

Unedited First Draft Transcription – Just Stop Talking - 2017 February 09 (PM)
Sebastian, Florida retreat
Questions #59 through #64

Good afternoon. We've got a mixed bag. Some look like they're kind of in a washing machine, and you know it's like which way is up, and some are just full of peace, you know it's all there in every shape and form. So because tomorrow is quiet day and integration we've got a lot to do this afternoon. There are a couple of people that I want to check in with; Lori, Roger, and Roger has to finish school this evening so he is going to come up whenever he arrives. Rosie I want to check in with you as well this afternoon. Okay who else do I need to see this afternoon? Sid yes. All right let's see how it rolls. Shelley are you all right?

Shelley: 1:05 I did the medicine wheel.

Jac: You did the medicine wheel?

Shelley: 1:09 Yes **indiscernible 3-4 words**. Like as soon as I stepped in the wheel there's...

Jac: Something happened.

Shelley: 1:23 **indiscernible sentence**

Jac: Aah, okay something's moving. Lori can we start with you?

#59 / 1:50

Lori: So I've had the Lyme disease for decades, and the doctors say at this point the brain has an auto immune response to various... anything can trigger it. If I were to put it on a spectrum I'm on the mild side, but the football players who have the concussions, I have so much empathy for them because my configuration is a glimpse of that, which is like why they would murder their wives and kill themselves. It's chemical it's just chemical!

Jac: It's chemical yes.

Q: So the brain gets inflamed and all these chemicals are happening and then the body has a trauma response, you know like it's a trauma, the chemicals happen and then there is a trauma reaction. You know day one I can kind of flow with it, but two days, I'm on day two now and I can kind of flow with it, you know three days it's, "where's the gun?" And so it's a really powerful teacher in terms of no choice. I have no choice and searching for the cure... So in the midst of that it's like there's these openings that happen where I start to dissolve, and so it's almost like because cognition is so poor and the ability to navigate, it's like when I don't have symptoms it's like there's so much ease, you know? It's just navigation and consciousness and oh so much ease, what a party! And then when this comes it's almost like... I don't know. What's Ram Dass' guru that gave him the LSD and it was like nothing happened, well it's almost like that's the test that I'm giving myself. It's like, how to do this work with this drug? They're drugs, chemical drugs, so I can hardly speak English at this point. So anyway I need something so simple, you know? So here's what I think is good, but I need some endorsement because I start to dissolve. So I'm going straight for the trauma reaction in my body from the brain chemicals, and so it wants to build up these defenses from the

trauma right, so the belly wants to get really hard and so I'm just completely focusing on softening the belly, softening the belly, and then it's almost like it goes up to my heart and something starts dissolving.

5:02 When I can I add a third piece which is in your meditation CD, there's a place where nobody is looking, and I love that so I just, "nobody is feeling this, sensations, feelings, cognitions." It's kind of like a triple threat, but the thing is I should not be driving a car even when I have these symptoms you know, and so I start doing all this. I can lie in bed and do this, but the symptoms come randomly when I have a life that needs to be lived.

5:36 But anyway, so it sounds like you like this because the reason I like it is because something starts dissolving, you know? And since I'm already in panic from this it's a little threatening to start dissolving. You know it's like in my normal state I can... you know the mind thinks it can kind of manage a little dissolving, but when I have no coping mechanisms to begin with and then I intentionally do something that's going to make me dissolve, and what I really want to do is build up some coping.

Jac: Yes.

Q: 6:07 The personality wants to have a little coping rather than walking into walls. I don't know, is it wisdom is it not wisdom? I don't know that's what I've got.

Jac: Yes. Okay, there is nothing phenomenal that can stop you from waking up, nothing. There is no illness that can stop you. If there's something wrong with the brain itself in terms of like, you know having severe learning difficulties or something, I don't know what would go on there, how the left brain right brain would work, but pure consciousness itself doesn't even use the friggin brain. So I've been trying to think... Actually nothing is going to stop grace, nothing at all, so certainly not an illness, certainly not a phenomenal illness. If it's reminding you to dissolve when the extreme panic is up, it's friggin perfect, it's perfect!

7:12 This morning somebody from our group had to... She's actually in the hospital right now. She had to go to the hospital here, and she's awake. She is awake she's just fine tuning little pieces, but what has happened is that a fear of physical death has cropped up. Even though two years ago I asked her, "what about death?" And it was like, "I'm not afraid of dying. What would be dying this body, no biggie." Now when it actually comes and you really simply might die, because you've got symptoms that you might not make it, when really serious symptoms show the primal instinct comes up. That survival instinct is there before any concept, it's in some old reptilian brain or something that's very, very, basic where you can't see the concept, but it will grab. It's the thing that will make me jump out of the way if a digger came in through the door, you know? That kind of an instinct that's not... it's perception, some kind of perception, but it's so fast that we can't see any concept. It's a nervous response, it's a (sound effect-speed 8:32), okay?

8:38 So with this woman this morning I ended up talking about Ram Dass who was a spiritual teacher for years and years, and a stroke comes knocking on his door and what does he do? He clings to life. The surrender wasn't there, and he said, "I failed, I failed

the test." So there are certain things that you cannot deal with through a concept. That mechanism when your body is doing something that your mind has no access to, because it's a part of your brain that's just kicking in and no concept in the world will shift it. What a gift to get an opportunity to work on that level.

Q: Yay.

Jac: Yes really, really.

Q: 9:18 I know you're right. I think it sometimes. But it is, it's like putting your hand on the stove, you're going to react; the chemicals come and you're going to (sound effect).

Jac: Yes. So in that reactive place, when your body is on its own track reacting, that's the moment to do the work, that's it because you're in the densest part of your human form. You're not even working on concepts now you're working on a primal basic instinct.

Q: You can't!

Jac: You can't you see, they've been taken out of the picture. At that moment they've been taken out of the picture.

Q: 9:53 I mean there's a concept, "get me out of here." So that's a concept I guess, resistance.

Jac: Oh sure resistance of course, all those things.

Q: So they're concepts.

Jac: Yes there are concepts, but you can't use a concept to actually make it stop, you see? You can't, the experience is there, your body is in its own story about the trauma, but what you can do is you can drop out of all of it and rest in pure consciousness, where you know you're not the body, you're not the mind, so these symptoms have nothing to do with you, and where your attention is pulled away from all of that and it goes home back into pure consciousness.

Q: 10:28 You see it's been a problem for me to like... I've spent a lot of years trying to get into my body so I don't want to... So that's why focusing on the belly I thought was good because I want to stay connected.

Jac: Yes it is good for you because it keeps you there rather than going back. Going back wouldn't work for you.

Q: I mean my instinct is just to (10:45 sound effect-take off).

Jac: Yes, yes, yes that's not going to transcend anything that's avoidance. So that's why your approach works.

Q: You like it.

Jac: I do like it, I do like it. What I would like to see added in there is there has to be a feeling of acceptance, and acceptance not as a concept but acceptance arises. When pure consciousness comes in somehow embedded in it is the feeling or the sense of what our minds would call acceptance. There's no fight there, there's no resistance there, and we smell it like acceptance.

Q: 11:26 You know there's a way in which for the last 10 years I have bludgeoned myself whether you need to go into acceptance, because you know I knew that was a path.

Jac: Yes.

Q: So when I do these things it comes in a more visceral way that's not a concept?

Jac: Yes that's it.

Q: And how it feels is there's this biological resistance, like the hotplate, and when I can, 'nobody's feeling the sensations,' and then feeling the breath, it's like a window opens and there's an openness that is better than getting phenomenologically what I want. I'm calling that acceptance but it's not... If I go into the concept it's like I get all tripped up.

Jac: No it's not the concept of acceptance I'm looking at.

Q: Okay or surrender, it's like...

Jac: 12:18 No concept, it's not on a concept level at all.

Q: It's like too much bludgeoning.

Jac: No, because that's why it doesn't work, do you see?

Q: Because it's like when my body is doing this it's obviously not accepting it.

Jac: 12:29 No it's not, it's not, but pure consciousness, something arises from it and it just tastes like acceptance. No matter what concept you put on it it ain't going to work. It ain't going to work because you're not dealing with that level, but it's pure consciousness and this basic survival mechanism that has its own track, and pure consciousness is the only antidote to everything, everything. So I'd like you to deepen your understanding of how pure consciousness accepts, how it finds that place of being okay with everything. I want you to find it it's something that's organically there. We can't put the idea of acceptance on it, we can't, it's about feeling it arising. It's like we kind of feel it like as a complete relaxed something that comes out of pure... that's a consequence of pure consciousness. It's more like that.

Q: 13:32 Yet the body cannot be relaxed but then something else can be relaxed.

