good for a while, but then it really wasn't me talking it was my ego talking, so I just decided, "no, I'm not a writer at this particular time." So I'm looking for... I haven't found it yet but I'm looking for... and I'm hoping it comes to me, the perfect thing that I can do to help people and help myself at the same time, you know? So that's what I've been thinking about. Do you have any ideas?

Jac: 20:40 I would start with something around the hospice line. Is there children's hospice? Is there such a thing here?

Q: Oh I'm sure. Yes, I live in Laguna Beach so I'm sure there's something I can find there.

Jac: I would.

Audience: Check out 'CHOC', it's in Orange (County).

Q: Okay

Jac: Yes, that's where I would start and you'll find your thread.

Q: Okay that's great. Thank you

Jac: You're welcome, you're welcome, great. As Ram Dass says, "I've been stroked. Good for you, good for you."

#52 / 21:29

Jac: I'm sorry I can't remember your name.

Q: Alice.

Jac: 21:33 Alice yes. I have a clump of names for this gang of women but I don't **indiscernible-background noise**.

Q: And you know we send love from **Carolena**, who was the one that got us **cross talking**.

Jac: Yes, **Carolena** is the one to blame she's the conduit, yes.

Q: 21:49 I'm just so happy to be here, it's like joyous since Friday night. And I have stacks of things that have been coming up after your speaking, but I want to do a before and after from last year to this year. So when I came in last year and shared with you, I shared that I had been zapped into some of this blissful radiance after the death of my mother and consequently my brother a year and a half ago. I asked the question for you to let me know how I could get back there because I had fallen out of that spot, and you said – and I wasn't happy hanging out you know – and you said, "stop chasing it." That wasn't what I wanted to hear but I knew I had to go there, and I saw that I'm a chaser, you know I've been chasing, but I like it. I've been chasing and there hasn't been much suffering for me, but what I noticed was that when I stop the chasing I had things dissolve – to use your word – like automatically. Days would come up, and let's say incidents would happen, and I would not have the reaction I would have had before we had our conversation about chasing. I didn't know how it related to that but... So I wanted to let you know that I took your good counsel, and I'm noticing that my peacefulness is coming more now in small increments forward.

Jac: Yes!

Q: Well, it's not even forward or backward it's just what it is.

Jac: 23:51 And I prefer that for you because it's a steady accumulation.

Q: Yes! It's not been my pace but it is now, and I'm loving it.

Jac: Yes.

Q: 24:03 So that's one, the before and after. Two is, I lost my direction... correction, my brother died last year and a half ago and I missed him just dreadfully. We had a great brother sister relationship. He was younger than me and he was really an extraordinary man. And so after the grieving period, which I just allowed because it has a life of its own anyway, I began to experience enormous love, different than the bliss and the radiance and that sort of thing, this was a steady, steady... it's like I woke up into love. So I interpreted that as the love my brothers feeding me or left me or whatever, but in the other day you said, "it's just all love," and I thought, "well it's just love I've tapped into but I name it him."

Jac: Yes.

Q: 24:58 And I welcomed **indiscernible** because I like it that way. So I wanted to say that, and then the other was, we can't sustain that place of bliss, and I wondered if you could say a little bit more about that, because I get it, I get it that we can't sustain it. I'm

getting it more and more that it's okay, while I'm here this weekend, that it's probably not meant to be sustained, but I don't know why it's not meant to be sustained. So could you speak to that?

Jac: So when we talk about sustaining it or hanging onto it, invariably there's a little bit of ego in there. There's a preference for it, there is a rejection of other stuff, we're in separation, "I don't like that, I do want that," you can't stay in the dualistic realm, you can't stay there. If you're going to grow then you've got to leave it, and so the all the ideas about it have to be dropped. Now we don't really have the same relationship with it, we pull back our perspective and you know, drop into more of the truth of what is, but if you have any idea of how that should feel, if it's like, "oh that should be blissful," then you're bringing your mind with you and your mind is going to create a state of mind, and when you drop home prior to the sense of spaciousness, outside of all of it, it ain't no state of mind it's pure consciousness, and what your mind does I don't care.

Q: I got it, got it. Okay.

Jac: You see?

Q: Yes I do, it's really clear.

Jac: 26:30 So any experience is going to be "not good enough;" crap/bliss they're actually the same you know, they're just phenomenal experiences so let both be "not good enough." We're going for outside, what is not a state of mind, and let life play as it will. Otherwise we're just trying to control things and then we're down in the duality again, and it's like, "no surely." Can you see that going home is really what it's all about, and that's a trick in order to keep you in a nice phenomenal experience? And lo and behold for every nice one there is a crappy one lined up around the corner sooner or later.

Q: And it's all good.

Jac: Of course! From back here yes it's fine, it's fine because it's just one thing that's passing through it's not your full on experience, you see?

Q: Yes. Wow! Okay thank you for that. The other thing I noticed after I started practicing not chasing last year, I picked up a book that the title enchanted me called Love Everyone; a Ram Dass book, and the journey with he and his cohorts, with Maharishi, and I threw up, "wow is that possible? Love everyone." And I thought, "why don't I try that on for size," so I started, but I started having conversations about that possibility, and so what I noticed was – not my tribe here – but when I mentioned it to lots of other friends I was a little sorry I mentioned it, because they felt... I had answers like, "that not possible, that's ridiculous, you know it's fairyland." But what I noticed that was different was I wasn't defending myself, and that's big for me. For me this is really big because I've had a lot of years with righteousness, and I would want to ride it home, "yes it is possible and I will show you how," but in the meanwhile I don't even know how. But I like that, that was like a piece that came out of, I say, came out of us being here last year together. And I wanted to stop talking to people about it, and I thought, "no, maybe I should just go with it. If I'm not being humiliated or I'm not feeling humiliated or I'm not feeling ridiculous about it, why don't I just leave it out there as conversation?" And with that some ups and downs but it's like a nice... like you say, "this life is a beautiful mess," it's like a beautiful little game I can play.

Jac: Does it work for you?

Q: 29:41 Yes it does, the game works for me. The engaging conversation works for me because some people they just jump on, and in other people I see the resistance that they have to that possibility is what I was not too long ago, you know? So it's really a little growth and development for me. That's the game that I'm talking about; I'm not hurting anybody or being ridiculous about it.

Jac: Yes, but it tells me that you've shifted from the dualistic perspective, because from the dualistic perspective it seems completely unreasonable because you're choosing one and not the other, and it's like, "whoa, whoa, whoa, no you've got to give me permission to not like somebody," and it's like, that's not actually where the loving comes from.

Q: No.

Jac: You see? But if you're only the dualistic perspective you won't get that there's another place that that kind of loving arises from, you see?

Q: Oh that's good. That's great because I don't know how... I can't articulate that when I get someone who's in resistance to it, so I have like friends that are saying to me, now, "well good morning, do you love Hitler?"

Jac: Yes.

Q: And I have to think, "yes, you know if I'm going to be... if I'm all in I have to love Hitler but I don't know how." I mean, I don't know how that looks.

Jac: Yes, very good.

Q: 31:04 So I didn't have the distinction that you just gave me about, of course, in the dualistic world you couldn't.

Jac: Yes, you can't.

Q: But there's something bigger that I, at the time of the conversation I'm having, I can't access and articulate.

Jac: Yes, you can't speak from there yet that comes with time. That comes with time because the perspective, you know when we go there first our functioning capacity – using language and labeling – that's associated with diversity, because to label things we've got to be able to see this and then that, and they have two different names. So until you're able to stay in the unified love place and use your dualistic lens to be able to talk about differences, if you can stay there and talk about that, all right you're using two very different parts of your brain.

Q: I see.

Jac: 32:02 And if you're steadily rooted in the love place, or the unified field where what's the same is more obvious than what's different, the more solid you get with that the more you'll be able to engage in language. Language will come, it will come.

Q: Thank God.

Jac: Yes it will come.

Q: 32:19 Because what I'm seeing is that I can go there when I get the question or the remark or the sarcasm or whatever, which I also feel is engaging and loving, I can look from there but I can't speak from there.

Jac: That's it, yes.

Q: Okay. So what I do is I give them that look that you give people; it's a goodness I do. It works for her.

Jac: That's great!

Q: You know that silence, that silence shifts where we both are in that conversation, just that silence. I mean I'm acting as if I know what I'm doing.

Jac: But you do, you do. Your mind is wondering, "am I sure about this," but actually you're talking from the place. You're doing it right now, you're talking from that deeper lens.

Q: Okay. I just love you so much.

Jac: 33:21 **indiscernible**

Q: Thank you for being here.

Jac: Love **indiscernible**, what do we do.

#53 / 33:40

Q Steve: I don't know if I expect you to say anything to what I say. I'll just give you a little bit of background and then go from there. A couple of years ago I came across Robert Adams and it just clicked. Well initially it clicked, but I was extremely resistant at the same time. I said to friends, "if he was still alive I would want to kick his ass." But I couldn't get away from it, it just... And now I don't question anything other than a few minor details. He's kind of a regurgitation or... that's not an appropriate... a reiteration of Ramana and Nisargadatta.

Jac: Yes.

