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Toronto, Canada
#06 through #15

#06 / 00:55

Q: So it's any event that **speaks** of being with myself at home. I **needed** structure in a class that I was teaching, and then one day that fell away and I was able to leave teaching. That was about two and half years ago. I've had that experience of, "I'm not the body/mind," not that I am it because I still haven't been able to tap into that **1:35** that's all me **[Indiscernible word]** to that, but anyway.....

Jac: 1:42 But you know you're not....

Q: I know I'm not the body/mind, I know that.

Jac: So why do you want to be something else instead? Do you need to be something else instead?

Q: No, but my understanding is, watching Rupert Spira's DVD on love, that there is no separation between me and anything else, it's all.... I get the concept but I don't get the....

Jac: 2:23 Okay, that might or might not kick in. It's like there's a sequence to these things generally, so if you know that you're not that body/mind, you know that, then what is the body mind? Let's go at it this way. What is it?

Q: 2:55 I know from what I've read that it's within the field of what I am, but my direct experience is.... I don't really know, because I feel the sensations of this body but not the sensations of that. So I don't know what that is.

Jac: Could it be just subjective perception, just the mechanism to see from within one body/mind? It's just perception at play. Not being your perception but just perception at play from the subjective micro perspective. So let's say it's just the downloading of the five senses within one particular organism. Can that be happening without you, without the organism being you?

Q: 3:59 Yes I get it, and there's confusion because they're both.... It's happening but it still sounds weird. So there's sense organs, there's something there and this is being perceived in this field.

Jac: Yes.

Q: **4:42** Yes, I'll **[indiscernible 1-2 words]**

Jac: Yes okay, keep going.

Q: That's really weird.

Jac: Yes, you see it's one thing when the seeing comes that you're not this body/mind and it's clear, then when it's doing its thing, like communicating or at a social evening. And if the five senses are rattling on submitting information, very often the identity is still there at that point. So when there's nothing going on it's easy to say, "well I'm not the body/mind." But if it's downloading a load of information, are you the body/mind then?

Q: Yes, it feels like I am then.

Jac: And how come that's possible then? What happens there? You know you're not it but it feels like you are it, so what's going on then?

Q: 5:45 I lose that sense of who I am. I lose that sense and then I become contracted into whatever this is.

Jac: Okay, but is that you that's being contracted, and is it you that's losing something?

Q: Only when I'm not aware, then it feels like that, but if I stop and go, "whoa," then it's not, but I have to stop still, it's just not always present for me. I lose it I lose that awareness.

Jac: 6:21 The other awareness is there all the time but there's a new perception coming in on top of it camouflaging it, yes?

Q: Yes.

Jac: Okay, I'm kind of inviting you to see that new perception in another way, because at the moment it seems to feel like or you're saying that there's a you who's downloading the information that the senses are giving. Now, can that just be the body/mind doing its perceiving thing without you?

Q: Yes.

Jac: So then the next step to that is, can you see that that is all that is at the micro level, downloading pieces of information, sensory information in a micro level? Just a particle.

Q: like each thing is a particle just happening?

Jac: Yes.

Q: And coming together in some form?

Jac: Yes, coming together in the body/mind. It's connected to something much greater, but there's an interpretation of the senses within the body/mind. The buck doesn't stop there because the body/mind is part of the bigger huge mass of energy.

Q: Oh, so what else.... So there's these individual particles, and then they go with the macro?

Jac: Sure, they're all connected somewhere. So it's like the micro is just a subjective perception, is the functioning of subjective perception which can happen within the macro.

Q: 8:17 And subjective perception is just another micro. It's just the way things are.

Jac: Yes, it's just a function of the body/mind looking from that particle, looking from its own subjectivity.

Q: 8:34 Like I was up here yesterday, and there's identification going on with wanting approval and all that kind of stuff, so....

Jac: Where does that fit in?

Q: Yes, it's another layer?

Jac: It's just an I story.

Q: Well, what is actually happening there that it's like so.....

Jac: 9:03 That's when subjective perception has the layer of me, of personal identity gluing it together. It's believing its own perception.

Q: So how do you stop that?

Jac: You can do a certain amount, but really it's the identity that's ungluing itself. Do you know?

9:32 It's, "how do I stop that," [cross talking couple words].

Q: That's right, so it's just ungluing itself when it's ready?

Jac: Yes, when you see it, no? When there's a bit of distance from something you can do something about it. It's like a part of your attention has pulled away from the identity so that you can see it, and we call it observation. Whereas, when it totally has you and you can't, I mean, there's nothing there that even knows what's going on because you're hypnotized, you're in on it.

Q: Right, there is always awareness there, but the hypnosis it's so strong that it's almost latched onto the observation.

Jac: 10:06 Yes, when the attention of the body/mind is in the story it's not resting at home in awareness, you see? It's where attention goes; attention is the energy that makes something manifest as real.

#07 / 10:28

Q: Okay, I need to sit with that but I also have this other question that I was actually coming up with, which is about this fear that I go through about staying home and not being connected with people and not connected with service and that type of stuff. The last couple of weeks I've wanted to stay home and just be with it, but it's very.... I've been staying with the feelings and just noticing what's there, but there's another voice inside that's just saying, "you're going to be here forever," and I know that's just a voice, but I guess I'm curious that if I do stay with it.... It seems like I haven't had the experience of going through the other side of it except that things change. Things come and go and I know that, but I don't really know whether staying with it is.... That that's the vehicle. I guess I want some evidence, some reassurance that staying with it is a good thing for me.

Jac: 11:40 So you want the reward of going to the other side without **trusting that**.

Q: Because the other way that I normally live is very satisfying at some level, but at the end it's never enough, so that it's the next thing and the next thing and the next thing. 12:01 I know it's not you know, **[indiscernible word]**.

Jac: Life won't forget about you. So if you get very introverted for a space to find out what that's about, well you learn something so why not, but life will crank up again. It can't stop.

Q: So I don't have to worry about it just dying out.

Jac: You might have to just initiate a few calls to friends to push yourself out the door, and then presto the show is back on.

Q: I know, I have had that experience and I just had to make two or three calls.

Jac: Absolutely.

Q: 12:42 My husband loves to stay home; he loves that quiet place, and I'm like **[indiscernible-whispering]**. So I guess I'm looking for....

Jac: If you're afraid of it go there.

Q: I knew you would say that. Last time you said to go with the trees and let each one be a person as a halfway point, but that's not quite working for me. So is there any other suggestion or just go for it, to stay and do what at home?

Jac: 13:12 You want to fill the time at home?

Q: Well I don't know, do I listen to satsangs or do I just sit or do I just..... I mean, also things have to be done you know, like food and stuff, so I should move outside of that.

Jac: Sure.

Q: 13:29 Because I'm prone to depressions when I go into that place, so it's scary. I don't feel depressed here with people; we're in a spiritual realm.

Jac: Sure, is the fear of being alone around disconnecting with life, you know of it going on forever or is it that it will trigger depression? Or is it a little bit of both?

Q: Both, I would say both.

Jac: I'm just thinking of the practical thing of this time of year, and not being allowed natural light.

Q: Create something around that, yes.

Jac: Yes, I'm just wondering. Like another classic time for example to come off antidepressants is April, and there's a month you shouldn't come off, like now.

Q: I tried it in April and it didn't work.

Jac: 14:32 I'm just concerned, I'm just wondering if you're going to be taking on too much by doing that right now [cross talking several words].

Q: Well, I'll still have stuff in my life, like I'll go to yoga so I'm not giving up everything, but staying home for a few hours can be a lot for me 14:50 so I have to do it in gentle [indiscernible word].

Jac: Okay, then this makes more sense so just be gentle around it and take like, "okay there is nothing on this morning so I'm going to go for a walk, I'm going to listen to satsang, I'm going to just be with myself." "I'm just going to meditate for an hour." I don't know, but don't fill it with people.

