

Unedited First Draft Transcription – Sex and Power - 2014 November 02 (AM)
Carlsbad, CA
#01 through #11

Greeting:

Good morning everybody, and welcome to this [indiscernible 1 to 2 words] talking about things we really can't talk about, but there we go will try anyway. So welcome to the new faces that haven't been here over the weekend, and there are some very different facial expressions to those who have been here for the last few days. Astrid you look like a different woman.

Audience: There's definitely a shift.

Yes there's definitely a shift. Something is quite different there, great. Is there anything left over from yesterday that we need to wrap up first? I'd love to start there and then open it. Let's start with these three first, and will just go straight on because it's our last day and it feels like there's going to be lots to explore.

Questions & Answers:

#01 / 01:32

Q: If I could share, the second half of yesterday there was a lot of pieces there for me. I'll be doing **Andreas** practice as well. 1:48 I guess it's not [indiscernible 1 word]

Jac: Whatever works for you. Just to say to other people, to use a new age term, it was almost a download when Andreas spoke yesterday. There was absolute clarity of a few pieces of karma that he needs to deal with, and the next phase of his life is going to be kind of screwed up if he doesn't get the karma out of the way first. It's going to obscure and make a lot of obstacles in his way, and what just came was that starting today for 365 days do one act of kindness anonymously as possible, so that his system gets used to giving without expecting anything in return. This will actually change his wiring in some way and dissolve the karma. So that's just to fill you in, that's what came with huge force through this form. It was like, "it's so important that he get this because it is going to make his life so much smoother!" So just to fill people in.

Q: 3:03 One area that I really want help with is..... my heart is beating so fast right now because it's out, in the area where I really get pulled into the separate self identity is in the area of sexuality. I derived a lot of worth because that was my identity. It largely was derived from that, being attractive or being..... I'm ready to tackle that and let go of that. As I was feeling into some of the nuances of it, some of the experiences when I watched it unfold is like a desire to possess.

Jac: Yes okay, ahhh.

Q: 4:10 I'm not really sure what's..... There feels like there's a lot there, more than one thing. I say there's a lot but there's more than one thing there. So whatever you can say to that.

Jac: 4:27 Okay we've got the desire to possess, so let's look at that one first. Is that a contemporary idea or is that like a really basic genetic disposition that has come up from the caveman? How old is this, and you're the one that can feel it.

Q: It feels pretty automatic so I'm going to say probably caveman.

Jac: Is it like a basic human.....

Q: There is also like a little story when I attach to it that it would mean something. Like if I had that it would mean something, 5:12 and that when [indiscernible word] just in my life [indiscernible word] the objectification of seeing a beautiful girl and saying, "I want that."

Jac: Yes, and when you get it what does it mean?

Q: 5:34 Having looked at this before, my babysitter was the television, and I saw that if you have money you have power and if you have power you get the girl. I didn't have money and I didn't really feel like I had power either, but somehow I was able to end up with beautiful girls. So it meant that there was some worth or importance or something derived from that.

Jac: Yes, does that give you control or does it kind of weave backwards to give you power?

Q: It weaves backwards to give me power, but it's more worth than power.

Jac: Yes, so a status kind of worth?

Q: Status that's the word.

Jac: Yes, yes we live in a culture where beautiful women are trophies.

Q: And I so get that I'm missing out. When I was in school for psychology I saw that I was missing the beauty of the people, the beauty of the person. Eventually I would see it but when I saw that in school then my friendships opened up to all the beautiful people, and I was able to see the beauty in all people. But there is still what feels like a strong hold in this area.

Jac: Okay, so if you didn't have that status then, to never go after that status, to not fit into that grid of where the status gives you a feel good factor, who are you without the status? You know, what would it be like in regular daily life not to have that status at all and never to go after it?

Q: 7:37 That's exactly why I feel like I can adopt what came through for Andreas, is the specialness. It's like there's a sense of wanting to. So to answer the question, I would just be normal, I would be anonymous.

Jac: You would. Have you ever gone there or do you run from it?

Q: I'd probably run from it.

Jac: You run from it.

Q: Yes.

Jac: How do you know you're ready to go into it now?

Q: Because it's up.

Jac: And when something is up you're ready?

Q: It's here.

Jac: Yes okay, but does that mean..... I mean, you know something can be up and here but we can like scoot around and hide from it for another five years. That happens too.

Q: This one doesn't do that very much.

Jac: Great, okay good for you!

Q: 8:35 So far as the courage, if there's anywhere in my life where I see courage it's in this area, where I can go straight into it.

Jac: Good, okay that's your style. Have you ever dated an ugly woman? What is the size you would say is ugly?

Q: I don't know that I have, but I have dated women that I didn't find striking or beautiful because of the radiance that was there, you know?

Jac: But ugly?

Q: No.

Jac: That might be an interesting thing to do. Sober you know, it's easy to do anything when you're out of your tree on something or other, but sober, you know just to see what would come up. It would be an interesting exercise, wouldn't it? Go after a woman who is totally not attractive, and just see, "what am I hiding from?" Because you're going for the opposite okay, so there's an avoidance of what your status monitor says, "oh I can't touch that because I'm after this," and I'm saying to go into that and you're really going to see what you're hiding from.

Q: Okay.

Jac: And that will show you the set of beliefs that are underneath it, and trying to find..... Okay there is a thing that is..... I'd like you to find this, that there is a thing called a sexual attraction which has nothing to do with the eyes; you know having a conditioned set up ideas of what is attractive. I'd love you to find the raw sexual attraction which is independent to the visual stimuli that has come from conditioning.

Q: 10:46 Yes, I have felt that and I ran from it.

Jac: And you ran from it.

Q: 10:49 Because my mind goes like.....

Jac: Yes, great! Great you're already at the door of it, fantastic! That's what I'm looking for, because if we do this, if you find out what is raw sexual attraction, you know what's your natural impulse of sexual attraction, without the package of conditioning of what is beautiful, so much will be freed up and you will find out that there was power, and all the different ways that you manipulate the natural flow. Looking at that in the wider scale the natural movement of consciousness gets freed up. The densest area is sex for almost all of us, so whatever comes through you.... If your conditioned mind has been obscuring the natural movement of consciousness, if it's doing it in sex it's doing it in loads of other areas. If you go after sex loads of things fall down.

Q: 11:48 [cross talking] slower because my mind is reeling. [Indiscernible sentence- background noise].

Jac: Yeah yeah yeah yeah, it's great that you named it and you can see it! So if we look at the example of sex but in a broader scale, freedom is when the personal I does not come in with its ideas in order to upscale the natural flow of consciousness. So your mind tries to upscale, right? So we're looking at sex really as an example of how the natural movement of consciousness can be interfered with by mind trying to upgrade what consciousness is naturally doing. That's really what I'm after in terms of the bigger picture. So sex is just a very dense way of doing it because it's the stickiest. For almost all people it's the stickiest. So to find what is that natural movement, and my mind is saying, "not a hope, I couldn't work this out," or "I could not shag.....," sorry, whatever language you use for you know, "no I couldn't even kiss her." So it's like, "okay mind I hear it but you know, shut up and let's see if there's a movement towards it." So the mind goes to the side and all the conditioned ideas, and then there's a surrender to the natural movement within you, and then you'll find freedom. Then it will balance, then sexual drive will balance, and then fantasies start to fade a little bit. They can be there but they actually don't do it for you anymore, you know? They're about nothing it's just daydreaming. When all of that tames down there is a lot of relief.

Q: 13:54 Yes it's creating a busy mind.

Jac: Yes it's got quite a momentum, and it feeds on itself, it spirals, you know? Once you get into that loop it just leads in one way and it takes quite a bit of work to like backtrack, "drop it, are you really interested in that, is that really what you want?" It's like, "well it's great, it's fantasy, it's something to think about, but what's wrong with right here right now?" "What are you running from?" So I'm kind of mapping out the different areas that could come up as you explore this.

Q: 14:35 Okay, [indiscernible sentence].

Jac: Yes, good. What happens is that sex is just great fun, it's just fun. It can mean intimacy, and other times it just means nothing really it's just sex; bodies having fun. The range is there but there's no stickiness. There's no stickiness, it doesn't mean anything outside of anything. It's just in and of itself a great fun thing to do, but it's clean. It's just clean, you see? There's no label, no status, no potency, no meaning, nothing it's just a physical activity. It's like climbing the stairs or going for a run, brushing my teeth, sex, same-same.