Jac: Yes exactly and your attention is there.

Q: Well that's why the 'nobody is feeling this sensation' allows the spaciousness.

Jac: Yes it does.

Q: A more witnessing, but then this keeps me from disassociating, if I breathe.

Jac: Yes, disassociating isn't going to offer you any growth at all, it's just avoidance. So there is no fight, there's no resistance, the sensation comes and whatever technique you have, and you have a beautiful one, the personal I disappears, and so then there's a body that's feeling what it's feeling but your attention is going to pure consciousness. When your attention goes there the story of your body really reduces.

Q: Well that's the piece that I don't know how to shift what I'm doing. So the nobody, that is going to be my best access to pure consciousness, right?

Jac: 14:32 Right now it is working for you totally.

Q: Is there anything I should add? I need really concrete because it is so disabled.

Jac: Yes you do, yes. Where we're going is that all of your attention dissolves into pure awareness, pure consciousness, all of your attention drops into it. When all of your attention is in pure consciousness the body and its hijinks don't register as loudly, because there is no personal I having the experience, right, and the consequence of that is like that the volume goes down a little bit on what the body's doing. It's a consequence so you can't turn it down, it's only a consequence of no body there registering, right? So nobody is watching this. Whatever way you've got to drop the personal I, I'd like to see a total merging into pure consciousness, a total melting into pure consciousness, a dissolving, a disappearing. A total disappearing, and with that

there is no, "well what the heck is the body then like?" It's not being denied, it's actually graces way of showing you that the body never existed in the first place, and that's the only way around it. Do you see? So a way of dealing with the illness is a consequence not a motivator. It can be a motivator in the beginning because it's friggin awful.

Q: I wouldn't be here without it probably.

Jac: Yes probably not, probably not, sure.

Q: I don't know, who knows.

Jac: 16:34 It's the way it rolled out. So we've got to get you to pure consciousness, and just watch out for the feeling of acceptance. I want you to know acceptance, that non-conceptual acceptance that comes from there, how that works, how that mechanism feels. Dissolving with the personal I, your way is 'nobody is watching this,' and then melt totally, like disappear totally into the nothingness, the emptiness, the nothingness, the abyss, disappear totally and stay there. It's the same thing that came to Ram Dass, it's the same thing, that primal instinct takes over. And it's a piece of work to transcend it but it's very doable. I know it's doable. And it will go to a place of where there isn't so much of a relationship between you and Lyme disease. Do you know? Right now it's kind of you and Lyme, but there is no you, there really is no you, but certain symptoms are being felt and experienced and 'oops' that's being registered, and the registering is creating the sense of an "I". It's just a mechanism, it's just a mechanism, so when there is like an, "aah man it's here again, this washing machine has started," or whatever, you know the cranking up of it is like, "okay who is monitoring this, who is the one who's ticking off the boxes saying that Lyme is here again for another round? Who is this? What is this mechanism where I pull these things together and a story gets made and I now am suffering?" So it's the accumulation of the information from your body that's making the "I", right?

Q: Yes! It's almost like the symptoms are the "I".

Jac: 18:50 Are the "I".

Q: Screaming!

Jac: Yes screaming because they've come out of that system, that parasympathetic system. Is that what that's called Derek?

Q: Sympathetic.

Jac: Sympathetic, is it?

Derek: Fight or flight, sympathetic.

Jac: The fight or flight, yes okay. It's coming out of there, the "I" is being created out of the sympathetic system.

Q: Screaming.

Jac: 19:14 Yes that's what it is, that's what it is. We all have to transcend that at some point, and it's usually at physical death that that total freedom comes, but some of us get to do it beforehand. So that's on your door, all right? So when there's no Lyme there be sure there isn't a personal I there. Be sure there's no personal I there! When Lyme comes, "okay it's the sympathetic system that's creating this 'I'." Let the symptoms be there without the accumulation of you know, mounting in the sufferer in the middle.

Q: 19:47 Yes that's so good. When I have a chance of a little freedom it's a lot easier to do the work, but instead I want to go out and have some laughs because I feel better.

Jac: That's the candy from the ego saying, "whew!" you're on vacation from life so let's just feel the ego here and you won't notice us creeping in so much." Those are sticky thoughts.

Q: Yes, yes, yes, yes, but I do you know, I can see the gift of it because you know, I was walking with a friend the other day and she was talking about how she just can't accept her boss and she can't accept her life, and I thought, "I don't have the option." I don't have that option, so yes it's a gift.

Jac: 20:38 So it appears you think you have the option of playing and having fun when there is no Lyme there. You think you do so that's where it's still playing, right? You actually don't have an option there either, but thoughts haven't been seen through there and you think you are able to play. Pure consciousness is doing that too. So as long as you think you have free will choose wisely. It's like, sure I can have fun but what I'm doing is just creating the "I" here. Can I have fun that's just the flow of pure consciousness knowing that there is no personal I here? Or do I want my personal I to be all puffed up with this fun phase, because the more you puff up your personal I during your good phase, the fighter, your sympathetic system, the harder the fight is going to be with your sympathetic system.

Q: 21:31 And here I am trying to dissolve when like all this craziness is happening.

Jac: Yes. Dissolve it when you're well.

Q: Yes!

Jac: 21:39 "God, give me a bit of a holiday, can you please, you know?"

Q: Yes that's it!

Jac: Funny isn't it how we do that. That's when separation is running you know, and choice is running and all of that story, and that's not real at all it's just you hypnotizing yourself. And when we hypnotize our self for the good times the crappy times are just around the corner. That's the deal. Because you're building something that is going to suffer in order to remind you to go home.

Q: Yes, and I use the Lyme as a crutch for that.

Jac: Yes, yes.

Q: Thank you. Yes I do.

Jac: You're very welcome.

#60 / 23:02

Q: Well it's nice to see you again.

Jac: It's nice to see you too.

Q: I am leaving this afternoon, you know that, and so I want to get it.... I met you at non-duality in September.

Jac: The conference in October wasn't it?

Q: I had a heart opening experience, and then I had a session with you in St. Augustine and I had another great experience. So before I leave I wanted to...

Jac: You want to clock up another one do ya?

Q: 23:30 I'll have a whole... another part.

Jac: Of course there is an expectation you know that's not going to be delivered on. You know that don't you?

Q: 23:42 And I told Sid when I was sitting here for the last day, that I really didn't have a question. So Sid said, "why don't you ask Jac what she thinks my question should be?"

Jac: Where's your awareness right now?

Q: Trying not to be in a story. I could tell stories forever you know that.

Jac: Yes I do, I know that.

Q: I feel like I'm right here.

Jac: Okay, so is there a capacity to go into story but you don't leave the right-here-ness to go into story?

Q: 24:17 I would say I love my stories. I have such interesting stories that I could go on forever. I have religious stories of being in Arunachala and taking LSD, and I enjoy it. But what I discovered after I saw you, 24:32 I hadn't done a retreat in a long time, one of these **vapathanas**, so I was sitting nine hours a day, and even when I sat here the other day with Peter the first morning, I realized that half the time I'm thinking about something.

Jac: Yes you were thinking about something.

Q: And it was a pain in the ass sitting for nine hours a day as I grow older. It was like watching paint dry too. And I like this concept, "this is the direct path, the short path," which I'm not so sure because I've been like engaged in this for like 52 years.

Jac: That makes lots of stories, 52 years of cruising around.

Q: 25:20 And I've had glimpses of this wonderful experience. I'm retired right now, I've been retired for a long time but my mind didn't retire.

Jac: That's right.

Q: That's still here right? I don't have to worry about money, I don't have to worry about relationships, I've outlived all that shit.

Jac: Yes, except you haven't outlived the story making mechanism.

Q: 25:39 And I want to awaken in this very lifetime; I want to arrive at this goal I had in 1965, and I feel like it's right there but for some reason the more I want it the more it doesn't happen.

Jac: Yes.

Q: And I accept it and I let it go and I go for awhile, and I don't do anything for awhile and everything's good and then I'll decide to do a retreat. Next week I'm going to be with Krishna Das in the Bahamas just for fun. I don't expect to get enlightened by chanting Hare Krishna, but it's just something I feel like doing. But here, again, I was so impressed. I told you I was in Arunachala for a month when you were there for four years. I honor that in you and the two experiences I had with you were very heart opening, so I would like to continue with that process.

Jac: So who would you be without your story?

Q: 26:39 I used to own retail stores and that was my identity. The first day we talked about retirement, and having retail stores in these little towns and I was like an important person. I have to drop that, and I don't know who I would be.

Jac: And the way you use stories now.

