

Jac: Yes, that's the place you stay. When your mind says, "should I leave or should I go," you've left it.

Q: Oh about the moving?

Jac: Yes, and about everything.

Q: The moving I thought I had options about, the relationship is the inevitability.

Jac: 13:26 All right, do you think you have.... If you go into that place where the inevitability is about the relationship, what does the choice about moving seem to look like from there?

Q: I'll know, but it can't be from fear.

Jac: Yes, it won't be from fear it will be from that which moves everything before the layers of mind come in to contaminate it and contort it – turn it in to pros and cons.

And it might be, "I'm staying," and then one morning, "oh I'm leaving, oh!" without the, "I'm leaving because this, this, and this, and I can't live with this." So it's like, "we're not going there."

Q: I'm not leaving because I'm like on the floor.

Jac: Absolutely, no, no, no, no.

Q: Then I should stay.

Jac: Then you should stay. You've got to stay until something else makes you move, that inevitability makes you move. Otherwise you're running from lessons that you're going to have to get again some time, and what a gift you've been given.

Q: The empath has just troubled me forever, you know? I mean obviously it's also a gift.

Jac: Yes, yes, but some courage and strength, trying to be cultivated inside, and so, do you bow down to the suffering that comes from being empathetic or do you actually, "actually whatever is the rollout it really doesn't matter because I'm standing under this and that's it," that's where we need you.

Q: And that's kind of the end of the road for me 15:07 You know, also down at [indiscernible place-Kashi] we talked about this, the fear of being burned, and how the choice was that I could be in that fear all the time or owning who I am and I'm at peace while I'm walking into the fire, this is the same thing.

Jac: This is the same thing.

Q: It's like the fire will be coming in my community.

Jac: Yes, and it won't burn you. It will burn you if you oscillate at the same frequency as the tribe, but if you actually stand outside of mind it won't burn you.

Q: My character feels like, she's not ready! She's not!

Jac: When would you be ready?

Q: Never.

Jac: 15:52 Never no, but it's an inside gig, huh, and the character will be bashed around and that's fine, but you standing steadfast in what you know to be the best and highest and only direction forward, that's when pure consciousness is moving through the form and the form is serving pure consciousness. That's what it's like when you're awake! That's what it's like there's only pure consciousness.

Q: 60:16 So here's where I go into the self-delusion, where it's like I get so other referred, you know? You know, it's like in myself I know that this is the inevitability or that this is my spiritual path, and I can get outside of myself and then I go, "oh my God you're calling home wrecking a spiritual path!"

Jac: Yes.

Q: And so it's like I lose myself.

Jac: Why would you lose yourself with that comment?

Q: Because I'm afraid of self-delusion. I'm afraid that this thing...

Jac: You think they're right?

Q: I have fears that I'm deluding myself, yes.

Jac: Okay. So when you're in the certainty inside, does the fear of self-delusion appear then?

Q: It's irrelevant.

Jac: yes it's irrelevant.

Q: It's like I'm powerless over what's...., you know?

Jac: Yes.

Q: It's just happening!

Jac: 17:17 Yes, but other kind of power is there, the power of truth is there you know, and the ego can't use it so you can't turn it into a phenomenal power, but there's just a knowing that this is the path that has to be walked, and something is a-okay with that.

Q: Yes, and I can go into self-doubt when I've got a choir of people calling me names.

Jac: Okay, so you're giving power to the tribe.

Q: Yes.

Jac: That has to break, it has to break. The tribe has no power over you at all, you're giving it, you're giving it, and that's what will get you slaughtered. Don't give it. They can't use it well; if you give away your power the other person is going to pee on it because they can't use it well, so it's just going to get trashed, you know? You have to learn how to be in your power and stay in your power, and come from that center. You've got to train yourself how to do that, because you've got to break a very old pattern that was very deeply ingrained, more than once. I'm back to Jesus again, what is it with Jesus at the moment? 18:54 I don't know, maybe it's the angel saying there's [cross talking].

Q: No, no, he's a teacher of mine.

Jac: He's a teacher of yours, oh that's okay then. Nobody understood him, nobody got him, they murdered him, and he just like took it and told Judas, "yes, I know you've got to betray me that's fine," you know do your thing, do what you've got to do and watch the whole way." But without it there would have been no resurrection and nothing would've made sense. It would have been just, "hey there was that guy and they killed him," as they do to most people who say anything that's unusual, you know?

Q: You know there's this teaching that my inner guides gave me about Jesus. Jesus is giving a talk and there are these Roman soldiers plotting to kill all of us, so I'm just kind of listening, and my creature body has a lot of fear in it, and I keep looking to the soldiers going, "there going to kill us," you know, and the teacher says, "this is the only safety." "Join in this consciousness of who you are and stop looking at the soldiers." This is the same.

Jac: Yes.

Q: 20:12 The creature body at the cellular level is just afraid.

Jac: Yes, and it can feel that fear but it cannot direct your actions. Your action must come from the place that's not mass consciousness directed, thought created. It's beautiful; the only safety is anchoring in. You're going to lose no matter what you do; what way you dance with

the tribe you're going to get slaughtered, and that's inevitable because that's what happens when you dance with the tribe.

Q: 20:55 If someone asks me to explain?

Audience: Shhhh!

Jac: They probably won't believe you even if you tell them the truth. I don't think you're going to get any respite from the tribe because you've got to transcend tribal thinking, you've got to transcend group thought, the potency of group thought. This is your chance.

Q: Can I put you on speed dial?

Jac: Sure. Sure, you've got to get through this one, and you can, you can but this is your shot. What do you bow down to, the group and the beliefs and the spiritual beliefs or the anchor within where it's inevitable, where there's no choice, no doubt, no nothing, no question of being safe or not safe, it's deeper than all of that. That is the only place that's gonna guide your way through this successfully. The rest of it will just be history repeating itself, as it does many a time, but you know more now. You wouldn't be given this test if you didn't have the courage, it wouldn't be coming now.

Q: 22:28 When I'm done with this I want to write an article called, "Home Wrecking as a Spiritual Path."

Jac: Yes and you won't have been the first, and many will find great, "oh now I understand why I had to do that!" Yes it will be very welcomed.

Audience: O Lord! (a very loud vocalization-a releasing)

Jac: Good, good. You can do this yes, yes, yes you can do this. Don't you know that you can do this?

Q: no, it's bullshit.

Jac: Why would you think that you've been given something that you can't rise to?

Q: I thought when I was killed before I could rise to it, and I didn't.

Jac: Why not now?

Q: Maybe it's time now.

Jac: Yes, yes. First of all murder is outlawed do you know, literally, so there won't be murder, but it's going to feel like murder because that's the cellular memory. So it's just a memory that's playing, you know? But you can't leave that community until the move comes from another place. You can't run, and you won't need to. It will be like, "where am I looking from? Am I plugging into the group thought or am I plugging into my deepest wisdom?" It is as simple as that; pare it down to that, "where am I looking from?" Don't go into the story and try to rationalize it and trying to minimize the pain, it's like, "you're too deep in story come out of it." "What reality are you plugging into?"

Q: The soldier thing, that's good right?

Jac: Yes, yes.

Q: 24:42 That's pretty [cross talking-1-2 words].

Jac: That's wonderful, great. Yes it's a really good image, that's a great gift. You have the tools so you can do this, you just don't have the pattern of it yet in your system so it's a green field here you know, it's like, "whoa, I haven't tilled the soil yet." You don't know what it feels like or what it looks like, but that's okay, that's okay. You can do it. I know you can do it. You know you can do it, it just requires a little bit of discipline.

Q: 25:29 Maybe I'll hang on your faith for a little bit, if you don't mind.

Jac: Absolutely, you can yes it's fine. It's always like a test, how much do you want the truth? This is kind of just a story on top of like, do you really want the truth? You're being told to jump off the cliff now. Come on sweetie, are you going to jump off the cliff?

Q: Yes.

Jac: Because there's always that point on our spiritual path of where we like, "oh man there's no safety in it I've just got to go here," and you lose all reference points, all safety and you dive into hell, but of course it's fine, but you die in the meantime; something dies.