Q: More fun than brushing my teeth.

Jac: Yes more fun than brushing your teeth for sure.

Q: 15:34 Another piece from yesterday, there is a history of addiction with this one and clearing or cleared of it, and the piece that you were saying about rule breaking, you know the little rush from breaking small rules, can you say more to that because it resonated when I heard it.

Jac: Yes, it's definitely an addictive thing isn't it. It's part of that vein it is. You know the little voice in mind that tends to go with an addictive nature, the little voice that says, "ooh I shouldn't do that, tee hee hee, therefore I will."

Q: Oh it's totally rebellious.

Jac: Yes it is! So it sets up the rule to break the rule. It's setting up its own rule to break the rule, it's bizarre. You can turn it on its flip you know, and set up a goal to achieve, but actually it's like if you play with it in that way, or set up a different should to break it, it's actually not dropping the paradigm. The whole paradigm there is, "what's the original rule that now I'm getting a buzz out of the idea of breaking it?" "I shouldn't do that, where did I get that rule really?" "I'm kidding myself here," and the rule very often is something that's constructive or loving, but there is a self-destructive nature when we have an addictive pattern. There is a self-destruct in there, and something that's loving and constructive we see as boring or conventional or do-goodish, and the rebellious nature wants to smash it! So the thing is to have a look at the "I shouldn't," and it's like, "really!" "Really what is that?" Is that like a parental voice, is it a goody two shoes voice, is it an offshoot of some kind of religious belief, where in my brain do I work out that I should not do that, that that's coming from someplace I don't like, someplace of like, "(sound affect 17:57) you think you've got power in telling me the right thing to do?" "I'm in charge." And the rebellion begins and off we go. The rebel breaks out and hurts themselves basically. So to transcend that whole paradigm it's about breaking down where the rule comes from. It's like, what have you added into that to allow you the buzz of being a rebel? What qualities have you given that voice that says you should not?

Q: 18:28 Authority.

Jac: Yes, so then something around your own relationship with authority, something about that.

Q: 18:42 I did [indiscernible word] with authority, so some of it was released but obviously there's still more there.

Jac: There's a little voice that you had held onto I think, you know because if the rebel is still very potent well there's some little voice still there. Sometimes when we do a piece of work and something is still hanging on, it's almost like our identity will be weakened if we don't have that part of our game continuing. It maintains some thread of the old identity, and it's just the ego saying, "okay you've processed that but I want to hang on to the habit of it." "I'm just going to keep the habit." 19:24 It's lost its charge, but the habit keeps [indiscernible word]. It could be just a habit with no potency at all. If you've done a lot of work on something just have a look for the habit.

Q: That makes sense.

Jac: Yes it feels right for you actually, it's just a habit. You just didn't nip the wiring you know, that runs that story. It's about nothing, authority is about nothing it's just this play of power that our brain does it's nothing. There's great freedom when there's no authority anywhere. You know it's like, "authority what's that?" It's like a little software program over here for certain structures, you know? It doesn't touch what's moving through you, it has nothing to do with it.

Q: 20:09 Okay, anything else that your..... Like if we do a [indiscernible word] or [indiscernible word], is there anything that wants to be shared with me?

Jac: 20:37 You're doing okay.

Q: I accept.

Jac: You know what might get confusing is the relationship between intimacy and sex. There's probably some little thing there that has to be weeded out, just to kind of wave a little bit of a flag over that area.

Q: Yes, recently someone came into my life. 21:11 I went to the [indiscernible 1-2 words] weekend thing up there, and there was some tantra stuff there, and that was my first experience of tantra in that way. What I came away with from the experience was really that separation was like, "holy cow" I can have that level of intimacy without it going into sex, without it leading somewhere.

Jac: Yes, okay good you're onto then. Good that's great.

#02 / 22:08

Q: Yesterday made a tremendous difference. The difference between embodying a relationship to source and feeling like I can embody it, there was still a sense of within what, right? Within me, but there was a me-ness. So we talked yesterday about dissolving and melting, and the difference is tremendous! It moves like on a physical level, it feels like that instead of holding it in a container and it grows within me, but then it kind of hits an edge and it was like, "okay it's still contained within me, and I feel it on my skin. I feel like my whole skin is melting, like my edge melting into and merging with just that magnificence. I was playing with it, and I was thinking that if I could look at a mountain and say, "wow that's magnificent," and I could look at flowers and say, "that's perfect," and I could look at babies, "love, wonderful!" "Why is it when I turned my gaze towards me it is harder to say, "well why wouldn't I be as magnificent, as perfect, as lovely?" So when I let myself melting into it I can be all those things, but then there is a hook and the hook is, "ooh I got this!"

Jac: I see.

Q: 23:43 Right, it's this sense of, "oh good I am figuring this out and this is going to be good for me."

Jac: Yes, the I isn't dissolved then. You know that, it has come back up for air out of the dissolution. Oh this is great to claim it!

Q: Exactly, so I just wanted to explore that with you. That hook of being able to.... It's there for a moment and then the I grabs it and says, "that's mine, this awareness is mine."

Jac: 24:15 Yes, so what to do with that?

Q: Yes, how to be with it, what to do with it, different ways of looking at it.

Jac: Yes, so the mind is you know, identification with thought happens again, and mind grasps the idea because it wants to get it. One thing that's very useful is to tell mind, because mind needs to know that it can't get it. It actually is a piece of information that mind needs to get because it can't get it, and mind actually is able to accept that it can't get it, and then it's not so sticky, it doesn't come with you so much.

Q: 24:52 Yes, even just you saying that my mind kind of goes, yes you're probably right, but I can't.

Jac: No, it can't go there.

Q: This isn't mine to grasp.

Jac: It can't go there. It's outside of the scope, the realm of accessibility for mind. So identified mind is either switched on or it's switched off pretty much, and in this work we aim for it to be switched off permanently. That's what happens. So if it switches back on any story will do, so it's either like, "ooh I would really like that for lunch" or "I've gotten this self realization thing" or "look at this experience, look what I'm doing I'm nearly there" or "I am there." Any story will do! Any story at all! So the fact is that in one way sure it's important to tell the mind, "you can't go there actually, you don't have it, you just coming back with a delicious story because you're turned on again." You know, you're back on again and something has left the merging with source, you know? If we look at it issue by issue you'll be there forever looking at what stories are potent, you know turn back on the identification. I'd like to invite you to see that everything your mind says is BS, everything! It is a liar! It's a liar that's really what mind is, it's a liar. It can only lie because it is a tool to manage within the lie, within the dream, within the illusion, and that's ultimately not true.

Q: So it's like being in a relationship with somebody who is abusive or a liar, and trying to stay in it rather than finally saying, "you know what, no."

Jac: Yes, it's kind of like that.

Q: 27:00 That comes back to the faith we were talking about yesterday.

Jac: Yes, and when you're saying no, you know it's tricky because you feel like mind is saying no to mind, and all you're doing is dropping identification. It's like I'm not believing what mind is doing so go back to source, go back to source. If the position of I is, "I'm not believing what mind is doing," well you are actually because you're just believing that you're not believing; actually that's all, you're taking a stance of not believing the mind, well what's doing that? The personal I is doing that. So it's like the motion of switching off the switch for identification is like, not believing it, not buying it and drop back into source. Don't hang out there. It's just a motion so turn off the switch and get out of the room.

Q: 27:54 Right, rather than, "I'm not buying it and here's why I'm not buying it."

Jac: Bingo! That's buying it.

Q: 27:59 Not drop into the feeling again and be there.

Jac: That's right, and drop and drop, drop, drop into capitol R reality. Drop into source as often as you notice that you're out, that you're in the movie again, and the body/mind will function you know, something else will function, and mind will be picked up in order to communicate, use language to write an e-mail, answer a phone call, go to work or drive the car. Of course mind will be picked up used and dropped down, and it loses its stickiness. You're not in the stories you're just in the functioning capacity of being human. Mind gets picked up and dropped.

Q: 28:37 I love figuring things out, understanding them, and relating that understanding, so it feels like a need to quote "understand."

Jac: Yes okay.

Q: 28:50 So the mind then is identifying with itself as an understanding as I'm getting it as a [indiscernible word].