Q: 34:34 But what I appreciate about him is he is a blunt New Yorker form of those two other sages. One of the main things... The reason I'm here, well along with Robert Adams; shortly thereafter being introduced to him, your Facebook posts started showing up on my Facebook, so I look forward to those every day. No, I take that back. I don't look forward; I have great pleasure when they show up.

Jac: Yes, yes I get it.

Q: 35:08 And one of the things that Robert Adams says, or three of the things that he says to do work are, 1: come in contact with the sage, 2: self inquiry, 3: surrender. I've been working on 2 and 3, and the reason I'm here today is because of number 1. So that said, I've been an existentialist all of my life and at this point I'm kind of running out of questions. To quote Yoda, "you must unlearn what you've learned." And, you take the floor from there.

Jac: 35:54 What's left Steve?

Q: To wake up?

Jac: Yes, just to have it sustained, what's left?

Q: To let go of beliefs.

Jac: Are you up for that?

Q: Yes, it's all my mind is on every day.

Jac: Is there attachment to some beliefs?

Q: 36:28 Yes. There's a thing I read in Nisargadatta recently, there was a guy who was touting, "I'm awake and I'm God's gift," and all that kind of thing,...

Jac: Yes.

Q: and Nisargadatta responded, “but why are you here?” So no, I’m not there yet, but go further? I mean, you don’t have to say anything because again the reason I didn’t continue to sit over there is because you’re my mirror, and if I’m going to look in the mirror it’s good to be in proximity to the mirror.

Jac: Sure, sure. So if I became a genie in the bottle and said, “okay, you can have as many wishes as you want,” give me sentences of “I want.” And I’m talking about for the rest of the Steve’s phenomenal life, what desires are still running?

Q: Spontaneity. For the character I want spontaneity, but my understanding is eventually you can give that up because eventually you’re nothing but source.

Jac: Yes, and what would spontaneity give you that you feel you don’t have now or what would disappear if spontaneity came?

Q: Overthinking.

Jac: Okay, so why do we overthink?

Q: 38:07 Why do I overthink? Just like everybody else says, childhood, upbringing, you need to become this, and if you don’t become this then you’re not as much and therefore you continue too think to avoid. You add thought upon thought upon thought putting in place all these fail-safes so that you get to a higher level. Whereas, if that never happened, getting into the situations that you need to deal with in life, the comfort that you would get as a result of not questioning your self, would get you through them much more effectively.

Jac: So can you let go of control and see if that is true? Can you test that theory?

Q: 39:07 I’ve been doing that. Yes, I’ve been... I think I’ve picked up on the lessons really well, and to answer your question, yes I’m headed in that direction, but I’m not all the way there.

Jac: Good. It’s easier than what you think, you’re making it difficult. It’s very simple. For you it’s more about not doing than doing. But not doing, you have to see that it’s safe.

Q: 40:06 That’s it right there. Yes you hit the nail on the head. Just like the other person, one of the people in here said, “will I end up living under a bridge?” Yes it’s letting go, it’s the true surrender, and I do that... You know, the surrender part I’d say, “okay I surrender, I give it all to you, thy will not mine.” I say those words but the self inquiry seems to be the most effective, and I kinda have my own way of doing it, which is the Robert Adams way, “who just experienced that? I did. Who am I? Where did I come from?” And I keep asking the question until the mind becomes quiescent. So, who am I, where did I come from, what is the source of this I, from what origin did this I come, I’ll continue to ask the question in a different way until the silence shows up.

Jac: Yes, okay. So here’s another tool to add to your kit: find the space between two thoughts. One way of doing that is, look for your next thought.

Q: 41:33 I saw Rupert Spira do that, yes.

Jac: Does Rupert do that?

Q: He did that, and I didn’t... You pulled me right into the longest blank right there. Yes.

Jac: There is a space between thoughts, but when identification is running mind joins all the pieces together. Like this is still frames anyway, and mind makes it a continuous thing you know, so that we can operate in the world. There are gaps between thoughts,

there are, and so to stimulate your awareness of those gaps is what I'm inviting, so that you're not up against the thought so that you can only see the next one, but you're able to see, "oh my god there is a space." There actually is a space between them, there really is. But if you, you know, what will your next thought be...

Q: Even when you ask that it just... my mind starts to hit very vaguely on some things then it drops it.

Jac: Okay, but you got more of a blank on the other one?

Q: Right. Okay, watch the space between the thoughts.

Jac: 43:03 Yes, yes, start looking for the space between the thoughts because when you do that you're not in identification, something is watching mind now, watching the matrix. You know you can ask what you really are to show you the truth of something. It's an interesting kind of prayer to put out there really, invocation to put out there. It's like, "okay show me that I don't have free will. Just show me that I'm not in charge," and if you kind of pop that out there every day you'll probably get an insight. It's another little trick of kind of saying, "okay we're going to kind of not believe this one anymore and we're going to be open to the truth of it, that's not a belief but how it works," and somehow that opening itself allows you to see how it works. There's nothing there saying, "oh he's asked for this let's give him this," it's not like that. But the invocation itself allows a loosening of the belief that we have free will, and it just opens the capacity to see how it really works.

44:27 I remember one time I was in an ashram in India, and I remember looking out the window, I don't know the seventh or eighth floor – there some of these high-rise things, units. I can't recall them as apartments but... so I was up on the seventh or eighth floor or something, way up – and looking out the window, and there was a big long queue out in the street from the big building where Amma was, she was going to show up and give her hugs after awhile, her darshan, and this big long queue way, way, down. It was a day for the local Indian people to come, so Westerners had to serve. So our job was to... So I got up in the morning and it was, "oh my god there's hundreds of people here already," you know, and I looked out the window and all of a sudden it was one unit, it was one matrix. Everything was connected to everything else, you know? And what I saw was that the empty space beside that woman was making her arm lift up, it was as though the empty space is making my arm lift up. So if I consciously lift my arm I can do that right, but if my awareness is on the empty space creating a pull up it becomes a very different experience, so it's kind of worth checking out. And you'll discover that, my god you're hand is lighter, you've an entirely different... You get the same results but you have an entirely different mechanism and understanding, and the ownership is gone from it, so it's lighter, it's freer. So I thought on this grand scale of like, "oh my god this is the piece of energy that's contracting there, she's going to turn around, this one is going to drop her scarf on the floor and she's going to pick it up," because I could see the matrix moving in that direction and grabbing her scarf and it falling off her shoulder and... you know, and this kid is going to run over here and she's not going to notice for a minute, because I could see the energy that was making all that happen. And it's like,

she really thinks her kid decided to run over there, she really does think that, she really does think that, you know? Free will was never concrete after that, it just wasn't. So it's worth asking for things like that. What you're doing is dissolving the assumption that this is how it works, and that's what creates another perspective to show up. I'd like you to start seeing kind of how it works.

Q: 47:01 The funny thing is close to 30 years ago in junior-college I took a philosophy class, and it hit me right away, "yes, there's no such thing as free will, there's no such thing as free will," and then the next topic was solipsism. There are actually a lot of... ie (in other words) there are some people in the non-dual community who bag on the idea of solipsism. To those who are not familiar with solipsism, meaning.... you probably all are, but that you're the only experience happening. I take it a step further than solipsism, there's no experience.

Jac: Yes. Yes, there is no experience happening. Do you know that?

Q: Yes I knew that then, and I just could of like, "well what do I need to know this for?" It wasn't a spiritual thing then, I didn't...

Jac: Fine.

Q: 48:05 Yes. Now, now it's completely 180, and I used to be an atheist. I mean, you know there's nothing out there than the physical form, but I believed in determinism and I played with the concept of solipsism, it's just I could never disprove it. But now I know it's less than solipsism, there is no experience or experiencer. And now it's funny because I say to somebody who says there is no God, I say, "you know the funny thing is you question the existence of God, God never questions the existence of us."

Jac: And can you go to where there is no God in us?

Q: Oh yes. I mean, God is... When I say God I refer to the self.

Jac: Yes, and can you go prior to the self? Because, okay with the self we are not here so the question of existence doesn't exist.

Q: 49:24 Again, I think just based on what I've learned from the Masters – not to get anybody's hopes down – but what I've learned from them is... Somebody asked Robert Adams, "how many people on the planet do you think are truly awake at this point," and he said, "I can count them on one hand."

Jac: Sure.

Q: That's why it's kind of on my mind from the time I wake up until the time I go to bed, and it's even showing up in my dreams now. It certainly is something to aspire to.

Jac: And have you seen prior to the self, capital S self? Has there been a crack?

Q: At the same time I hold the utmost respect for Robert Adams, I wonder if he was a habitual liar just basically restating the words of Ramana and Nisargadatta. And in reality he never truly existed, so it's kind of a moot point. Again, I appreciate his succinct words in putting across the message.

Jac: Sure.

Q: I can pick apart some of his words, but I can't pick apart any of Nisargadatta's words. I kind of got off track there.

Jac: 51:09 That's okay. Have you ever had a glimpse to what is prior than the self? Has the self ever disappeared, is probably a more accurate way of saying it.

Q: The mind goes blank during self inquiry. The mind goes blank, and whatever thought I was interrupting at the time goes away and then usually within a few seconds another thought arises.

Jac: Okay, but that will bring you to the capital S self, that will bring you to the Absolute.

Q: Yes.