Q: 26:14 I think that's what it takes for me, because I know if I go the empath route I'm dead. I gave myself no choice, isn't that lovely?

Jac: That's right yes, because your time has come.

Q: Thanks for the shove.

Jac: You'll get through this. Call in every resource that you need at any moment, and keep anchoring, keep anchoring, keep anchoring. You will wonder, "why did I give, like gossip, so much power? Isn't that a crazy thing to do?" I can hear you saying that in a year, and it's easy when you're out of it. And you will be out of it, and you will look back thinking, "how come it was so difficult," really.

Q: But the energy body stuff hits me when I don't even know what's happening.

Jac: Sure, but don't be distracted by it, don't be distracted. Don't give it so much power. You can address that again later when you shift it, where you come from.

Q: Okay, I'll call the energy body stuff just more of the soldiers.

Jac: 27:48 Yes, yes, it's your first warning that the soldiers are coming soon, you know? That's what happens first, your energy field picks it up and then you've been in there so it's gotten bigger and you've been distracted by managing it and minimizing the pain, but it's like, yes that's part of... that's just that flag waving from the side, "nope, there's something deeper going on here." Keep anchoring, keep anchoring, keep anchoring. Keep going in and focus on truth.

#21 / 28:51

Q: This is something new. Over the last couple of years, like I said yesterday, there has been a lot of letting go. I've been letting go of concepts, beliefs, attachments, and I feel the change. I like it, it feels stronger, but with each letting go it seems like the ego is just as strong. The ego is still ever present, and even though all these other things are happening there's still ego, and then more recently I've wondered, is the whole idea of freedom, truth, is that just something that just continues to be out there, but.... I don't feel any closer because of, I think each time I let go of something or feel less of an attachment there's still the ego. Maybe it gets reinforced each time I do that, I don't know.

Jac: Aha!

Q: You know because there's been all these concepts and beliefs all along, and then the idea of beginning to let them go is kind of empowering in a way and so the ego gets attached to that. So then truth and freedom seem the same distance away as they were before.

Jac: Yes, and so the sticky part is getting attached, liking the new version of you. That's where the ego has snuck in a little bit.

Q: Yes.

Jac: 30:50 Okay, enlightenment is when you know there is no Barbara character, that it's only switched on and switched off for functioning. You know that this is not real, that this is just

transient and this is kind of set up by perceptions and a mechanistic thing. It's not real in and of itself and that you've access to the Absolute or outside of all of it, and that backdrop is there all the time stable like a rock, untouchable, outside of all of it.

Q: You mean the truth.

Jac: Yes truth, freedom outside of all of it, the backdrop, you know this still unchanging thing where this chaos kind of is not touching it you know, and that's there all the time. Would those three things be true for you?

Q: 31:45 Yes.

Jac: Then the show is over Barb. The show is over – there is no other state –, it's dead friggin ordinary. It's the biggest let down, enlightenment is. But it sounds like the mind is trying to make something out of it or wants a feel good feeling out of it. So the best it can do because there is no feel good feeling in the backdrop, because it's just still and calm and dead ordinary, just completely ordinary, so I'm wondering if the ego is trying to find the feel-good factor. Maybe it imagined that it would be on enlightenment but it's trying to find the feel-good factor from the, "ahh," the release, the let go.

Q: The ego is trying to find that?

Jac: Yes it's trying to find some juice somewhere. There's no juice in enlightenment, you see? And you kind of forget what it's like to believe in your own story, to be completely caught in an old story. You forget kind of the density of that, you know?

Q: Yes, because it's been gradual. It's been very gradual, but with each letting go, with each concept dissolved it's better. You know everything is better.

Jac: Yes, and that feel-good factor that's the tricky bit; the fact that it's getting better. It's like, I notice in myself when some new idea comes along, a new project, we're moving house or we're starting a new project or writing a new thing you know, and I can feel this chemical getting released in my brain that loves something new. I can feel it and I'm like, "ooow!" And recently, like within the last week, I read some middle-of-the-road science book, but you know an accessible science book, and, "oh my God that's what that chemical is!" There is a chemical that just gets released you know when something new comes along, "oh that's what it is," and I could always feel it, "what's that little druggie rush, what is that," you know? And I see it and I enjoy it but I know it's like my body's doing something, okay? So it's kind of like a version of that, that there's some kind of little rush that you're getting, some little thing that you're getting that you've sewn in there. Now it could be something that you've trained yourself to feel because it encouraged you to go on you know, and yes sure there is a good feeling when there's a kind of a new you, you know a refined you or a kind of a better you, so we think when we're developing ourselves. So you're running some kind of a little rush in there that you haven't seen through.

Q: 34:36 I've even done some confrontation, which is very hard for me, and that was a huge rush, a big rush.

Jac: Yes great, yes that's great. And that's all it is it's just a little rush that's in there which is natural for people to...., in my case to start something new and embrace change and you know, and in your case you know, just to make sure that consciousness keeps refining itself, because there is something that wants to be a better person, there just is. It's natural to our... By the time we're on a spiritual path it's just natural to being human and that's kind of... I think you're

onto the little motivating factor, but something wants to kind of enjoy it and hang out in it rather than, “oh yes, there’s that rush that’s very nice.” Does that make a bit of sense?

Q: Yes it does. Just the week before I was here I spent a week with family, and I love each and every one of them, but I hear lots of shoulds, and I’m seeing more of the dysfunction, and I thought, “this is going to do it, this is going to send me over the edge being here this long,” but it was okay. I probably handled it better than I’ve ever handled it before.

Jac: 36:13 It’s the ultimate testing ground.

Q: It is, it is. You’re right, maybe the expectation of thinking there was going to be this big “aha.”

Jac: Yes, and there isn’t at all. And time and time again I’ve seen it that we need to be told that we are awake, because there are no markers, there’s no benchmark and so being awake is only kind of only recognized from the outside because there isn’t enough of you there to like, “is this it?” Because your mind’s version of it is very different than your experience of it, because your mind isn’t friggin there, you know? The same kind of ownership of a position isn’t there it’s just not running, so it’s much simpler and calmer.

Q: 37:05 The fact that the ego likes this so much and feels kind of empowered.

Jac: Yes, but you can see that, that play, or you can totally be in that story and believing it. If you’re in that story and believing it then there’s more work to do; whereas, if you can just like, “gosh there’s that feel-good factor, that’s interesting.” The ownership is when we are not done. If there’s ownership over something it’s like, “well there’s me there, this is my idea or my rush and I’m enjoying this,” you know? So the part of you that says, “I like it,” you’ve got to explore that “I like it.” What is that I? Is there ownership there or is it just something being enjoyed like a nice cup of tea being enjoyed, you know? Is there a stickiness in how it’s being enjoyed or is it just passing through like smelling a beautiful flower. Awakening has happened Barb.

Q: 38:17 Yes, there is that “just passing through.”

Jac: Yes. Yes, and we continue to kind of tidy things up, and new conditioning comes in, old conditioning falls away, and we just morph according to the situation we’re in, but nothing sticks, nothing sticks.

Q: 38:53 That’s right, yes I can feel it.

Jac: Yes.

Q: I think it’s just been in the last couple of days as I’ve been thinking, “am I looking at that as an object and then trying to get through all this other stuff.” Okay I think I understand.

Jac: Yes it’s more subtle. It’s here it just doesn’t have any bells or fireworks or anything. There’s no moment of awakening when you can look back and say, “okay maybe that incident, maybe that incident,” but actually it’s incremental.

Q: 39:38 Maybe it has been a little bit more rapid in the last couple of years than it was before.

Jac: Yes. I remember being given a sentence, or hearing a sentence, you know, but I felt it came from my teacher at the time, “the show is over, the show is over,” and I was like, “what show, what show?” I just said, “okay it keeps repeating so I’m just going to keep repeating this,” and I said it for four or five days like in-cess-ant-ly and something dropped. Some striving or some imagining that there’s something outside fell and just settled into what was, and where it was at. The driving thing stopped. It’s a good one, “the show is over.”