Jac: Yes, but if that is what helps you that's okay. There will be a point when your mind won't be able to understand the material, but that something deeper is going on. So as long as you know, "yes, my mind is doing....," that's not exactly a trick it's just that it has limited scope, the understanding is limited, you know?

Q: Yes, okay

#03 / 29:25

Q: One other question, next weekend I'm doing a deep down journey using some plant medicine. The reason I've decided to go with the plant medicine is because that's where I realized that I can really let go for a real surrender.

Jac: Yes it is.

Q: And it's scary.

Jac: Okay.

Q: Does anything come to you of what I might want to be with?

Jac: Have you done plant medicine before?

Q: Yes.

Jac: Okay, and do you usually have one intention before you put yourself into neutral and let it fly?

Q: 30:08 Often not, often it's just let's see what comes. Early on one of my experiences was that I went absolutely gray and numb, and it was so scary that my body.... it wouldn't have mattered how much substance or anything I had, because I just dropped all connection with anything. I've had that experience in the past, and I think that's pretty much past, so it hasn't been necessarily with an intention it's just been, "let's see what happens."

Jac: Okay, because the more open you can be to let the spirit of the medicine do it's work, trust the wisdom of the medicine itself. That's what I would go for. So I was kind of just checking out to see if you have done that before, or if that is too much of a leap to like have zero agenda, so that's great, you know

Q: I can zero it out more.

Jac: Yes, it's just like, "okay, all right over to you" "Whatever you need me to see or whatever, whatever, it's carte blanche, off you go."

Q: 31:06 [indiscernible word]

Jac: Yes, and it's held, it safe?

Q: Yes very much so.

Jac: Then you're fine. That's the most important thing that the environment is safely held.

Q: Yes, this is a community with whom I've done work with for a long time.

Jac: Fantastic, yes, plant medicine is great, but all it can do is show you mind, you know? That's all it's doing really is exposing other facets of your mind to you of what it is and how it works. It just blows out the limits! Yes it's good. It's a good way to work. Enjoy it.

Q: Yes I will. I was thinking this morning of how I really appreciate how source moves through you.

Jac: Thank you; how what we all are moves through the forms, and that's all it is. We are all that same source moving right now, holding the microphone in your right hand and putting your right foot over your left knee. That's source doing that too, the very same source.

#04 / 32:30

Q: I wasn't really familiar with you at all until I went to the Inner Directions website, and decided I wanted to come and see. I didn't really have any intention of getting up here because I get everything you say, and although I've identified with a lot of the ideas and a lot of different thoughts that people have, I feel like I just kind of went to sleep. I have released a lot of these ideas, and so I feel like I just wanted to keep moving. I feel like I'm happy person. I enjoy my life, you know all the love, and you know there's a few little dips, but they're not very frequent like they were in my earlier days of spirituality where sometimes every day or twice a day, but it seems to have spread out and sometimes months go by. I've kind of listened to you talk about, like when you mentioned your relationship with your partner and when that story ends you just walk away, and I've done a lot of that where I just closed the story, but sometimes feelings come up, and I'm not really sure..... I can't identify them, and I'm not really sure where they came from. They could be maybe a relationship that didn't really come about like I had maybe thought it was going to, or you know a lot of times it's special, like my daughter. I had a chance to stay with my dad for a while when he was in bad shape, and it was interesting because you see so many of your patterns, "oh my God that's where I got that pattern?" "Gee that's me I can't believe it." So we carry stuff that we don't know so how do we..... I just practice releasing these things because I really don't know what else to do with them, like a feeling of sadness will come or maybe a false joy or a false happiness because you're in an environment where you're supposed to be happy, right?

Jac: Are you?

Q: 34:38 Sometimes I just try to blend with the environment I'm in, but there are these feelings like I said, and there's a source but I don't know what it is. So what do I do with that? Do I just keep on releasing it?

Jac: I'd like another little bit about your experience of feelings. Like, was there a time in your life when you didn't feel so much?

Q: Well you know, that period when I was with my dad I noticed, you know he's older....

Jac: They usually aren't they, dads?

Q: It's funny because the military guys, you know your dad is your hero, right? I mean, he's a tough guy, he was in the wars and he did a lot of stuff, but when they get older there is a lot of fear that you just see because they can't do what they used to do, and all the stuff.

Jac: Yes, so your image of him got challenged.

Q: 35:53 That, and then I see how fragile we are, and a lot of times instead of just ending a story we cover it up. So that's what I'm seeing with that, and with aspects of myself also. When I hear people discussing the same things, I've delved through some of these challenges and thought I had put them behind me, but like I said there's just these feelings that come up and I'm not really sure where they come from. You know like the guy, two guys ago, that was talking about the women, that was me when I was in my teens and my 20s, you know just chasing all the time and that's all I wanted to do, but in my 30s and 40s I've kind of come out of that. The last relationship that I had the woman was like that, like I was in my 20s, and it totally turned me off because I just wanted a little intimacy, and that's what I was looking for. So it was almost like a reversal role. I feel like I'm floating around here, but basically I guess my question is that we have so much unidentified stuff, do I just keep releasing it? I mean, besides all that I have a feeling of sadness, and I don't know where it comes from so I just recognize it as sadness and try not to put anything with it. I try to just rest my mind and feel that feeling.

Jac: 37:35 So feelings come without story.

Q: Sometimes they do, yes.

Jac: Do they last for long in their expression?

Q: Not really. I think some of these are..... You know I have my daughter, I'm not married anymore, but with my daughter there is an obvious shift in our relationship because of my relationship with her mother. I can just tell, there's stuff she throws at me and I just try to keep letting it go, but there's a part of me that is not really letting go of those feelings because I want to justify my side. The ego wants to justify and defend. I really put a lot of effort into not doing that, defending that, so anyway, there is some stuff there, and I'm not sure.... Like I say, I can't identify the feelings, and some things are harder to release than others like my dad or family situations, brothers, sisters, and all that. When somebody's older there's a lot of stuff happening, so I try to live..... One thing I use for a guideline is that I find trust that all things work together for God, and with my dad I just try to allow him to be who is, and I try not to really judge, and that's what I also do with my daughter. You know, sometimes when she throws little things, you know I realize they aren't really coming from her, but I just try and duck fast so it doesn't hit me. You have that concerned look. 39:21 I've had [indiscernible word] look at me like that.

Jac: 39:26 Don't take anything personally.

Q: Okay, coming from you?

Jac: No, as a rule of thumb for your own way to live every single day. Don't take anything personally.

Q: 39:45 That's how I try and live, and actually when I was sitting in the chair waiting for my turn, you know it's funny I've really become aware of these skits that you try and build like, "okay am I going to do it, what am I going to say when I get up there," so for me it was just sitting back there and releasing, releasing, releasing. I wanted to be talking from my heart basically when I got up here.

Jac: Do you feel you're talking from your heart?

Q: I do actually. I wasn't going to go into that area about the family and my daughter.

Jac: Okay, so tell me about love.

Q: 40:20 My own love, I don't really think about love. I don't really identify with love because I, you know like 40:32 say I live my life..... [cross talking]

Jac: Is there love? I'm not saying love for or love about or love towards, I'm just saying is there love.

Q: Yes, I love everything about my dream, my life, I mean there's not really anything I don't like.

Jac: And is there love, not for but for the sake of love itself? Is it a thing in and of itself, or is it always connected too. Do you see the difference?

Q: 41:19 Yeah, but I'm not sure if I understand where you're going with it because I don't really..... I'm kind of confused on that thought, because with who I think I am I feel that I love, and I feel that everything is just an extension of myself, which is also part of that. I'm not sure if I know what you mean.

Jac: Okay, you're operating a lot from your head, and then you're talking about feelings and your head wants to understand these feelings and kind of puts them in a category to see if they are okay, or are things dealt with or not dealt with. So your head is trying to you know, get a handle on something that absolutely is an independent thing to your head. So the most potent feeling of all is love, you know? So I was wondering if we could just talk about love without it being in a context where your brain can have some take on it. Can the feeling part of you speak without it being run through your mind?

Q: 42:48 [indiscernible words] I'm confused as to what you're asking me say.

Jac: Your mind will be confused and that's all right, that's fine. Sink into the other place.

Q: Actually I feel like I'm always in a state of confusion. That's how I see the world, I see the world as chaos and confusion, and a lot of times when I'm watching things they just don't make sense to me. So I guess it makes sense but I don't make sense to myself.

