

Unedited First Draft Transcription - How To Practice Keeping Attention Within - 2017
February 07
Sebastian, Florida Retreat

Meditation/Teachings:

Mind has nothing at all to add to this moment, it has nothing to contribute at all. It can run every story about doing all kinds of important stuff but it's just more crap. It was talking other crap just five minutes ago and it will be talking more crap in the next five minutes. It's all insignificant actually, so it doesn't matter what it says. Pay no heed, don't be interested in the mind's opinions. Whatever position it's taking doesn't matter, as if of the inside you can say 'shhh' to your mind, and come back to feeling the weight of your body on the surface that's supporting it. Drop your attention within, and if that means inside your body, inside your torso, that's fine; sink, melt, dissolve. Find a word that makes sense to you that gives you a way of (sound effect 2:16), merging, merging back to source, back to whatever you arose out of this morning at your first thought; go back to it, dissolve, merge back in.

2:55 The divine intelligence that made every thing knowable, every thing phenomenal, is what you are. You're just pretending to be small. You're just trying out a human life just for grins. Wherever, whatever you were, a hundred, a thousand, five million years ago, you're still that. You're still that playing a little story to amuse yourself for a chunk of years. So tilt the proportion back to its more correct order, the little dot for this like, 20, 50, 80 years, whatever we're going to get -- more of it behind us or more of it is in front of us, it doesn't matter -- that little chunk of years that's less than a century compared to what you were five million years ago, a billion years ago. Reorganize the proportion, how much attention goes on the body/mind mechanism that's just less than a century really, running a few stories for less than a century. And you get lost in that one? that little squirt who's messing about with its own little self-importance trying to imagine that it's autonomous, that it has got issues, and that it's trying to make itself better, and trying to sort out something, and make amends or dissolve its karma or...., compared to what you came from, and what you know you already were and will be and cannot not be. Just check out the scale of the two of them. Where do you think your attention should be really? Which one deserves your attention; the enormity of what you are or this puppet that you're pretending to be for about a hundred years or less? We play small, huh? And in playing big, I'm not interested in playing big in the world, it's about merging with what's inside you, the enormity of the source of all. **That**, merge with that, that's what you are. Remember, remember, remember, remember! You know this someplace inside you, you know it. You know it but your mind is like, "what, huh, I'm not sure," like, 'shhh, shhh, shhh.' But you know it someplace else inside, you know what I'm talking about isn't garbage, you know it. That amazing source is what you are, it doesn't need to be acknowledged by another or recognized by somebody else; it has nothing to prove, it has nothing to say. What can make it better or make it worse? Nothing! Nothing! Nothing can change it at all you see, because it's outside of this puppet story that we run while we're having a human life. It's untouchable!

Completely untouchable. So this is why we go into silence so that we can really give an opportunity for your mind to hear the 'shhh.'

8:19 And so right now what story are you interested in? Right now, because we've shifted gears into the phenomenal world -- two people came in the room. What happened? Did your attention shrink and you left the source? No, yes? Yes and no, there's a mixture. Some people left and like, "oh somebody came in, are there no chairs, oh...," and we're gone so quickly. So quickly trading, trading the enormity of what you are that has nothing to say, that is completely and totally indifferent to whether the house burns down or not, it's still unchanged, it's still untouched. And at the slightest little, (9:08 sound effect) a story, a story! It's really amazing! a story you know, and off we go and all of our attention goes into the story, but they are just stories. There will always be stories! They're nothing, they're nothing! They're nothing, the tiniest bit of attention can manage stories. I want you to learn how to kind of split your attention so that one part of you can manage the story, but at the same time your attention rests in what cannot be caught up in story. I want you to learn how to do that these days.