Q: 40:37 I think the last couple of days too, I thought, “when I was 20 you know I could let go of all of this stuff and then achieve something,” but I’m not, and you know I want the truth, I want freedom. Okay I got it.

Jac: Yes, yes it’s there, yes you’ve got it. But you can’t get juice out of it as the mind imagines there would be, “oh my God then I went..., then...” and it’s like, no you won’t actually it’s just ordinariness is there, ordinariness. And somehow it’s beautiful and simple and clean, and it doesn’t matter because the greatest gift you can be in the world is just having that state. The no state-state, or whatever I can call it – it’s the wrong word –, that’s the greatest gift. That’s it, just holding that vibration in the physical form is the greatest gift. Anything after that is just mind stories, as if it helps in some way. Sitting here as satsang happens, you know it actually really doesn’t make a difference. It does at a phenomenal level but really it doesn’t, it doesn’t, it’s just having this energy in this plane that’s enough, that’s enough. The shows over.

Q: Yes it feels over.

Jac: Yes.

#22 / 42:31

Q: I don’t know how to ask this question, first of all I heard what you said yesterday and it was very meaningful, and this is not in any way....

Jac: It’s fine.

Q: I have a question about what’s going on in here in general. I want to pick your brain.

Jac: Yes sure.

Q: 42:51 My experience of myself before Betty died is that I know, I just know what is, and at the same time there’s this character, and I don’t get confused by that I just see it as a mystery. The character has a headache and the character takes an aspirin, his wife starts to die and he goes to a therapist, and I don’t confuse that or I don’t seemingly confuse that with what I know, what I see. This just knocked me completely off kilter and you started to put me back on kilter, but in general it has to do with choicelessness, free will, what’s going on, and what is Jac doing? Because sometimes it seems as though you’re suggesting that we have a choice, and that which action we take is that we have a choice which action to take, and it’s significant which choice we make, and it’s like my meta-brain gets confused. I mean, do we really have a choice or no, is focusing on the right thing important? Is it in anyone’s power to make those choices, and what does any of this have to do with this? Now I understand it seems like it does, but I was on a spiritual path where it seemed like it did and then the whole thing got blown up when I saw the truth, and it was like there was nothing to get, there was nowhere to go, and the actions were useless, and the idea of being a seeker was the problem.

Jac: Yes.

Q: 44:54 So I don’t know how to put that together with what you’re doing, and for some reason it’s important to me. This is not a challenge, I don’t want....

Jac: Yes, and oh I totally understand what you’re saying, and even if it was that’s fine too, that’s welcome too, like whatever you know, it’s fine. Okay, there are a gazillion different perspectives. From one perspective absolutely the seeker is the problem but yet seeking is an inevitable experience. Seeking is just inevitable it kicks in and you’ve got a hunger and it’s doing its own thing. You can only see that it’s the problem when it’s spinning out, it has its own

energy, and when it's spinning out then you get to see, "oh it's the problem," and then it falls away, it drops.

Q: What do you mean by spinning out?

Jac: 45:48 When it's winding down. It's like a piece of energy that rises and falls, and it can last for 50 years or it can last for 6 months, the seeking thing. But you're only going to get to see it's the problem as it is dying off. You can't see it when it's in full flight, because seeking is the experience that consciousness is having at that moment or whatever you want to say is playing. So it's valid at one point and it becomes the problem at another point. Everything has its place. In my approach it's about reading where somebody's at and pointing them in the most efficient direction forward, rather than kind of swirling and spinning and trying dead ends for awhile.

Q: Do we have a choice about which route to take?

Jac: If they think they do then they do, but I know that they don't. I know that they don't, but if they think they do.... Let's rewind a tad, in any moment there is only one choice that's going to be made. It looks like there's a few options but actually there's only one, and it's kind of already written where we're going to go.

Q: It's not really a choice.

Jac: 47:06 It's not a choice at all but you think it is a choice, right? You think it's a choice until you see it's not a choice, and if you look at Lori it's like she has the two of them running at the moment, she thinks, "should I stay, should I go, what should I do?" So she's imagining that she has choice there, but she can at the same time drop into the place of where there's no choice at all. So the work there is like drop into that place because this is just going to waste your time, you're not listening to the place that knows there's no choice. Do you see?

Q: Do you have a choice about that?

Jac: She does at this point because she believes she does.

Q: So you have a choice about dropping into the place that sees that there's no choice?

Jac: It's more accurate to say you think you have a choice and that that makes the experience of having a choice valid for you, because whatever you think becomes your reality and then that's your experience. So like with seeking, as long as the thought is there that enlightenment is better than what I have now, then seeking has to run its course because that's the root thought, and no matter how many times you're going to think, "enlightenment is a set up," it's just seeing what's real and that this is actually not to be taken too seriously because it's transient. No matter how many times somebody hears that, they won't believe it. They won't believe it until the experience that they do believe in spins itself out. So as long as somebody feels they have a choice, what I do is I enter in another option, which I can see pretty clearly that that's the one that's going to cause the least amount of suffering and expedite them out of their current frequency, their current belief system. So it's like, let's put you on an elevator that just lifts you out of that and makes you see more clearly what you're caught in.

49:04 Folks that come to satsang usually can't see that on their own, but they come here in order for that influence to come in. That's why they come, it's for the grid of thinking that's around them to get shaken, and to see that it's just a grid and that they're just, "oh my goodness me just look at it it's not who I am, it's just a mess of my perception that my perception has created." And sometimes no matter how much you lift somebody out of it they naturally, "no, I want to just drop back into my mess because it's comfortable and familiar and

I've not finished suffering, thanks very much." And it's amazing how many people do that! They actually just want to continue suffering. In my early years doing this I worked so hard to like make sure the people would stay up, emailing like hours every day, hours every day emailing, supporting, making sure that they made the change, and it didn't work. They would drop right back in, and it was like, "Jac forget it people are doing what they need to do, what they want to do." So at any moment the option of where we're going to... the choice that we're actually... that isn't a choice, the step forward that isn't a choice, when people believe that they're making a choice all I can do is put in another option and show, "if you do this, if you do this, if you do this," so that their mind can align with the thing that wants to go in that direction. Now, if you believe in your thoughts pure consciousness will use the mind to put it in another direction to continue the play, you see? So the mind will turn the place that knows there is no choice, and the mind will put it in another direction saying, "I'm going to go here and get whacked around another bit, but I'll enjoy the suffering and learn something from the experience because I'm growing and I want to have that experience." So mind hijacks the direction of pure consciousness, but it enables the drama, it enables life, it enables experiencing, and it's rich! That's how pure consciousness does it. So in this work it's about seeing through the layer of mind and in doing that you get to see, "oh my God I've never had a choice," and it's like no, because the choiceless part stuck onto mind and mind sent it in another direction. So even when you went into the pain, that was choiceless too because your belief system pushed it in that direction, you see?

51:46 So what we do here is like let's loosen.... I've watched a few different angles, let's loosen the thinking mechanism so that you can see it's just a perception, and that it's not you at all and you're not bound to it, it's just how mind works. Listen to the part inside and let that walk, talk, eat, live, so that you're not hijacked by a limited thinking mechanism to make you continue in the drama and suffer. Do we have a choice of it? It's not that clear, do you know? It's like the mind will break up when it wants to break up, and sometimes I break up something and the person just says, "actually I heard what you said but I did what I was going to do anyway before I came on the retreat." And it's like, okay that happens to you know, it's fine I don't care. All I can do is my best, this is my job you know, I'll do my best because of me and my journey and what I do, you know? So the outcome falls any which way depending on if mind is still gluing to pure consciousness and hijacking the direction, and if that's what pure consciousness needs to do then of course, that's inevitable that's what it has to do. Did I sort of answer it?

Q: 53:02 Yes. It's okay.

Jac: And sometimes it's about, like with Barb there, sometimes it's about understanding what's at play. Sometimes it's just about that, it's about better understanding the mechanism, because I noticed you said, you know the Steven character or whatever I'm paraphrasing, but he's a mystery. You used the word mystery twice, and it's like, I don't see any mystery. There's no mystery.