Jac: Okay, all right. Because the reason I'm asking you that is, some people really need to hang out in the Absolute in order to stabilize awakening, and some kind of like we can pull prior to the non-dual state at the same time. So I'm just trying to figure out what would be the best way for you to go on. Even if Robert Adams was speaking only as far as the point of the self, what he knew himself and where he was himself, only he knows really. But Nisargadatta towards the end of his life was talking about prior to consciousness, and he said, "I am that is a load of crap," you know? So he was advocating like, "oh my god there's a prior to consciousness," okay. So what lens of perception is open to you? Okay, one thing I've noticed Steve is that you know a lot, you know how it works, you know the positioning of the different realities of where they're valid and where they're not. Whatever is true for you, not conceptually but authentically... don't go near the concepts. Don't go near the concept! Because your mind is going to have you frozen, frozen in time, if you mix the concepts with where you really are. Because you saw during your philosophy class there's actually no experienter at all, there really is no experience and there is no free will, because you've seen the two of those, cultivate those knowings. Because if you saw those your eureka then... the way you speak about them is actually you recognized them, it wasn't you know, just a new concept of like, "oh that's pretty cool." Something in you recognized them, I can see it when you talk about them, cultivate the awareness of that. Find that zone of where you know that they're true. Now your doubting mind is going to try and come in and play havoc, but just say, "I hear you doubting mind, I hear you doubting mind."

Q: 53:49 When I first started self inquiry I was riding my bike going like 20 mph with a tailwind – and I've had neck issues because of bike racing, and anyway this was a while ago – and I was riding my bike going 20 mph with a tailwind, and this guy comes driving into this parking lot where I'm riding my bike through, and he waves me down. And I'm thinking, "well, this must be important if he's going to wave me down going in the opposite direction at 20 mph," so I turned around and I don't click out of my pedals, and I'm slowly moving answering the guys question which was, "where do I park to go to the beach?" I never clicked out of my pedals and I'm moving really slow, and then I start to turn in the direction of his car assuming for sure he's going to move his car. He didn't move his car and I had nowhere to go but the ground, and my neck was like jacked for five months, and that brought me back into my character. The resentment towards it, the funny thing is two weeks ago I... I'm actually very introverted, I'm like the... if you've seen the Warner Bros. frog, the singing frog in the Warner Bros. cartoon; I sell, I talk for a living, but as soon... and I put on a smile and I do everything that I need to do to get the sell, but as soon as I walk out of the person's house I'm the Warner Bros. frog, ribbit, and my singing goes immediately out the door. So I talk for a living, otherwise I'm trying to push my own character out of the way, and I don't want to deal with a lot of other

characters is my thing. If I come across as standoffish, my apologies to anybody in the room.

Jac: 55:53 But why would you apologize for what is just showing up?

Q: You're right, you're right. You're absolutely right because most of my life I picked on myself about it, and now I look at it as a blessing.

Jac: From now on no longer apologize for what you do. I mean you know, unless there is a social etiquette or something where somebody, you know you do something, you know? But for something like this where it's just your own idea that you've overstepped the mark, don't support that idea in your head, don't because you're just reinforcing the personal I in right and wrong. Don't go there.

Q: Okay thank you. And I appreciate that you told your other guest to go to jail if it takes...

Jac: Yes, yes, if that's your way to freedom, why not? Good your body is relaxing a bit. Yes that's great.

Q: 56:50 Where were we?

Jac: That's beautiful.

Audience: Frog.

Jac: 56:58 me or the frog.

Q: Yes, I get I talk when I have to and I don't when I don't.

Jac: Yes. Okay, I love that your body is relaxed. I want to see more of that. No more apologizing for yourself.

Q: 57:14 Yes, that was the wrong way to put it. Yes, I don't know how to put that indiscernible word.

Jac: No excusing, no apologizing, no seeing if it fits in. Like, "fuck it," you know?

Q: Awesome.

Jac: 57:29 This space between thoughts, and put an invocation out there – I'm kind of summing up pieces – "show me how this works, show me how this works." Operate from whatever is presenting as real at that moment. Don't grab a spiritual concept to deny what is really presenting as real. So a bit more self honesty with whatever is showing up for you in that moment. I wonder what the next thought will be?

Q: I don't know, the first thing that gets my attention is right on the floor, it's kind of like the flower of life.

Jac: And if you stay in the wondering?

Q: Okay that was the mirror reaction I was looking for, I'm done.

Jac: Yes. Run a mantra every now and then Steve of, "I am safe." I'd like to change the programming in your body so that you know it's safe.

Q: Awesome.

Jac: Recondition it a bit.

Q: Okay, that will be my new mantra when I stare at the sun.

Jac: Great.

Q: 58:54 Yes, I've been doing that for three years. Additionally it started out as the magical. The magical way to gain my desires was to start Sun gazing. Somewhere in the middle of Sun gazing I came to realize, "okay, I'm not going to ask anything of you Mr. Sun, but I enjoy being in your presence. And then I came across Robert Adams

suggesting to do the “I AM” mantra; breathing in “I,” breathing out “AM.” That’s what I’ve been doing, but, “I am safe” is a good one.

Jac: I’m safe yes, because we need to kind of resolve what’s going on in the personal Steve so that he doesn’t... He’s the one who keeps you safe because he’s running the idea that it’s not safe. So hence the thoughts around being safe. So if we can resolve the belief that sometimes it’s not safe, then there isn’t such a pull to address that because it’s just not active anymore, right? So, “I’m safe, I’m safe, I’m safe,” as you sit on the bike, “I had a shower, I’m safe, I’m safe,” just to recondition. Change the story there and it will be like, “oh actually of course I’m safe. Gosh that’s changed,” and then it’s done.

Q: 1:00:13 Thank you, you brought back my memory in the process, so a perfect mirror.

Jac: Make sense, yes.

Q: Yes. Well I was telling the story of the guy who caused me to crash my bike, again it was to take me back into character. A couple of weeks ago I was driving my Jeep on the 5 freeway, and I had just met with a customer and I was questioning myself, “who just met with that customer?” And the answer was, “I did.” Immediately upon saying, “who am I,” the side window on my Jeep exploded.

Jac: Whoa!

Q: And I looked over and there was like a little hole. So there was no exit hole so it sounded like an M80 going off beside my head so I had assumed I had been shot at, but when I parked there was no exit hole, so it was probably like a kid with the slingshot. It didn’t faze me nearly as much as the guy knocking me off my bike, it was just like, “okay it happened.”

Jac: Yes, well done. Good, good. That’s great.

Q: Thank you for being here.

Jac: You’re welcome.

Q: Thank you for your daily Facebook posts, that I appreciate for being so concise. Thank you.

Jac: You’re very welcome, you’re very welcome. Thank you Steve.

#54 / 1:02:03

Q Mike: First, thank you for taking the time to figure that stuff out.

Jac: No problem, sure no problem.

Q: My girlfriend was up here talking about her stroke, and she was asking directly about, you know her direction in the world, and I was like, “wow, I want to ask too because...” And maybe I have to work out the repatterning, as you mentioned first, even before going there, because right now it’s just complete confusion.

Jac: That’s it.

Q: 1:03:02 There’s a few things I love, but I have no groundedness whatsoever.

Jac: Yes.

Q: So grounding is not going to happen until the repatterning happens.

Jac: Absolutely, you’ve got it.

Q: Okay, so that’s just going to have to be put on hold still.

Jac: Yes, the absolute biggest investment is in reorganizing the whole body. And then we see what the map looks like.

Q: That's kind of what I thought but I thought maybe I should kind of still try to do something in the meantime, but no.

Jac: Sure, but no it can't come into view.

Q: All right that's pretty much it, thank you.

Jac: Sure, you're very welcome, you're very welcome.

#55 / 1:03:50

Q: Peer pressure. I kept thinking the whole weekend, "what am I going to talk about?" I'm not good at public speaking, but now that I'm up here it's pretty comfortable. I came here for a... dealing with a lot of heartache, and to have passed that also looking for you know, spiritual awakening.

Jac: So can your heart let go?

Q: In time. It's a process.

Jac: Have you accepted?

Q: Yes I've accepted.

Jac: All right, is there self-pity going on?

Q: I don't think so.

Jac: Okay good.

Q: It's just big change. Change is always hard.

Jac: Is it? Why is it hard?

Q: It's hard to accept.

Jac: To accept the event or accept change?

Q: Both.

Jac: Okay, because two sentences ago, "have you accepted?" "Yes."

Q: Well actually I have accepted it and I know it's for real, and I have accepted it, yes.

Jac: Okay, all right. What's tricky about change?

Q: You know what, I always know change is good, but...

Jac: It's great!

Q: Yes it is great.

Jac: What's the resistance to change?

Q: 1:05:46 I guess moving forward.

Jac: And that's to be resisted because...? Why isn't moving forward exciting and adventurous?

Q: It should be.

Jac: It can be.

Q: Yes, it will be.

Jac: What's the fear around it, what's the resistance around moving forward?

Q: It's just a deep loss, it's hard to, I guess just come out of.

Jac: Are you going to get over it?

Q: Yes.

Jac: Are you sure?

Q: Yes.

Jac: Okay, well done. That's a milestone, knowing that you're going to get over it. What's your life going to look like then?

Q: Very joyful.

Jac: All right! And you're scared of that?