9:55 It's neurological you know, because the part of your attention that goes back to source is your right brain, and your left brain is going to do the functioning part of, "oh I need to change the temperature in the room." That's your functioning brain, that's your left brain, and your right brain can hang out in the bigger picture. There is no reason why you cannot do both at the same time. It's just a bad habit to imagine that all of your attention must be in story. It's a bad habit nothing else. And you forget, it's my prayer that you'll forget the phenomenal, that you'll forget to follow story. Forget about it, let story yank you, you know the way Spirit yanks you like, "I have to do this! This doesn't make any sense but I have to do it!" Flip it over so that a story like, "oh it's lunch time," so that that story has to like, "oh everybody is going to lunch, okay I suppose I better go to lunch." Let it pull you in that way rather than, "oh okay I'm all prepared....," and then going into the story of it's lunch time. Do you know? Let yourself, you know listen in a different way to what your mind says, so that you can hear the call of your mind, but you don't jump. You're fully supporting what your mind says, your mind is clean. Whatever it says that's the only reality that's happening and that's where my attention is, we want to flip it so that your attention is where it was a gazillion years ago; 500 years ago even -- let's make it more plausible--, where your attention was when you weren't dreaming last night, same-same. In deep sleep last night that's where your attention was, and your mind doesn't know anything about it! It can't know anything about it, but the beauty of incarnating in human form is that we can do both at the same time. We can do both at the same time! We can function in the world and we can always be present to that which is outside of time, have your awareness in what is outside of story-land, just not forgetting it. And let's let us forget about the phenomenal, let's forget how to shrink all your attention so that you're only following mind, the stories, the world, the what has to be done. Garbage, it's just garbage. You'll

do what you have to do, do you know? But forgetting? let's give that up. Forgetting the source, let's give that up.

12:54 It's not a bad intention if you'd like to share it with me. We can send it out there to grace, who is holding all of this.

13:12 Are you inside or are you lost in the story now? right now. You'll go out in the blink of an eye unless you train yourself to stay in, because life has trained you to be out, to be out following the external stories of life. And during this week let's do whatever we've got to do to unravel the addiction to story, the addiction to 'me and my world.' **14:16** Let's pull apart whatever [indiscernible word] you have, whatever you can't let go of, whatever keeps making you fully invest in 'me and my little world, my incarnation.' **It really doesn't matter!** It really doesn't matter.

15:04 Are you resting at source, are you resting within right now? Okay we've got a few nods, good. But here's one little thing that might make sense, when you're resting at source and there's talking happening, like my voice right now, if you kind of go out to grasp it, to grasp what Jac is talking about, you'll leave the source. Whereas if you let the words come to you you'll stay there. So the moment that, "I need to get this," you're grasping and you've left it. You've left it. Of course you need to get something you need to just go back in, that's what you need to get; the importance of going back in. So let these words come to you. See if you're able to do that, can these words come to you and be comprehended, but you're still staying inside? Your whole life can play like that. Your life does play like that unless you shrink your attention and decide that it needs full investment in story, which of course is the most inefficient way to live. But we do this all the time until we get some wisdom and discover, "oh my God it's actually much simpler!" when you line yourself up with the way we are wired to be, having your attention inside and let functioning happen, but have your attention inside.

17:14 If your mind is running a story, 'shhh,' stay inside. And even if your mind is saying, "oh this feeling of inside there's no rest here either." It's like, "okay that's mind, that's mind, it's just being really persistent and saying, 'do not touch into that inner stillness because - I - would - be - out - of - a - job - and - I'm - not - giving - up - so - easily.'" It plays like that too.

18:08 So we're going to try a little experiment, we're going to talk about practical stuff over the week and let's see how you do. There's no split between my spiritual space and talking about mealtime. There is no difference, you've got to learn how to be inside and function in the world, otherwise you ain't ever going to wake up. That's a skill that happens. So if you can learn it, if you can train your brain how to do it, then there's no need to be dysfunctional for a couple of years like myself and a few others, because we didn't know about this. This is what makes a transition smooth and beautiful so that waking up can be just, "waking up, what was that all about? What was that spiritual awakening thing about? I don't know, I just don't get involved in thoughts anymore." So

it's like, yes! That's the sweetest one of all! So take a breath and dissolve inside, huh? Let these words come to you, and even if they're about practical stuff let them come to you. Keep the bulk of your attention inside, all right? and let's see. Let's see how you manage keeping the bulk of your attention inside but letting this information come to you.

20:12 So as you know we are here until Sunday if you can stay for the whole thing, and most of you can. Some people will be dropping in. There's somebody coming tomorrow for example and there's somebody coming on Saturday during the day, but the bulk of us are here for the whole lot. If you're finding your chair uncomfortable feel free to bring your pillow -- make it work for you. There are some yoga blankets in the closet at the back, so find what you need and if you can't find it you can ask Diane. Diane is there in the corner. This is Diane that everybody sent their registrations to, and she's the go-for, the go to, the sounding board for all housekeeping stuff during the retreat. Our daily schedule is going to be posted someplace.