Q: Don't fill it with people but it's okay to go for walks or listen to satsang. I don't have to just sit.

Jac: You don't have to do anything it's up to you. I'm not sure what you're looking for really.

Q: I don't know either. 15:25 What am I looking for, there's a place, again, where I get real uncomfortable inside myself. It's just this fear, like I'm waiting for the next thing where I can connect or something, it's like, "ahh three hours!"

Jac: Where you can connect, is that with people, or connect with what?

Q: 16:00 It can't just be with people it has to be connecting in some authentic way. It has to be [indiscernible 2-3 words] authenticity, I don't know exactly.

Jac: 16:15 So tell me about the disconnection, describe what that is.

Q: 16:30 I used to have it where I would look outside, I'd be in the house and my husband would be there too, and when I looked outside I would feel like, there's nothing out there. Like I'm just there and there's nothing there. Now there seems to be a lot of feelings of fear, loneliness and sadness; 16:59 the sense of all alone, and there's no one [indiscernible word] there.

Jac: No one there for you or there's no one inside you?

Q: 17:17 No one there for me.

Jac: You can heal that yourself. That's just an idea that you're believing into existence.

Q: Yes, how do I heal that? At one level I know there's no one, so there's that level, but then there's this other level.

Jac: Yes, but the level where you know that there is nothing in there's no one, that doesn't have an emotional reaction.

Q: No, no not at all. No, it's wonderful.

Jac: I mean, there's a gazillion techniques from therapy to like Byron Katie's work. You know, the belief that I'm disconnected or alone, that there's no one here for me, you've got to do a bit of work with that, you know? Do Byron Katie's thing you know, the beliefs around that you have to blow them open. And when that's done test being alone for a while and say, "okay if I'm alone now does this link up? I get now the map you're drawing. It's like your alone time triggers this feeling that there's nobody there for you.

Q: Right.

Jac: So of course you run from being alone. So you're going to have to go with the emotional feeling that has a charge, so that it's the same whether you're with people or not with people,

and the idea of authentic connection is blown out of the water because it has no value. You are whole and complete and there is an equanimity no matter what happens in the world. It's all the same. It really is all the same, but right now the difference is quite pronounced because there's a belief that's running there.

Q: 19:06 Right, but I need to hear from you that it's all the same.

Jac: I totally understand, yes that's fine.

Q: But also the beginning stuff that you were saying about the micro is really helpful too, and putting that into place because the both running, the intellect and the emotional.

Jac: That's right. If it can be seen that subjective perception, that the ability for the body/mind to see things from its own mechanism, if that can be seen for what it is without a personal I, without a me in there grabbing any viewpoint, any sensation, then it would be interesting to tell me what separation is from there.

Q: Also, what does loneliness..... if it's just the body/mind that's doing that and there is no....

Jac: 20:00 Yes, what's loneliness got to do with it.

Q: 20:02 So it's not I it's just all that stuff and what that is.

Jac: Yes, it's just ideas running through perceptions, running through that body/mind mechanism; projecting the ideas as if that's the scenario that's being lived. It's creating its own scenario, and we're trying to fix the scenario and it's like the root cause is these thoughts that have been believed. That's the root cause because you think you're separate, and that the false bit, you're not.

Q: 20:32 So I'm getting now that there's this thing running and it's not..... so it's getting me with this, but now it's just this, like the body/mind versus I with all that.

Jac: Exactly, very good, yes. There is no connection between what you are and the body/mind, none.

Q: Okay, it's running the show.

Jac: Yes, doing its own thing imagining itself into existence.

#08 / 22:13

Q: I feel so lucky to be here. I read your book a short time ago, and I've always felt that I've lived in this world but not really being a part of it. When I was 13 I had a near death experience and I felt very privileged to have that. It's very hard to express the feelings and the oneness that I've held, and coming back into this world I felt like none of it was real. So everything that I've read that you said has resonated. What's going on for me now is, if that experience that I had, that always gave me such a sense of oneness and peace and just a knowingness, and now I'm starting to question that experience because of none of this really exists, what about that experience that I had? Now I have this sense of urgency to get it, to get it right now, and it's such a strong sense of urgency that I need to get it this time. I'm not sure what I want to ask you. I know deep down that none of this is real, that this beingness of who I am is all there is, and I can slip into there sometimes, but the thing that is happening right now, just after reading your book, it's like did that experience.... I always thought that when I died I would go back to that place of oneness and peace and love and unity, and those things I can't even get across verbally, I'll go back to that place. Now, I'm starting to question that experience, and what happens after you die.

Jac: 25:40 Is the body the only block between that experience and now?

Q: It has been. It has been in the way I've thought, yes.

Jac: So how come the truth can be seen while people are still in the body, while the body still works? How would that work then?

Q: 26:39 It's kind of like my mind is wrapping around this different sense of reality or what I perceive to be real, and it's not even the mind it's that centric bit, that inner bit. This is all very new.

Jac: Tell me about this inner bit.

Q: It's the sense of.... It's an emptiness. You know, when I had that near death experience, when I came back I would describe it as love, but now this sense of who I am is becoming more empty. There aren't the feelings anymore it's just emptiness.

Jac: Yes, and that's okay?

Q: Yes it's okay, but I didn't expect it to be like this.

Jac: Is there a you who's feeling empty or is there just emptiness?

Q: Just emptiness.

Jac: Okay, very good.

Q: Yes it's just emptiness and it's a surprise.

Jac: 28:42 Can you see that the description of emptiness and the surprise aspect are minds interpretation of what it can't really get a handle on?

Q: Yes

Jac: So your near death experience that you had at 13, mind has made something of that in the same way.

Q: Yes, and that's what I'm starting to realize. I didn't realize this before.

Jac: Of course, because you grasped it, you needed to have it for a while to give you an anchor to let this break down a bit. Okay, but now the anchor is part of what needs to break down too.

Q: It's been holding me.

Jac: Yes exactly, so the idea, even the memory of what happened there is more mind story. It was a great little gift.

Q: It was.

Jac: Can you check it out?

Q: Yes, it's time.

Jac: Yes it's time to check it out. What's left?

Q: Emptiness, it just feels empty. I'm not quite sure what to do.

Jac: There's nothing to do life just happens. It just continues on its own. The idea of you might come back again and it might not, and it doesn't really matter.

Q: It doesn't really matter?

Jac: No, it's just an idea. It's mind creating some kind of sense of a you, of an identity, you know? It might try that.

Q: Yes, I've been hanging onto that for a long time.

Jac: Yes, it's not actually needed for the natural functioning of life. The character will do her thing she knows her groove.

Q: Thank you, your great!

Jac: I'm just talking garbage actually. It's just movie material about no movie, it nuts.

#09 / 34:49

Q: I'm kind of curious if there is something that would actually naturally arise for me to ask that will come from that place, because I can hear a lot of sort of just for fun kind of things. It seems like sometimes that runs a lot when I'm in social environments especially. I seem to get a lot of things that I don't actually buy into.

Jac: Yes, what do you buy into?

Q: 35:50 The first word that came up was love. I think I buy into love.

Jac: Is it like a universal love or is it love for people, receiving love? Is it personalized or universal?

Q: I think it's both.

Jac: 36:30 Don't stick to the personalized one. If you don't stick to that one you won't stick to the universal. Don't attach to it. Don't need it. It comes and it goes it's transient. Personal love is transient like all things, and the seeing of universal love, the experiencing of universal love is transient, but it's got a bit more consistency than love between people because it's at a cellular level or an atomic level or something.

Q: 37:15 So I really might not need that; I agreed to have that concept, is something to grasp at. Jac You don't need that?

Q: 37:33 That I might not need love as a concept to grasp at, and [indiscernible words-background noise].

Jac: Correct drop both. Possible?

Q: Possible, probably the same thing with service.