Q: Mystery is how this whatever can be both, that's the mystery. How I can say I'm this, but at the same time you know,....

Jac: A guy experiencing normal life.

Q: Yes, so that is totally paradoxical to me. To me the only way to accept it is as a paradox, because mystery.... because the other is non-conceptual and you can only point to it, but this, I can talk about this.

Jac: Yes, understanding can come there.

Q: Where?

Jac: 54:19 To dissolve mystery. Mystery is valid for a phase and then understanding comes in and somehow somewhere it makes total sense. It's like pure consciousness shines a light on its ability to have a phenomenal life and to not have a phenomenal life. The paradox drops. It's only paradoxical when you look from mind, so then mind will say mystery or paradox, but pure consciousness, it makes perfect sense to pure consciousness. So there is a place of where, if you want, paradox and mystery can be seen through.

Q: So that would explain what's going on here.

Jac: Yes.

#23 / 55:45

Q: In a sense you've answered the question, because it's the same sort of question as everyone else has. Well not everyone else but.... I moved a few years ago, and had a profession and a long life in a certain place and then I moved, and I had a really difficult time with the move. There was homesickness and all the identities fell away, but the funniest part about it is, I'm a massage therapist and for 20 years I told everybody the same stuff you're telling people, like I knew it.

Jac: Yes.

Q: 56:23 I had one thought one time, "I wonder what it's like to drop your identity," and I thought, "well I actually don't want to know," but it was a precursor to what happened. And I thought it would be okay but it felt pretty terrible and scary, and you know I can see that I was so wrapped up in it. Now it doesn't feel as bad but it's embarrassing because I didn't realize I was that egotistical, but that parts okay too now. And so I keep trying to re-create this job I used to have, and I'm telling you it is awesome; a hundred percent it never works, but I'm persistent so it's going to my second year, and I still get worked up over it. Like somebody will ask me to do a massage at night, like at 9 at night on a Saturday, and it's all these times I definitely don't want to work. So I feel myself getting all worked up and freaky, and I realize that I'm being given an opportunity but it's so uncomfortable. I don't know what to do with it other than sit in it.

Jac: 57:51 Okay, it can be an opportunity and sit in it and see what it's bringing up or it can be your body telling you, "it's time to do something else," or, "this isn't quite gelling for you."

Q: Yes, I think that's what's happening because my hands are starting to hurt. You know how silly can it get, I don't know what else I need besides a note; I need you to tell me.

Jac: Yes it sounds like it.

Q: But then I think, "well what am I going to do?"

Jac: 58:27 If you have some financial security do nothing for awhile, if you can live without working for a while. Can you?

Q: Yes, and that's the other thing that's so awesome, I have this sweetheart who has offered me.... And you know he would like me to bring in some income but it's not... we don't have to have it.

Jac: Well done. Well done, do nothing for a while. Okay I'm interested in a few things. One, how come the signs have to be like neon, down to your body hurting, before you heard it? Tell me about that.

Q: 59:01 I guess that I'm just so conditioned to working, producing. I can feel the layers peeling away, but no I don't have to be a doer, but it's a pretty powerful draw. So I don't exist if I don't do. You know I can see that that's not true but I can still feel the draw. So that was pretty scary.

Jac: Yes, you don't exist if you don't do. And beside that, do you have a value on doing? Like I'm contributing if I'm doing, is that in there?

Q: 59:37 Yes, well I do like to take care and give, and I actually got such benefit from massaging, because then I could really drop out of Bren for the whole day and just do what I did, and I loved it! I just loved it! I loved being in the talking of it, like this sense sort of talk, and I'm being stripped away from all that too because everyone I lived with, except for Jeannie (I live in New York), and people say, they literally say this to me – not so much now but they would say – , “do you really believe that bullshit?” And I would like, “oh my God I thought everybody did.”

Jac: Yes.

Q: So I'm living with these people that are pretty tough and they're showing me things, but I really did love it; I mean I did. But you know, I can also see that even though I miss it, I can see that it's probably not going to be anymore you know, and I just have to learn how to settle into that a little bit more.

Jac: Yes, it's already gone Brenda. It's gone you left it behind you, you're just trying to drag the remnants but it's not working. It's gone, it's gone, the heart has gone out of it for you. Grieve it and let it go.

Q: 1:01:21 And I can also feel a little being scared, because there's a few people that I can do massage but I really don't want to, and so I have to tell them that. I feel frightened about that, but I figure that's all right. Eventually I'll work through that.

Jac: You know, when you've got to say no take emotions out of it. The emotion has nothing to do with kind of management or boundaries, nothing. And we as women are brutal for getting emotions in the most inopportune places, really. Like we take the biscuit, you know? So when you have to stand up and say no or you're a manager of something, you just take emotions out of it and it's practical and that's it. It's like, “I'm not doing this anymore,” and no, “I'm sorry,” and, “will you be okay?” Forget it! Cut that crap! Cut it it's not the place for emotion, you're just being strategic and you're delivering a piece of information that you are not doing this work anymore. Keep it clean, clean, clean, no emotion.

Q: And I do still feel this fear like, “well then what am I going to do,” but I can see from what you tell everybody, how it's in me and I just have to sit with that.

Jac: You do nothing and you find the value in that. Do nothing, do nothing at all. The universe is giving you a gift of supporting you, hey do nothing, experience that. It will be one of the hardest jobs you ever did. (Jac to someone in the audience, “did you say that already to her?”)

Q: She said, “that's giving you something to do,” because I said I'm looking for a purpose, and she said, “oh that's great that will keep you very busy.”

Jac: Yes.

Q: But you know I hear you. You know it's the sitting and doing nothing and learning how to do that.

Jac: 1:03:20 Yes, and finding that it's the most natural thing in the world, do you know? Yes, the universe is saying, "hey you know you've done your bit girl kickback a bit," and you're saying, "really, really?" You know something is on autopilot.

Q: It is surprising to me, because you know it's surprising after 54 years.

Jac: I bet.

Q: I've been given this gift that I totally believed in for other people.

Jac: Yes, but you know everything that we are stuck to gets taken away. So of course it had to go because it gave you purpose and value in doing, and you know helping people, so of course it's being taken. It's beautiful! You think consciousness doesn't know what it's doing? I mean, really? "I know better because I can find a purpose even if you can't God or consciousness or universe or whatever you want to call, 'that which moves all'."

Q: 1:04:17 So rest and trust, and also what I was going to ask you about is, it's not really as difficult as I'm making it is it?

Jac: Not at all. You're trying to make it a job to give yourself another framework, to kind of take the old framework and put it around something else. Not at all it's much more natural, it's just more natural.

Q: 1:04:41 I know, waste all this time.

Jac: You worked so hard for, you know what? Nothing, for nothing, and that's what we run from because that's not a nice reality check. You see how it, you know had a value while it was working, and then how actually it has no value at all. Go to where you see it actually had no value at all.

Q: You mean in the current time?

Jac: Yes, like now. It's like, yes can I see... "I can see where it had value because I bought that card and it kept me going, I loved it, felt purpose, meaning, great."

Q: Yes, it supported my family and...

Jac: Yes great, all the good stuff, and so now, "can I see where it actually was a distraction, where it actually was just... I was looking after myself actually and riding on a little feel-good train for myself. And therefore it was a distraction and it has no value at all," and be with that and let that sink in, and see the reality of that. See where that's valid then you'll be clear enough to do or not do whatever moves from a deeper side inside you, but you won't be replacing your job with another useful purposeful gig.

Q: 1:06:06 But something will arise.

Jac: Or not, and if it doesn't arise that's what arises. A big gaping hole is what arises if nothing comes, you see? But if we bring the old framework you're in trouble, you've learned nothing. So we go down the same thing again of having a purposeful job and that will be taken too. Can you see what you're being invited to see?

Q: Yes, and it's okay if something arises or not, because that is what is.

Jac: Of course! Yes it can go either way, but you've got to be so open that it can go either way.

Q: So being vulnerable like you said. Yes, just being open and vulnerable, and it's okay to say I'm scared because I am, and that's all right.