Diane: Right now it's on the clipboard on the table along with the kayak sign up. Perfect. Okay, so what we do is tomorrow morning we have an optional meditation – I don't go to that because I need to stay lined on for a bit longer – and what we do is we ask somebody from the group to post it, which means like setting your phone for 45 minutes or just keeping an eye on the time so that you start it and you finish it in some way. It's like, "okay folks let's begin now," or sometimes we have a bell and sometimes we don't. But at the end of it is like, "all right come back now to the room." We just open it and close it in whatever organic way, but we ask somebody to volunteer. So every night I'll be asking somebody else to volunteer. What time do we do that in the morning, at 7:15? 7:15 till 8:00. Is there anybody who would like to be here at 7:15 in the morning? Is there anybody interested in going to meditation in the morning? Okay we've got a few, great. Would somebody like to do tomorrows? Peter, thank you very much. If you're going to come to it be sure to be on time because it's, you know it's a pain in the ass to have the door opening and closing all the time, so just be here at 7:15.

Audience: Can we ring that bell?

You sure can, gently maybe. Whatever you like Peter, whatever works for you. You can, you know make the walls shatter or you can go gently, as you like. We have breakfast from 8AM to 9AM and at 9:30 we have satsang. You don't need to know what happens after that really because at 9:30 in the morning we'll be telling you what's happening next. 23:57 Tomorrow after lunch [indiscernible name] the guy with the [indiscernible word], the green shirt this evening, he will be giving a tour of the ashram. If you haven't been here before and if you'd like to be assisted in showing your way around, there's lots of like different nooks and crannies. It's fun, it's good to... He doesn't get a chance to show everything so it's like, "oh I forgot about that!" 24:23 So it's usually bigger than [indiscernible word] I think it was my third year I discovered a train carriage someplace that has a few little altars in it. It's a train carriage on a track out the back somewhere. So it's just full of quirky things.

24:41 So is there any attention left with source right now? Yes? Is there anybody who's totally, totally in the story of what's happening tomorrow, and they've disconnected from what's inside? Derek yes, is anybody else going to be honest? Yes all right, good. What's really good is that you know the difference. That's all we need right now is that you know the difference of like, "oh my God I'm totally out in the world." If you don't even know it's like, all right we'll go back further then, peel back further, but we need you to have that awareness, that self honesty, "I'm caught in my story" or like, "no, there's a calmness inside and the words are just coming to me." That's how I would like you to start functioning.

25:41 One thing that's on the tour -- stay inside -- one thing that's on the tour, there is a medicine wheel that was built ceremonially by [indiscernible words], Native American tribes who came here together to build it, it's quite potent. If you're going to use it you've got to take something as an offering. Down at the corner of that door there is a packet of organic flax that I bought in the health food shop this morning, and just take a pinch of it or take down the bag and put some there. Let that be your offering. It has to be something organic -- not in organic as in no chemicals -- organic as in of the Earth so that mother Earth can take it back again, okay? So we give something as an offering before you go around the wheel. So be sure and take down the bag with you, and whenever you're done bring it back up, and you'll know if somebody's there when the bag is gone. Okay that's one thing I'd like to add in if you're going to do that.

27:04 Is there some of your attention inside? Yes? Yay, okay we're getting a bit better. All right good. From now there is no more talking unless we're in the satsang hall. If you need to figure out, "what time are we back, I've lost my schedule," then you ask somebody. I mean if you need to talk for practical stuff fine, but no chitchat, no engagement. What's really helpful is if you don't make eye contact with people, because if you pass somebody and you make eye contact it's really difficult not to in some way acknowledge, in some way say yes. And I want you to stay inside so don't make eye contact. And your mind will say, "oh this is rude, this is awkward, this is blah blah blah blah," yeah, yeah, yeah, shhh." So outside of the room just don't make eye contact stay inside all the time. When you're inside I want you to be dissolved, merged, disappear, melt in the deepest part of you, the part where you really don't know what it is. You couldn't name it, but yet it's kind of soft and sweet and still and there's rest. I want you to merge in there. You'll find there will either be a repetitive thing that you will notice keeps coming up, because you will have space to hear your mind. What usually happens is that thoughts come and we talk them out. So if you're not engaged in the outside world, number one there's nothing to say, so you're not, thoughts-speech, thoughts-speech, thoughts-speech. We're breaking that continuity, so a thought can come but it doesn't go anywhere, and now you have the bandwidth to see it. It's like you start to notice, start to notice, "do I have a repetitive silly darn thing that just keeps cropping up a gazillion times in one day?" I want to know about it if you do, and we'll see if we can unravel things that are really persistent. Maybe there is a feeling, maybe there's a story, maybe there's something that you're constantly,