Jac: But it might make sense to the love part of you, to the feeling part of you. It might make sense there because your mind is asking, "where do these feelings come from?" You asked that question a few times and it's like, you know if you just sit in that feeling part of you you might get the answer.

Q: 43:46 Well that's actually what I try and do. I try to sit in there, and I try and get rid of the thought and rest my mind, and not go somewhere else to just distract myself from the feeling. I try to stay in the feeling, and that's to the extent that I think I go with that. I don't know, there's feelings there that are coming up, so are they coming up for the healing? They must be because they come up, but from where I don't know, my subconscious?

Jac: 44:24 Your mind wants to put it in a box again.

Q: 44:26 It does want to put it in a box, of course it does [indiscernible words] mind, right, ego thought, so..... Well it seems like I'm doing the right thing then just by letting the thoughts come and then not really addressing them.

Jac: Letting the thoughts come and not addressing them.

Q: 44:48 Yes or the feelings [cross talking].

Jac: Which one were you talking about?

Q: Well, let the feelings come up and not addressing them with thoughts, so not trying to identify them.

Jac: Let's look at that beautiful Freudian slip; let the thoughts come and don't address them, because your mind is in charge to an extent that's not working for you anymore.

Q: Yes, I feel that idea very often, that thought.

Jac: Yes, so the way you're looking at feelings right now, "I don't know where they come from, I don't know but suppose I just keep releasing them or what," and it's like, you know what, thoughts can just come up and go. Don't give them the credibility that you're giving them. You've given a huge amount of power to your mind, and you are so much more than your mind. So we've got to kind of let all the different parts of your human manifestation shine, not just your mind but all the other parts shine, and if that's in balance you know what, it's much easier for the vista to get much, much wider. So it's not about understanding your feelings it's just about, "hey okay there's a feeling, you know what mind it's not your domain." And just stay with it and find love beneath it, because when the feeling is expressed you'll find love underneath it, and that's what you're looking for. I'd love to see you expand your capacity to feel, and less emphasis on thinking.

Q: Okay, I'll think about it.

Jac: Will you think about it!

Q: I know my mind, when I listen to.... I have a thinking mind.

Jac: Yes and that's fine, but you're giving it a huge amount of credibility, a huge amount of power.

Q: 46:44 It's funny, staying with my dad like I did last year it really took me back a while because I thought I was farther along when I recognized all those patterns, "oh my God that's still me, I still have that thought," you know? 47:01 So it's kind of a good [indiscernible word].

Jac: Yes, it's a good leveler. Yes go live with your folks that will show you. They say you know that it's a test for awakening. You know, if you think you've seen the truth go live with your folks for a couple of months and then you'll know.

Q: Well that's the training ground I have.

Jac: Yes, it's great that you were given the opportunity for it. Go into the feeling a bit more, even if it's like, "okay I just woke up, how do I feel?" And not like, "oh my body's tight here I need to stretch, I need to....." No, no, "how do I feel?" Just give space to that other part of you. It's not going to be easy to do that, because what we're doing is taking power away from your mind. So it's going to need a bit of discipline, but it's worth it.

Q: It will be, thank you.

#05 / 48:09

Q: I had to be tricked to get here.

Jac: The universe did a bit of magic, good.

Q: Yes, and I'm really, really, glad that I came, and have the opportunity to talk to you to get help with a problem that I don't really have much awareness of, and certainly not how to get rid of it. I have had chronic hip pain for 10 years so I went to a healer, a medical intuitive, and was working with him just once a year for like four years. And then the final time he basically said, "you have an emotional block and you've got to get rid of it, because you only have one more year to....." He didn't say die, but he was so mad at me. So I thought, "okay I better do something." That was two years ago and I did get past that year. Anyway, it's been in the back of my mind and I've done several other things that you know, were supposed to help me or that I thought would help me, and I'm still left with my pain. Pain seems to be a very good motivator for me, but how do I get rid of my emotional block?

Jac: 49:40 Do you believe him?

Q: Obviously! I wish I didn't but I was pretty..... not frightened but you know..... Because I was kind of..... Well I don't really know how to explain how I felt, but my husband never liked him. He went a few times and thought you know, just whatever. I know that it's something that I have buried.

Jac: Okay, it does resonate.

Q: Yes actually it does resonate. What he did say is that because it is on the right side of your body it's the left brain, and that means you're not getting enough male support. 50:27 Of course then I blamed my husband for [indiscernible several words-laughter], and my husband didn't like that! But it sort of was a convenient excuse or something to be upset, "why am I the only one who does housework?"

Jac: 50:54 Sure, we all have that rank it's a female thing, you know?

Q: So anyway getting here I really didn't know who you were, but my friend said we've got to do this it's a Course in Miracles workshop or something like that. I just immediately signed up, and then yesterday I was like, "oh this is really different than I thought."

Jac: It's not a Course in Miracles.

Q: It's not, but it's even better for me.

Jac: 51:31 Okay here is one scenario, what if the emotional block was released but the pain didn't go?

Q: That could be.

Jac: Is that okay?

Q: Yes.

Jac: Okay, I'm not a medic, but there really can be physiological changes in our bodies as we get older and it's just wear and tear, you know?

Q: Yes, there was from an injury.

Jac: You know the body has its own way of healing itself, and then sometimes it just can't heal itself and we need another intervention, be it holistic or allopathic. There are layers to the body I suppose and always leave space for the body to do the body's thing without any other story on top. That said, competitiveness.

Q: 52:26 I think I'm competitive, but I'm always..... well because I'm so used to losing so many things that I guess I've modulated that competitiveness. But it is still there because now instead of being competitive athletically I think I'm more competitive intellectually. You know, I'm addicted to information so.....

Jac: Unpack this a bit, what's this?

Q: Well I think that might be where my competitiveness comes up, "well I found that information first before you."

Jac: Okay, and that has a charge for you.

Q: Yes.

Jac: Yes there's something about this. Is it about having the right information or having it first? Is it the content of the information or is it actually being first?

Q: Well I've been so wrong so many times in my life after believing I was so right, that now I've really done so many u-turns because I realize what I initially might think or have been taught isn't necessarily the truth, and I've had to learn it.

Jac: Yes.

Q: So I think I've tried to learn what the truth is, although it is pretty challenging in this day of media and propaganda and all that.

Jac: Okay, so this right and wrong paradigm of what's true and what's false in that right and wrong, have you ever seen that that's just a paradigm, that that's just a framework that's only valid within a certain sphere or zone?

Q: 54:16 Yes, and I've gotten over some of those. I was raised Catholic and so believed it that I was hoping God wasn't calling me to be a nun, and he probably should have been. Then when I was able to finally leave the Catholic Church, and I was so mad for so many years 54:38 that it took Muktananda to help me get over all that anger, and he did, but now of course I've transferred a lot of that anger to some of the more contemporary issues, you know like what's in the media now, which is Ebola. But when the anger comes up I think, "oh yes this is just like my old Catholic dilemma, and I can't be giving it so much power that I should be angry."

Jac: 55:11 It's like it's all right and wrong it's either one or the other.

Q: Yes I think so. Yes that sounds right, and I've got to.....

Jac: What a straitjacket that you have yourself in. Life is gray you know, as opposed to black and white, it's great. It depends on which way you turn your head, it's white there and black there, and it's actually gray. There is a mix of everything all the time.

Q: 55:38 Right, I tend to go to extremes you know, I try to get extremely [indiscernible work].

Jac: Why?

Q: Well I think it's that same right and wrong kind of thing, "well this is right to be healthy, and this is what you do to stay healthy, you know because that's right."

Jac: God it's so tight, huh?

Q: Well I hadn't thought of it as being so tight, but the anger is where I can see that this isn't serving me.

Jac: So what if things were to get loose?

Q: Great!

Jac: Can you let yourself get loose?

Q: How? Maybe an exercise or something, but then it goes to, "what can 'I' do?" Again, to get right.

Jac: To make it right, yeah, yeah. "Because if I'm getting loose I have to do it properly!"

Q: It's funny, I can see that.

Jac: Sure, yes it's very constricted this perspective.

Q: And yet there's part of me that knows this is a choice that I have..... I don't know how to.....

Jac: It's a habit now, you know?

Q: Yes, it's a habit. So anyway, I sufficiently tricked myself into being here.