Q: I don't know who I would be without my stories; I do identify with the shit that I've done. I think it's unique but it's such a big ego.

Jac: You think it's unique?

Q: I think it's unique, my life and I love it.

Jac: Your version of it might be unique but there's nothing new in the world at all.

Q: Nothing, I know that.

Jac: 27:20 Really we're just recycling. We don't even learn from history, we're just rehashing the same old crap.

Q: Yes I agree, and I feel like I'm done with it. The stories do kind of keep re-creating new ones.

Jac: Because you are interested in them. You are making the story and that's what's postponing waking up.

Q: Okay.

Jac: So story-less Roger.

Q: Who will I be?

Jac: Yes, who would you be without your story?

Q: Maybe I'll be free. I see that, yes. That's not who I am and I know that.

Jac: No it's not who you are. So then your stories, if they're not who you are, a representation of who you are, aren't they lies?

Q: 28:07 From what you said earlier, and from what I've read and thought about, it's all an illusion. Nothing really happened.

Jac: No nothing really happened, but that's a concept that you've heard and read.

Q: Yes, I don't totally accept that we are all not here and stuff.

Jac: Yes.

Q: And I wanted to share one thing before I get off the stage, before we finish this because it's from this morning. I had a friend recently tell me that he wanted to kill himself, and I said, "I've always read that that would be bad karma." He said, "we have new information," he's a psychic and he has new information coming in, he can do that now. And another friend of mine was in Arunachala when he died, and he had the same idea. So I'm thinking they're in the upper level of non-duality and don't really get it. They think, "what's the point of living if it doesn't mean anything? So I might as well just kill myself because I owe rent and my car is not working and I'm having a fight with my wife." My mother just died, that's fucking nuts to me.

Jac: 29:21 I'll bet.

Q: So I'm wondering, where does love come into this? We don't talk about love in non-duality and out at the conference A.H. Almaas had some dialogue, I forget what it was even about, but he was like making an argument with Rupert or somebody or Francis, against non-duality; about this journey's going to go on forever, this great experience of life and learning. When I was younger I thought, enlightenment, I would just walk into a room and I would have an awakening and I would just sit on a mountain, and that could get pretty boring. So thinking the concept that this can go on forever and it's enjoyable to keep growing and learning, I don't know how love fits into non-duality. Is that down at perception?

Jac: 30:06 Pure consciousness is pure love.

Q: So if I say, "I'm a nondualist, and none of this matters and I want to kill myself, I am operating from my head?"

Jac: Completely, you've used a spiritual concept in order to avoid.

Q: I have no intention of committing suicide but I just had that....

Jac: I know, you love stories too much.

Q: But I wanted to.... the next time somebody says that to me I want to be able to know how I can communicate that.

Jac: Yes, they're just using spiritual concepts.

Q: 30:33 Now back to my story. I'm sick of talking about me, will you talk about me? So my next path, you told me to get the feather and float down.

Jac: Yes drop it down. Get down into your heart.

Q: In the meditation retreat I had a hard time with that. I did get some moments, nice feelings, but a lot of it was just.... I was the bell ringer so I had my watch on, so I was, "oh fuck I've got another 40 minutes." These were hour and a half sits, and I had 45 minutes done, so I was struggling. The last day I got rid of my watch and finally had some quiet time, but I was able to get through this hour and fifteen minutes without a watch. We were allowed to lie down and whenever I did I snored, I fell asleep. I couldn't meditate lying down and my knees were bothering me.

Jac: So let's sit here and let's have no story. Let's see what happens. And don't make a story out of that either.

Q: Yes I just told a story about that, and I didn't even mean to do that.

Jac: Yes, you see?

Q: Yes. I'm feeling....

Jac: Oh we started talking did we?

Q: I'm feeling energy here now.

Jac: That's a story

Q: That's a story, a feeling?

Jac: 32:09 Yes. Just say nothing for a bit. Do you want to time him? No, no, no, no, it's okay. Anything at all will take him back.

Q: Let's shoot for 30 seconds.

Jac: No story. No story. No story. No story. No story (whispering).

Q: I feel this mental mass moving in on me just sitting here like this.

Jac: A mental mass?

Q: A mass around my eyes. I'm very relaxed sitting here with you but just thinking about no story or being here, all this....

Jac: What's coming for you, what is that?

Q: 34:28 I don't know, I don't know if it's mind or...

Jac: Does it feel like it's....

Q: Thoughts.

Jac: Yes I wonder.

Q: The restriction of not telling my story, I don't know.

Jac: Yes.

Q: By saying it it seems to lighten up a little bit.

Jac: It's because you're talking.

Q: I thought maybe being aware of it.

Jac: I think it's because you're talking.

Q: Really?

Jac: I think it is. Whatever wants to come we let it come. It's kind of an open indifference to whatever happens.

Q: 35:46 When I last saw you, you had me get into my heart and I had a big release, and then you had me go deeper and I got real emotional. It was like I came home.

Jac: Yes, did you feel that your heart was open during that exercise of just being silent? Was there a sense of that love, of your heart being opened?

Q: It was a relief.

Jac: No just now. Is there any sense of love, does love show itself when you're silent?

Q: No it wasn't the same. The last two times I was with you I had this joy and I cried because it was like I hadn't been there in awhile.

Jac: Yes.

Q: So every time I see you I can't expect to relive that moment.

Jac: No that moment is gone, it's gone.

Q: So I do feel I have access to this place.

Jac: You know what I'm going to recommend that you do Roger, stop talking.

Q: That's what my wife always says.

Jac: It's my lucky day.

Q: And my wife's Thai, so she really likes quiet, being in the stillness.

Jac: 37:21 Yes, because what happens is that you just have a pattern of entertaining yourself by re-creating stories, and of course phenomenally there interesting but they're costing you an awakening. The price is very high for you to, you know run stories, it's very high. Enough, don't you think?

Q: I think you're right. I've been thinking about it for the last six months I would say.

Jac: Yes, because the mind you know goes into its dualistic realm, and then (sound effect 38:05) and off we go and there's stories, and they're entertaining and they're interesting of course, but jeepers do you really want to do that? Do you really want to do that?

Q: 38:17 I need to get rooted in something.

Jac: You do.

Q: 38:21 I'm not sure what that is. **cross talking** my heart, my heart.

Jac: You see your identity has been created by these stories you know, because it's all in subject/object perception, it's all in the dualistic realm so of course that's what stories are. So when you tell stories and when you talk like that you're in the center of it, you know it's your experiences, it's all you so your re-creating the you. You're not letting him die, the thought of the personal I, you're not letting him fade out. You keep supporting him with stories, with talk, do you see?

Q: Yes.

Jac: 39:00 So if you stop supporting the personal I in this way, through telling stories, whatever is there is going to have to come up and show itself, and there might be some kind of uncomfortable bits because you can be darn sure that your mind is using story to

block out stuff that's not so nice. There will be a few layers of old pains and old traumas or fear or awkwardness, self consciousness, anything, stuff like this is going to show itself. It has to be cleared out because everything that's not of love has to leave you. Do you see?

Q: Anger, fear, boredom, all this.

Jac: Yes; anger, fear, boredom, exactly. Boredom is just a mask for something else, that's all that is.

Q: 39:51 Since our last talk the boredom is pretty much...

Jac: 39:56 Well done. You're seeing it for what it is, yes it's just a trick of the mind; **stuff you went down.**

Q: And I realized last week about anger, I would get anger going to the cleaners and they miss-charge you. These stupid things would happen. Right after this retreat I got angry at somebody, and I had this realization that the Buddha keeps coming to me, and it happens over and over again. This person will come up and I'll get angry and then the Buddha says, "you didn't learn your lesson yet." So I look at these people giving me a gift, and since I had that awakening they seemed to have subside. I'm more conscious about it, if somebody's going to trigger me that I have to...

Jac: It's about you it's not about them.

Q: It's nothing about them.

Jac: It's nothing about them.

Q: I label them as the Buddha now giving me a gift. So I don't get the gift from you you're going to give it to me and....

Jac: Yes.

Q: I got that. That was harder than the boredom, I'm not really bored.

Jac: Good, good that's gone. Well done.

Q: But the groundingness, I don't know if you answered that for me.

Jac: Well the story is taking you away from being grounded, because you're up in your head and you're functioning at the cerebral level of....

Q: 41:22 So to get anchored down here....

Jac: You have some chance if you're not running a story.

Q: It will just happen if I don't run the story?

Jac: Yes, because where are you going to put your intention if you're not running story, where are you going to put your attention? Put it down into your heart and deeper, put it on your breath, put it on something that's really simple that doesn't have, you know legs and consequences and yarns and.... something that just is.

Q: Okay my stories are over. Mankind's going to miss them.