Q: No I'm not scared of that.

Jac: Moving towards that is difficult?

Q: Yes.

Jac: Why?

Q: 1:07:07 Good question. It shouldn't be difficult.

Jac: Yes! I see loads of resistance around... Okay there's grief of course, that's fine but it's over there, and then there's loads of resistance around you but it's not resistance against anything it's just resistance. It's like, "what's this woman resisting there's nothing there," you know? There's no thread around you actually, you're just running resistance and it's kind of helping you to stay in the pain. It's a funny set up that your mind has done.

Q: Resistance is keeping me in the pain?

Jac: Yes, the idea that moving towards joy is difficult, and if you think about it though it's a bit nutty, you know?

Q: Yes.

Jac: Let yourself have something better; 1 foot in front of the other, walk away from the pain, walk away. Let grief do its thing you know, it does its thing. Grief comes in waves but don't hang out there, don't hang out there. There is no resolution to hanging out there there's just more pain.

Q: I agree. I feel it in waves but I don't hang out there.

Jac: Okay, so let's embrace change. It's just the concept of change that has you, as if that's to be resisted in some way, you know?

Q: True.

Jac: But change is wonderful we just have a qwacky idea about it, but change is wonderful. All growth involves change, so what the heck is not changing? So just to shift to like having a positive relationship to the idea of change. Move towards that joy, move towards it. The resistance to it is just nothing more than your mind, you know?

Q: Okay. I just have to remember that now.

Jac: Yes, the girls will remind you.

Q: Yes take notes. Okay I'm complete.

Jac: 1:09:50 Yes, it's like, "I'm moving towards joy today," When you get up in the morning, "I'm moving towards joy today. Oh no I'm not!" It's like, "hold on now, is this resistance or is this just my way of...?"

Q: Yes, that will be my mantra.

Jac: "Is this resistance or is this a wave of grief? Which is it?" Most of the time you discover that it's resistance, masquerading as grief maybe but most of it is just resistance. It's just like, "wow there is a fear of moving on," and it's like, "actually I'm moving towards joy. So fear you can bugger off, I'm moving towards joy." So I need you to get more into the driving seat. Find your power in it, you know?

Q: Perfect.

Jac: Move towards joy, because that's where you're going. You're very clear, you're very clear actually, and it's like your mind is just...

Q: It's time to get moving.

Jac: Yes exactly. Mind has set up these obstacles to kind of just keep you stuck a little bit, and it's like, "mmm, this isn't serving any purpose." Okay?

Q: Okay, thank you.

Jac: Yes sure.

#56 / 1:10:58

Q: I guess this is more of a progress report than anything else. I've kind of been marinating in what we were talking about before, and there's already a softening of this investment in just the whole drama of consequences. I mean I even saw this morning when you said, "let some folks who hadn't come up...", and I still raise my hand, and you said, "let's let Annmarie." She went up, and I didn't make like a Greek tragedy out of it.

Jac: Yes good.

Q: 1:11:35 There was an impulse like coming from the gut and I just kind of relaxed, and there was just these fantastic words of wisdom that just, "nobody cares," you know? Like, "nobody really cares," just like there's only one thing in the universe that's holding onto it you know, and it's this piece of real estate. Jac's over it, she was probably never under it. And yes, I'm just seeing more and more that I saw a lot of that last night as well. What I was also seeing, and we didn't really touch on it, was the flip side of the coin, right, the positive consequences right, when I did good you know, and then I'll just dwell in how valid I feel, and sort of the fickle confidence that comes with it because you know,...

Jac: Yes fickle is the word.

Q: Yes, so the second something negative comes up it just crashed completely.

Jac: Can't uphold it.

Q: 1:12:37 And that's been dissolving as well. And I guess the question that just kind of arose was, that's kind of a huge motivator for action in my life, and I'm just wondering, well what will motivate my actions once that's gone?

Jac: Can you wait and see?

Q: For how long?

Jac: 1:13:10 As long as it takes. Can there be trust, can there be surrender or will we just grab another idea and put that in there to swap out the furniture? Life will pick you up again, it does, it does. But we'll be here talking about what replaced it if you don't have patience and trust. I don't know which way you'll go, I don't know which way you'll go right now.

Q: 1:13:52 Yes, I've seen that as well I guess in lieu of... yes just doing something with my idleness you know; I'm on my tablet, I'm on my phone, I want to watch some TV maybe or..., you know.

Jac: Fill the gap.

Q: Yes fill the gap. So not even that?

Jac: Let's monitor it, and say like, "okay I'm going to set a timer, I'm just going to sit here for 15 minutes and breathe." It will be the longest 15 minutes ever, and you'll be like,

“okay next time I do that it’ll be three minutes,” and if you have to start at three minutes that’s cool. That cool, it’s like, “let’s just see if life moves me, let’s just see what happens.”

Q: I’ve done that before and it moves me to the tablet. It’s almost like time travel to a certain extent like you know, I sit and I sit, and then something would come up and I’m just at my tablet or I’m at the fridge right. I don’t see the gap either, you know, it’s just like, “how the hell did I get here, I was sitting?”

Jac: Yes. Thought is your master right now, huh? Thought is directing a lot of what you do, so whether it’s like avoiding consequences or going after the positive consequences or filling the gap, it’s the same thing we’re talking about; mind doesn’t like stillness, it has you know, it’s under threat when there’s stillness because it’s not charge anymore.

Q: Yes.

Jac: Could you be okay with nothing happening? Tiny doses, lots of tiny doses.

Q: I get a lot of it from this, you know there’s going to be stillness after this certainly, there’s stillness during this.

Jac: Yes. Yes, cultivated it; three minutes, let’s just go with three.

Q: Well we’ll start easy then.

Jac: Yes we’ll start easy so let’s go with three, yes. You’re of that younger generation too of where you know, you’re super stimulated.

Q: Yes, broadband came in around high school, yes.

Jac: You see, yes that’s it, yes. So the, “focus on nothing,” is kind of shorter so let’s measure it appropriately, you know? Yes let’s go three minutes, maybe four or five times a day. Three minutes of nothing, it’s like, “here’s my time to do nothing. Okay I can’t do nothing,” well then you know it’s just like, “I’m just going to relax my body for the three minutes, that’s all I’m going to do.” Anything that you’re out of your head, anything. “I’m just going to relax, I’m just going to focus on my breath and breathe in something and breathe out something,” you know it can be love, light, it can be ‘I Am’ you know, whatever it is ‘so-hum’, whatever. You know, and just like, “let’s just do this.” Those tiny little drops of where the mind isn’t directing, where it’s assisting you to be still, I’d like a lot of that for you.

Q: All right that’s doable.

Jac: Yes I think so.

Q: Thank you

Jac: Sure you’re welcome.

Audience: 1:17:26 You said to Steve, “what is the next thought?”

Steve: Yes.

Jac: Yes, I think I said two or three different things.

Audience: 1:17:36 You said one of them was, “what is the next thought,” but you had another one.

Jac: “What’s your next thought going to be?”

Audience: But you had another one.

Jac: “Wait for your next thought, just wait for your next thought to arise.” Is that one?

Audience: Like, “where will your next thought come from?”

Jac: “Where will your next thought come from?” Yes.

Audience: That blew my mind.

Jac: Yes, “where will your next thought come from,” where is that going to come from? So you’re finding the source of the next thought.

Audience: It just expanded the whole... I mean, I’m still kind of in that, but my mind came in and said, “well what was the question, what was the question?”

Jac: Yes, yes, yes, yes.

Audience: Wow!

Jac: Yes, “what’s the source of the next thought,” I remember using that one myself, “what’s the source of the next thought.” Find the source of the next thought, find the source of it, where’s it coming from?

Audience: 1:18:35 That really fits in with, “indiscernible phrase”

Jac: Indeed, indeed. Yes there are some nice little tricks there.

#57 / 1:18:48

Q: Would you be able to just go over a little bit what you said to me?

Jac: If you email me I can send you the recording, that’s probably a better version. I know we spoke about recognizing authentic power and autonomy that is integral to the Absolute, to that singularity that is all of it. And how the mind has a fear of abusing it, and that’s the hook because your mind is actually keeping you safe, because your mind doesn’t want to embrace it. But all that’s going on there is your mind has created the idea that it’s helping you, it’s keeping it under wraps, and I’m saying, drop that precautionary measure. Step out of the way, and whatever wants to manifest, no matter how potent it is, let it come through, and you step out of the way and have no monitoring or no guarding. That was one thing. The second one was about recognizing the intensity as it arises because it helps to build the character. So before we go into character and expression of the character, and you are the character at that time, an intensity starts to build up, so go look for the intensity because you’ll feel that in your body. You’re a body person, so feel it in your body, you know? It’s like, “oh there’s the intensity building, all right let that fire calm down, let that fire calm down,” instead of giving it (sound effect 1:20:49) and out it comes. There are the two things I can remember. Is that making sense?

Q: Yes.

Jac: Great great.

#58 / 1:21:13

Q Derek: Help. I recall being this miserable before, but I was never aware of the miserableness. So it’s like I’ve had some shifts in perception in the last few years, and now there’s all this like... It’s just kind of funny because I remember telling this, she knows what’s going on; I’m building the framework.