Jac: What do you believe happens after you pass away?

Q: Well, I believe in eternal life.

Jac: For everybody?

Q: Oh yes, yes I think there is only life.

Jac: Equally for everybody?

Q: Equally, why not equally?

Jac: I don't know I'm asking you.

Q: No I believe that.

Jac: So why are you ticking off brownie points for yourself? For what?

Q: Well, I did all those first Fridays, so it means I'm automatically saved.

Jac: But what are you investing in now?

Q: Yes, why do I keep that up? I imagine habit.

Jac: 58:00 Is there any belief anywhere that you'll be punished or something, I don't know.

Q: I think that's part of the right wrong because I was raised in a very strict.....

Jac: Yes, what's holding it together?

Q: I'm not sure.

Jac: If you get loose you know, it might feel like a sloppy or kind of like willy-nilly, all the things that you don't like, you know? So if you get more fluid in yourself it's easier to see the yes and the no, the yin the yang, you know you can swing between one extreme and the other. Today you like sweet corn and tomorrow, "you know I don't like that anymore." "Well actually I do like it." I'm being silly but it's like swinging, swinging, swinging the swing so there's no tightly held principle, belief, pattern or habit.

Q: Wow.

Jac: Yes, so you've got this position about Ebola today and wouldn't it be great if you have that position about it tomorrow. That kind of freedom.

Q: Yes, right now that seems awfully hard to imagine.

Jac: That's the looseness that your system is crying..... It's like, "get me out of here I'm in a straitjacket!!!" I totally get the anger. I totally get the anger, and the anger is going to stay until it's like, "okay what's the opposite position?"

Q: And that's probably my hip pain.

Jac: Yes, your hip is about competitiveness. That's the emotional issue competitiveness, but still your hip might still be painful afterwards. It might be, because the body has its own path, but that's the emotional issue.

Q: Well it doesn't interfere.

Jac: Yes, the emotional thing is competitiveness for sure. So this kind of fluidity, whenever you're holding a position it's like, "okay let's see what the opposite argument says." What would it be like to come from there? So, so and so is posing the opposite message on Fox news, 1:00:02 now what kind of a [indiscernible word] would they have? Try to understand, "I could be that person too if my set of cards were different." "That could be my position too." Whereas right now they're wrong or they're misinformed, you know? And it's like, "okay rather than judging let's try and understand where that perspective is coming from," because I'd love to see where you have the flexibility to see both sides. So if you were talking to somebody in the store this morning and you've that position, and you're talking to your husband later on and you have the opposite position. That would be fantastic!

Q: 1:00:36 Well that would be like you know, being raised where I was a total Catholic, and then going to the total opposite side where I was totally not, and that was a pretty big swing. But yes I do tend to go to extremes.

Jac: Yes that's right. It's much softer, it's much more fluid. Really it's much more fluid and easier and more natural, you know? You know a flower, particularly a sunflower, all flowers are a little bit like this you know, "I'm going to bloom if I'm not in the shade," and it's like, "oh it's over this way this morning you know, and when I closed last night it was actually 180° away." "Huh, how did that happen?" So the sunflower says, "oh you're in that direction now okay fine," you know that kind of fluidity.

Q: 1:01:38 Maybe cultivating a middle-of-the-road attitude.

Jac: Yes! Yes, leaving space for the two extremes but not grasping any position. Get loose. Do you understand a bit more what I'm saying about getting loose?

Q: Well, I understand in my head, but does my body understand it?

Jac: Is your body tight anywhere right now?

Q: Well yes, because I've been nervous about coming up here.

Jac: Sure, breathe into that now and get relaxed. Just let your body be a blob. Blob is good.

Q: So practice being a blob.

Jac: Yes! Practice being a blob, absolutely. And still go for walks, and do whatever you do, and eat healthy because that's common sense, but it won't be driven.

Q: Yes that's right. So just practicing that or thinking that I must cultivate being a blob, that is something that I can keep remembering and that will help me be not so extreme in either direction.

Jac: Yes, and be sure not to make practicing being a blob an extreme thing.

Q: An extreme practice, right, yes how can you talk about non-duality in a dual world.

Jac: Yes, while you're sitting here today just keep checking in and any time you say, "oh no they're wrong, I would say this." Say, "stop, stop, stop, let's just try and understand where could that perspective be coming from?" Without judgment

Q: So you don't think that I actually have some kind of emotional block that's causing my hip pain? I guess that I believed him.

Jac: 1:03:51 yes, there is an issue that's causing the pain. Is it an emotional block, no it's a pattern. It's a tight pattern that stems from some kind of competition of getting it right and wrong. That's what it is, and whether that comes under an emotional issue category I don't know, but that pattern isn't working for you anymore. Your body is not able to support it anymore, you know? Let everything get soft.

#06 / 1:04:50

Q: I was raised in a culture in Sweden where they even have a law called Jantelagen, which means, "who do you think you are?" I mean it's culturally ingrained in me.

Jac: Good Lord!

Q: 1:05:04 So what I would like to address today is that I feel trapped. I grew up with a goody two shoes..... 1:05:23 I did everything to be loved, to be recognized. Then many, many years ago I started looking at books and sitting with people like you, and everywhere I'm being told in these books that you cannot gain any happiness out here, it's all in here. I read and I read, and I listen to people, but somewhere I trapped myself into thinking, "what's the point of you doing anything?" So I feel like I have sidestepped life. I know that there is still grief because I lost my son last year, but that's not all of it, it's like a grief from a whole entire life.

Jac: That's right, that's up yes.

Q: 1:06:24 I just feel so trapped, and I don't know..... where do I go now [indiscernible 2 words] now. I've done all these things that probably was so that I looked good, that I look spiritual or that I look this way or that way, but where is that natural..... Like last time I was here someone asked you why do you do this, and you said, "because it's fun!" And I was like, "okay but I'm not having fun." So where's my fun?

Jac: Yes, where is your fun?

Q: 1:07:03 I don't know what that is, or am I just denying life, because you also said that you know, life is where your feet are, but there is still a trap, and I feel it's because I was such a goody two shoes person that maybe I'm holding myself back from something that I would really love to do.

Jac: Yes!

Q: And that's scary.

Jac: What's scary about it? It's to be celebrated. There is a new phase opening up which has no rules of being good. What's scary about that?

Q: The, "who do you think you are."

Jac: Yes, but that's in Sweden so leave it there. You're not in Sweden anymore; you got out good for you.

Q: Yes, I really feel that the life force is going out of me.

Jac: Yes, unless you have fun yes. What's play? Talk to me about play.

Q: 1:08:15 Well, I did this singing workshop with [indiscernible 1-2 words]. There's a part of me that likes to entertain. I'm an entertainer, and I'm very good on stage and I really connect with people, but that's not spiritual.

Jac: 1:08:28 Oh [indiscernible word] spiritual! Being spiritual, I mean what the heck is spiritual?

Q: I need to hear this because it's just like I've been so conditioned. Like I'm reading this book and I trapped myself.

Jac: I know, efficiently and beautifully into the goody two shoes and now it's destructive. You can see that it is destructive, but it had to run its course you know, there was time to be put in as goody two shoes. That had to happen because that value system was the one that worked for you all those years. It worked for you, and you can't break out of a value system until it stops working for you, you can't. So if we could reverse the clock 30 years for you to kind of recognize, "oh my God I'm living like a goody two shoes, and I'm trying to be spiritual, and I'm trying so hard I'm losing this other thing," that would've been like, "that's garbage, I'm very happy doing what I am thank you very much." You would have rejected it. You can't break out of something until you see it. It has to run its course and you have to be spat out the other end, which is what's happening now, you know precipitated by this huge (sound effect 1:09:38) heart wrenching that happened last year. Of course there is a complete new phase, of course there is. Huge experiences have a traumatic impact on our lives, and here's yours. So it's like your life is going to be different now, it's beautiful. It's beautiful, it's like there's a silver lining in the most horrendous things, you know?

Q: 1:10:00 I remember once coming home from an art class I was taking, and I was looking up at this blue sky with incredible clouds in the background, and I was teary-eyed like I am now, and I just said, "Nick," that was my son's name, "show me you're out there," and it was like somebody grabbed hold of me and put me in a certain position to look at a certain point in the sky, and it looked like a man doing the jig up in the sky, and I just started laughing! I will never forget it.