Jac: Do you think so? The infinite supply of stories can be handled by others.

Q: People call me up all the time and say, "will you tell that story?" "You should write a book every day."

Jac: Okay so, of course because that's the ego, that's the ego looking for support to embellish and enrich itself. This is a threat to the story making world.

Q: 42:23 As I get older in my life, I don't know how many years I have left, I want to come complete with this. All that other stuff was a fun game, and now I'm really serious

without being serious, I have an intention to fulfill, but that's my goal to fulfill this life, and with the awakening done I have expected all my life.

Jac: Okay then the story teller is going to die.

Q: The stories are dead. I have a grave for them.

Jac: You could just don't make a story out of it. Just do it but don't make a story out of it.

Audience: Don't tell anyone.

Jac: Don't tell anyone, exactly, that's the best way not to make a story out of it, don't tell anyone.

Q: My son will say, "what are you doing out there with that shovel?"

Jac: You're off again.

Q: Okay, I love when people laugh.

Jac: 43:17 Okay, so if you're in a scenario where like you're out socially and people are asking you to tell a story, just know that, "okay I'm playing the role of the story teller, but it's not me this is just a role. I'm going to play the role and then I'm going to stop." like a service, okay? Because in some scenarios you'll have to share a story somewhere, but just know that you are playing a role and stop. Tell the story and stop. But your normal M.O. is you have no story. Become a quiet man. Go more inside, stop talking, stop talking.

Q: That's going to be harder than giving up sugar I think.

Jac: Absolutely! You bet it is, because what's going to show itself isn't going to be nice, because those stories have been running hard and fast for a long time in order to block something. It blocks awakening but it's probably blocking stuff like, you know the anger or something. There's something in there.

Q: I agree.

Jac: 44:24 So you'll find some old bits of conditioning and it's like, "whoa I saw another one!" Celebrate it inside yourself, it's like, "yay there we go there's another bit of garbage up and out." Closer to love all the time, closer to love, you know? All that's not of love has to leave you.

Q: Thank you for the connection here, it's so nice to be with you.

Jac: Yes, and you Roger.

Q: I'll see you again.

Jac: I'll see you again, yes.

Q: Okay I got it.

Jac: Good. Did the quiet man just say something before he got to his chair? I'm on you like a ton of bricks.

#61 / 45:22

Jac: Hi Sid.

Q: Hey Jac.

Jac: Welcome back to satsang.

Q: 45:31 So for the first time since September 2014, my nervous system relaxed last night here.

Jac: We wound down, yay! Good for you. How is it today?

Q: Same.

Jac: Same as in relaxed?

Q: Same as in relaxed.

Jac: Yay, well done.

Q: Last night was the first time also since before that incident where there was the awareness became bigger than the personality. It's been a long time.

Jac: That was hiding.

Q: 46:27 And you know being here is a big deal, because this is also, except for that half a day with you in Florida, this is the first time I've done this in two and a half years. So it feels like I'm not sure where it's going to go right, because... And I... And we talked with other people and it's come up, the contraction and the holding... this is weird having people here.

Jac: They're okay they're just you pretending to be other people. It's true!

Q: 47:16 It's one thing, as we talked about so many times, where it's the, 'no I'm not willing to give up my health for for this.' And because the last retreat in 2014 kicked my ass so bad, and it never came back, that I have... you know that fear comes up here because I don't know how to... you know what happens is I don't know how just to touch it, and once it's... it's like okay this is... And so there is that uncertainty about where this is going in this retreat, because it's still Jac, it's still what I would... you know I'd walk away from it... this is still... You know I lived in a hotel for three years because I didn't want to be committed someplace where I couldn't follow this, and it's still it. When someone brought up a year to live today, and it was like if I had a year to live and then die, we would be doing ecstasy and going to satsang.

Jac: Really?

Q: 48:24 That was **indiscernible word**.

Jac: Really?

Q: Really, because the only thing that keeps me from satsang is the fear, and also this idea... And so wait, this opportunity of sitting with you I don't want to be contracting around, I want you know,... and also the idea that since 1998 this has been my life except for these last two years, this idea of what a tragic.... you know this is going to end as this great tragedy of you know, what a wasted life. That's where the mind goes.

Jac: Maybe it's time to change that script then, huh?

Q: 49:13 Yes, but there's want to be like.... I've gone all in so many times right, with this, all in, all free, and then there will be this something for two months or something and then it will be like oh back to the personality playing its game, and I'm not interested in you know, this... When we talk about trust, we talked about trust in our last conversation, and here's the thing, what I trust is this, what I trust is this. I don't trust this personality, this personality of Sid is you know, it's so simple it's pleasure and avoid fear.

Jac: Sure.

Q: 49:54 And desires, and so...

Jac: But you do trust Spirit?

Q: Not necessarily Spirit, I trust awareness. I trust you know the seeing watching this personality play out, and it's just kind of boring that place, that place of residing in this that I am. I trust that, unequivocally I trust that.

Jac: Okay, okay I'm interested that you would live your life interested in the fact that you would live your life differently if you knew you had a year to live.

Q: Yes, because... That's what's so confusing. I mean, there are two extremes, ultimate pleasure right, like in the world nothing is more pleasurable for me than that drug ecstasy, to be honest. And then even more pleasurable than that is choosing to reside as the "I" with no objects just this, and so I would.... Yes, I mean I know that, and my only difficulty in holding back for both of those is my body; the cost with ecstasy and the cost with this.

Jac: So would you like to live like 30 years of what you called earlier, "a wasted life, a tragedy" or a few years where you go for it?

Q: Well this is what's tricky. When I said wasted life, that way, the tragedy, that's kind of talking about investing myself fully, you know going into satsang, but it's like both sides kind of feel tragic; the playing on the surface and whatever that looks like as far as even doing ecstasy every day. I haven't done ecstasy since college so I'm not a drug addict, but even doing that because I know it's... The problem is I tasted this and so... but the other tragedy is if I keep throwing myself in and having my life revolve around a love of this place, and it's just a fucking roller coaster with taste of it, and you know then it's like, "oh my god I'm this 80-year-old seeker that's been doing this since I was in my 20s, and God..." I don't know it's just my mind goes there, you know?

Jac: Yes you're playing an image thing, yes.

Q: 52:51 It's like I have done the seeking yes, so both of them feel tragic. But that's what I've come up against when I'm here and thinking about diving in again into this. I can't do both, as you know and we've talked about this, you can't juice on both things you've got to decide, you've got to be full in.

Jac: Yes, so you've created two stories and neither of them are very nice.

Q: Well, except for the potential of the satsang one which can be very nice if it actually...

Jac: If it works.

Q: If it works, exactly, and if it doesn't kill my body in the meantime; if there somebody left here or there is a body left here that can move or something.

Jac: 53:43 It's like writing some tragedy play or something, isn't it? It's like conscious is rolling out some kind of...

Q: But the problem is there seems to be decisions in this play, you know?

Jac: Yes.

Q: 53:59 And that's the heaviness of the responsibility, and there is nervousness about making... having this be a bad mistake even being here, and that I'll be even a week later... something will be a big problem.

Jac: Yes. So the thread running through all of this is trying to protect the 'I'; I might get juice but I might not get enlightened, those drugs would destroy my body, this might make me sick next week even though it's working beautifully so far, so you're all about the "I" all about protecting the "I".

Q: I like the tragedy that's all about the "I". It's the story of the "I".

Jac: Yes it's the story of the "I". It's of no substance at all, it's got no significance at all when you hang out in pure awareness

Q: Right, but the story of the "I" is the fallback. You know it's like when you apply at college it's the fallback, second choice or something you know, that's the story of the "I".

Jac: 55:05 So it's just story Sid, and you've believed it into your own reality, you've believed it into your experience. It's friggin story.

Q: I know that Jac but...

Jac: But.

Q: But, but I.... There's been a full in for so many years on this awakening and there's been that full in on it where, 'who cares about the fucking story it's not even interesting,' and I see that now but at the same time it's like diving into the shit for another 10 years and then having this conversation with you 10 years from now.

Jac: 55:52 Okay, so when we invest grace is supposed to give us a reward. You did your 10 years, you did your all in and grace didn't deliver.

Q: I don't call it grace I call it the reality of who I am. I don't consider it a grace. There's an awareness of it and then there is a choosing to reside there.

Jac: Yes okay, but you didn't choose to reside there when you created the story that the Sid character should have fallen apart by now. You just leave pure awareness, you leave capital S self in order to run the story about not getting something. Do you see?

Q: Absolutely, yes.