Jac: But when I’m here I don’t know you at all, it’s weird.

Q: I know it just struck me as funny.

Jac: Yes, I can’t find my husband in you at all actually.

Q: 1:22:09 Yes, I can’t find him either.

Jac: Okay.

Q: It's like all this shits being bubbled up and dug up, and I had this stuckness prior to any work being done, and now it's like I've... In my mind I have this set of tools that I can't access. And every time I try to pull something in from the shelf nothing's working, it's like the density of what's up is overwhelming.

1:30:16 I don't know if it's over but that feels better.

Jac: That was a deep one.

Q: I feel like I should probably just go breathe now.

Jac: Sure.

Q: 1:31:12 Kind of the next wave is... I'm just acutely aware of what you said yesterday, it resonated with me then but I'm up here now just like.... It's just taken the... comes.

1:34:57 This is a very humbling feeling, to just have a raw feeling that I'm not capable of receiving all the love that my wife has to give me. 1:35:19 I know it's a process and it's a **indiscernible** thing, and it kind of messes with my head, you know? That's all right.

Jac: Yes.

Q: I just wanted to tell you that.

Jac: whisper - Okay. And at some level it's just another idea, you know? It's only valid within one perspective, it's only valid there. It doesn't play out you know, when you go into what's true. I'm glad that's out.

Q: Me too.

Jac: That ball of emotion.

Q: Yes, thank you.

Jac: Sure, sure.

Mahesh: Do you want to take a five-minute break? That was pretty intense.

Jac: I'm okay, do you need a break?

Q: 1:36:59 I'm okay.

Audience: can we just sit quietly.

Q Tony: 1:38: 12 Just a quick question

Jac: Sure Tony.

Q: I just had a... I was wondering if there was some teaching in there, a larger teaching about showering and breadcrumbs, and I just thought I would ask that question.

Jac: About?

Q: Showering and breadcrumbs or crumbs. You know, the guru showering.

Jac: Oh okay.

Q: You know... I don't know.

Jac: 1:38:46 Yes, I don't know, I don't know. I suppose it's the narrowness of the limited perception of individuality, and when that's running, you know it's a very narrow end of the funnel. If our expansion is the, you know the beyond all of it you know, and we have these other layers of perception, when we contract into believing me-myself-I everything so darn narrow, you know? And like a little bread crumb and a little bread crumb is all it can take.

Q: All I can think of doing is being open to expanding, is that it?

Jac: Yes! Yes! Stepping back from the little me-myself-I, and dropping into the enormity of what's real, what you know yourself to be, and then even deeper than that, you know? And there's no personal agenda, that just whatever is is, you know? It's not

being overridden by me-myself-I; stay in the widest capacity. Stay in the widest capacity and then none of that other stuff shows up because it plays out kind of down there you know. Somebody said to me recently, “I just discovered my mind is like a dog barking in a far off planet.” “It’s just standing on the planet and (1:40:15 sound effect-ballistic dog barking), you know? That’s all it’s doing it’s just making a lot of noise, it’s just barking!

Q: Yes, I like that.

Jac: 1:40:23 You know, and it’s like, yes. He said, “I was just **indiscernible words**, just wasting its breathe.

Audience: 1:40:35 Isn’t there something... You know, I was talking to you about going to the therapist for somatics, isn’t there something that... I mean, my projection on the whole thing is that his heart is opening right now, and it’s just old stuff in his body coming up you know, is there any truth to that?

Jac: 1:40:56 Yes, some old, old patterning is releasing, energetically releasing through tears, yes.

Audience: So he’ll be able to have more crumbs automatically now, it’s a beautiful thing.

Jac: Of course. Yes it’s only good, it’s beautiful. It’s shit when you’re in it but you know, the release...

Audience: and painful.

Jac: Yes, every time you catch a breath it’s like, “yes, yes!” The other day Derek said – like two or three tears came – “I’d love a really good ball,” a few days ago you know, and it came.

Audience: I wanted to clap but I thought it was a little inappropriate.

Jac: Sentiment is received.

#59 / 1:42:15

Q: I wanted to know if you have something to tell me, because last time, last year, when I was here, you told me a few things and now a year later I feel better, more ‘there’.

Jac: Yes.

Q: So I wanted to have this opportunity to be in front of you and see if you have something you can tell me.

Jac: 1:42:50 So give me something about what... Talk to me for a minute till I find you.

Q: Most of the time I feel like I, like I enjoy this human experience, but like I’m connected from here, and sometimes I make decisions more from here rather than from here. And I know that people say that I’m a little bit crazy because maybe it doesn’t make sense, but something tells me that in the big picture everything is perfect.

Jac: Yes.

Q: So most of the time I feel in love, loved, and loving; most of the time.

Jac: Okay, okay good.

Q: But not always.

Jac: Yes. Okay, I want to check one thing, when you’re making a decision from the heart and not the head, when you say the heart, do you mean your emotional center?

Q: No.

Jac: Okay good.

Q: It's bigger.

Jac: Okay good.

Q: I don't know how to say it but it's not from here.

Jac: Yes, it's not the head and it's not the emotional center either.

Q: No.

Jac: 1:44:27 Okay good, because the emotions get hijacked by the mind all the time.

Q: No it's from somewhere...

Jac: With the wider view?

Q: Yes.

Jac: Good, okay. When are you not in that place, when do you not have access to that?

Q: 1:44:45 When I'm very identified with the character **cross talking**.

Jac: Yes, and is it just being busy that makes you identified with the character, or what makes you get identified with the character?

Q: 1:45:00 Being busy, doing a lot of things, but sometimes in the middle of that I'm not there; I'm doing things but I'm not there.

Jac: You mean there's no identified character?

Q: Yes.

Jac: Okay. And when does she show up? When do you show up as her? What's the difference?

Q: I think when there's problems in my job or things to do or a confrontation with another person.

Jac: So stress.

Q: Yes stress.

Jac: Yes.

Q: Or pain, physical pain.

Jac: Physical pain?

Q: Yes.

Jac: 1:45:50 Okay, physical pain is an easier one. When physical pain arises let yourself have an emotional reaction if you want, but like 15 seconds, no more.

Q: With physical pain what I usually do is I say, like right now my arm, "okay I'm in pain, but I'm not this body."

Jac: Okay.

Q: So it's like I don't serve the pain, I embrace the pain and then I don't care.

Jac: Yes.

Q: It's easier with the pain.

Jac: Yes. Okay, are you using that as a technique to reduce the suffering or do you know that you're not your body?

Q: I know! Since a long time, I think since I was a kid.

Jac: Yes. Okay, so then going through those steps, why would you go through them? Why would you have to remind yourself that you're not your body? Why is the pain registering there and then you have to take a step back to recognize you're not your body? Do you know what I mean?

Q: Yes.

Jac: 1:47:16 I'd like you to be in the place of knowing that you're not your body all the time, that you don't have to remind yourself.

Q: It's sometimes not always.

Jac: All right. Keep an eye on those times. It's like, what was happening just before the pain, "was I identified with some story there, was I, Melba, there just before the physical pain came to my attention?"

Q: It's when it's linked to a story. It's not all the time, only pain when it's linked to a story.

Jac: That's right, and the story comes before the pain.

Q: Yes.

Jac: 1:47:51 Yes, yes, that's for sure. That's how it plays for you; I'm after those stories, I'm after those stories because the story has generated the idea that you are your body for a little bit, and then the pain comes in and then you have to step back that you're not your body, you see? I wonder if the physical pain... If there wasn't identification with the story the physical pain wouldn't appear in the same way for sure, and might not appear at all. I want the story before the physical pain. What story are you running there, and how come you've dropped the wider view for the story?

Q: Okay. When or wider?

Jac: 1:48:37 Yes, when does it happen and why does it happen? Why do you trade the truth for a story, and you'll probably find a particular type of story that you... There's usually a pattern, a particular kind of a flavor of the story. Otherwise you'd be every story, you know?

Q: Yes. I don't know. I'm not sure.

Jac: Maybe look at it. And you'll find the thing that's getting your attention is the physical pain, and say, "okay, what was I running five minutes ago? Where was I five minutes ago, what's going on here?" Because I'm convinced that the physical pain is coming to your attention because there's something going on beforehand.

Q: Yes, I think maybe it has to be when I'm stressed, to be the one that's supposed that I have to be.

Jac: Say that again.

Q: 1:49:48 Like when, for example, for some story it's supposed that I have to do some things that I cannot do and that gives me stress, and I think that's when the pain comes.

Jac: Yes. So what story runs, "I'm not good enough? I don't have the skills?"

Q: I have to like... I'm very happy with my baby, but sometimes I think that I have to be carrying my baby but I cannot do that. So almost most of the time I'm okay, it's like, "I love my baby, who cares if I cannot be with my baby in my arms."

Jac: Yes.

Q: But there's a time when I get caught in there, where I think that there's something that tells me, "you have to do this and that and be that type of mother that you have."

Jac: 1:51:28 Can you drop what society says motherhood looks like? Drop it, nobody has a monopoly on motherhood. The way you do it must be the way that you honor, whatever way you are a mother is the only way you can be a mother, and to pull in any other standard from outside is your mind going a bit nuts. You and your baby is where it's at, whatever relationship that's going on there that's what needs to be honored,

that's what needs to be honored. So the external ideas of how it should be, they serve only to create the ego; to compare it's in diversity, it's in the good/bad, right/wrong, it's in that bullshit arena. Drop it. Honor the way you parent, do the best you can on every level, that's all you can do. And that has to be enough because that's the way it is, that's the way it's rolling out. That has to be enough! You're managing, you are managing just fine.