Jac: Oh for sure, for sure. So that's beautiful.

Q: I don't know, are there different dimensions? I've never gone to anybody to try and talk to him, and I don't know if I really believe that, because I don't want to hold him back.

Jac: Yes exactly, let him go. You know he's okay; a guy dancing the jig, that's pretty much.....

Q: 1:10:58 I just started laughing, and he was telling me to live in joy.

Jac: Yes.

Q: I'm not living in joy right now. There's just this depression.

Jac: Yes, okay, did you play as a kid?

Q: I used to garden a lot in the forest and play with you know, like there would be a rock with beautiful moss on it and I would pretend it was a living..... Like a chair like this you know, and I was just always pretending, play house. I am playful I think, but I just don't know which direction to go, I'm stuck. I feel really trapped in a corner like, "well, what are you going to do now?" And everything is, "you can't afford it, you can't do this, you can't do that," so I just keep putting all these walls in front of me.

Jac: Yes, you know I kind of have a bit of a play box at home, and I've had it for years and years. There are two kites and it, and if it's windy it's like, "okay will have 20 minutes of playing with the kite," and it's just great fun, you know? It just makes you smile when you've got this thing up there. You just smile it's weird. There are pastels in it and there's a lot of chalk, and I use the chalk more than anything. I got them at a friggin dollar store. I mean, this is just chalk, and I use the back of..... what do you call that, it's like the back of wallpaper, and I think here I ended up getting rolls of lining for wallpaper. It's like a roll of paper for lining, and so it's loads and loads and loads and loads of paper which cost me about three bucks or something. It's an awful texture but it's fantastic for chalk. I may open it the length of a table that's out on the porch, so it's like 8 feet long, and so I turn off my mind, and I pick up chalk with both hands and I'm drawing stupid shapes. Invariably something comes out at the end of it, "whoa!," and something interesting happens, it's like, "oh you know what, I need to stop working for two days." "Actually I need to stop working," so something will be seen afterwards. For myself, the pull to do a really kiddy play is invariably some bit of wisdom that shows out of it. So the play might be to show you something else or it could be for the sake of play itself. So there's two things, and I think the reason that you can't find where to go from here is that you need to have two understandings of play. Sometimes I pick up the kite, and that's usually when I want to play for the sake of play, and we live near the beach so it's usually windy. So there's play for the sake of play and then there's play which is a window to some other part of yourself that you didn't see in the personality, or just life, what needed to be done with taking over, and that something else in the personality wanted to shine through. So having fun has a few different components to it. Doing something for the frivolity of it, the expression of it, and just because it's fun; that's my work, this is fun. But then there's like making an 8 foot long thing of just colors, just crazy shapes and colors of spirals and twists and houses and trees and cars and aliens, I mean anything. Anything can come out, you know? Sometimes it's a giggle and sometimes it's like, "oh there's something in it."

Q: 1:15:10 I mean, I even made my garage into a studio.

Jac: Okay.

Q: But I don't play out there very much. It's like I always have to give myself permission. I'm so aware of it, because I used to see it in my mother and of course I hated that because she never knew how to play. It was all about work for her. So now I think maybe I'm just afraid that, "well then you better find something else to do. I mean, I work with energy, and I work with people, but not that much anymore because on one layer, "what do you really want to do for the rest of your life?"

Jac: What do you want to do?

Q: Well you know, just some play.

Jac: Yes! Yes, have fun!

Q: But I want to have fun with somebody because I've isolated myself so much. That was another thing, "well why would you get a partner, because you'll never find your happiness in a partner." All this stuff, all these spiritual things you know, I just took it in as, "well you might as well just sit by your self in the house."

Jac: Gosh.

Q: But that's not what life is.

Jac: No; spiritual work is an inside job and the outside job is to play. It's entertainment. I mean what else is it? I just can't take it too seriously so it must be entertainment.

Q: Well that gives me permission.

Jac: Yes it's just entertainment, but sure happiness is inside but the outside is for fun! It's a gift! It's for fun, really! Play with others. Find a place to play, morning groups or anything, go to a playground and start drawing. Just be around play; put yourself around kids that are playing, be around where play is happening so it's like it's in the air. Do you know? It's going to be hard work in your garage in that studio, that's hard work, you know? It's kind of an outside thing, especially if play for you has to do with the forest. Play outside to reignite that make-believe world, you know? If you've got a place to hang a tire on a rope out in your yard then hang one. Do that kind of thing, and the more ridiculous it sounds the better. There's nothing to be gained from not playing, nothing, only hardship. Play for adults is so underestimated, so underestimated, because that lightness towards life lifts your energy, so you're less sticky. The ego isn't taking life so seriously, and it was never meant to be taken seriously. It was never meant to be taken seriously. That's the ego you know, we can only take things seriously when the personal I is in there with an agenda, so it's like, what's the alternative, play. You know there's over 400 references in the Bible to say, "have joy," telling us to be joyful, have joy, be joyful. That's over 400, and that's repetition for a reason.

Q: 1:19:01 I know I can be joyful because I've been there, and that joy is love, because I see other people are affected by it.

Jac: Yes.

Q: 1:19:15 Like little kids, I can play quite easily with three-year-olds.

Jac: Yes.

Q: Several ladies said that, "you're just like a three-year-old," and I went, "is that a compliment?"

Jac: Yes it's great, it's a great complement. So put yourself around kids. You'll have to put in a little bit of effort in the beginning and then it will just roll. It will be well worth it.

#07 / 1:20:10 (poor audio for questions)

Q: Last night something happened, I went home and I wanted to get to the truth. Like it was every moment I wanted to get to the truth, and not just every moment but like every split second. What started happening was that everything I ever believed in was false.

Jac: Yes.

Q: 1:20:33 Then a whole lot of bliss started to come in because it was like all the bad didn't exist, all the good didn't exist either, it was just is, right? Then I said, "I'm blissful," and I'm like, "I'm blissful?" So I went even deeper and I don't exist; we're just not there.

Jac: You saw that?

Q: Yes for like 90 seconds. That's basically it. So you're like there all the time, but you're not there, but you're there all the time, right?

Jac: Yes.

Q: I have two other questions but I wanted to kind of share that.

Jac: What do you make of it now? Has mind done something with that seeing last night or is it just like, "okay that was that?"

Q: 1:21:40 I tried to get into that state again, and I got to the point where..... it's tough because when you wake up you have a picture in your mind of how life should be, and you think that you need to wake up at this time, and brush your teeth at this time, and say this to somebody at this time, but it's all imaginary it's all something that you did yesterday or something that..... it's here it has nothing..... It's like who we are is really the person that is looking at this, like.....

Jac: Yes.

Q: 1:22:12 Like leaning back and kind of chuckling. [indiscernible sentence] connected with this person that's looking back there. We are just so engulfed in this picture that we made up for ourselves that we believe that this picture is real, but in actuality every split second is a completely different..... The room changes even though physically it still might appear the same. Every split second has its own emotion, has its own flavor, has its own everything, 1:22:42 and we don't really take the time to tap into that or to [indiscernible word] with that.

Jac: Yes, this is how it is yes.

Q: 1:22:53 So it really is a death so to speak. Like last night I asked myself, "am I ready to let go of everything," and I'm definitely at that point where I'm ready to....., well I was anyway last night, ready to let go of..... It's almost like you can have a suicide death like a real death or just the death of the mind, and the death of the mind is like..... I don't know, I think it would be so much better to.....

Jac: Better for whom the fictitious one?

Q: It's just that you get to that place of joy and bliss, and.....

Jac: But that passes it's just another experience. It doesn't last.

Q: And so this comes in and then everything is just an experience, everything is like..... That's also what I experienced last night too is that everything just comes and goes.

Jac: Yes.

Q: 1:23:48 Nothing is solid.

Jac: Yes, nothing is solid.

Q: 1:23:51 It's like a train. Like when you were saying the other day, no, this second I'm [indiscernible word], this second I feel this and this second I feel that.

Jac: Yes, so is it that you saw that they're joined together but they're also disjointed like every split second?

Q: It was like this is me, the train station, and like every car or train was like just a different.... I was like, "wow this is great!" Everything was just coming and going and I'm like, "well why can't I be this way all the time?" I was always taught to believe in.... to get locked in.... No listen to the teacher, listen to this, this is reality, but I was always taught that their version of reality was reality but it's like the whole wall has just come crumbling down. Everything is just.... It's pretty.....