Jac: Sure, fear comes and goes but don't get caught up in the fear. It's like, "yes that's fear passing through and I'm still going to do nothing today, I'm still just going to walk around the yard and maybe make one meal."

Q: It is weird to do that.

Jac: 1:07:14 Yes I'll bet it is.

Q: I sat at my table one day and I thought, "well I have to make a life," and I don't even know how to do that you know, because I worked all the time. But I'm getting more used to it.

Jac: Yes. I would imagine you just like sit on the couch and think, "I'm sitting here for an hour and a half, bloody hell," do you know?

Q: I actually haven't quite sat on the couch yet, but I'm going to.

Jac: Okay great, but, "I welcome that," you know? It's just like, "I'm just here for an hour and a half," and your mind is going (sound effects 1:07:44) you know, and just saying, "sorry but if there is no movement someplace else then this is what I'm going to do." Then all the old ideas die down because you're not obeying them. That's where we're going; I don't want you to obey any of the old motivating factors, because that's a framework that's not working for you anymore. You've got to be freer than that you know, that's the mind coming in and sabotaging the natural movement. So it needs a clear space, huh? And then it will pick you up or not, so what. Clear your schedule.

Q: It's pretty clear.

Jac: Great.

#24 / 1:09:15

Q: I'm not sure, there was so much that's been said this morning. Let's first go back to striving, because you mentioned that about yourself. Yesterday I was just out of it, I was so exhausted and fatigued, and actually I was thinking, "how much have I created this, how much is just work," you know looking at and which is internal. And I think it was just true fatigue with a little extra thrown in. But anyway I feel much more alert.

Jac: Yes it's fine, because when you're in the energy of it you soak up something anyway.

Q: Yes, and I was okay there, I didn't like there was something to get. But everybody, I could have sat there and commented about everyone one. But the first thing I read when I got here today was the first verse of Ecclesiastics, and I remember The King James version was, "vanity of vanity is always vanity," and then the new Bible, the new American Bible it's meaningless, meaningless, this is all meaningless. That's kind of what I felt coming here, "why," you know? **1:10:33** Although it's like impulses, do you know? It's like I have to be here. Once we sat and I discovered, "I don't want enlightenment," because there was that thought but there was no other choice about it you know, so okay because all the others options were far less appealing.

Jac: Yes.

Q: 1:10:56 Yesterday was a lot of seeing thoughts arise and watching it and going back, just dropping in, but there was a moment where it was like there was an effort of doing that, you know there was that vigilance, a certain degree of effort, and it just became spontaneous and the first word that came to my head was natural. And I said, "oh this is effortless, this is natural, very ordinary, and yes I am one." I know in here there's this piece thinking that there's some great event that's going to happen with enlightenment. I'm hearing this and I've heard this, so this is not new but it is just ordinary. But there are times when I've walked around here, and this is the ordinary, and I feel very happy and very good. I see how people respond to me, they're loving, they're happy to see me, they say nice things to me, and that's great, and then something will happen and there's the churning that goes on, **1:12:08 [indiscernible words]**, "okay that's not enlightenment." It can't be, because to believe in that disharmony or friction

that's not correct you know, that's not enlightenment. So there's still some belief in the personality. But back to the striving, it's that.... and I know part of my own.... The fatigue is filling in the gaps. It's always trying to get something and directing myself to feel full.

Jac: Yes.

Q: 1:12:49 But it's an energy – that's what I'm coming to –, it's an energy, and I was trying to ask about that back in Carlsbad last month. There's just an energy that's just pushing this thing, there's this drive and I'm not really sure what more to do with it other than just letting it go. But I do feel the energy and then I act on it, it could be reading something or looking up some scores or whatever.

Jac: 1:13:21 Yes, so can we call it the seeking energy? Is it seeker or.... looking for something I think was the phrase that you used, was it?

Q: I think it's the same energy. It has to be it's looking for fulfillment. Something either to fill up the hole, assuming there is a hole, but that's part of the thought that's there. But still it's exhausting, it's just exhausting. I can see that. 1:13:57 I'm not sure [indiscernible words].

Jac: 1:14:00 Let's play with that a minute. I've seen a good few people recognize that and understanding, actually even more than intellectually understanding, but getting that that seeking energy is the thing that's kind of the issue, because the fulfillment of seeking can't ever be a total fulfillment; it's the seeking itself is the loop. Because the kind of fulfillment that the mind is looking for isn't the fulfillment that comes in enlightenment, because the seeking is what's absent. So pre-enlightenment there's seeking and then there's, you know a satisfaction, and then the seeking and there's a bit of satisfaction in seeking, and it's not that there's the final satisfaction with enlightenment it's that the seeking isn't there. With enlightenment the seeking itself isn't there. So with the absence of the seeking there isn't the fulfillment there either; the whole loop isn't there, do you see?

Q: 1:15:09 Yes, yes. The seeking becomes the, is to the thing into itself, in other words. It's another mental distraction.

Jac: Yes its mind, yes. Mind is just hungry and it's kind of directing you somewhere. And sure, but even with that understanding that you have to, sure, even with that if people kind of decide, "well I know what that seeking energy is about and I'm not going to do anything about it, I'm just not going to obey it," then they actually end up having to go back because it's like the controller is the only thing that's actually going to stop the seeker. The seeker has to spin itself out because it will be another aspect of the ego that wants the seeker to stop.

Q: 1:15:59 I will do.... Like sometimes I'll come home from work, and I have a couple of projects, and one is actually one you gave me, but it's like I can't do it. Speaking of couches, we got a new couch and it reclines, and it's a bitch you know, but it's only to recuperate so I can go back and keep doing it. You asked me last time to look at Byron Katie's work, and there's a certain value there. I'm not finished with it, but I didn't do a lot of that because I was doing another project for work, but one of the things she says is; the question is, "is this true," and then the next question is, "are you sure it's true?" Boy that is a mind stopper.

Jac: Yes, yes.

Q: Even though I didn't do all her other stuff that was enough you know, just to slow things down. But the seeking stuff it's an energy.

Jac: It's an energy, that's right Tom.

Q: 1:17:16 It's not a mental thing like, "oh I must be doing this," at least up here. It's right here.

Jac: That's right it's an energy.

Q: 1:17:23 It's pulsating. So should I go seek some more [indiscernible2-3 words]?

Jac: Let it have its way, let it have its way.

Q: Okay, there's some rewards in that you know, I enjoy it.

Jac: Yes, because it will motivate you to give you specific experiences that are kind of around your destiny. If you suppress it in any way then we're down to a controller and will have to go back and pick it up where you left off.

Q: It doesn't work.

Jac: It won't work! Honor it, let it direct your way on. Let it give you the experiences that you need, and that will spin it out faster than anything in an organic way, because it's guiding you towards something. And those experiences need to be had. Don't judge it it's all good.

Q: I don't think I have judged it, I don't think so. I do enjoy the result. Also it looks like one of the projects... I'm also.... It is just for work and I'm thinking, "oh I'm going to wow the guys with this one," well that goes back to seeking approval and all that other stuff.

Jac: Yes.

Q: So there is a hollowness in the seeking.

Jac: Yes.

Q: 1:18:53 So you just said that the awareness of that, of the motivation, does that make a difference or just let it run. Do you know what I'm asking?

Jac: Yes, you're getting insights into how it works, you're seeing the hollowness of it, so it's kind of starting to break down. When it starts to break down it tends to get even more furious because it's dying, spinning itself out. So it might actually send you to kind of strange places for the next while. But yes, it's great that you're getting insights into it. You know you can like, "okay I'm going to follow this thing but at the same time I know it's not doing it." The fulfillment it brings is like too momentary, is it viable, is it feasible, but do it anyway, you know? So it's good that you're questioning it because you've got an objectivity of it, about it, you know? You've no option but to follow.

Q: 1:19:47 Well it was sort of like this individuality is an instrument of infinity. That's really what you were saying earlier.

Jac: Yes, yes.

Q: 1:19:57 And that's something the mind can grab hold of and travel and drop in.