Q: Yes. That's very important.

Jac: Yes!

Q: 1:53:30 Also in my job a lot of people tell me that I should be tough, but I'm not so tough, and when I go places and see children or elderly people I feel like I am them, and I feel, I don't know how to say it, I feel sucked. Like I am them and I smile, and I'm not that tough person that society supposes me to be. Also when I'm talking to people, I don't know how but I get in front of people with the microphone and then I start talking, and there's a time when I don't know what I'm saying, and at the end there's people going in front and tell me, "oh you spoke from your heart," and I understand what they say. Sometimes I don't remember.

Jac: Yes.

Q: But it feels right.

Jac: Yes.

Q: And there's a part of society that tells me you have to be tough, you have to be different to be in this model, but I don't want to be that tough person, and it's very complicated because I say, "well I'm here for a reason," but then I go to that place and I know everything is perfect.

Jac: Okay.

Q: It's like I know from somewhere, like I think or feel that I already went to that place. I don't know how to say.

Jac: 1:56:08 Okay. Okay, yes I get it, I get it. If a situation through your work happened whereby you need a sword, and you need to intervene where there is a bad practice or where there is exploitation, manipulation, and you need to come in, can you do it?

Q: Yes.

Jac: Okay.

Q: And I do it.

Jac: Okay then it's fine. If there was like, "oh no I could never do that," then there would be fear of confrontation, then there would be a hiding place, but if it's required and it comes out and you can be very tough love, and you can...

Q: Yes, I can be very tough, I do. But most of the time I'm not like that.

Jac: Yes, but you can pull it off if it's needed, then it's fine. It's just that the model that you're presenting, nobody is familiar with it, you know?

Q: Yes that's right. I'm the first woman in that place and I'm different.

Jac: 1:57:31 Yes, that's the other people's learning curve, that's for them to learn about you know, that there are other ways, there is another way to present. If you in your own integrity cannot play the game that they're asking you to play, and you know you're responding to your own integrity, you can't trade that integrity just to fit in, you can't the price will be very high for you. So if you keep checking in, "am I hiding here?" If I

develop this toughness am I going against my own integrity or would it be a skill that I need to develop,” and what you’re saying is it would be going against your own integrity. That’s what you’re telling me.

Q: If I change, yes.

Jac: See you can’t do that, then you can’t do that.

Q: 1:58:34 I don’t feel right being rude.

Jac: Yes. Then you’re doing it a different way, and those around you are going to have to change, but they will find things to make themselves believe that they are right and that you are wrong. So they will find evidence to keep it the same, for you to be the one that got it wrong. That will happen, that’s what happens when we’re presenting a new model.

Q: Okay I understand now. Maybe that’s why sometimes it’s very difficult for me because there’s pressure.

Jac: Yes there’s pressure, because when there is a tribe and there’s a certain way of behaving, if somebody doesn’t play by those rules the tribe says, we’re wrong or that person is wrong, “that person is wrong!” And so tension comes, but if you’re going to bring change to any place you have to go through that phase, and eventually after time somebody goes, “oh maybe, maybe we have something to learn here. Maybe what she’s doing is getting better results, maybe.” But you need people who have open minds to begin to see like this, and that takes time.

Q: 2:00:01 But I think I start having that little by little.

Jac: Yes any little drop at all would be fantastic, because sometimes the tribe is so strong... Well it’s one or two things, the tribe is so strong that they persecute you, they make it impossible and you have to leave, or the tribe starts to loosen and some individuals go, “oh maybe, maybe,” and some individuals will start to change. It’s one of two things, they’ll either persecute you or they start to move ever so slowly.

Q: I think that’s what is happening.

Jac: 2:00:38 Okay, keep doing what you’re doing then. Keep doing what you’re doing, yes, and the evidence will start to turn their head you know, to like, “huh maybe, maybe there’s some wisdom in the way she’s like this.” That’s what it’s like to change the culture of an organization, it’s not easy. If it’s not ready you’ll get persecuted, and well that’s a strong word but it will feel like that, you’ll get thrown out. You’ll have to leave because it will be too toxic, or ever so slowly the culture will change, but it’s not anything that happens really quickly, it doesn’t. The culture of an organization is a very slow thing to change, but when it changes it changes.

Q: I’ve been doing this like for two years, a little bit more, and it’s happening, that what you’re saying. At the first it was this big, big pressure, persecution, because I was very different.

Jac: Yes, so you were a threat to the tribe you know, you were a threat yes. We’re just like animals, in so many ways we are. We are animals.

Q: Yes. But right now I feel more connected with people, more since my baby arrived. With every child it’s like, “it’s my baby.” I don’t know, it’s like magic.

Jac: Yes! That’s unity consciousness, yes.

Q: Thank you.

Jac: Good, you're very welcome.

#60 / 2:03:00

Q Terrence: I think I'm falling apart.

Jac: Good! It's only who you think you are.

Q: The universe just keeps on giving.

Jac: Yes it does.

Q: About two minutes into the workshop today, when you were leading us in a meditation, I was just sitting there and I dematerialized.

Jac: Yay! No more Terrence, yay! Whispering - I've got you it's all right.

Q: 2:05:18 I didn't like it so it slowed down, and then internally my body started quivering.

Jac: Yes. Did fear come up?

Q: Yes.

Jac: Ah haa haa ha. So we spoke the other day about needing to transcend fear, that pretty much everybody at some point comes up against that fear itself. And you know, for most it's existential fear, it's like, "I'm going to be annihilated here."

Q: Yes that was.... Yes I had a fear of, "am I going to come back" or... I don't know. I don't know anything; I'm kind of lost and confused.

Jac: Is that okay though?

Q: Well that's why I wanted to come up here, I needed something to... I don't know how to behave anymore.

Jac: 2:07:06 Okay, can you anchor in the Absolute, in the outside of all of it? It's kind of a contradiction to say, "can you anchor in it," but can you dissolve into that? Because I ain't gonna rebuild Terrence. I'm not going to rebuild Terrence, you know? So that's not an option, so what you really are.

Q: I'm not following you.

Jac: 2:07:48 All right.

Q: It's hard to follow.

Jac: Yes, all right. What's remaining of Terrence is dissolving, so whatever old fears, old stories that are going on, they're getting a good rattle but somehow life will continue, somehow. It's just that you won't kind of feel in control in the same way, but what you are is doing it. So it's about trusting that. That's the theory.

Q: Yes, trust has been a challenge for me, so I'm right up in it now, huh?

Jac: Yes you're up in it now, yes. So it's trusting the truth of your own being, trusting that which moves all. I'm reluctant to say that it's about Terrence trusting God, it's like, "(sound effect 2:09:08)." The only thing that is, is doing all of it.

Q: It's like I had this thought this morning where... just thinking about it is cracking me up again. I just want to... well, "I want..." Is there one to be where one is too many?

Jac: Yes, yes, and that's all there is. The thing that wants to be there is dissolving, it's not real. It's not real! That thought is just arising and it's being believed by itself, it's not real. There is only the one where there is one too many, there is only that. The rest of it is just thoughts believing itself into existence, and it's just a different thing every

second, and it's about nothing. It's clouds going across the sky, it's nothing. So the issue of being able to trust it doesn't even fit. What's to trust what? Do you know?

Q: 2:10:40 Well I know that I know, but I don't... The trusting all seems to... maybe that even involves effort.

Jac: Yes.

Q: I want to be done with effort.

Jac: Yes, yes, you see there is no trusting issue because it creates...

Q: 2:10:55 **cross talking** intelligence is more than...

Jac: There we go. We have to have a division if we've got something trusting something else, and that's what burns out the issue of trust ultimately. You see that it's actually embedded in duality, and it just keeps the Terrence fellow believing that he's somebody that might have an issue with trust. Like, it's just supporting the idea that there is a Terrence. There's nothing there, it's not real. This is an appearance, this is a dream, it's a puff of smoke, imagining itself in every minute, creating the next minute just for the heck of it. That's all that's going on here. There's nothing wrong unless we imagine it into existence, there can't be something wrong or something right, there can't be. That takes more effort to engage in that kind of a thought process, and believe it into some sort of subjective reality. That depth of stillness is the only thing, it's the only thing that has any authenticity.

Q: 2:13:41 Almost looking around here it almost feels like I just arrived to something.

Jac: That's great. So the freshness of the moment, let that stay with you, every moment is fresh. Really every moment is fresh. It's kind of fun though.

Q: I'm here but I'm not.

Jac: Yes, something's looking through the Terrence body but...

Q: 2:14:41 **indiscernible** my connections are.

Jac: Yes it's wonderful, something's frying.

Q: I don't want to take time, but I just **indiscernible**.

Jac: Everything is okay, everything is okay. Let it do what it's going to do. The body will go home or go out to dinner or cook a meal or just let normal life happen, just let the next step happen. No effort, see that things happen by themselves. They do happen by themselves there's no need for effort. And things will rearrange themselves in your brain, and Terrence will either arise again or he won't, we'll see. It depends on how deep you got into that fear. Everything's okay. This is the realm that's not real, this one. Okay, when we're finished I'll just check in with you again and make sure... some way to get...