Jac: 56:42 It work! It works, you leave that place. You just leave it; that delicious gorgeous place, and you know you leave it, and like to indulge the fear and the 'I didn't get it and my body is deteriorating as a result,' and off we go with our drama story. Everybody has their own loop and everybody is...

Q: 57:04 This is just another one, it could be money, it could be relationship it's the same thing.

Jac: It could be anything, and if somebody else down there was looking at this thinking, "my god is that all he has to do?" "He just has some drama story going on that's nothing, that's not like my loop," and then they come up here with their loop. It's true! And they'll come up here with their loop and you'll be down there thinking, "that has them stuck, you're kidding me."

Q: Right, "they're holding on, they're defensive, and..."

Jac: Yes! Just drop the friggin story, and it's so easy. Do you see? But when we have invested in it, man we've got a relationship with that thing, that story, that "I" position, and, "it should be another

way." That's usually what makes an "I" story that strong, you know? in that way.

Q: Right, "this should not have happened."

Jac: Yes, "this should not have happened it should have gone differently," as if pure consciousness rolls out like, "actually I'm going to give him a tough time. Me myself appearing as Sid, let's just make him suffer a bit. And me myself just appearing as Jac, let's give her something nice." I mean like, consciousness does not decide anything. Our own minds create the story because we avoid sitting in the truth. We still want to invest in a story, we just like it. It's true. So this one has you, it's got you by the scruff of the

neck. Have a laugh at it like, "there's Sid and his drama again." Find some way of labeling it so that you can get a distance from it, seeing that you're labeling it rather than being in there feeling, "oh god I'm going to be sick next week. I'll bet you I am. What will I do next week if I'm sick, will I take more time off work?" You know it's like, "look, look, look, look at what's happening." It's like, "okay, okay there you are with your drama again, stop, stop your drama, stop it and sit in awareness." And just be in this minute it's enough, it's enough. You scoot into the future, you scoot into the past a lot, and that's where Sid gets a lot of his juice.

Q: 59:27 That's the dynamics of this personality you're saying?

Jac: Yes, yes, like Roger goes into the past. It's all his history and the older he gets the more juicier it becomes because the history keeps growing. And most people either live in the future or live in the past or live in fantasy, do you know? You dip into both you know, you've got a little bit of like, you take the evidence that you want to see in the past and you use that to kind of poison the future, you know? But you do this past and future thing with the Sid story. Pure awareness doesn't know anything about time at all! What you really are doesn't do time; outside of time, and very simply and ordinarily just deals with whatever is going on right now, and that is enough. That is enough, because it doesn't have the need for bells and whistles on it, do you see? We need to get you right back into the present, really, really, the present. If we can nip that pattern of going into the past and the future that would help a lot.

Q: Okay.

Jac: 1:00:38 And then we've got to... The second thing we've got to do is see when the Sid story is starting, is cranking up, and it's got a poor me smell on it you know, it's like, "oh there I go again, there is my drama queen mode, there I am. No I'm not biting, I'm not biting it, I'm going to be right here right now and sit in pure awareness." So you've got to see it for what it is. It's not you, but when you pretend to be Sid who has that experience of life and who wants things and can't have them, it's torture. It's torture when you play that role but you do it to yourself. Do you see it, do you see the game you're playing?

Q: 1:01:31 The one thing that comes up is still, there's the 'but' that comes and it's the but, "but Jac," and it's body you know, it's still that one thing that still comes up. Even though it's clearly a story but it is just like you said, it's like this happened, evidence for the future, and so I'm projecting it from the past into the future. But there's this fear that's there, and I guess that's the story.

Jac: 1:02:08 That's the story, it's grabbed onto a story that cranks up fear for you, so it has an extra bit of juice. When a story gives us that visceral (sound effect-inhale 1:02:17) feeling of fear, that's the ego playing its ace of hearts. It's like, "there's my best card." Fear is the best card that the ego has, because it will use chemicals, it will use everything to lock you into believing some individualized personal I story. So you've got to see it for what it is. It's like, "I see you, I see you." Yes this is your number you crank up fear to, "all right I'm going to go into pure awareness because that doesn't know nothing about fear. I'm going to go in there," and sometimes you will and sometimes the fear will be too strong and that's okay, but don't indulge the fear. It's like, "you're just story, it's just story. It's being believed right now but it's just friggin story. So I'm

just going to have to wait because the story will pass. All stories pass and this one will pass too because it's not real." That kind of an approach would help. Yes you're welcome.

#62 / 1:03:49

Jac: How are you doing Rosie?

Q: I have a little bit of a headache but I'm okay. My mind, the mind is what's changing **indiscernible word?-audio glitch**, and I've had this before where there is like a light that gets turned on, white. **1:04:03** It's not like insomnia, there's like a **indiscernible word** you know, and it's like this... can't do anything. I can't think I can't do... It's just like this... It literally feels like there's a light that's turned on.

Jac: That's okay, you know?

Q: I want to sleep, you know? I didn't sleep very good last night.

Jac: Are you worried about that, genuinely worried about that?

Q: **1:04:41** Yes a little bit because I get tired, I just get, you know just... whatever.

Jac: Okay so this is the Rosie story now.

Q: I got you.

Jac: This is so not up there in terms of importance. Okay so let's chuck that one out. You sleep, you don't sleep, who cares really?

Q: All right, if I miss work whatever you know, blah blah blah.

Jac: Yes if you go to work and if you function...

Q: It's like my dogs, when they got sick or didn't feel good they slept, if they felt good they played.

Jac: Absolutely, that's how it is, you know we manage we do the best we can and that's life, but it's not worth thinking about. Hanging out there? Why would you do that? Okay, I want to know what you did this morning with the... I want to see how that's percolating, the recognition that this was kind of...

Q: **1:05:28** Oh that the **cross talking**?

Jac: Yes. That there is no Rosie really and it's all for nothing, this whole game of believing this illusion that mind has created is for nothing.

Q: Yes, that's a big deal you know.

Jac: **1:05:48** Has it sunk in a bit or are you fighting **cross talking**

Q: It has, because what happened was being in nature and listening to birds... I went for a massage you know, so then I just sat and that was comforting to me to just be.

Jac: Yes that's a good idea actually.

Q: **1:06:03** And then I could **cross talking** this mind doing whatever it's doing, like I'll have gaps, which has happened before. You see, I'm having it now.

Jac: Yes, that's fine.

Q: Okay. And so what happened is, you know you get downloads, epiphanies, recognitions, blah blah blah, whatever it is, and it occurred to me that... I thought it was coming from somewhere to me, but you're right it's just seeing just in and of itself.

Jac: Yes.

Q: And I thought that was a big deal, for me you know. I'm not claiming any enlightenment. I don't even know what enlightenment... Really I....

Jac: Yes, the whole thing is just one big long ride, you know? And different things happen at different points.

Q: 1:07:00 Yes, and there's this pressure and I just don't... I know for me this is very important, but I don't want to cowboy this you know, I want to be kind and gentle with, you know with the process.

Jac: Yes.

Q: So I was thinking as well just that I... okay I just saw, like my eyes don't make effort to see they just see, and the same with inner reality of seeing.

Jac: Yes.

Q: 1:07:34 There's nothing telling me... you know there isn't God saying **indiscernible-mumbling** you know people say grace and people say God, and people say this... but... So that's kind of mind blowing a bit.

Jac: Yes, so you can see there's a place for that, that God and grace are... It's the story where there's subject/object and there's....

Q: Yes.

Jac: But it's just one way we communicate, it's just one thing that our brain does, but is that real? Is that really what's happening? No! So you can see that, that there's a place for it?

Q: Place for what?

Jac: 1:08:12 Like what we've been calling story content here, that that's the God and grace **cross talking**.

Q: 1:08:18 Yeah, yeah, yeah, there is nothing downloading me **cross talking**.

Jac: In reality no.

Q: When you said, of my experience, that was self doing to self, that kind of hit.

Jac: Yes.

Q: 1:08:32 It's not all the way you know, like I have to be honest. I don't know what is the resistance and I don't want to get into figuring out the resistance, you know? **Cross talking** gentleness.

Jac: Very good, very good. Here's a piece that I think might just help. When that half cooks and there is like an, "oh my god it is all me, it is me and my mind is just saying that that was something giving me a download or giving me a gift or something divine, but actually it's just me." If that doesn't drop in all the way what can happen, and I want you to watch out for this, is that there's a sense of being totally alone because it's all you.

Q: Yes that's tricky.

Jac: The thing is the idea of being alone is again from the story content, because the alone is only when there's a possibility to be not alone, right? You don't understand me?

Q: 1:09:31 No. Because you know when I do said ceremony I went to Jesus and Mary and I gave **them**, so you're telling me Jesus isn't even happening, so, you know what I mean? Everything is a projection.