Jac: Yes, yes of course just see through it. It's like, yes that dialogue can go on but just knowing, it's like, that just another bit of BS, that's fine.

Q: 1:20:13 There is a lot to hear.

Jac: There is, and it can all be there. You know, it can be there, just seeing through it, it's like, yes mind plays like that so give it no value, you know? It's fine, that might continue always and that's grand. If you don't buy it is fine.

Q: If I don't believe it.

Jac: Yes that's it, that's it.

Q: 1:20:34 [indiscernible sentence-whispering].

Jac: Yes, good.

#25 / 1:21:10

Q: The one question I wanted to ask was sort of an intellectual question, but then I mean there's a lot that's not [indiscernible several words]. That's the big thing, but the thing I wanted to ask you was something you said to Barb, you talked several times about, "the awakening has happened," and then, "the show is over."

Jac: Yes.

Q: My understanding of awakening has happened now is that that's like the beginning of the real path. Is that the way you were using it?

Jac: For Barbara no, because settling into it and integrating it, and that settling into it; complete embodiment of it where the mind has accepted it also, that needs to happen for her.

Q: 1:22:06 All right, so it's not... I mean, sometimes you know we do this white board here, we're talking about awakening, and a lot of people...

Jac: Beyond awakening.

Q: 1:22:15 Yes there's a lot beyond awakening.

Jac: There is, sure.

Q: "And the show is over," are you saying the same thing or are you saying something different?

Jac: "The show is over," has to be known at a cellular level for Barb right now.

Q: Okay generally when you say... You can't say general.

Jac: What are you really asking?

Q: 1:22:35 Well [indiscernible words due to laughter] because my understanding now is... Well let's go back to an analogy that Muktananda used way back in the 70s when there were vinyl records. He would say that after awakening the show is really over; it's like the records playing, the powers on, somebody pulls the plug but the record continues to spin for awhile.

Jac: Yes.

Q: Are we talking about the same thing?

Jac: As in terms of Barbara?

Q: No no no, I mean just....

Jac: Same thing as what then? What are you comparing that to?

Q: After awakening...

Jac: Oh I see.

Q: The plug is really pulled, but....

Jac: Some spinning happens.

Q: 1:23:42 There's spinning, there's still [indiscernible word] karma... I don't want to get into all of..., you know.

Jac: Yes, that's when there are some old habits that haven't burned out fully.

Q: But they're going to be pulled out because the plug is then pulled – it's the beginning of the end.

Jac: Yes you could say that, yes.

Q: Okay, I was just trying to understand how you were using the terms.

Jac: 1:24:08 Yes, and you know the way I work it's like it's individually based you know, so Barbara's is very specifically for Barbara. So that's why I am kind of like trying to find a...

Q: 1:24:16 Okay, now I know so we can forget it. I wasn't going to come up yet with this but this is the big main thing. You and I had talked ruthlessness a lot recently.

Jac: Yes.

Q: 1:24:43 I am going to kind of go back. You know that I've been working with a different teacher

Jac: Yes.

Q: Not everybody knows that but you know. So just about a year ago, before I had ever even met him physically, we Skyped. And I asked him, "should I come to this program you're having?" And he said, "you're open." First of all I said, "how the hell does he know I'm open," you know? "Your open, come to the program you'll get something out of it." It was kind of like that, and so I did, but that's not... Right away, during this first conversation by Skype, right after that he starts telling me about, "well I was in India; I was in Tiru. for six or seven years working with my guru," and he said, "I used to see all the sadhu's in Tiru. you know wondering around," and he said, "you know a lot of them really don't have any attainment. Some do but a lot of them are just begging."

Jac: Sure, it's a career choice.

Q: 1:26:04 Yes, career choice exactly. So what really got me is he said that he saw a Caucasian man, like 80 something years old, sitting on the side of the road with nothing but a begging bowl, and you know with the arms folded or whatever, and he sat down and started talking to this Caucasian, you know? He said he was so impressed with this little old white man because the little old white man had had family and success and whatever, and had rearranged his whole life as if he were dead, so he was sitting there in Tiru. at the mountain, and that's it. And I'm saying, "what's the fuck is he telling me this for right now?" I had never even met this man before and he's telling me. So since then he's told me things like that, but not quite as stark, not quite as...

Jac: Yes.

Q: 1:27:23 But there's always been something in me, that was 40 years ago since my awakening, that has said to me, "get brave, get courage."

Jac: Yes, yes.

Q: Go all the way. And I thought when that had happened 40 years ago I thought I did, but no. I look back now and I was... I left everything, I was a professional and I had everything I was supposed to have, but I didn't really like my life then but I was supposed to. So when you're leaving all that, it wasn't the fringing sacrifice that I thought it was.

Jac: No not at all.

Q: All right, so here I am again and things are happening, I'm getting the same invitations 40 years later, and I know, maybe you don't like purpose but, I just always had this purpose that I wasn't given this gift for nothing.

Jac: Yes.

Q: I should do something with it and if I don't do something with it I lose it, I'm losing that opportunity. So I'm just kind of... A couple of years ago you and I worked on courage, my courage.

Jac: Yes.

Q: 1:29:04 It worked. You did most of the work but it worked.

Jac: That's fine.

Q: I have to say, I want courage to do this. So that brought me to another step it brought me to now. And now I have a life that's more comfortable than the life I had 40 years ago. I mean I'm liking it more, but I also feel like I'm getting these invitations to drop everything.

Jac: 1:29:37 Okay, there's one thing running through all this that I'm going to grab. The only invitation that you've got to respond to is the one that comes from deep within yourself.

Q: Yes, yes.

Jac: And you talk about it coming from external.

Q: Well no it's an opportunity that's coming from here. I'm saying, why would this....?

Jac: Well why not? I mean, who knows why people say things, why it comes, who knows.

Q: I think it's coming because.... the only other thing that has been my analogy of what I feel all these years is the moth to the flame.

Jac: Right, right.

Q: 1:30:27 That's who I am, that's what I am. [Indiscernible words] Muktananda. I fought it but it [indiscernible 1 word]. So as far as I can be certain, as far as where I think this comes from, where I feel this comes from, I feel if I don't [indiscernible words] don't follow it I will hate myself. I will be defeated, I will defeat myself. But I don't know what it will take. In other words, I don't know where it's going to go, but I know there has to be a willingness to give up whatever – you talked to me about this –, the son of man has no place to lay his head and there's no location and you know, I have... I'm an old person now and I have medical problems, and I have all this... but?

Jac: So the pull to leave everything, that's what we're talking about?

Q: If it comes to that, yes, yes.

Jac: Give me an honest answer here, is there a joy in that thought? Or is that going to feel like your arms are going to be cut off?

Q: I feel like at times it's going to feel one way, and at times it's going to feel the other way.

Jac: Ha, okay.

Q: 1:32:25 but it could also be... I mean, is this drama? I feel it's destiny, you know when we use the word destiny, it's that big and it feels like drama, but....

Jac: It doesn't matter.

Q: You know this group, you know you were talking about tribe, there is a tribe here too.

Jac: Yes of course.

Q: And some of this tribe thinks of me in a certain way.

Jac: So what? It's none of your business what they think of you.

Q: I know, but I'm just saying there has to be an away from the tribe too.

Jac: Okay, would you go solo or would you go to the teacher?

Q: No, I would go there first.

Jac: To the teacher.

Q: I've been invited.

Jac: It's all about some external thing isn't it? I hear more of what's coming from the outside and you're aligning with it, rather than, I want to know what your gut is.

Q: My gut is that I have to do something different.

Jac: Yes good! Now, does your gut have an idea of what that's going to look like?

Q: 1:33:58 At the beginning yes.

Jac: All right, so it means leaving your current situation, lifestyle. Is that what you're talking about?

Q: Yes, but that might take a few months.

Jac: Sure of course. Okay, so if you leave your current lifestyle, if you go to someplace secure, I am not convinced.