Jac: 1:24:59 Yes, this isn't a real, and mind..... And I say it myself, "look, what is real you know, is outside of this," but I use this stupid language to point to what is real, but it's not some thing. All we can say is this is not real. That's really all we can say, "this is not real."

Q: 1:25:21 Right, and you might say to somebody, "you have to look over there," but everybody's trying to look over there to something that's imaginary to find something, so it's like they're going here first and then looking over there, but that's impossible. Like to go here first and look over there has.....

Jac: But in the movie it works.

Q: Within the movie?

Jac: Yes, within the car of the train that's passing by, then that has its own little set of rules in its own little cosmos within the car.

Q: Okay I see, so everything has its place including this imaginary story.

Jac: Bingo! And they're all only valid for a while. If you take them outside of their context then it's gobbledygook.

Q: So everything is based on bliss including this imaginary story, because everything is the word of God or whatever.

Jac: You could look at it like that. Everything is bliss, well yes okay I see where you're looking from that's okay.

Q: I was just trying to take up what you were saying, like everything has its place.

Jac: Yes everything is kind of valid for a while, it works for a while.

Q: And then it's time to move on.

Jac: Yes, it becomes obsolete. Like the last speaker, you know needing to live a certain way for so long and now grieving at the life that was lived the way she imagines it could have been lived, but no, it's the only thing that was running at the time. It has to run its course it was valid then. It's just that she's outside of that car now, and she's in another car and the whole landscape is different, you see?

Q: 1:26:55 Yes, I feel like empathy but I don't feel sorry for people who are living a certain way because that's the path.

Jac: That's right it's just life.

Q: 1:27:04 I mean if they want help there's going to be help for them.

Jac: Of course.

Q: But if there's going to be for.... there's nothing for..... you know like, lets rejoice in your life no matter how.....

Jac: Yes, it's all to be celebrated.

Q: 1:27:19 No matter how [indiscernible word].

Jac: Yes, it's still fun you know, because it's within its context. The magnificence of all the versions of what can appear, but none of it is real. It's so not real. It doesn't fundamentally exist in and of itself.

Q: I don't exist, you don't exist.

Jac: You got it.

Q: And it's like we're just coming together, and we're just like having a collaborated story, and the really hard part for me is talking to someone that believes in their story, because it's like they're in a trap and their trying to fix something that's inside the trap. So see that it's a trap first of all.

Jac: Yes, but the trap is beautiful and it's going to break in its own time. If it's difficult for you to talk to somebody who's stuck in their story then that's your trap. That's your trap. It's not difficult to be with somebody who is locked in their story.

Q: 1:28:26 So if I'm having a difficult time then the walls are still up around me, but we're part of the same story otherwise it wouldn't be in front of me.

Jac: Yes, some mirror, some facet of the same story, yes. It's a matrix.

Q: 1:28:45 Whatever [indiscernible 1 to 2 words] I see is probably around me, right?

Jac: Yes, some version of it is reflecting in you. It's wonderful isn't it how it works.

Q: Yes, it turns your brain like that.

Jac: Yes.

Q: It's a completely different way of..... Again, it's almost like this can't think anymore it can only just interpret some things.

Jac: Yes that's right it interprets, yes.

Q: It cannot make a decision.

Jac: Yes, but the functioning mind can imagine it's making a decision. We imagine that we make a decision. I'm sure I'll imagine and then I'll make a decision, well I know I'm not making it, but I could imagine that I'm making a decision on when to have a tea break. Do you know? So it looks like that, "oh let's have a tea break now," but not at all because there is no, "I'm going to decide to have a tea break," so it's like that little lie doesn't happen.

Q: 1:29:40 Okay, even if you do have a tea break it's still a lie.

Jac: Yes.

Q: Okay I get it. It's just an imagination, but the blissful part is like seeing the imagination, it's just witnessing, "okay I'm going to play along in this play."

Jac: Of course, and you can't but play along in the play because it is a play, it's all play.

You can't avoid it. It is a play and while the body is alive the play is running. The play is running within a particular time and space because the body is in a particular time and space, but your perception isn't locked within the time and space. Your perception has shifted out and it's not locked in the time and space of what's happening here now.

Q: 1:30:26 Right, [indiscernible word] locked in there.

Jac: Yes.

Q: 1:30:28 And the way that I got there was, "what's the truth right now, what's the truth right now?" [several indiscernible words] comes in and come back to what's the truth right now, and that's how [indiscernible words] just like dissipated, and then it turned into bliss and I still went even further, what's the truth right now, and like that I was feeling blissful and it was like, "oh my God there is no I." So it's like literally limitless [indiscernible words] the depth of it.

Jac: Yes, that's limitless yes.

Q: 1:31:02 It's just where are we going to stop the limit to function.

Jac: That's right, and nonduality takes you as far as merging with the absolute, you know going back to source and dropping your attention home, and that's the non-dual place where the functioning mind operates in the world and the thinking mind is used for planning and stuff like that, but there's no all about me. The interpretation of everything doesn't have me in the middle of it, the me protecting me in the middle of it. So that's the non-dual one, and then there's prior to that where a wider vista is seen. It's kind of emptiness, it's neither is nor is not. It really is neither is or is not; existence itself.

Q: 1:31:46 And we're doing this because like the alternative is to be in this void, just be this blob. It's kind of like just being a puddle of connections, everything else.

Jac: Well the blob was particular to that lady, but why not let a full life be lived to see what happens through the form? Play! Play, engage! Why not see what happens? The freedom that you felt last night when this seeing happened so clearly for you, that lives through your form.

Q: Yes lives through my form. Like even if I'm locked it's still there.

Jac: Yes.

Q: It's still there tugging at me even if I'm in a cage.

Jac: Yes even if you're in the cage. So as often as you can drop your attention back into the freedom that is not locked, and you'll be locked less and less.

Q: 1:32:58 Yes, well my trick was to just see the truth.

Jac: Yes sure, it's the truth right now, yes. There's your pointer.

Q: I have one or two more questions. I spend about 90% of my free time alone and I love it.

1:33:14 I used to hang out a lot and now I'm just alone and when I do hang out with like one on one, something happens where it either takes me out of my center or I get like traumatized or get scared in some way. I guess that's their as a reminder to tell me that even when I am alone or even when I'm doing other stuff, I'm not really in tune with the depth of whatever this is. Because when you're in tune with the depth of what you are nothing can really shake you, I think. I mean, you feel everything but you're still really centered, so when somebody comes along my way and I'm a little bit rocked it's like, "wow!" I was taught that whatever picture comes along my way that's reality. **1:34:20** Like this is not reality, the **[indiscernible words]** here is not reality. What I'm seeing in front of my face is reality, so all of my attention, all of my energy goes to whatever I'm looking at, and if it doesn't go well then I get easily rocked.

Jac: That's been your old paradigm?

Q: Right.

Jac: Can you see how that's kind of backwards?

Q: 1:34:43 I'm just mentioning it in case it ever happens again, but after last night it's like, "what problems can you possibly have?" There's this second by second instance of what's happening, and after seeing that it's like all problems are absolute, but I have no idea what's coming tomorrow or the next day. So I'm kind of like mentioning it because is it I'm not checking in, I'm not seeing the truth?

Jac: So I'm going to pull all these things together if I can. Spending so much time has given you like a physiological or phenomenal energetic freedom, where you can drop in. You don't have external distraction. So you now know that the external world is not real it's just what your mind has interpreted in order to allow functioning to happen.

Q: I'm grasping it.

Jac: Yes, that it's nothing. Now, right now it looks like you found this magic pointer that works for you, you know, what's the truth right now, what's the truth right now, and I'd love to see that getting really solid. Then phase 2 is, okay how would it be like to go to the store and actually have a 10 sentence conversation with whoever's at the checkout, and stay with my attention out here. Experiment with that in some place that you are actually able to walk away; you can walk into it, engage, and walk away. Your wiring is a little bit like how it was for myself

in terms of you know, "I can do this alone but actually engaging with others....." It was kind of like having to plug in some software in order to be able to communicate with somebody.

Q: 1:36:56 Like my [indiscernible words] is kind of retarded.