Jac: 1:09:56 It is but...

Q: But then here I am and it's tricky, you know?

Jac: All right, so all these lenses of perception are available to you.

Q: As needed in the level of awareness.

Jac: Exactly, what we're talking about in this retreat is being able to use whatever lens of perception is required, but knowing that they're actually not real. The only thing that's real is pure consciousness, and that's never alone because it doesn't see itself, so it doesn't know that it's all there is. It's always full, rich, complete, it's always still, immovable, beyond all of it.

Q: There's no place to go.

Jac: There's no place to go.

Q: So it's always... Like last night I went to Walmart and I was just completely fine. I was at peace, and this has occurred many times, and then something big happens that yanks me out and then I get like, you know I was there and that's the resentment story. So that's where I feel that this intelligence is fertile, and that's where I get confused with God and self, everything is self, and then it becomes like a big... Like I have to read a book or something and I don't want to do that anymore. I've been doing that and I have done self inquiry and I relate to everything everyone is saying, but at the same time I don't really care that much anymore.

Jac: 1:11:49 Okay, there's some pieces of information that you need to have so that you can use this information, so that you can use these realizations out in the world.

Q: I understand, right.

Jac: There is a place for a Jesus and Mary and ceremony and me and you and protocol and etiquette, and social norms and culture, and... it's in the dualistic realm. That's like a bubble within reality that we make up but within it it does present as real, it does! Like my body is not real but if I slit my wrist I'm going to bleed to death more than likely, so there are certain laws that are valid within that bubble.

Q: Right, so it's the manifested.

Jac: Exactly, it manifest in that way. Then the other bubble is seeing the sameness of everything, that it's all me, that the divine is me giving to me, so it's all what I am. Now, pure consciousness is outside of all story. Pure consciousness doesn't do anything, it doesn't see itself, it doesn't even move enough to see itself. Now, the truth of pure consciousness, one of the truths would be 'well nothing ever happened,' but if we bring that into the little bubble of the world; today is Wednesday, into that one, that so doesn't work. It's like giving a kid a machine gun you know, like they might find one when they're 25, but you're not going to give a five-year-old a machine gun because it's just not appropriate for their skill base, okay? So what you know from pure awareness, that this never happened and nothing actually matters, that is of no use, no use, and it's actually kind of toxic if you bring it into the phenomenal world. If you don't go to work next Monday, because it actually doesn't matter if you go to work or not, you're mixing different levels.

Q: I am mixing.

Jac: 1:13:58 You're mixing them. So this is called spiritual maturity, when you know what lens of perception and the role that pure consciousness is playing through the form called Rosie, in the world, when the perception of interconnectedness of everything, what happens there for Rosie, and there is no Rosie you're just all of it, pure awareness.

Q: So the essence of Rosie, not the role of Rosie.

Jac: Yes.

Q: So there are flavors that I feel come up you know, when I'm in this place of no place and you know there's just different flavors. Is that what you're talking about?

Jac: I think so.

Q: The role is in the content and the caricature of...

Jac: Yes, it's like they roll out from it, they get created from it.

Q: 1:14:49 And the oneness is just still Rosie essence.

Jac: 1:14:54 Yes that's right, and you can see the same of **cross talking**

Q: And then the pure consciousness, nobody's.

Jac: Nada. But you can't mix them up in the way the mind does. The mind mixes them up, the mind wants to have a law that's valid in one of them and shove it into another one, and that doesn't work.

Q: Right, and so that's probably why my mind does the white thing.

Jac: Yes that's what's going on for you.

Q: And also there is a neurological thing, which is kind of...

Jac: Yes, so I want to fast-forward your path to give you the wisdom to know that when... It's like, "okay this is the role of me being an employee at work, this is what I've got to do now, this is the role of me taking the dogs out for a walk." It's not going to help for you to be, "oh it doesn't matter if they walk or not because they're not real."

Q: Yeah, yeah, yeah.

Jac: The dogs need to go for a walk. It's mixing the levels of perception, so we need to get you to a place of where every role is honored and where you're equipped to be able to integrate whatever is being shown to you at any level. That's what needs to happen now for you to ride the rocket that you're on. You're on a bit of a rocket in this retreat.

Q: Really I'm on a rocket?

Jac: You're on a rocket yes.

Q: Are you scared for me? You're not scared for me, right?

Jac: Jesus, I haven't felt fear in a long time.

Q: Okay I'm just checking.

Jac: 1:16:34 I don't even know what it is really. It's beautiful when there's big shifts happening, it's just like, 'yes at last the illusion is breaking,' and you're coming out of your hypnosis you know, but I want you to be able to hold it, you know so that you can go about your world and know how to manage, you know? So the access to pure consciousness, to what you really are, self, big capital S self is there all the time, but that you can play the roles as needed and not mix them up.

Q: Understood. It gets confusing because I feel that there are states where I'm just aware, and then people are talking to me, and I'm like "(sound effect 1:17:25) I have to talk."

Jac: Okay, so what happens? A judgment that it shouldn't be happening or you don't want them to talk?

Q: I just don't want to talk, and then it's like I feel like I have to download, like get small.

Jac: 1:17:38 All right this is perfect, this is exactly what I'm talking about. You're not small when the role of Rosie in dialogue with somebody is happening, you're not small.

Q: Right, I'm unable to...

Jac: Yes you see, you don't leave pure awareness to become Rosie, that's when you become small, you don't.

Q: Every day at work I lose, I lose a little bit, I lose a little bit.

Jac: You don't have to that's just a skill you don't have yet. You stay as capital S self, and like you put on a mask the role of Rosie will get played. Pure consciousness does Rosie. It always did Rosie but your mind, to keep the ego going, wanted to like sever the connection with pure consciousness, so that you get the feeling of downgrading yourself just to be Rosie doing the dense conversations stuff that happens. Do you see? You stay as self and self plays the role of Rosie beautifully, and it will talk about the weather and a new car that somebody got. It can talk about anything at no cost, there's no cost to pure awareness, none. It does all of the lenses. The lens of Rosie is just put on like a mask, like a pair of glasses in front, but you know that you are playing a role. You haven't stuck into it you know, you know you're playing the Rosie role. That's just what's demanded in the moment and you're never not self, never. Do you see it?

Q: 1:19:21 I do, and I'm hearing myself inside say, "practice."

Jac: Yes! Yes you've got to practice it. Yes you've got to practice it that's the rocket fuel. We've got to catch you up. This can get solid by Sunday.

Q: By Sunday?

Jac: Yes, come on girl, come on.

Audience: It's a rocket.

Q: Really it's going there? All right.

Jac: Let's go for it.

Q: So the typical thing I do when my headaches or my brain is doing this, I do the beads and I chant "salaam, salaam, salaam."

Jac: Great perfect.

Q: There's a part of me that's not sure. The nature seems to have been a good thing there; I was watching a woodpecker and I've never seen that. I went blank again.

Jac: 1:20:28 It's fine it happens. It happens a lot on the seat up here too. It's partly that too. So it's like the store is open after dinner, the store here, walk around there and be Rosie a potential shopper browsing around. Go to the store after dinner this evening.

Q: This is what I wanted to know, and that's what I did I went to Walmart last night.

Jac: Perfect, and it's like, "okay so I'm just going to chitchat to the lady at the cash register, and I'm pure consciousness playing at being Rosie."

Q: Yes I did that, that's what I was doing and I've been kind of doing that but what happens... This is what happens, I go and I'm by myself in the quiet, and I understand it when things are going to shift because things get really hard. So the dialogue gets intense within me, there's a dialogue and it gets really strong, and then I'm like...

Jac: Okay, you don't need to control it, because the controller is stuck to the dialogue. The controller is the one talking in the dialogue. So if it's 'salaam, salaam,' if that's what's going on right, that's what's going on in your mind behind the conversation. Let it be soft, let the conversation be soft, and if you've got to run a mantra behind then run the mantra behind.

Q: Yes okay. So I do know; I'm not clueless.

Jac: No you're not clueless. We've just got to put the jigsaw together. All the pieces are there but they're just a bit not in the right place. We need you to practice that this evening, "I'm staying there and I'm going to chitchat, and I'm going to not dumb down at all and let's see how I do." "If it sounds totally garbage frankly I don't care I have to practice this." So you say nothing and you let it happen, and she'll be fine even if you talk total garbage. So what?

Q: 1:22:32 Yes, when I went for a massage I was kind of clueless, and they were going out of their way to be helpful, so there was a sense that I didn't have a defense thing around me.

Jac: Yes exactly, it doesn't matter you don't have to double check yourself to see if you're functioning all right. That doesn't matter. It doesn't matter because you don't know what the other person's opinion is any way or what's happening. Grace kind of takes care of it, kind of takes care of it.