Q: Which is right and which is right.

Jac: Yes absolutely. It's all right; one step in front of the other that's all, it will happen on its own, yes.

#61 / 2:17:29

Q: So, this is centered around life at home and my household – I lease a house and I have housemates – and somehow I've attracted or authored someone who's really **indiscernible word**, they've got a lot of buried anger. And as I'm sitting over there deciding whether I was going to bring this or not, I feel like I've done a lot of work

around this, like, “okay where am I **indiscernible** angry young man **indiscernible** yes okay **indiscernible** so I’ve got to work through some of that myself. I guess just any insight if you can look into that situation, if that’s possible. **Indiscernible** more information.

Jac: I need more information.

Q: Okay. I set about purposely vetting, culling, to have housemates so it really feels like a sangha, so it feels like an ashram in the house. And this guy works for Chopra Center and I didn’t necessarily vet him fully, I just took the words of...

Jac: oh oh oh oh oh oh, I see.

Q: a couple of people. And he’s an Aryvedic teacher, and I made assumptions.

Jac: Yes there we go, there’s the naivety.

Q: 2:19:04 So is that the... **indiscernible** huge lessons for me right now is responsibility, and you know I can see it from that place of like, “okay I didn’t take full responsibility in the sense of where I am in the situation now,” 2:19:22 as I’m looking **indiscernible** point the finger at because I didn’t do my due diligence.

Jac: Yes, yes.

Q: And that’s my responsibility right there.

Jac: Yes, yes.

Q: 2:19:31 So now I’m willing to meet him, I want him to be happy, I want him to be healed, and the way he shows up with us – it’s all guys – I don’t feel like he’s ever had the authentic brotherly love or been held by men in that way, for him, so I do not know what the freak to do, other than just *ho’oponopono* and love him.

Jac: Does he have any awareness that he’s got a bit of work to do?

Q: 2:20:06 He’s in therapy for anger management. But it’s not helping! **Indiscernible-background noise.**

Jac: Does he think it’s helping?

Q: He keeps going. I mean apparently he does think it’s helping, so that’s good. The other thing I got to was, last night my legs were shaking; he represents my dad.

Jac: Ah ha!

Q: 2:20:43 He was a rage alcoholic, and he shows up in these unpredictable egg shell... walking on egg shell ways. I just want to do right by him, and it’s like all that’s being triggered for healing.

Jac: All right, okay, very good. All right, so are you being the adult or are you being the kid? Do you go back into being the kid because of the pattern of your dad?

Q: 2:21:07 It showed up a couple times in a desire to retaliate or you know, meet his energy instead of being the bigger person, but I didn’t let it. Apparently I’m wise enough to pause and check in with someone, you know, does this feel appropriate? Housemates, you know?

Jac: Okay. Are you suppressing some reaction that you have to your dad?

Q: Can you say that another way?

Jac: It seems like he has rattled some old dad story, so I’d love you to sort out your dad away from him.

Q: Yes we’re doing that.

Jac: Yes exactly. Just like, let it rip, beat the heck out of us tree with a stick or write a letter to your dad and burn it or you know, whatever, so sort out the dad stuff. Get that

discharged, because I'd love you to use him as kind of a teacher, that whatever way he behaves it's like it's just a soap opera and it doesn't (sound effect 2:22:24) stir up.

Q: I've been doing rather good, like, "good job," no reaction.

Jac: Okay, not because you're suppressing one but just because...

Q: 2:22:32 It didn't happen. And it was like other people have shared over the years with you, and other teachers, it's like, "okay wow, I'm different." Because that would have spun me around or I would have chopped that person's head off or whatever, you know?

Jac: All right. Okay good.

Q: So it's like it didn't even happen. And then last night I saw the story, saw how I was hooked into the story, that's what was causing... I love how you said it yesterday, it's like the mind will take a thought and it will use emotions to get it into the body, and I just watched it do that, and I was like, "oh no, no, no, I surrender, I surrender!" "You can do whatever you want I'm on board." So that was good. But because it's home and I'm going to go back to that, if there's any...

Jac: Yes, yes, yes.

Q: Separate the dad stuff.

Jac: Separate the dad stuff and really dig into the dad stuff. Really get it so that there's no...

Q: Anything to be projected.

Jac: Exactly, there's no projection you're completely... You can hold the space for him to be who he is and there's no, "oh my God that's like my dad." Completely discharge your dad story, that's the first thing, and then your relationship with him will change. Do you know, because whatever... right now you're bouncing off each other.

Q: Yeah, I was writing like love letters to him last night, like telling him all just good stuff.

Jac: All right, right.

Q: Yes, because I know it's like I want... he can only show up the way I'm holding him in here.

Jac: That's right.

Q: 2:24:20 So I need to get back into the goodness.

Jac: That's right, that's right, and not deny any old toxic stuff that's still there. I just don't want you to hide anything or choosing the higher ground at the cost of hiding something else.

Q: Yes, that was helpful to hear that again this weekend as well.

Jac: 2:24:38 Yes, I really don't want you to be hiding anything here, this is an opportunity to dig it up. Showing it up, for once and for all get rid of the dad story, really get rid of it! You know? So what part of your dad is in you?

Q: There's so many parts.

Jac: Yes. So how you're the same as your dad and how you are the opposite of your dad, that's all your dad, you know? I want you to look at the two of those all right? This is really about your dad; he's just scratching an old dad wound. I need you to make peace with all of that okay? And kind of, "okay, what's the version of the Brian character?" Not the idea of who I want him to be, but what's his authentic self? And if we can get that kind of organized that there is an awareness of it, then it's much cleaner

for you to step outside of him and kind of let him go. Do you know? That's where I'm heading, it's like there's just a few edges here that this guy is bringing up.

Q: 2:25:48 Okay. So the picture I'm getting is, like really sifting out so that we actually have a clean picture of Brian, so that we can let that whole thing go.

Jac: That's right.

Q: And what's coming up is the question, is like, just because I want to understand things and I think from the psychology perspective, but how is this stuff that needs to be filtered out keeping him from letting go? Because I can't let go of something that's not mine, so far as the cleaning up the Brian to let go.

Jac: Whatever patterns are hidden because of pain, because of learned behavior, conditioning, dah, dah, dah, the patterns that are hidden that have pain behind them still...

Q: There's strings.

Jac: They have to come up. And if the pattern is there and it's just...

Q: Okay, it has to come up and out.

Jac: It has to come up and out, it has to come out yes, exactly. And once the pain is gone it's like, "oh yes, I do that but there is like no charge at all you know, it's just how I express myself but it has no charge." I don't want anything to have any charge so that you don't ever have to go to the higher ground, but that the authentic response is the higher ground because it's authentic, and it's honoring the clean, the clean expression of Brian.

Q: I feel that.

Jac: So when you're going to the higher ground I'm like, "red flag, red flag, red flag, red flag." I want like, "well okay, what are we hiding here, what are we hiding here?" We've got an idea of where we want to be, but that might not actually honor you at all! That might just be honoring who you'd like to be, but I'd much prefer the authentic Brian to show up. Making sense?

Q: Yes, thank you that was helpful.

Jac: 2:27:43 So any kind of you know, "I want to be this loving person or this nice guy," you're at the stage of like, "okay let's **chuff** that out now." It brought you this far but let's really go for deeper authenticity now. Let's go right in. So were not going to use kind of any values, spiritual values to guide us anymore, so it's like, let's just cut them and go with what's authentic, really authentic, does something need healing there or not? Let's not judge it, if it doesn't need healing and it's just an authentic expression, fine, we don't edit it, nothing. And you can step back the ownership because there's no stickiness then, there's nothing unresolved there it's just authentic. Is it right or wrong or good or bad, who gives a shit, you see? Once you drop the value system it's not applicable anymore. Make sense?

Q: 2:28:42 Yes. There's a little bit of fullness here like the need to digest the **indiscernible word** recording and get it later.

Jac: Yes.

Q: Thank you for saying it a couple of ways, it went in.

Jac: Sure great, great. And it's really about letting it rip you know, it's a huge opening for Brian. It's a huge opening because any idea of who he was is being dropped, and we're finding you know, "will the real Brian please stand up." Did you have that...?

Q: Yes.

Jac: Yes okay, that TV program way back. Yes it's like that it's like, "okay this is the authentic man here," you know, without any system of approval or disapproval both are thrown off, this is the authentic one. That's what you're working on right now.

Q: 2:29:34 This is a big program, the approval and acceptance is so deeply in there.

Jac: Yes, yes! And so how you apply it to yourself, and how it has influenced your behavior is what I'm after. Out with it; we're after it by the tap root really, you know? Because how we apply to ourselves is always... that's the deepest one. Our relationship with our self is the deeper one, we just reflect it outside.