constantly running to it; a crazy thought that you're constantly going to, and it pulls your attention and it's a struggle to pull your attention away from it. We've got to unravel those. We develop habits during our life, we just develop habits, and this is an environment where you can see your habits. So the silence is there for you to use it, and believe it or not some people will just keep talking. They will just keep talking because the habit is so ingrained (30:34 sound effect) they can't even get a distance from the compulsion to voice your thoughts. So see how you do. Even if mind says, "oh no problem I'll be able to keep silence," notice if it went there, it's more garbage. Stay in the stillness. There is nothing to be said in the stillness, there is no commentary. There's just no commentary, and yet life happens smoothly! that's the amazing thing, more efficiently, smoothly. And even if you're coming from a life that's crazy busy for 12 hours a day, you can still merge in the stillness. You'll be there tonight when you're not dreaming anyway. You can absolutely be there all the time. It's just a bad habit if you really believe that your busy life needs all of your attention. That's a bad habit it's not true, it will do better with the appropriate attention and you resting at source.

32:20 Who's lost touch with the inside? Okay, anybody else? I really don't believe that we've only got one out of this many. I don't believe it. It's funny because when, you know it's like, "oh God no," watch the thinking you know, like either we don't want to be honest or we feel embarrassed or we should be better, just watch the silly dialogue that stops you from just being honest. Just watch it. Don't support it, just don't support it because that's another story that will get you being a slave of your thoughts. The biggest difference between believing the stories of your mind, and when all of that breaks down gently, there's no reason it can't break down gently, the biggest difference.... I'm waiting for the thought to come it just isn't here right now. What was I going to say was the biggest difference, it's gone. Oh yes there it came again, is that whatever you do and whatever you say is unfiltered by your mind, it comes from the source. And you have to be so honest with yourself to find that, because the mind will filter things all of the time. Just as it will filter, "oh God I don't want to put up my hand," it's filtering, "maybe I won't put up my hand," do you know, that little filtering protecting something. We learned how to kind of maneuver the truth so that we can survive. All of this habit of mind has got to go, and it will go, it will go. If you're just moving from source, if there's total surrender and it's only the voice of the source, of God, of consciousness, that's moving through you, then you are the hands and feet of God — to use a biblical thing — then there is only the divine purpose through you. And you actually can't screw up, that's one of the beautiful things. You can't screw up because you know, "I wasn't involved there, I really wasn't involved there." So you know it actually had to happen like that, you know it in your heart of hearts. There was no option it had to roll out that way, it had to because I didn't choose any filter, that was the raw movement of consciousness using this form and this voice to express. That's beautiful! That's beautiful to live like that and that's freedom! That's what we call freedom, you see? That's freedom, and that's a little bit after awakening because even though you know with awakening that the "I" story is unreal, that this is a creation of something that ultimately has no substance, it's all just built on concepts, all right you

get to see that, I'm sure you've seen it in many glimpses if you're here, and maybe you've seen it and it's solidifying, and maybe you've seen it years ago, it doesn't matter there's a whole mix of people here. The phase of when you know who you think you are is only who you think you are, that that persona is not really you, the phase between that and having every filter removed, that's the road between awakening and freedom, awakening and liberation, you see? That's the road, where those little subconscious filters of where you're kind of protecting yourself, preserving yourself, watching your self image, minding yourself really, minding yourself do you know, that filter system, those thoughts editing stuff, that's what goes. So I'm after the now. Wherever you are in the path I'm after the now. Those layers that sabotage the flow of pure consciousness and try to like upgrade, upgrade the flow of pure consciousness like, really? Really? Isn't it nuts what the mind really thinks it can do? Nuts! This little squirt of a thought that's important for that moment, and then two seconds later you can't friggin remember what it was, but we bow down to it when it's running, it's nuts! But it works, that's what made this whole thing appear real, it works. So let's unravel it you know, bring it back to its pure form so that the mind will just do what the mind needs to do to function. So watch to see if you're editing.

38:26 Okay who's attention has completely left source now? Yay, really? Everybody has some access to the stillness inside? Beautiful, well done. That's our work for the next five days. Wherever you are on the path let's all do the same work, keep your attention inside. Find a word; melt, dissolve, merge, disappear, emptiness, sweet spot. Find an anchor, find a word that's an anchor because if you have an anchor for five days it's going to be pretty well there when you go home.

Audience: Can I record you saying, "shhh?"