Jac: Yes, anything that has a value pull away the value and let it be as it is, comes and goes.

Q: 38:22 What about sometimes there's this sensation of.... And I can feel strong feelings, like there's just a sensation of taking on things that aren't mine. I don't know if that's just a story or something in my.... Like what's happening with the body and the mind and how things are being sorted and shifted, and that kind of thing.

Jac: 38:57 Okay let's have a look at it. When you take on stuff how does it affect you? How do you know that you have something that you have collected in that way?

Q: 39:09 Well, it will just be kind of like a sense of continually being disoriented, and feeling.... I guess a lot of it is around feelings. Like I'll hang around certain people, certain energies, and I'll come back and it's almost like I've become them for a little bit.

Jac: Yes, yes.

Q: 39:46 I don't know, I [indiscernible-whispering]. And I'm quite grounded [indiscernible words] so I don't actually think I'm losing my mind or this kind of thing. There is a real groundedness there, but it's kind of annoying on the phenomenal level of life and just functioning is difficult. Sometimes I don't know if it's just like a poor me story, but that's how it seems that when I..... I don't know, like I can't.... it's just stuff that's kind of hard to describe, like things don't land when people ask, "how are you," 41:01 and I'm like [indiscernible sentence], and I have the functioning to say, "oh I'm fine, the sky is blue, blah, blah, blah," you know? 41:19 [indiscernible couple words]. Then if I go into things like, I guess energy healing, some of it.... I don't know, I had a Reiki session yesterday, that's my story, and that was lovely, you know okay fine, energy like beings and all this, but like deeper I know I'm just playing.

Jac: Yes.

Q: I really know that, it's known, so.... Yes, it is what it is.

Jac: Yes, and when you kind of become porous and absorb something that's around you, is that playing also?

Q: I guess in a way it is, it's playing at not knowing, because it just means that if I'm around people that are.... Like if I'm walking around somebody who is literally mad or I look into their eyes and I can see the split in there, then I seem to absorb that and become....

Jac: 43:01 Yes, you've left that zone for a while?

Q: Yes exactly.

Jac: Yes.

Q: It's kind of silly.

Jac: No, it happens.

Q: And then if I am with somebody really happy and with it, suddenly I can pick up on their happiness or whatever it is. So from the practical level of like my personality, my character, day-to-day stuff, it's just kind of weird.

Jac: 43:44 When you pick up stuff where does it go when it leaves you? How does it leave you?

Q: 43:52 Sometimes it doesn't, I have to be physically in a different space. Like right now, I'll say my dad's energy body; I'm living with my mom and my dad, and my dad is in Ottawa, and so there's a little bit less of me picking up on what his body/mind carries, regardless of whatever the dynamic would be, but who knows. So that's like (sound effect – relief). But I guess it's worse if there is a story of me running. Otherwise, how does it leave, I had all these techniques like go to the water, go find nature, so I tried to like put up a shield. Sound, like I would chant in the mornings, and I'm so tired of always....

Jac: Fixing it.

Q: Yes, I guess there has been a few experiences of kind of radiating, to express it that way, instead of....

Jac: Soaking.

Q: Yes, but even that's just an experience or a landing place.

Jac: 45:51 With something like that it's always a bit of a conundrum to see, well can you take the non-dual perspective and it's like actually it's just energy and it's going to do what it's going to do, and there is just seeing and there's a distance from it. Then there's the price phenomenally that is paid you know, to function, and it's like it doesn't matter but it does matter phenomenally, so okay what to do here.

Q: 46:25 Yes I feel like I could say that with anything you know, things that are not.... It's almost like I can't tell what's good or bad for me in some ways, 46:35 because I leave early and I'm often not judging it. It's just like, "oh energy, energy, wow!" But then it does have a phenomenal affect on me. So to know what road to take even in terms of practical decision making, saying, what would actually be the natural flow for this physical mind/body structure and the character? It seems difficult for that to just naturally happen. You know, it will more often be that there's some thought that flies by like I'll feel like going grocery shopping and my body will get up, and I'll go to the kitchen and my moms, "I'm going grocery shopping," and I'm like (sound affect-stomping). It was some thought that was running in her structure. It would be the same with anybody I lived with. So even this weekend I thought that maybe I'd go through all the whole weekend, and then people started inviting me to things and I sign up for things, and I just feel a little bit out of control in practical terms.

Jac: 48:43 I don't know if I'm on to it or not, but it feels like it could be mixed up with something to do with service. There's a few things going on but will try this if service really resonates for you, it comes with it a whole M.O., a whole system of how to kind of view the world, and dissolve the ego as you're doing service, but in it is this profound acceptance of everything. So whatever comes to you is okay, and what it can do is it can shut down your natural move to move away from this and towards that. I think that's what's happened.

Q: Yes.

Jac: Let it out that's fine.

Q: 52:19 There's this weird kind of, "what have I done," thought. I'm noticing it behind all of it.

Jac: So you've got to separate service from all of this, and find that place that says no, "yes I'm going towards that, I'm going away towards that," and service is something completely different. Even stop service for a while. Just shut it down for a while.

Q: 53:37 Yes, well I notice it, like just in the idea of work, but no matter where I move it would be there, but what would show up is imagery in terms of work. 53:55 They're [indiscernible word] like some of the [indiscernible several words] it would almost be like there would be structures working that would say, "okay you could do this but you can't do that."

Jac: 54:09 [indiscernible word].

Q: 54:10 Like, and if you [indiscernible word] pleasure in service, no way. You know, like definitely, and so you know, I could start to see some of that.

Jac: 54:23 Let it be.

Q: This feels a little weird. Feels like something's, you know more of a slavery or some of the weird spiritual overlays around Christianity, mystics, and things that you used to do, because maybe it was necessary, but I didn't.

Jac: Yes, and that Eastern model doesn't work in the West. It doesn't work it's not of our culture to do it in the same way. There's no harm in dropping service for a while, and whatever work you do let it be Western-style work you know, without that overlay. Just to clean it up and separate things out so that your attitude towards stuff shifts a bit, you know?

Q: 55:17 Yes, because a lot of my skills are in singing and art and those types of things, which in terms of work I found challenging as well, because it..... It seems more like it could be this other belief that I have running, and probably is.

Jac: Yes it is. I know where you're going, and yes, yes.

Q: 55:42 You know where I'm going? I can actually feel it too. [Indiscernible sentence]. Can I drop this from my whole life please?

Jac: Yes, drop service, drop all of it. Art for the sake of art, singing for the sake of singing. Working in a shop for the sake of working not for serving the public, for work. Just pull service out of the whole lot, and give yourself a breather to see what's the most important thing you can do for yourself, which is to get this wiring clear so that your functioning in the world doesn't take your attention, and then if that's sorted then okay. Okay, something needs to be sorted out here, because there's a life that needs to be lived; 56:24 All-be-it not real, all-be-it [cross talking several words] it's still an appearance, you know? Be vigilant about this okay? Pull out the value systems of service, pull it out, yank it out of everything, and let things show you what they naturally are. Let art be art not service. Let talking to your friends, to your mom, cooking dinner be cooking the dinner, not service. Just clean it all up because service bleeds in this porousness, and you've got to be able to function. _____

#10 / 58:14

Q: Where do I start? I'll start with thank you, you broke something open in me that needed to be cracked, service. For me service as a mother, we've talked about this before but it's not clear yet, you told me to be an organic mother; an holistic organic mother, which I'm not.

Jac: In terms of it doesn't flow naturally?

Q: I just don't like myself in this. I don't myself the way I think about my son, because right now I really can't stand him.

Jac: That's okay. That's fine.