Q: I don't know what grace is, that's where I get tripped up.

Jac: 1:23:05 All right. You won't have to engage your brain in order to make an effort for Rosie to be capable, don't go there. Trust that pure consciousness does Rosie just fine. Don't edit it, don't... nothing, just trust that Rosie is going to roll out. You'll feel like you've got no control, your mind will play that role and it's like, "whoa anything could happen here, I don't know what she's going to say." It's going to feel like that for awhile because you don't have the reference point of a personal I that happens when you dumb down your vibration. When you dumb down the vibration the personal I is there, the controller, and you think you're in charge of the conversation.

Q: Then I feel so tired.

Jac: Oh completely, it doesn't work for you at all, it doesn't work for anybody. So the thing is to stay wide open right, and you will feel like you've got no control and you don't know what you're saying, but don't qualify it, don't correct yourself, let it rip.

Q: 1:24:04 Yes because then I go into review.

Jac: Of course, of course the personal I is there, and then she's minding and defending herself and running a trip inside your head.

Q: 1:24:11 And who am I defending is my question all the time.

Jac: Absolutely, the "I" is just building itself that's all it's doing in that defense, you see?

To the audience: Do you see that?

Audience: Yes.

Jac: It's a good one isn't it? You know, that skill that you've got to have of like having no control and letting it roll out any which way you want, and there really is that feeling of like, "I have no control here, I just...." you know, until you get used to it, thinking, "what the heck was I doing anyway?" It's just the "I", so when you don't crank up the "I" to engage you're going to feel you've no control because that's all the "I" can do then. "You've no control! Something awful is gonna happen here!" So it's going to scream like that in order for you to reduce yourself, dumb down and become the person again, you see? So let it feel like no control, let there be abandon.

Q: 1:25:08 I do have one little question about that, "the open." This could be very well story, but in my experience there's an attraction that occurs, and you know it can get strong.

Jac: An attraction between....?

Q: Other people, and I don't.. I really.. Last time I opened like this I was with Pamela Wilson. I don't know if you...?

Jac: Yes, yes I do know Pamela.

Q: She just said one question and I just (1:25:43 sound effect), and then I went to work and I was held against my will at work. and it was very dramatic. So this safe and unsafe is... And I get that I'm projecting, that that's part of my fear of disappearing and that I'm not going to be safe. At least I understand that.

Jac: Take a chance. Trust that pure awareness knows what it's doing, that it's able to manage Rosie even when she's open. It's just energy at play. It's just energy at play, and of course people feel the light, of course they do, but so what?

Q: 1:26:36 Then the problem has been that I needed to identify what pure awareness is, but there is no identification.

Jac: There's no identification at all, no not anywhere.

Q: Okay. Thank you very much.

Jac: You're very welcome.

Q: You kind of blew my mind this morning a little bit.

Jac: Yes, it's good though. We're putting it back together again in a more organic natural way.

#63 / 1:27:28

Q: I came up because my body is very excited, very... It's like everything that everyone has said somehow I have seen in some way or another, but I'm only interested in finding out what's keeping this "I" going. I don't have anything to say about it, I don't have any thoughts. When you gave the homework I felt like my mind was asking my mind to look for, you know who is in and who's out. It just got very mechanical and very...

Jac: Okay good.

Q: 1:28:26 So much so that I didn't even want to say whether I was there or wasn't there. It just feels like nothing, and it's like not some other time, now. That's what I tend to do, I'll get it later or... yes. So there have been things that have occurred since the last time we were together. When you're doing something and you're not aware that you're doing it, and suddenly you see that you're doing it, it's like an iceberg almost you know, like a piece crashes down and it takes a bunch of stuff with it, but you don't know what the hell it took.

Jac: Yes.

Q: And it's open and it's freeing, you know?

Jac: Yes.

Q: And I was in that place for a long time, and I came to Boston in that place, and the things that trigger me when I'm home took a lot longer for them to blow off.

Jac: Yes, yes.

Q: A lot of that stuff about not wanting to talk, having nothing to say, but it's been sticky. There's judgment there, and people sound like static to me. It's like it's just a lot of noise when people are talking about themselves and how it needs to be and you know, whatever, but that's my noise, you know?

Jac: Yes.

Q: 1:30:16 I'm aware that that's my noise. I'm kind of stuck in that and somehow I think that's part of the loop like there's some hook with that you know, like I can see the separation, I can see the judgment, and you know, then all of a sudden I wake up in the middle of the night in this overwhelming state of gratitude. My husband decided to do the kitchen and the bathroom over while I was gone, and I had like 30 seconds of a reaction and then it just disappeared.

Jac: Ah ha that's it.

Q: And then two days later he did something with the tile, and I got so fucking mad! I flung the telephone, it's a good thing we're on a text because I would've killed him on the phone. I flung the phone on the bed and I went to take a shower, and I had to... I facilitate a Course in Miracles call, and so I had to read the lesson for the call, and as I'm reading the lesson — they're short, they're review lessons so they're about this big — I got about a sentence and a half into the.... and the whole thing just dissolved.

Jac: Yes, yes. Very good, yes.

Q: But I don't want to keep chasing this. I get the orientation, I don't ever remember it not being there, that orientation, you know?

Jac: Yes. So what needs to be different Carolyn?

Q: 1:32:17 Whatever is keeping her on her feet you know, like some image...

Jac: What would it think like if she wasn't on her feet? What needs to be different? Like if she was not on her feet what would it look like?

Q: She's often not on her feet and it feels really wonderful, and there's not a lot of thought there, but she comes back you know, she comes back and... I don't know, it just feels really contracted, really small.

Jac: Yes. I'm not sure there's anything you can do to unravel her at this point. It's like she's burning out.

Q: That's what it feels like.

Jac: I think doing anything about it would actually acknowledge her as if she's real and as if there's something to be done.

Q: Well every time you said something to someone or even when you were doing the talk this morning about doing something, I kept saying, "but every time something happens I don't do anything," you know?

Jac: Yes, at this stage of the game for sure.

Q: Yes, it just occurs but there's a willingness in me to be with the discomfort when it's there.

Jac: That's right.

Q: 1:33:53 Like when you sent me home I had this urgency like, "I have to leave this guy," but I had no motivation at all to do this. What happened was I had nothing to say to him, so for a month I didn't talk to him. I'm not angry or... you know, and towards the end of it I actually thought it was funny because he didn't even ask me why, so maybe he thinks he's not talking to me, you know? But I had this idea in my head that I was just going to let this happen. Since I couldn't do it I was going to let this happen, but I could feel as the time was going by that I was building a position, but I just didn't

know how I was doing it. I could feel the energy of it and I kept saying, "you're doing something but I don't know what the hell I'm doing here," you know?

Jac: Yes, yes.

Q: So one day I'm sitting on the couch and I was talking to him, and all of a sudden all of that stuff, that position I was holding, was gone. I noticed it, and when I noticed it I went to reach for it and I said, "you can't let this go," and I said, "what the hell are you doing?"

Jac: Yes.

Q: Okay it took me a day or two to see that I was full of shit letting things go the way they were going. If I'm holding an outcome here that I have to leave this guy, there's no freedom in this. Seeing that blew everything out of the water.

Jac: Very good.

Q: 1:35:40 That's really a subtle thing you know, like really a way to con yourself into thinking that you're in some kind of freedom here, but you're just running a different game.

Jac: Yes, just running a different game.

Q: He must think I'm fucking nuts.

Jac: I'd say he doesn't think much really.

Q: Yes I know he doesn't.

Jac: 1:36:06 With all due respect to him he just doesn't bother, you know? That's perfect. If you do anything to get rid of her she'll get bigger. Being around a lot of density, you know sometimes you'll find, "whoa, I just can't do it," you know, and honor that. And sometimes you just develop a skill to like, "all right I've just got to chitchat at this level, so be it."

Q: You know this is the funny thing, I've had this happen at different places, like different distinctions where I was very in touch with the love there, so the craziness was just part of the show you know, there was nothing in the way. But this is different this is sticky. I can feel my arrogance you know, it's like... It's not even that I want to tell them I just... it's very condescending. There is a condescension here you know, and I love these people. I love these people.

Jac: 1:37:32 Of course yes, yes. It's not on a lot of people's destiny to wake up. Most people just play with it. This dimension is for playing with story and very few really want to leave the story, very few. And if you see that to be so, and if there is total acceptance for it that that's just how this place works; there's just very few people who really want to wake up, everybody just wants things to get better. And if you see the beauty in that and understand and maybe drop the idea that it's all about waking up, 'we're all genuinely interested in waking up,' they're not, they're not. Do you know? Through no fault of their own, this is just the place for stories and that's what we do we're wired to keep it all going, you know? And then it becomes more like play because you are them you know, having experiences. You are them, and so that perspective is much more real rather than, "look at this crazy crap they're going on with," and... Do you know? Very few people want to wake up.