Q: So the other thing is this pesky little idea that somehow my ego loved, it grabbed it and had some fun with it, and I addressed it with you last time and what you said really kind of like cut it out, it was like it took it out at the knees. What happened was I came upon this teaching about... It's like the secret sort of thing, and when you were talking about, "it's applicable at different stages," I totally see that, and this might be one of those. 2:20:52 It might be one of those because you know, coming to Michael Singer's surrender experiment and reading that, and going, "okay this is what Jac is talking about." And even hearing myself tell people stories about, we've all heard the fact that someone's trying, trying, trying, trying, and finally they throw up their hands in surrender, "oh the most wonderful thing, I couldn't have even of planned it!" it's like, okay maybe the shortcut is surrender.

Jac: Yes.

Q: 2:31:17 But yet it hasn't dropped down here yet, because my mind is still having so much fun with the idea of... The teaching was that when we have a desire it's actually life communicating with us, this is what's coming down the pike and if you want it get in alignment with it, but how do I get in alignment with it? Well, feel it in your body as though it has already happened.

Jac: Yes.

Q: And it worked, like results happened.

Jac: Yes.

Q: I was like, "what! could it be that simple?" What I want to get solved here, I want to understand, bring these two together, how, because under the teaching he says, "everything is consciousness, there's only consciousness," and then he goes on to talk about, "consciousness has two parts; male and female, the male being conscious, the female being subconscious, and the conscious can impregnate the subconscious."

Jac: Okay.

Q: It just gives birth, the subconscious just gives birth to whatever is in it.

Jac: Okay.

Q: 2:32:33 But I so see the ego hook there, it's huge!

Jac: Good, good, good.

Q: 2:32:40 Is there any middle ground? Or is it just like **indiscernible** and just be in the surrender?

Jac: Play with it as long as you want to play with it because it will spin out, you'll get bored with it sooner or later. There's a lot to be said for playing with something until you're done with it. You'll end up with your face in the mud you know, because you'll have to see through it at some point and it won't be good enough, but sometimes that's faster than actually denying yourself something. If you have desires that you're like, "oh this is great fun. I want to do this, I want to manifest A,B,C,D," if you want to do that, do that, but it will bite you in the ass. But if you need to have that experience and get bitten in the ass, if you're up for it just do it, why not? But it will go belly up! I mean it will, it's just going to lead you into story and more phenomenal experience. There's really nothing lost and nothing gained, it's just going to you know, give you highs and give you lows, that's what it's going to do, and you're going to end up where you started. But if it prepares you to really surrender, do it, why not? Exhaust everything so that you know, you want to really understand that it's empty, but while it has a carrot eat the carrot if you want, if you can catch it.

Q: 2:34:11 What comes up for me, and I went there I did that thought process, so thank you for mirroring it back to me. What came up was that thing that I say to other people about, you know it's like, it's better than you could imagine. Like what you get, like what I get when I surrender is better than I could have imagined.

Jac: Yes.

Q: 2:34:37 Okay, why do I want to get in there and create something out of my own self that has limited perspective?

Jac: Yes.

Q: So it's really just this attachment to the idea of this project, and wanting to like put some extra oomph behind the, "make it happen."

Jac: And the ego wanted to feel that it's potent, and that it can direct things a bit. It does that, it does that. It leads nowhere, but you know, if you want to have fun try it out, but it leads nowhere.

Q: Fair enough.

Jac: Yes, there's a lot of hooks like that out there, you know? You end up seeing they're all versions of the same thing, it's just the ego turning up desire in another way, turning up a new version of its own potency, when actually it's just a friggin thought. It's a set up.

Q: So it's even, "it's just so darn simple!"

Jac: Yes, beautifully simple. Yes, beautifully simple.

Q: Okay, thank you.

#62 / 2:36:02

Q: Just a quick thing, when you were with Derek it was as if this explosion of light went through the room, this is truly a universal experience.

Jac: Aaaah.

Q: 2:36:21 I mean, because I can touch grief in myself, but... Can you just discuss that a little bit, what's happening on a deeper level? Or is there anything to discuss?

Jac: You know, I kind of don't pay attention to it really, do you know? I think it's...

Q: Because we share experiences, you know people have insights of whatever is shared, 2:36:47 but this was even deeper than some nice thought or cross talking.

Jac: Than words.

Q: Yes, far more profound.

Jac: Aaaaah. It's just love, huh?

Q: Okay, I'm good with it.

Jac: It's just love.

Brandi: 2:37:02 because his heart was opening? Because his heart opened?

Jac: Oh Brandi you're funny.

Brandi: That's what I was really into, I was into that thing right there.

Jac: Yes, yes, yes. You kind of want to label it because you imagine that the understanding means you get it, but you get it, you get it, and then your mind does something else with it.

Audience: Oh!

Jac: This is the third time I saw you do that this weekend, it's like, "that's what she's doing."

Brandi: What did I do again?

Jac: Point in fact.

Brandi: My memory... So in the moment...

Jac: You're serious? Oh I thought you were joking! Oh that's wonderful, that's beautiful!

Brandi: In the moment I know but then when I go back with my memory.

Jac: That's right, and then you're putting labels on it as if, you know, as if that's going to give you a new meaning, and it will give you a story to your mind and it will give you understanding, but I'd love you to be so grounded that the knowing communicates directly to your cognition, your intellectual, Brandi's cognition. Do you know? Because you know it, and then you are going through this kind of circuit to put words on it to bring it back into storyland. I'd love you to just go from the deep knowing into like... Yes, let's see if words are right for that or not, but I know what happened there, and trust the knowing and see if the words are right. That would be great. That would be great if we can get you there. And you can of course, you can do it it's just a different circuit, a different way of comprehending, and it's more direct. And it's kind of like you might have to wait for the words. I think we spoke about that with somebody else, it's familiar around sometimes the vocabulary doesn't come, but it comes after a bit of time, you know?

Brandi: Yes, right now I do. Thank you.

Jac: Yes sure.

Audience: 2:39:09 Does the vocabulary ever have to go?

Jac: In the West we tend to praise vocabulary. Put us in another culture and silence is king, and with wouldn't that be great? So no, it doesn't have to come, it's a cultural idea that it has to come.

Jac: Are we good?

Audience: We're good.

#63 / 2:39:53

Q Derek: Just a follow-up from when I was sitting down. It seems like the mind is my primary defense mechanism, and that's why I'm always up there.

Jac: Yes.

Q: So, I don't know, I guess... There's something about breathing, when you mention that as kind of a nice little halfway point.

Jac: Yes.

Q: I've been doing that, you know just...

Jac: Consciously breathing?

Q: Consciously breathing, breathing deep and it's bringing up sort of a wordless energy.

Jac: Beautiful.

Q: Yes.

Jac: Anything to get you out of the head and down to the torso. So that's great, that's great. It's like, you kind of function so much from here up you know, and I'd like to pull your energy down into the body so that it's like, "oh I can be here actually, and it's pretty all right."

Q: Yes it's safe.

Jac: Of course it's safe! Of course it's safe. It is, and I want to anchor that in for you, you know? It is safe, it really is safe. Yes it really is, just let the potency of the character be there, you know?

Q: Awesome.

Jac: Yes awesome. I was thinking about that word.

Q: Sound better when I say it.

Jac: 2:41:19 It doesn't work for me, you know? I really don't get it, it's like a filler you know? It's like I use "fuck" in Ireland, you know? **Indiscernible words** I mean it just goes everywhere you know, **indiscernible** more versatile than awesome.

#00 / 2:41:40

Anyway folks, thank you, thank you, thank you for your presence, for your sharing, for your honesty and your willingness too.

Derek: Tell them about you next retreats, and if they want to work with you privately.

Jac: 2:41:54 And he's back on track again. February's residential retreat is in Sebastian in Florida. Tom and Barbara have been there before, so if you want to talk to somebody about it, and Connie, and Susan and Tony exactly, a couple of years ago. I think it's kind of maybe full though so there might be a waiting list at this point. Anyway, that's in the middle of Florida in February, and if there is an invitation to come back here next October I'll come, and if there isn't I don't mind, it will flow the way it flows, its grand. Toronto in April, Paris in November, Findhorn in May, that's a residential place North of Scotland in the middle of nowhere. It's the oldest spiritual community in the world. That's all I can think of right now.

Mahesh: The October invitation is always open.

Jac: Thank you sweetheart.

Audience: 2:42:53 Are you still having your **quarterly** weekend things in Florida?

Jac: Oh yes, thank you. There's a **indiscernible** and we have lunch on site, so it's like a six-hour intensive the last weekend in January in the North of Florida. It's kind of near Jacksonville; Neptune Beach.

Derek: Saturday and Sunday.

Jac: It's a Saturday and Sunday the last weekend in January. Thank you, forgot about that.

Audience: 2:43:20 **indiscernible**

Jac: That's before, that's about two weeks before **Kashi**. Yes, yes, Neptune Beach is the area.

Audience: Is it on your website?

Derek: Not yet

Jac: Not yet because we're only just sorting out the booking venue.

Derek: And working with you one-on-one?

Jac: Yes, that tends to be pretty booked out. Usually two days a week I do Skypes, a half hour or an hour, and if you go into my website "private time with Jac" if you click on that you can go into a website where you can schedule time, that system is there, which some of you are very familiar with.

Audience: People can sign up for the videos here please.

Derek: Audios.

Jac: Thanks sweetheart, thank you. Joan and Matthew and Mahesh, Denise, Barb, Tom, anybody who's involved in making this all happen, thank you. Blessings on you all, thank you.

The End