Q: I don't think it's fine. I don't think it's fine at all. I see it as my mother who was a horrible mother, and I see it as I'm not doing him a service if I behave like she did, which is totally removed. She never could listen to anything I said and she still can't, and she complains about me. She's just not a very nice person and I try not to be that way with my son, but I've found since he's gone away to university that he treats me like a speck of dirt. That's how I feel. When he comes home he gets what he needs and then, okay off we go, you're done. "I'm done with you now," and that really hurts me because I try so hard not to be her. I don't know how to let that flow. I don't know how, and I want to because I really don't like feeling this way.

Jac: 1:01:41 How would you know if you got this mothering thing down pat? If you did it right, how would you know?

Q: 1:01:59 I wouldn't. I guess I could look at him and not.... I don't know, I could just let him be who he is and just be okay with it all, and I'm not okay with it all. I'm not okay with his behavior, I'm not okay with the way he perceivably treats me. I'm not okay with that. When he left for school I almost had a nervous breakdown, because of the way he treated me before he left. It's funny, but it's kind of the way my mother treats me too. I just walk away from her. I try so hard with her. She's never visited me since I moved here, maybe once when I got married 22 years ago. So I feel like I'm making all these efforts, and these people are just treating me like a speck of dirt just to flick away. I kind of see them both the same really. They're showing up the same way, which is a little ironic. I just don't know how to deal with it. I just don't know how to remove this.

Jac: Stop expecting anything from either of them.

Q: 1:04:11 I just don't know how to be okay with that.

Jac: What would you be sacrificing? What's the price to be paid if you were to stop expecting them to be a certain way?

Q: I don't know, I don't know, I don't know. I don't know, I'm just so stuck in this shit. I'm getting a headache.

Jac: As long as you desire them to be another way, if you desire any behavior from another person it's going to bite you in the ass, and on this path your desires, sooner or later, are not going to get fulfilled just to show you that they are the things that cause suffering, they're not fulfilling. It's not about the other person. When you run a desire and it's not fulfilled, its your desire, it's your gig.

Q: So if it is my desire....

Jac: 1:05:35 [cross speaking].

Q: I own that that's true. I guess it's true. I want to be validated as a daughter, and I want to be validated as a mother, and I'm neither actually because they both have just kind of fallen apart.

Jac: Yes.

Q: You know, I've been told to disown my mother, but I'm not going to do that.

Jac: Okay.

Q: I just don't think it's necessary, but I don't know how to just stand and be the watcher. I don't know how to watch this.

Jac: Stop desiring them to be different than how they are in any way. All the watching in the world won't make a difference if you're still running that desire that you want them to validate you or approve of you or respect you or be civil to you. Any of these desires.... It's showing you about desire. This is the spiritual path showing you about desire, so it's not about them. They're just bumblebees scratching a blind spot about desire you know, it's as close to home as it can get. Immediate family is very effective, so it's a clever one, you know? It's going to teach you about desire.

Q: 1:07:15 [indiscernible word] the habit.

Jac: Yes, spot it and say, "whoa there's my desire again so we'll just drop it, there's no desire here now." Not suppressing it just dropping it. Seeing it as the idea, recognizing it and dropping it.

Q: 1:07:41 I just don't know.... It makes sense, but it's such a strong hold. I'm not saying that I don't want to let it go, I wish I could but I just don't know how. I know, "just drop it" sounds really easy but I don't think it is. I think it's very difficult to do that.

Jac: Yes it is. It sounds easy because it's one simple thing, but it's difficult if you've been running it for years simply because it's a habit to be broken. It's like any addiction you know, it's just a habit to be broken, but one step at a time. Sometimes it will be like, "there's the desire, I can't do anything about it so I'm just going to go in.... It's going to have you sometimes. Sometimes you get distance and you see, "whoa this pain is coming from my desire for him to treat me differently." 'Okay, there's the desire and I'm not going to run that desire, and how it plays is just fine without me wanting it to be any other way." Sometimes you'll get that, that distance and desire, and sometimes you won't. That's the core of the glue in this.

Q: The core of the glue to exist?

Jac: Yes, the I is always there with a desire, you know?

Q: Yes, it's funny as you say that because that's the one thing that I kind of thought I did right, validated was being a mother.

Jac: This is about desire now, that's something else.

Q: No, I think it is. The desire to want to change that pattern, because I saw it as a pattern, and I still do in some respects.

Jac: Sure. Let's see how it stews. Be happy about it.

Q: Be happy about it, yes. (deadpan voice and lots of laughter)

Jac: Yes.

#11 / 1:11:06

Q: I have this question coming in that's kind of delicious.

Jac: You're here with yourself there's nothing else going on.

Q: 1:12:25 My question is going to get lost because it keeps dribbling away.

Jac: Does the I need it or something?

Q: It feels like a little tidying up. When you said that service makes us porous.....

Jac: It's making that woman porous for sure, yes. Not for everybody, you know?

Q: Right, it just occurred to me that desire makes us porous as well. Service makes us porous, service has been a really big thing in my life and it's falling away. That's it. Oh dear it is falling away. This just occurs to me, something about service and the experience of being porous relates to me. There's something about that. It felt more real or it felt..... something, 1:15:21 I don't know [cross talking couple words] or something? It's as if something about being porous was attractive or desirable. It's disappearing. I'm just reporting in that's all.

Jac: 1:16:28 Okay, I don't get it though, when service is porous, what, what....

Q: 1:16:31 Well it seems that something about service and porousness..... something about porousness felt like oneness.

Jac: Yes, it thinned you out in some way.

Q: Yes, thinned me out, and linked me into everything in a kind of way that I'm just seeing that habit or that you know.....

Jac: Yes it does. It has a kind of emerging feel about it that can be quite a drug in itself. Yes it's an antidote to separation you know, because we merge in and you disappear. It's quite a hook that one.

Q: 1:17:31 So don't need it.

Jac: Yes, it's all fine you see, it's, that's how that plays, that's how that plays, and it's all fine. Just seeing it, there is a seeing of it that mind plays like that too, and it's just a phenomenal happening that has nothing to do with you.

Q: And it's a way the character, we talked about this in Ottawa, was getting a particular something.

Jac: Yes.

Q: I'm retiring. It feels like a retiring.

Jac: Excellent, and if participation happens again it may be different. Let there be no juice in any of it. You don't need juice, what you are doesn't need juice only the I is interested in juice.

#12 / 1:20:23

Q: Is there something that might be too personal?

Jac: I don't know, will try it and find out.

Q: Okay, I'm just curious about your being engaged. So what about romantic love?

Jac: What about it?

Q: What do you have to say about that?

Jac: 1:21:27 This guy, that it looks like I'm going to marry next year, he said one day, "well what do you feel?" I said, "I don't know." "Well, where are we around this love thing or being in love?" All I can do is say, "well when I'm physically with you something just in the energy of this whatever, body energy or whatever you call it, body/mind, something in it relaxes, it just shifts." There's a different groove when I'm physically beside him or with him or whatever. There's a different groove that the energy goes into and it feels delicious, and he said, "that's being in love." I said, "call it what you like." I really don't know but there's an energetic movement that happens with him and I've never felt that energetic thing before. I really don't know what being in love means, I really don't know, but he says that's being in love so I'm very happy to use those words if that's what that means; I don't mind, but that's what it feels like, there's an energetic thing. It's a physiological.... Something is noticed for sure, yes. That's the closest I can get to feeling whatever it is.

Q: 1:23:26 So it's kind of an agreement that you're going to investigate that together.

Jac: I'm not going to investigate at all I suppose. A question came last July and a yes came out of my mouth, and the mind is playing catch-up you know, watching this agreement to get married. And then it was like, okay when do we do this, 1:23:53 and it's like (sound affect), fine, okay, this is what's happening now, you know? One thing though, any time that this Jac character has said never her face has been stuck into it, every time. Everything I've ever said never to, it's like, "there you go my dear try never now." That's something I can see plays a bit. So there was, never get married, never be in a relationship again, and I mean, there was a time when I said I'll never have sex again, really. This perspective was very influenced by India really, influenced by the idea I suppose that certain activities in life have no place once the truth is seen, but life has shown me that this isn't so at all, that this is a misunderstanding.