Q: 1:39:08 Yes, some even know that I want everybody to wake up, there's something there that...

Jac: Yes I don't think you want them to wake up but I think there might be some kind of an assumption that others...

Q: That's the ultimate.

Jac: Yes that, "I thought we were all interested in the same but maybe we're not." You know it's almost like a shock to your system to realize, "oh god actually maybe people aren't." They're not, most people aren't, they say they're interested in waking up but most people aren't. Through no fault of their own there just... it's just a story. Waking up is a story to be used like any other story, like having a great lover, like it's any story. You know it's just another goal. So seeing what this realm is about and that it's unusual to wake up, you get a clearer vision of what this place is really about, what the dualistic perception is really about, and it's not really about waking up. Waking up is rare, so it just becomes empty talk for most, and then it becomes enjoyable because you can see it for what it is and the beauty of it, of playing with such goals but yet they're not interested. They're not interested, the goals are in front of them and yet they pick the shiny brass, you know?

Q: 1:40:36 It's not something that I think that it shouldn't be like that. I'm actually feeling what's going on with me you know.

Jac: Yes, but it is like that.

Q: Yes, it also feels hurtful for me to push that in a place where there's no opening, you know?

Jac: That's right.

Q: And how I push it is actually by pulling away. It's a funny....

Jac: Yes that's right because there's a judgment in there. It's like, "oh my god," you know? I kind of get the sense that your system is a bit shocked because you thought there was something else going on, you know? It's just a reality check. And when a reaction comes and it's 30 seconds and it's gone, it will probably always be like that, that's typical. It's just a (sound effect 1:41:46) and then it's gone you know, that's normal.

Q: 1:41:49 Yes, and then there is that voice that comes in and says, "what the hell is the matter with you, aren't you supposed to be mad about this?" You know what I mean? But there's no juice there.

Jac: Yes there's no juice there it doesn't stick. Nothing sticks it just all flows and it's gone before... it's like, "whoops, oh gosh," you know? And I even forget sometimes, and Derek is like, "just let me experience this," and I'm like, "oh, oh, stay with that experience?" Because for me it would be just like I forget, you know? I forget that it's just like, "you're still feeling that, wow!" But for me 30 seconds is like no stick, but still enjoying the experience of feeling something, of processing something, and I'm like, "why would you do that for?"

Q: 1:42:42 So the places, and I'm sure they're all the same ultimately, but the places where the trigger just keeps over and over and over and over and over again, you know like I keep catching myself with my mother. I actually created an intention coming home to pull this separation away, and it feels like I have to give up something major. I don't know what the hell that is but when it comes close it's like, I'd rather you kill me. It's like that.

Jac: Talk to me about that, about your mother and the relationship. Just give me something so I can see the color, the picture around you.

Q: 1:43:52 I've got something... I'm holding something against her. I won't let her in, I won't let her love me. I will not, you know? And it's funny because what I keep seeing is what my husband does to me, it's like role reversal okay, he does what I do to her. It's like that, some level of that. And I actually had to hold my breath and say to her, "Ma what is it that you want from me?" And she said to me what I've said to him, that she wants to feel the closeness that she doesn't feel, the intimacy, and I want it too but it just feels like I have to give something, and I don't know what the hell that is, I have to give something up.

Jac: Maybe you've got to be vulnerable or exposed, naked. Is it like unsafe when you... Does it mean you'll lose your autonomy, does it leave you too open? Does it mean you have to trust her totally?

Q: I have to trust her and I don't.

Jac: Is it wise that you don't trust her?

Q: No I don't think so.

Jac: Okay. Then take a chance.

Q: Okay. I don't know what the hell that means but okay.

Jac: Yes, yes. When we don't trust somebody at a deep level there is a high risk if we drop that barrier, so I'm inviting you to take the high risk and see what will happen. Let the risk be really high because you're going to learn from it either way. If you get screwed over you'll learn, but if it connects you with whatever she wants to give you and you learn about a new type of intimacy with family, that will be beautiful too. Either way there's growth.

Q: Yes okay. Thanks Jac.

Jac: Sure Carolyn, sure.

#64 / 1:47:01

Jac: I haven't met you before, what's your name?

Q: Darla.

Jac: Hi Darla.

Q: Hi. I didn't come here with an intention, and I've never really had an orientation towards any kind of enlightenment. I think my filter of Christ and Christianity has served me. I came here because I have an issue of self-care versus selfish, and I put my body through a lot of... I'll pretty much do anything to help people that I love and that I care for, and that leaves me empty sometimes. But hearing everything I think I'm pretty good with the mind and heart. That's what I'll call it, like the mind-heart connection and appreciating that mind is story. And I'm like Roger it runs amok. It's that stuck in the body piece that I... How do you care for that, how do you honor that or do you honor that? And then now this whole enlightenment concept is pretty amazing. And then I threw a little tantrum after this morning's talk, because I don't want any pain, I don't want it to be hard, I don't want the spirit to test me; I'm done, I don't want to do any of that I just want to rest for a little while. So I threw a little tantrum about like, screw enlightenment. Like my spirit's going to have to wait for another body you know, like,

I'm done. It was a big tantrum, it was a big one. I think it involved sugar too, a little bit of sugar. And so that whole process I kind of, I don't know, I'm not sure where to go from here or what to do.

Jac: 1:49:30 Do you love your body?

Q: Not really.

Jac: That's where we have to start. We can't jump over that one.

Q: That's a big one.

Jac: Yes, it's the foundation of you giving too much, it's based on that. Your own body isn't in the picture when you see what needs to happen, who needs my love, your body is just not even there.

Q: Yes, I avoid mirrors.

Jac: Okay here's what I want you to do, I want you to take all your clothes off...

Q: 1:50:10 (sound effect)

Jac:in your own room in front of...

Audience: Here right now.

Q: I have to do that 10 mirror thing. The 10 minutes in the mirror thing.

Jac: I don't know, I don't know what that is.

Q: The naked... Okay, so this is... I don't want to be that guy.

Jac: I don't know what you're talking about.

Q: 1:50:29 So what I did was... In this book **indiscernible name** lead this group, and there was an exercise. And I have gotten a little better at, at least being able to get naked in the bathroom. So the kids — I have three boys and my husband and they think it's hilarious — but that's story. To just know that I'm a work in progress, I've gotten to that point where I can look in the mirror on a set time for a set amount of time. I haven't done it in the long time, but I can do that more if that's what I need to do.

Jac: I don't know about that exercise. Can I give you another one?

Q: I'm listening.

Jac: All right.

Q: I'm sorry.

Jac: 1:51:16 No not at all you're fine, you're fine. Everything weaves in somewhere so it will be useful to somebody somewhere. Things always happen beautifully, don't worry. So in front of a mirror I want you to own your body, naked in front of a mirror. You don't own your body. For you to love your body you have to own it and claim it and let it be yours. Let it be yours. That's the step that has to happen before you're able to love it. It's like it's somebody else's and it was never yours Darla, it's never been yours. The exercise is in owning your body and celebrating that it's yours, like it's being given back to you and all you've got to do is put your arm around it. So I want you to like, "this is my head, this is my nose, and everybody else can bugger off its mine." You work right down, you put your hands on your boobs, "these are my breasts," and you go right through your body the whole way claiming everything, naming everything, and it's like, "this is mine." I need you to pull your body back into yourself, into your own domain. From there you can start to have a relationship with it that's positive, because it will be lined up within what's yours. Right now you can't love it because it's not yours. That's the block.

Q: That's right on the head.

Jac: Yes I think so too.

Q: That's harder than it sounds.

Jac: Oh listen it's really tough! It's really tough, and you'll probably be crying with joy and in pain; the two of them running cycling as you do this exercise, that's what I think might happen. You've got to own it.

Q: And I don't want to.

Jac: But it needs an owner. It is already yours so it's like somebody pushing away their own baby, it's like... That's what it's like, it's yours and it needs a carer, and it's yours.

Q: Okay.

Jac: And great joy will come from it.

Q: I want that in writing; it's my left brain. Okay that's a good step.

Jac: Yes, it's a big one but you can do it.

Audience: Can we do a prior to consciousness meditation or something?

Jac: We could but ... Kathleen would you be interested in doing a bit of laughter stuff?

Kathleen: Oh yes, sure.

Audience: I think we all need it.

Jac: Yes let's lift it

The End