Q: 1:34:22 I know, I know what you're saying but it's not secure. It is not secure, it's intense not secure. And you Jac, because you were talking with Tom about seeking, being a seeker, and you've talked to me about that for years okay, but I think I had a germ of the truth in this seeking business. Because again, certain people say things to you, right, and what was said to me recently, and I think I may have told you already, is that there has been attainment, and when leaving this body, if I do absolutely nothing between now and the time I leave the body, there will be a realization of the attainment in leaving the body.

Jac: Okay, yes.

Q: But I have a choice supposedly, but I think it's a choiceless choice, but I have a choice. If I want to continue to do the work in this body, I will then be able to perhaps if I do the work, realize it in this body.

Jac: And does that resonate as true or is it something you want to believe?

Q: It resonates as true. This is the germ I'm telling you.... You were saying you know, the seeking loop is what's holding you back.

Jac: Yes.

Q: But all of a sudden I think that gap was closed.

Jac: All right.

Q: 1:36:29 I think that gap was closed because there was a recognition, again, somebody that I respect and admire, I think he has the truth, and right away you said you've been given everything by Muktananda, but you have not realized it.

Jac: Yes. It's not integrated at all.

Q: So that will happen upon death if I do nothing right now. He said, "you have nothing to worry about, you have absolutely nothing to worry about, here's the choice." But I don't believe there is a choice in this character. This character is the moth to the flame.

Jac: Yes all right, so then you've got to take action and do the work in this life while you're alive, okay?

Q: Yes, if I want to realize.... I feel like I've been hanging out.

Jac: 1:37:30 Okay, so what other things are happening.... you've no option really you were just put on ice for a long time you know, and that's fine too.

Q: Yes, you and I know that.

Jac: That's fine. I'm going to throw this into the mix, many a time, and you would know this as well as I would, a teacher will tell you something because, not that it's fact in and of itself but that it is.... they're telling you it in order to direct you in a particular way, but that might not be actually literally what they say. That happens too. And in a similar way it might be that this man who fell in love with **Lori**, that she's a catalyst really for his marriage that needed to break up anyway, but she was a catalyst and the marriage will break up and then you know, they do what they do, but actually it's not about them being together at all. That might happen. But at the moment he thinks it's about her, and that's what he needs in order to get out of the situation.

Q: His situation.

Jac: Yes his situation, exactly. So what you think right now, that might be the place to go or the thing to do, but it might be just something to give you the courage to move on, to give you a supposed landing place, right?

Q: Absolutely.

Jac: All right then, because your inner knowing must be valid no matter who the teacher; dead or alive, any of us, it must resonate with your inner knowing, or else do not move. It must resonate with your inner knowing. If an invitation that's written in gold lettering comes to you from God on high, delivered by Michael the Archangel, I'm not interested if it doesn't resonate with your deepest gut.

Q: 1:39:35 Even if for some reason you think you don't feel it?

Jac: When I asked you what's in your inner gut, it's about letting go and it's about leaving, it's about leaving. But when I hear you about where you would go, somehow it feels like that's an excuse for your mind. It's something rawer than that. I'd love to see you like, "okay I know I need to let everything go. I'm going to get everything going, but I have no idea where I'm going. And I'm not going to plan that yet, I'm going to take this step and be homeless if I have to be homeless until I get the direction from in here. I know I have an invitation to go over there with that other teacher, that's there, but until it's here I will not go there because it's convenient or timely or making might transition smoother."

Q: I know what you're saying, and all I can tell you is that when I first became involved with him the transmission was tremendously strong, and I kept saying to myself, "this is my last best chance, this is my last best chance."

Jac: Okay.

Q: And I don't know how that message can get any stronger.

Jac: Okay. Okay, if that's what your deep inner gut is saying, all right. That's a bit different from what you were saying a few minutes ago.

Q: That's what happened a year ago.

Jac: That's fine.

Q: 1:41:23 And I understand that this may not be forever.

Jac: Yes.

Q: I understand that.

Jac: Good, all right then.

Q: It is the challenge I need with its courage.

Jac: Yes. Here's where it's at, I'm saying the same thing but in another way, I don't want you to end up with him out of lack of courage.

Q: I know what you're saying.

Jac: 1:41:52 That's what I'm saying, and that's fine. He seems like a fine teacher, he seems absolutely fine in what he's saying. Even if it wasn't, I mean if you've got to go there you've got to go there, but I don't want your mind to lead you there. If you're going to make this huge move it's got to come from the core of your being with every step you make. Every step you make has to come from the core of your own being because it resonates with you, so not your mind grasping at anything but that this is the next step forward. "It might not make sense but this is the next step forward and I'll take this one, and then maybe I'll get to see what the next step is." I prefer to see you there rather than grasping at chances, do you see?

Q: Yes.

Jac: One step. Only in your inner gut and not putting any hope in something external, because, you know waking up is about abandoning all teachers.

Q: Yes, you said to me that same thing, that I put too much power in teachers, and he said the same thing very recently.

Jac: Yes, yes.

Q: But I do know that I need discipline. I do know that.

Jac: Yes, okay all right.

Q: I need simplicity.

Jac: Yes okay, and you can't do that as a householder?

Q: Becoming more simple, but it doesn't feel like.... I don't know, too much heavy lifting.

Jac: Is there a calling to be a monk?

Q: I was a monk for six years.

Jac: Yes.

Q: I think I must've been a monk in a past life, but to be a monk? I mean to put on monks clothes, and... not necessarily.

Jac: Okay, all right.

Q: It's more like going into the forest.

Jac: Yes, fair enough good.

Q: 1:44:17 [indiscernible sentence].

Jac: Okay good, yes it feels more organic.

Q: Yes I get things backwards in this lifetime.

Jac: A lot of us do. You have to follow the inner direction, you have to follow that. Don't complement it with an external invitation, let it sit on the side and say, "that's interesting let's see if the inner direction is going to go there or not." Then you can't go wrong because the inner is where the wisdom is, and that's not bound up to any thoughts.

Q: It will come very soon because there are other satsangs, weekends, and intensives and things like that coming up, so I'm sure I'll get more direction.

Jac: From inside.

Q: Yes, if there be the opportunity. It's like, "oh this is not right," you know, but this is right.

1:45:30 I'm not going to expect this [cross talking one word].

Jac: It's okay. There is courage in what you're saying.

#26 / 1:46:36

Q: I have been on this journey for a long time, and I don't think I have wasted my time because everything has [indiscernible word].

Jac: Yes.

Q: But I'm really tired now. And I'm asking you as my teacher, what is my stumbling block? And I'm glad to resolve this because I'm tired.

Jac: Yes, I think you began to move that stumbling block yesterday when you spoke about the futility of the questions and the seeking to understand. You were starting to heave it up then.

Q: 1:47:58 You know, these questions frankly that I ask, and enjoy asking and enjoying listening to, to me I don't think frankly is a stumbling block. To me it's kind of fluff, it's entertainment.

Jac: Yes.

Q: You know like watching a good movie. I like to hear how truth is expressed by different teachers, “oh yes, that’s a wonderful way to express this.”

Jac: Why do you need this entertainment?

Q: It’s like watching a movie.

Jac: Why entertain yourself? Talk to me about entertainment.

Q: 1:48:37 Why do I need to entertain myself, because entertainment is fun. If I may just translate this, why do we watch a good movie, because it’s fun, it’s enjoyable. So are you asking me why do I want enjoyment or why do I want fun?

Jac: Yes, I’m wondering how does that compare to resting in stillness, and can you see it for what it is? You can see how it’s fun, that’s the phenomenal mind answer to it, but what would pure consciousness, or what you really are, have to say about entertainment? How does that perceive entertainment?

Q: Say that again.

Jac: How does what you really are perceive entertainment?

Q: 1:49:28 At that level there is [indiscernible word] entertainment doesn’t arise, because if what we are is complete in itself then entertainment in a way is a distraction, fun but distraction moving away from what is. But it’s fun so I guess I do it.

Jac: So why are you moving away from what is?

Q: 1:50:13 Because maybe what is is not enough.

Jac: Mind will say that.

Q: Yes.

Jac: But that’s the mind’s version of what is. Mind finds it boring.

Q: That was the thought that just occurred.

Jac: It finds life juicier, mind does, but the truth doesn’t it sees that life is empty. Have you seen life from there?