Q: 1:25:09 I'm not surprised. I would say that's a common concept, and that's probably where the questions coming from. So do you like some people more than others?

Jac: This energy brings change. It's like it's part of my wiring. About 20 years ago some really good psychic guy, he's passed away now; he was from California, he used to come to Ireland and do readings, and he did a reading that blew my socks off, just blew my socks off. I used to do a lot of that 20 years ago. He said, whatever is moving and changing around you is fine for you, but you're going to physically feel shitty and sick if what's around you doesn't move like you do, and this kind of stayed there for a while. It's like when I'm near the sea and if it's very still, I feel better if it's moving a lot. A lot of movement and change happens at satsang, so there's like a wellness that comes from satsang. It doesn't motivate me to do anything because whatever happens, happens, and if there is a wellness or not a wellness both are fine. There is a same sameness about them, but there's definitely a sense that when something around me moves I'm well. So if there's somebody who doesn't have a lot of movement or is fearful of change and nausea comes. Now there's more of a movement away, it's just like (sound affect – vwoop) and it's like I'm gone. Five years ago there would have been a nausea and it's like, "god what's the nausea around?" Eventually one day it's like, "my god it's like I'm moving," 1:27:00 and I'm grating myself. It's like my energy field is always just..... It just moves very quickly. There's this speed in my energy field and if I'm with somebody who can't fit into that cog and move it's awful!

Q: It's sort of organic.

Jac: Yes, it's totally an organic thing! It's like listening to somebody scrape their nails on a blackboard you know, if there's no movement around me, you know?

Q: 1:27:26 So how do you feel right now?

Jac: Great!

Q: Yes!

Jac: Yes, and even if satsang is crappy it's fine. Do you know what I mean? You know that it's all just story and nobody at all is anywhere near kind of getting what the whole thing is about, but you know there's still change happening. You know, it's still only phenomenal change. It's still only change of the world, and so this energy form responds to change of the world, you know because it's constantly shifting and changing. I mean, look at the countries I've lived in in the last few years, and it's like that always. Even with four years at the University I moved house all of the time, so I had something like 14 houses in 4 years, and that's typical; change, change, change, move, move, move, move. So thank heavens for satsang because it's about

changing what you're not, you know? And just thinking now, I'm wondering if it would be possible for Jac to just sit and do the absolutist thing like in the style of Tony Parsons or those who just sit you know, and it's only pointing towards the absolute, only. I think this form would be sick, I really do because it's like, (sound affect-blowing, blowing, blowing) come on move it, move it, move it, move it, move what you're not. You know, there's no option but to do it, movement you know. Or music, it's like movement, movement, movement. It just seems to be part of this wiring.

Q: 1:29:19 It's very cathartic for a lot of people to come and sit here. Is it cathartic for you as well? Is there something healing for you as well?

Jac: 1:29:33 I don't think so. It's tiring on the body simply because mental attention has to be present, you know? Is that healing? No it doesn't feel like it's cathartical healing. It just feels like it's fun because there's movement.

#13 / 1:30:30

Q: Since we jumped into the..... First of all I thought I would just follow up on that and ask you about your experience at Arunachala. I was there twice and I think I'm playing catch-up in a big way trying to figure out what that was all about. I showed up there more or less by accident, and started walking around the mountain and doing things, and it seems as though a lot happened, but I didn't really have a grip on it then and I don't really have a grip on it now either. I'm curious to know what you think of that place and what your experience of it was.

Jac: 1:31:11 It's a fantastic vortex! It's an energetic hotspot!

Q: 1:31:29 What it felt like, I felt like a mummy being unwrapped and just spinning off in all directions, you know just flinging it all away, go, gone. I've been kind of dealing with the aftermath ever since, and I think about it from time to time. When I went the first time I definitely knew I wasn't finished and I made a vow to myself to go back, which I was able to do. The second time something..... I still would love to go back and I hope I will, but that real bad urgency isn't there. Sometimes I just walk and I feel the same thing, I feel that presence just walking.

Jac: Like here.

Q: 1:32:28 Oh yes, yes, and just walking down the street.

Jac: Okay.

Q: So something is shifting or changing or integrating or something.

Jac: Does the movement of walking, when the body is doing it does it remember something from the walking around Arunachala?

Q: Yes maybe, yes. There might be some echo.

Jac: Some echo is right, yes. Walk lots, huh?

Q: I haven't been walking enough so I'll will try to walk more.

Jac: Just walk when you can without forcing yourself. You see, with an energy hotspot like that what it does is dissolves some neurological pathways, and it is a catalyst. If you are at the stage of going more into the ego and more into power and that sort of thing, or whatever, 1:33:29 it's going to (sound affect) throw you in there and if you're on the way out it's going to throw you out. It's just is a catalyst, you know? So from that point of view it's different for everybody. One great thing that happens there is when they light that fire. What's it called that fire they light in November? Deepam; they light it at the top of the mountain for 10 days. Before that,

man it's like there's an accumulation of dumpsters, energetic dumpsters, and it's quite rough there just beforehand, and then it's crystal clear afterwards, which is an extraordinary thing because hotspot and all as it is, that energetic clearing, everything that's been given to the mountain or tossed to the mountain, phenomenally it has to get transformed or transmuted in some way, and that fire is just a gem how that happens, you know? So pure and all that it is there's still a phenomenal clearing of the energy that needs to happen for the next round of it. The only place I've ever felt the same frequency, now I don't know if it's the same frequency but it's the way I pick up the frequency, the Jac form picks up the frequency in Arunachala, the only place I picked it up was in Badrinath, way up near the Chinese border up in the Himalayas. That is a sacred space that is covered in snow for six months of the year, and then when the snow melts, it's open from May until September or something, and it's a place of pilgrimage with the Temple and a sacred thing in the middle of it and guesthouses around it, and then in comes the snow and phump, and it's way, way up, and it's funny because it gets covered in white snow for six months of the year. It's like, "you ain't going here." It's interesting that these real hotspots have their way of clearing themselves to take the next load of stuff that we are offloading, you know? It's beautiful how the earth does this, you know because we are beings of the Earth too, you know? So it's going to be a catalyst for whatever, either push you deeper or pull you out of it you know, but it brings about complete transformation, and yes the mind does play catch-up.

Q: 1:35:47 I had no expectations at all, and I didn't really know anything about place, but I went there because people said it was going to be warm. I was really cold in the North, it was a cold winter, and they said, "oh go to Thiruvannamalai it's really warm down there," and I said, "oh warm that's great."

Jac: Wow, you were going for the heat.

Q: It just started to happen, and even then I was playing catch-up, "what's going on here?" I kept looking at that mountain thinking, "there something going on with that."

Jac: Yes.

Q: Well, I'm going to try and make it down for the big festival one year if I can to experience that. The crowds must be....

Jac: Yes they're crazy but that's part of the magic. It's a funny place, you know? I remember walking around it on the inner path one time, there's two paths, the outer is on a road and the inner path is just a mountain path that comes out to the road eventually, as I was walking the inner path and meandering the little bit I got a little bit lost, and the physical body I think was just standing there looking I guess, but every part of the awareness of what Jac calls herself went into the mountain, like, walked – into – the – mountain. I know the body was outside, I know it was, because when I was coming back out I saw it and do you know it was like, "oh Jesus," and I walked into it. I know this sounds bananas but anyway, and I thought it walked into the mountain, and it was like a whole other universe! I don't know what it was, but the first thing was this huge waterfall, huge waterfall! Behind that there was this wise guy, really wise guy just sitting down with a book and talking to a dozen people who were sitting on the grass. It was like a whole universe, like a park with exquisite aliveness almost as vivid as, you know the Wizard of Oz when she goes to munchkin land and the flowers are vibrant, it was like that. Not plastic looking but completely vibrant, completely alive 1:38:09 kind of [indiscernible word] butterflies, and life like fully alive! It was just like, "jeeppers, jeeppers!" There was a pull to

walk up to this guy and I couldn't. I couldn't go any further and I couldn't hear what he was saying. There was no access to it, so whatever that was I wasn't allowed to go there or I couldn't go there or whatever, you know? I mean, that's nuts that kind of stuff, do you know?