Jac: Is that your anchor?

Audience: Yes.

Jac: Perfect.

Audience: When you said that, it's like to a baby.

Jac: 39:45 Yes, because the mind is beautiful, you know? Fighting it is just mind fighting mind, but it's just 'shhh,' you know? It's like you're just putting it from the center over to the side and turning down the volume a bit, lovingly. Keep going inside, get to know that reservoir. The depth of it is unfathomable, way beyond what your imagination can even imagine.

Who's totally lost in their thoughts right now? Okay, all right great. The honesty is what I'm looking for. Find your 'go to word' so that you can go into that sweet spot. Keep going back there. As soon as you notice that you're not there go back with no judgment at all, just go back and stay there. Stay in your sweet spot. Mind will fight for its life literally, so 'shhh.' Go back to your sweet spot. Try not to judge your sweet spot because your mind might imagine, "but this isn't deep this is just a state of mind," but go there anyway. If you need to say, "deeper than this," then let it be that soft of a request. Just a soft request, just, "deeper than this, merge deeper than this, melt deeper than this," because your mind is going to kind of look for a quality, it's going to look for a way to recognize it, it's going to try and sneak in, "shhh.' Send it off to the side

and melt. Melt into your sweet spot even if the body is tired. So what? that deeper place doesn't know anything about physical tiredness, so see if you can go to that place that doesn't have the complaint running, whatever the complaint is; your back hurts, you've got to make a phone call...., 'shhh.' Go to the place where that has no relevance, where it can't touch. There's a bit of letting go required, there's a bit of trust required, a bit of surrender. Do it anyway.

46:42 Who's lost in the thoughts right now?

Audience: Not thoughts it's fear.

Jac: Aah, yes.

Audience: It feels like an edge. I don't like it.

Jac: Yes, go there, go there.

Audience: My mind was white, it frightens me.

Jac: Yes. Fear is made of nothing. Fear is actually... It's just a thought with like this whole...

Audience: 47:24 My whole body is just [indiscernible words].

Jac: Yes sure, sure yes because it's a thought that has a lot of chemical potency you know, and it gets everything to fire with the same message, "this isn't okay, this isn't okay!" It seems more important to put your attention on the fear because this is a threat in some way. So I want you to figure out if there is any substance to the fear.

Audience: Yes.

Jac: You think so? You think it's maybe protecting you?

Audience: It appears it is, yes.

Jac: Oh, you think it's going to protect you.

Audience: 48:04 No not the fear, but like [indiscernible words].

Jac: That you'll disappear.

Audience: Yes, go crazy.

Jac: Great! Great, so what? So what, that's just the controller, you know? That's just the controller being active. Call its bluff and see what happens. Surrender to it, say, "okay, okay source if that's the destiny of this body/mind, if you want me to just go crazy, really lose the plot and be completely dysfunctional? you've got me you, can have it. You can let me do that too. If that's what you want me to do I'm up for it." Can you do that?

Audience: Yes.

Jac: Yes! Let's see what it does let's call its bluff and we'll find out. You'll find out if it's just empty story or if really there is something in your destiny that we need to just grasp. So what, it's better than being paralyzed. You'll have to do this leap sometime. Here's an invitation go for it. The mind is going to throw up whatever story is going to work to stop you merging into source. It's going to throw up whatever one will be potent enough for you to stop merging. That's what it does. It's going to name your biggest fear because its biggest threat is that it's not going to be running your life anymore. So it's going to play a really potent card.

51:15 How are we doing? All right? It might not be good every day, we'll see. We have a few all right's, okay good. Whatever is stopping you from totally merging in the source will probably show its face, do you know? It's the thing that keeps making you believe in your own story, that you are who you think you are. Something is making you to continue to believe it unless awakening has already happened. Something is making you plug in so let's welcome it and see what it is, see why is it still being believed. Go to your sweet spot. Alright so you've got homework. I want you to fall asleep in your sweet spot, wake up in your sweet spot. Whenever you're out go back. Find your anchor word; melt, dissolve, merge, emptiness, beyond, prior, anything, whatever it is. It can even be a pointer like peace, love, rest, whatever at all will encourage you to drop in your attention to where it came from, to bring your attention back home rather than having it out glued to this yakity-yak that's going on in your mind. Find your anchor word, stick to the same one while you're here. Get your anchor word strongly established. All right good; sweet spot. Do you know that the sweet spot is beneath the fear? Great. All right let's do whatever it takes.

The End