Q: I have had glimpses of that. Short glimpses, but everything is fine, but then I’ll go back and enjoy and explore the world. Probably like you said because maybe there is a feeling of boredom, but if you were to ask me ever, are you bored, I would look into your eyes and say never. But as I say never I mean I’m never bored because I always have something to do, but maybe that is boredom and I’m looking for something to do.

Jac: Yes, something is pulling you back to the phenomenal world repeatedly, repeatedly, repeatedly. Usually your intellect, to stimulate your intellect in some way it pulls you back in. Energetically when you ask me about these concepts you’re asking from the phenomenal. I’d love to see you positioned coming from the Absolute, coming from whatever we call it, pure absolute, beyond the phenomenal, pure consciousness. Coming from there I wonder how it would look.

Q: 1:52:22 Would there be any question from there?

Jac: Sometimes there is. It’s a question usually about kind of dissolving mystery or dissolving some residue of misunderstanding, but it’s not from the intellect it’s from your direct experience. It’s only your direct experience is what is of interest to you, because that’s the only place there’s blockages. But external stimuli is emp-ty, because you know it’s only just entertaining a tiny minuscule part of you, and your attention is on a much bigger part.

Q: Do you really think that’s the only stumbling block I have?

Jac: No, but we've got to do the one that's in front of you. I'd like to see you explore and pull apart the intellect, and it's gifts that it has given you, and the value that it has – the entertainment that it supplies for you –, so that you see it for what it is, the role it has, and you take it off its pedestal and confine its uses to where it's actually useful. Because right now it's kind of bled into a place and you hang out there, and it's working for you and it's holding you up.

Q: 1:54:22 Something in me tells you that maybe it's about the domestic issues that I have, of which some you are aware.

Jac: Yes.

Q: 1:54:33 About kids and...., so I wonder how much of that is dragging me and pulling me away from this.

Jac: Hugely. Hugely yes, but it was up to you to mention it first. You have to be on to it yourself otherwise.... you know. Where are you at with that?

Q: Not good. I don't know how much one can go into it because it's stories and stories and stories, and I kind of bury it because in the name of truth, "okay you can overcome this."

Jac: This is one of these things you have to dig up. This isn't going away by dropping into truth.

Q: Maybe I can honestly say that because of the complexities of this issue, it might be better and easier if I do this with you on Skype.

Jac: You said that to me when we met in Toronto, but you didn't follow it up. How come?

Q: 1:56:06 Because it was kind of – thank you for asking this by the way –, it was [indiscernible word] because I was ready but Celine wasn't so ready, and this is kind of a joint thing to do. I mean, because there is this Dean character, then the spouse Celine, and then there are the kids. I can't do anything about my kids right now because they're kind of not in the picture, although in my mind they're very much in the picture. So I thought this would be something which can only be done if she is also as eager as I am. Although as I say this I can say, no it's not necessary if....

Jac: It's an excuse.

Q: If she doesn't want to participate right now I can still go ahead with it.

Jac: Absolutely, it's an excuse.

Q: Yes. I really don't feel it was an excuse.

Jac: Okay. Okay, how about this one, in Carlsbad we were talking about white lies, somebody who can....

Q: Yes, yes.

Jac: And then you came up and you turned your scenario, which I'm aware of the kind of general color of it but not the specifics of it you know, and you turned your scenario into, "well if I tell a white lie in connection with this," I let you have it. I let you have it to see what you would do with it.

Q: Yes you did.

Jac: 1:57:54 But what you were actually doing was manipulating the scenario so that you had ammunition to say, "well Jac said...., and I can continue on my blind track."

Q: Why would you let me do it?

Jac: So that you would get deeper into your own poop so that you might see some sense. You wouldn't have come up looking for that qualifier unless you weren't ready to actually, "okay, I've got to just put all the crap here." You weren't ready, you were looking for, "give me an

excuse, give me an excuse to feel all right about this, and tell me that I'm right." And it's like, "okay, you want to play that game, I'll play that game with you Dean."

Q: Yes, and I don't have the courage right now to bring it up. And yes it is maybe because of perceptions, how one is perceived, or the consequences you know, what might come of it.

Jac: Really? Mind is in charge again. This is the stumbling block mind is in charge. What mind says is more important than actually saying, "okay I'm out of the truth here." You want the truth, you tell me you want the truth and what's your stumbling block, and here it is, but what you choose is the stumbling block. Do you see it?

Q: 1:59:28 I see it. But it is a complex issue, as I think most family situations are.

Jac: Sure.

Q: Am I rationalizing it?

Jac: As an observation that's true, but is that a reason or no it may be an excuse. But as long as you know that you're making excuses then that might be as good as we get. I'm not going to force you, you know? It's up to you to realize what it is that you're bowing down to. And that's all I can do is say, "hey look what you're doing." "Here's a mirror look what you're doing," that's all I can do you know, then you'll do what you do. But my prayer for you is that you will have the courage to do whatever it takes to walk towards truth.

Q: I don't have the courage to do it right now.

Jac: Okay. So be it. Then let's pray harder, huh?

Q: Yes.

Jac: Have you prayed for courage?

Q: Not really.

Jac: It will change things when you do because that's the energy that's absolute.

Q: Yes, because probably the fear of what could happen is so strong that maybe one doesn't want to go there.

Jac: Your inactivity is bringing that reality closer.

Q: Which reality?

Jac: The "what could happen" that's not a good outcome. That reality comes closer due to the lack of courage. Would you agree with that?

Q: Yes. I have a tendency of burying stuff under the rug. It's a method which has helped me in the short term.

Jac: Yes, and there is another block that's being prized up. All hiding must go, there's no place to hide from the Absolute. I mean it's a joke. So we have to honor that too.

Q: 2:03:54 There is also the confusion Jac you know to say, okay I see their point of view and I see her point of view, and I cannot reconcile.

Jac: Yes, yes.

Q: In some respect both parties are right and they are wrong, and I do not know how to handle it.

Jac: Yes, but you're not going in to listen to see what your version is. Let's put a third option on the table. You're being swayed one side, the other side wants that, but the other side.... you're not going to be rent down the middle, so what's your position? And for you to find that we've got to dig out the things that block it. We've got to pull back the rug and stop the hiding and find courage so that you can hear the deepest part of you. But instead of going down you've been going up to your intellect and you'll find a rational logic and a solution here, and that's not

what's going on. This is a spiritual thing that's going on really. The universe is just using the scenario of the domestic scenario to expose something at a much deeper level. It's not about taking sides it's about digging deep within the Dean character, in spite of not knowing how or being unfamiliar with it or, in spite of. And not relying on logic but relying on some much deeper knowing and owning that and giving voice to that. That's the door I want to open. That's the voice of pure consciousness, you know?

Q: Yes.

#27 / 2:06:35

Q: This is a question that I've been trying to find the answer to. The block, physical energetic block, that's appears and disappears you know, I'm trying to call to it, "show your face, show your face," because it's not a hundred percent clear what it all is. I can see all these veins on top that may or may not trigger it, but I'm trying to ask myself the sense is it all related to recent shocks and events or is it something deeper than that. Is it something older than that? I mean, maybe it doesn't matter but it seems like if it was all recent it would come through, you know what I mean, and it's not. Other things are coming up and being worked regarding recent stuff but this is not. It has almost but I don't think it's gone, and I don't want to go into a full-blown.... but I just want your....

Jac: 2:07:44 Look for something primal. There's something primal that I see in your energy field.

Q: Yes, yes, yes.

Jac: Really primal, like raw primal, pre-rational, pre-cognitive. It's primal and purely energetic, but very, very, very ancient, that part of you that's primal. So at some level it's kind of bringing together your whole trajectory of evolution actually through this mechanism. Just go for what's primal.

Q: 2:08:18 [cross talking sentence].

Jac: Yes that's okay stay with something primal. Search for like...

Q: I keep asking, "show, show your face."

Jac: It's just like primal energy, very raw, very ancient primal energy. The animal part of this being. Look for the animal.

Q: Yes. Okay.

The End