Q: 1:38:37 Ramana spoke of beings living in the mountain.

Jac: He did yes. I remember another day walking, there was something going on but sometimes you don't even know what it is but it's like, "okay go to the mountain, get to the mountain," and it's like it's the only tool that you have sometimes, you know? I went up a little bit on the path to the first cave and I took a left and went over this route. There is like a little small meandering path and then it's just rocks and bushes, and there was this rock that I climbed up to and it took me to another rock, and I sat on top of the rock. I was just sitting there you know, "okay I don't know what it is but may it break soon because I need this one cleared," and whatever, I was in the middle of just churning through this stuff, you know? 1:39:23 A dog came, and [indiscernible word] is full of dogs, it was one of those skinny kind of scabby filled rough looking dogs you know, and it came sprinting along from nowhere! It came sprinting along straight for my rock, but I was so weary and so like, "I can't do this anymore," so it was one of those ego breaking down moments, and along comes this dog and it jumps up on my rock, and it jumped up on the rock behind me and leaned himself up against me. This is a wild dog, right? So he leans himself up against me and I felt him and I thought, "I can't do anything else but just lie against him," so I laid up against the dog and started to cry and cry and cry and cry. Then I caught my breath, the dog got up and ran away. I mean it was like.... It's just a phenomenal place!

Q: 1:40:17 That's just the kind of place where that can happen.

Jac: And it really does regularly. Those kind of things happen regularly there. It's just not bound, whatever energy is there it's not bound by the limitations of the regular world, the grid that the rest of the world plugs into; the Morphic Field that the rest of the world agrees to download. It just seems to be immune from it, you know?

Q: A different set of rules.

Jac: Yes.

Q: 1:40:49 You know I'm going to try and get back there. Again, I don't have that same urge, but the first time that was bad. Leaving there that first trip was the most horrible thing I've ever had to do actually. Getting into the Taxi was like, "oh no!" I think it's probably worth another trip.

Jac: I think so.

Q: Sew that up again more and just see what happens next. It seems to happen fast there you know, your head spins and you just kind of go with it. You throw caution to the winds and just go.

Jac: That's right just surrender to it. Just let it take you let it have you. It will only take what you're not.

Audience: 1:41:46 Where is this place? Where are you talking about?

Audience Response: 1:41:55 mostly indiscernible. Ramana Maharshi spent..... sacred..... thousand of years ago.....

#14 / 1:42:13

Q: It just felt like the perfect time to come up because I've been wondering about this question of energy and frequency. During the past year it feels like everywhere I go I feel some energy, and I don't really understand it so I wondered if you could expand a little bit on that conversation. It's just everywhere, and sometimes it's dark and sometimes it's light, and sometimes it's heavy. It kind of knocks me around, which I was talking about yesterday, so I just wondered.... I suppose if it's irresistible you'll go for it or go into it or whatever, but I guess it's been kind of perplexing actually because it's just everywhere.

Jac: 1:43:01 Yes, all of it is energy, but your character is energy too.

Q: That's what I feel like I am now just energy, a ball of energy flying around.

Jac: Yes, but it can be a still ball of energy too. A grounded ball of energy.

Q: I think that's maybe what we're exploring here, but we'll have to see what happens around that. I just wonder what that is. You know how you were just taken over by the mountain, what is that? It's like sometimes to, when to follow it and when not to, but I suppose you know, right? You know when you just have to go into it.

Jac: 1:43:46 You have a choice?

Q: No, I guess you don't, but I guess the thing that's hard about it, and I listen to you in various talks that you've given, but sometimes you're just knocked around by it. I just wondered what I'm being knocked around by. Not even me but the energy, like what is it? Recently it's been very strange, like people just giving me things. They say, "I think you need protection," so they give me a bracelet. I'm like, "from what?" I don't know, I just get these things and I just wonder if there's like.... Someone was telling me about entities coming in and protecting yourself. I don't understand. Not that my head has to understand that but I'm asking from a different place actually.

Jac: 1:44:34 Where are you asking from if it's not your head trying to understand?

Q: It's from energy. It's just wondering about.... I don't know because it's really not from a head place. It's just from that energetic place. I don't know how to describe it, but I guess I just wonder what it is.

Jac: What energy is?

Q: Yes, maybe that's it.

Jac: It's just molecules moving.

Q: So molecules are moving at the mountain differently than....

Jac: Yes, just a different speed.

Q: So that's kind of what I meant, it's more about speed of molecules and what affects all of that, and how come I can go into a room and it can feel so spacious and beautiful, and it's just so lovely, and then I can actually be in a place where it's so contracted. I don't know for me where I am in all of it. 1:45:42 It just feels like in the Castaneda books it's like the **nagual**, and all of a sudden I'm in this place, it's wild, and then I travel out of it. I don't know, so that's really in the spirit of that conversation, what is all of that? The frequency, what is frequency and how you plug into different frequencies? With people too there are certain frequencies of people.

Jac: 1:46:06 Yes, I'm not sure why you're concerned about it?

Q: I'm not sure if it's concern from the ego, but I would probably say it's more deep curiosity. I don't know where that question is coming from, but it doesn't come from the head it feels from a different place.

Jac: 1:46:39 If you break anything down, like the chair or your skin or a root of your hair, if you break it down you're going to find atoms. It's going to go right down to the smallest particle you can, you know? When you break that down it ends up being space, and the only thing that we can actually quantify in any of that is energy. It's just energy, and energy can't be created nor destroyed. Energy can just simply change from one form into another. So if you remove all the ideas that things are like a plant and a bottle and a recorder, if we remove all the labels, 1:47:27 and if perception shifts to the point that subject/object is a divergent functioning, if there is something phenomenal all it is is energy and that's the shared baseline, energy. Frequency wise we can call that love, but really scientifically what it is, is energy.

Q: 1:47:53 So the love part, I guess what I was saying is that sometimes I can be around in a certain environment and I feel so much..... I call it love but I don't know what that.... it just feels like so much love, and then I can be in another place and it can feel like fear, but it's like contraction, and then someplace else grief. So that's just curious from a deeper place, what is that, and frequencies of those different emotions have different frequencies?

Jac: 1:48:24 They're different frequencies, different sounds even. If you threw them on a graft and made a different sound, the fear frequency is very low pitched.

Q: Maybe this isn't a helpful question, but okay, the frequency is low so I'm feeling low frequency, and so when there is a high-frequency is that your natural state sort of guiding you? I mean, I don't want to be around that low-frequency so I want to get out of here, you know?

Jac: Yes, there is movement away from it. If it doesn't resonate with you there would be a natural movement away from it, but if it presses your buttons, if you've got something to match up to with it to meet it, you'll want to hang out there. Even if it feels crappy you'll still want to hang out there.

Q: Okay, I don't want to hang out there anymore. When I'm out and about I want to go to places like satsang or read about satsang or watch people. That's all I want to do because I don't want that, that frequency hurts. I don't know if I really want to call it hurt, but I feel like I'm energy and it.... Yes I guess it just hurts. So something tells me to, "let's move away." I suppose I need to go somewhere where there's more higher frequencies. But I just wondered what that was is all I'm saying, because I notice it a lot. I can notice it immediately everywhere I go.

Jac: 1:50:10 Start checking out a little bit about science, what science is saying about this. Quantum physics. Just start dabbling a bit just to get a flavor of the language and how these things work. Because science is..... that's the scientific approach.

Q: I can feel like when I'm around someone and it's the high-frequency, I feel like I'm.... And it feels like a little buzzing. It's strange, and I kept saying, "what is that?" Sometimes it's hard I have to say, because you know at a workplace it can be in a very dark place and now I can't be there anymore. I just can't work in a place like that anymore.

Jac: Sure, that's all right. There are other places.

Q: So when I'm interviewing I'll say, "well tell me a little about the work environment." I think what I'm speaking a little bit to is how exquisitely sensitive I've become, and part of it is like, I don't know where to go with this, how to live in the world with this. I will go back and try the grounding. I know I have to do that.

Jac: 1:51:44 Yes, you have to get some handle on functioning.

Q: I used to know how, so I think it will come back but not in the same way. I think that's what I was realizing that I won't be in the same way that I used to. So that's what the problem is I've been trying to go back into an old.... But I can't do it.

Jac: 1:52:09 No, you can't do that. You can't go backwards on this one.

Q: No going back, so okay something new. I think this is kind of what I'm feeling is like, how do I.... But the sense of like it's really hard at the moment, because very few places I feel like.... I just feel a little knocked around, so maybe with the grounding I will be able to tolerate a little more.

Jac: 1:52:32 You will yes. It won't throw you as much, you know?

Q: Right, that's what I feel. I almost feel that if it's too dark I really need to go away, but what's coming in?

Jac: Well that's just mind trying to control it and know everything, and you're all in your head about this, you know?

Q: No, no, no, no, I meant the energy. It was more like what's coming in is.... It's actually that I'm moving away but it's more like.... I think really what my head is trying to say is, how are you going to live in this world?

Jac: Just get grounded and forget about the how. Just get grounded. That's all; you've got to get grounded! There's no need to kind of plan and work it all out, and find out what is this and what is that, just don't worry about it it's just life. Be here right now, be present, and that's it you know, in the body and work from there, "okay where is identification still running?" That's the gig. Figuring out what energy is and going into quantum physics that's fine and it will be a lovely distraction, and maybe you need the information, but you'll be back right here asking the same questions again, you know?

Q: No, no, no, no, I really need to ask the questions, but I think really about the energy I'm just acknowledging that that's how I've been noticing it, and I'm just so sensitive to energy, and that kind of caught my attention.

Jac: 1:53:53 If you're more grounded the sensitivity is just noticed and there's nothing, there's no account of it all. You naturally move towards or against and they'll be no, "there's dark energy there so I'm moving away from it." That labeling will completely stop. It's just all energy, but right now you're feeling the extremes of it, and that's the dualistic thing, you know doing its part of subject/object, good/bad, I like/I don't like, high/low or whatever. It's just figuring out the energy world, but that too will be dropped and there will be an organic movement towards or away and there is no sense of why or what. There is no reason for any of it, and right now mind is finding reasons for it. So you're actually going deeper into the rabbit hole.

Q: 1:54:36 I see, so really it's time for grounding.

Jac: Absolutely it's time for ground, and your mind is convinced that if it had more information it could work it out, but it's like you're just getting deeper and deeper into the rabbit hole, do you see?

Q: Yes I can appreciate that because that's what this mind does.

#00 / 1:56:20

Q: I'm wondering when we're going back to India.

Jac: It's in the air isn't it; I can taste it. Talking about Arunachala like that seemed to crank up something. It's coming I guess.

#15 / 1:58:03

Q: A man with big problem. You were talking about science; Einstein said, "E equals MC squared," the relationship between matter and energy, quantum mechanics. It is such a wide subject.

1:58:44 My problem, I recently had a terrifying experience. On and off when I was growing up I would have a dream of drowning; I'm in the water and I can't breathe, but this time I just woke up full of fear, and immediately inside I start chanting this ritual chant we do at home, and then the mind thinks of Jackie and everything calms down and I'm okay. She was in the area. I live in Ottawa and she was one hour drive. After that I look at that experience, "where the hell is this fear coming from?" In all the books I've read they told me that you're still identified with this body/mind. You think you are this body/mind, and it was dying. Somewhere the fear came up, "hey, hey, hey, you're dying!" The understanding I have of things around us is that there is no such thing as death. There's no such thing! I understand that, and that understanding came to me "hey it knows." Then I said, "no, your consciousness still thinks you are a body/mind." How do I disidentify? How do I go about it? The only knowledge I have, there's only one way of disidentifying from your body/mind, from your thought, which is grace. No other way. You're living in the relative world and you cannot reach the absolute from the relative. You can't unless the absolute says, "come have resting." "Enough movement enough energy come rest." Every molecule in this universe is vibrating, of course it's energy, and seeking that resting. All real seekers want rest, and where do I find? Right here is the only place I know. That's my spiritual teacher, and it finishes there. You people talked about the mountain, and Ramana Maharshi was there. His energy is still vibrating there but it is still energy. You're still in phenomenon whatever you feel. Jackie said, "you know, I felt this way; this thing happened to me," all phenomenon. Until you had tasted rest you couldn't be having satsangs. How about giving me a little rest? Is it asking too much?

Jac: 2:02:49 You might have more success in asking an ATM machine. So can you see that you're asking what you really are?

Q: Yes, but I define my problem, what I am is still identified with this body/mind. This has to break!

Jac: What you are can't identify with anything.

Q: Correct, then this appearance of fear told me that I am identified, otherwise this fear has no meaning. Even when I'm now awake I know there is no death, but my heart is beating and fear is coming, I'm dying! Why this thought?

Jac: 2:03:49 Any thought can come through, if it is believed or not this is the question. So some thought was believed in that moment.

Q: This is another problem, I am sleeping and I wake up with this thing. I was not aware of any thought at that time going. Awareness is there, thought cannot come unless awareness is there. I understand all these mechanisms; I've read enough, I've read your book, what more do I need?

Jac: You're a funny fish.

Q: 2:04:36 Well I have read [indiscernible-text] I have read Atmananda, I have read Lucille, your book, listened to so many YouTube's. I think I comprehend all this, but still I am identified, so now where do I go?

Jac: Can mind identify why mind is still interested in body/mind identification? It still is of interest to you, body/mind identification.

Q: 2:05:21 I don't think it's very surprising to this audience that I don't even want to live! I mean I am there, I say, "hey, hey, hey, what the hell am I doing here?" I told my two boys many, many times, "your father doesn't know what the hell he's doing on this Earth?" 2:05:40 I'm not needed, all I'm doing is I'm being **weight** on this Earth and **destroying food**. That's all I'm doing, and they look into my **veins**, "dad!" It's amazing, and then I'll go.... certain things I like I'll just do it, and actually life is a celebration, 2:06:08 and the condition on [indiscernible word] that you don't celebrate life by hurting others. In your celebration it should be pure celebration, no hurt. Nobody must get hurt or it's not celebration. 2:06:25 That's my understanding of the **spiritual** teachers, **where I don't know**. If Jackie doesn't give me that rest where the hell do I go? There's no other place I know. I know it for sure.

Jac: So how come the I keeps getting picked up as if it's valid, as if it's real? Why is that thought being picked up? Why is it so attractive still?

Q: 2:07:01 My problem is that I woke up with that feeling, that fear, and at that time there were no thoughts. I was dreaming. I didn't see a nightmare or something that I was going through and this thing is happening and I woke up, no. I just woke up and my heart is going and right away my mind goes into those chants, and I started to think of Jackie and everything calmed down, and I said, "I'm okay." I admitted that I don't even want to live. It would have been, "hey good luck to you, you wanted it now go!" That thought should have gone right away. So in other words, that thought I have created in my head, "oh you don't want to live you know," 2:07:56 somewhere in the back of my head, "oh yeah, yeah I **want to live**."

Jac: Yes, you do want to continue.

Q: That I can analyze and see.

Jac: Yes, so can you drop the desire to go?

Q: 2:08:17 The only way I think of fulfilling this desire of going, because I **don't** find phenomenon very interesting to me when I'm rational and thinking, is that I start strongly praying for it. Then the unmanifest has to listen. He's already listening. Whatever I'm saying is being heard. 2:08:48 It's not that I'm speaking and it's [indiscernible couple words] this wish will be granted.

Jac: 2:08:59 Is there a knowing that it will be granted?

Q: Yes, because the whole manifestation is to fulfill your wishes, your desires. The whole manifestation is for that. The unmanifested, okay go and have fun, go and celebrate life, 2:09:20 and everyone will end up being **jovial**. Even going through all kinds of misery, "she made me cry;" I identified so easily with people. If I see pain I will feel that pain. I identify so easily I cannot see movies; the more there are scenes which are full of pain I start crying. My son laughs and says, "oh leaky eyes again, huh?" So when I say I identify it's not the false I which is identifying it's consciousness which is identifying.

Jac: It is?

Q: Yes, because....

Jac: But you're giving it attention.

Q: The other I doesn't exist. If this body/mind does anything it will get me nowhere, absolutely nowhere because there's nobody doing it. It will be a happening, it will be grace if this doing takes me towards rest. It will be a happening, it will be grace. It will not because I is not there to do things.

Jac: Sure.

Q: 2:10:54 It will be happening and it will be grace. [Indiscernible sentence] please.

Jac: 2:11:11 So you know the I is not real and you know that consciousness is creating the idea of the I....

Q: That's a mental construct yes.

Jac: Okay, are both of those mental constructs or do you know either of those to be true?

Q: Consciousness is, it is a fact. It's the bases of everything.

Jac: Okay, and do you know that's what's creating the idea of separation?

Q: 2:11:46 I understand there is no separation, there is no second there is only one. I know all these things because I have read them over and over again, and people come and we discuss them and we sort out things, but again, this experience of having fear, I say, "no, no, no, no, you are identified somewhere."

Jac: Yes.

Q: There is something not right.

Jac: Yes.

Q: And the only place that something can be set right is here.

Jac: When fear like this arises, is it that consciousness is creating that fear, and how can that not be right?

Q: 2:12:40 Consciousness knows no fear. Fear generated is because of identification; consciousness on its own knows no fear. There is no fear in it, consciousness knows no fear. When identified with this body/mind with thought then fear can come. It's bothering me, "you reading so much and waking up with fear, what the hell is happening here?"

Jac: Okay, but isn't consciousness creating the idea of identification, and the idea of identification then creates the fear?

Q: It is the choice of consciousness.

Jac: 2:13:35 So it all traces back to consciousness, and it's just the link in between that consciousness has created identification and identification creates the fear, okay?

Consciousness has created the identification but you're making it your problem. It's not a problem.

Q: 2:13:53 No, no, I don't exist to create the problem!

Jac: No you don't, but you're bringing in a concept now. Let's look at really where your belief system is really at instead of bringing in what you know intellectually. I'm after what presents as real to you.

Q: My belief system says that when you are bothered with these things, where do you go for solutions? And the only solution to this problem is here.

Jac: Do you think you have limited your solution possibilities?

Q: No, that is the ultimate solution because there is no other solution anywhere.

Jac: Maybe that's a limitation.

Q: It could be a limitation in my head because identification is there, but no limitation here. I am not bothered by many things; I have a very peaceful life, and as a matter of fact I am enjoying whatever I'm doing. All the time to this body/mind I say, "okay what do you want?" "A little Scottish water?" "Okay." "Or a nice steak," what the hell. So life is not a bother. God is very gracious to me and gave me a very beautiful life, but I still get bothered with things that I should be over with by now.

Jac: 2:15:40 Let the ways of grace be unlimited, the interventions of grace be unlimited. Grace can come through a bird, grace can come through a telephone call, grace can come through a dream at night. Let the whole thing broaden, because there's something about your approach that has made a narrowing like the top of a bottle, you know? It's like a bottleneck so let it broaden, and be more open for any moment for anything to show you where identification is causing the problem. When that's seen then it doesn't have you anymore and the hypnosis is broken. Let something broaden; don't be so hard and fast around issues like this because it's wider, it's unlimited.

Q: 2:16:56 Could I bring up the last time I was here? I described the words I read that Nisargadatta Maharaj had in his satsang, and there is a seeker sitting in front of him 2:17:15 and he is full of compassion and showering grace, he just looked at him and he said, "nothing to worry about, I was like you, you will be like me," 2:17:30 [indiscernible 2-3 words].

Jac: There's no difference between what you are and what Jac is.

Q: He always said that, and he said, "all these people who are sitting there pretending to be seekers, they're pretending." "They are in the real essence what I am." That I understand. Those words are mentally very clear, but they will not become real if they don't come from Jackie's mind.

Jac: This was the limitation I'm after.

Q: 2:18:22 You are not limited because I know. How these people see you I don't know, but I know you're not limited.

Jac: What I am is not limited, and it is the very same thing as what you are.

Q: Very correct, I didn't deny it I can feel it. Let me tell you other things that happened to me by reading all the things many times, 2:18:54 [indiscernible 1-2 words] very old and this body is you know,.... I don't know why the hell consciousness needs this body anyway it's an old body. I would be walking in the mall just to keep the body moving, and in my head I would be the space in which all these people are walking around, including my body. I will be traveling in my bus, and in my mind I will think, "I am this space in which this bus is moving, and my body within it." But the space is moving through me and this body is moving, because we are all holograms. We are all empty but we think we are solid, but I know for sure this is not. Science tells me that we're not solid. Do you know how many cosmic rays are coming and passing through us? Radiation is all around us passing through us and we think we're solid. You go for an X-ray, are you solid? You go for an MRI, you're solid? Those things pass through you because we're not solid we're holograms. I know all these things, I know science, I know all those things, but my problem is, why the hell did this fear come on me? It has to be identification otherwise.... Consciousness doesn't know fear.

2:20:39 The other question I have, can consciousness perceive on his throne, doesn't need this body and senses?

Jac: Yes it can.

Q: Great, now when I read our Scriptures, over there they say that these things are happening around us. And I said, "how the hell, I don't see those things?" These people said, "we are perceiving all these things." We are all one in different bodies, but we are all one in essence. They perceive it and I can't see it. Can you see it? (Asking the audience) Anybody else, can you see that we are all one awareness? We know it mentally yes, she said it. What she says is the truth this is the beauty of it.

Jac: Anything that's said cannot be the truth at all because it's only more phenomenal.

Q: These are the pointers.

Jac: Yes I know, but the oneness that you speak of must also be thrown away. The oneness is one too many, and even if you say, "one without a second" mind will still use this to be a phenomenal one. So it's okay to take a jump from separation, whether or not oneness is known it doesn't matter go beyond one, go to the absence of one and now take absence away.

Q: 2:22:31 This question came up too, why not the spiritual teacher, and he says, "beyond the concept of one." He just put a digit there. 2:22:47 He said, "does this digit need to go [indiscernible word] is there an implied two in it?" When you put a digit one it means one. When you put a digit two it means two. There is no implied things in there, so he put one. So he brought not two, no second, by putting in a digit. He said, "look at the digit, what did I say?" 2:23:21 He said, "[indiscernible couple words] so he said, "all is one, one is all and all is one."

Jac: Okay, but the oneness validates the phenomenal. It validates consciousness, and what you are is prior to consciousness.

Q: Yes, the unmanifested.

Jac: So one, there's also prior to that one without a second. If it's conceptual it's too much.

Q: 2:23:53 What I asked for is not that I become all, the consciousness is all and I know it, but I don't want to be all. I want to be what was prior....

Jac: Don't be all, exactly, go all the way. Don't mind the all is one layer, jump it, jump it prior to all of it and rest there.

Q: Thank you, that's all I wanted to hear. You see how it came?

Jac: You're a funny duck.

The End