Jac: Yes exactly, it's so thick and so dense and like, "how am I going to do this," and it's like I'm just way out there; I'm not grounded or something, and you're trying to work out what it is. What it is, it's like a maturation kicks in. When you're stable enough in the wider viewpoint the body/mind lines up. It kind of lines up again so that your attention can stay in the bigger picture but you're able to function well in the world. So the truth is the important one. So using your technique and getting that solid that's the priority, that's what this is about really. Staying in that then everything else will line up, and it's not about..... Mind will play tricks and say, "well you know, they're just not seeing the truth" or "they are acting out of fear," and it's like if you bring in judgment you are not operating from here, so you've lost and you've gone into a contracted mode yourself. You'll find there will be no judgment.

Q: I judge a lot, so every time I'm judging just catch myself.

Jac: Yes, you've gone into the contraction. Yes, with judgment you've gone into the contraction. Right now it's been your safety mechanism to enable you to find a position in the world. It's kind of put you into that car. So now if we look at merging the wider perspective so that you don't have to go into the judging mode in order to operate dualistic, now we've got to get it solid without judgment and see if the wider perspective can be accessible to you but yet you can engage.

Q: And like what you said it's the frequency so it doesn't matter. Don't judge. So if you get out of it it's okay, like everything split second.

Jac: Yes, every moment that you recognize, "okay what's the truth right now," and body/mind knows what to do so just trust it and let it flow, let it engage, let it have a laugh and chat about it.

Q: 1:39:22 That's a lot of [indiscernible word]. Its like we were never taught that, and i wish that there was like a class or something [indiscernible word].

Jac: Oh listen, if we taught kids in school how to think, how to use the mind, it's just so dead obvious.

Q: 1:39:36 It's like I was born..... I mean I love this planet, this world, but it's like I was born on [indiscernible word] taught backwards [indiscernible words].

Jac: Yes, completely the flipside. To develop the ego it's backwards. Everything is backwards, you're right, but it works.

Q: 1:39:54 Coming out of this thing is like breaking out of a shell, because it's hard.

Jac: Yes, this is a matrix, and it's backwards because it was to create the ego, which is complete separation. It's the absolute opposite of what the truth is.

Q: 1:40:09 Kind of like here we are and here's the truth, so just kind of like have fun and explore it. 1:40:13 Kind of like set the hand outside of self, way outside of self to the point where it can't even recognize its own self anymore, and now we're coming back.

Jac: Yes that's right. It's like you're pulling back your perception, you know you're observing thoughts like, "oh my God I'm all of it!" "I thought I was just the body, I thought that was just the scope of my capacity to engage!" And is like, "uh uh it's everything!"

Q: 1:40:44 [indiscernible several words] everything else and it's like, "how can I get mad at everything?"

Jac: So then why would you judge?

Q: Right, it's like that's a tool that's no longer useful.

Jac: Yes it's no longer useful.

#08 / 1:41:15

Q: I have one more question. Is it possible for feelings and emotions to come without a mental story?

Jac: Yes.

Q: Okay, so just let them go.

Jac: Yes.

Q: So it's not like I have to always check in, "what am I thinking," just because I'm feeling something.

Jac: Yes.

Q: So if I'm feeling something just let it feel. I could check in with, "what am I thinking."

Jac: You could.

Q: But if there's nothing there then just let it go.

Jac: Absolutely, let it pass through.

Q: 1:41:46 Let it flow like a train, and let the thought go like a train, and always discover, always [indiscernible words].

Jac: Be fluid like water.

Q: Like Qigong or whatever.

Jac: Yes, it just moves through you.

Q: 1:41:58 [indiscernible sentence].

Jac: Yes all those practices are really good. So it's like, just let it be fluid. Don't stick to anything just let it move through. We can play and kind of say, "well what's that feeling, why am I feeling that," you can, and it might give you a little bit of insight into the personality, but after a while it just becomes more story. Sometimes you've got to because there is a pull to figure this out, "I have to understand this," and sure that happens because there's something there that refines the personality. You know, there's a pull to be a better person, there is. There just is. So sometimes you want to understand, "what is this pattern here," you know?

Q: 1:42:33 And just to hammer this awakening home, I just want to really nail it. Is it like the most scariest thing on the planet? Because after last night, 1:42:51 it's almost like I can only get there when I was truly [indiscernible several words] like everything.

Jac: Yes everything.

Q: 1:42:59 [indiscernible words] everything, so otherwise I wouldn't have gotten there.

Jac: It's a total surrender, yes.

Q: 1:43:09 But I think there's more depth to it, like am I [indiscernible words] more fear or just keep going.

Jac: Probably, yes.

Q: Because this is not the end.

Jac: No.

Q: 1:43:21 Because every time I think I've got it, that's when [indiscernible words]

Jac: If you think you got it there is more, because that idea has to go.

Q: So do you think you have it?

Jac: Ah no, there's no getting it.

Q: Okay, because we think that you've got it.

Jac: But that's just an idea.

Q: 1:43:40 The bucket is literally limitless, it's like a bottomless bucket.

Jac: Okay, that's a very good point. Understanding, the depths of understanding is limitless. Understanding continues to deepen and deepen and deepen.

Q: 1:43:59 Understanding [indiscernible words].

Jac: Yes, of how it works and.....

Q: 1:44:03 Okay, because there is a limitless thing, [indiscernible several words]

Jac: Yes, this is trying to keep up, and it gets certain insights as we go, which is really useful because that's the lining up of the body with the natural flow that's behind you. So there is a resting place and for some it becomes, "they build a whole house there," and for some it's just a resting place for a while of the integration of where your body aligns with knowing that this is not real, and that's awakening, self realization, you realize who you really are, enlightenment. When the body lines up with that then the body is in the natural state. Your neurology changes, your nervous system kind of amps down a little bit, and there's some physiological changes, and that's called the natural state. It's not a state of mind, it's the natural state where mind is picked up, used and dropped. It's like that. There's being going on. That's what non-duality is about; non-duality will bring you there, and that's really good to get that solid, really good. But then you can go right back, right back to where the final straw is where consciousness actually collapses. Pure consciousness actually collapses.

Q: 1:45:37 Right, because I was thinking like there cannot be actual consciousness there, there can just [indiscernible word] consciousness is just a construct, it's just something imaginary. Somebody said that everything is in pure consciousness, but I don't think that's true.

Jac: Yes, the pointer prior to consciousness works, but jeepers get yourself sorted at this level first. Get yourself sorted at this level first, really, so that you can function in the world and have the wider perspective, the access to truth.

Q: 1:46:03 Could you talk more about where [indiscernible 2 words]. Like there is definitely a point where even consciousness.....

Jac: Slooow down. We need you to stay functioning in the world. We as pure consciousness is concerned about this part of itself not flying out there.

Q: 1:46:20 I've lived here long enough. Consciousness is made up. What it is.....

Jac: It's already part of the dream. Even pure consciousness is already the dream.

Q: Because behind consciousness there must be something there, and then.....

Jac: It's not a thing it's not phenomenal. It can't be phenomenal.

Q: I'm not sure what phenomenal means. It's just what it is is something.

Jac: It can't be a thing. It can't be knowable by consciousness.

Q: Ohhh! I'm trying to describe something that arises before consciousness.

Jac: Yes, correct.

Q: That's pretty much impossible.

Jac: Correct.

Q: 1:46:57 It can only be felt. It can only be [indiscernible word].

Jac: It can't even be that. The collapse of consciousness is what happens. That's the deepest point, consciousness itself actually collapses.

Q: Did you go there?

Jac: It's known that this is so.

Q: 1:47:23 Okay, and that's when like another [indiscernible word] whatever happens.

Jac: Just a lot of clarity comes in, you know? Really, just a lot of clarity; the mystery goes. There's a sentence that says it, the mystery goes.

Q: I want to wrap my head around this mystery.

Jac: Let there be mystery for now. Let there be mystery, it's okay. It's okay, it's safer for the body/mind to learn how to drive a car before you go into the semi. Learn how to drive the car well first you know, because you need to operate in the world because this movie will still continue, so you know, it's okay.

Q: I'm not concerned for my safety.

Jac: Sure, I know it takes care of itself but you need to have a mental faculty that will be able to take care of paying your bills and operating in the world. We've got to be practical too.

Q: 1:48:27 That sounds like [indiscernible words] our minds.

Jac: Some people do you know, so just integrate slowly. You don't have an ashram to protect you. You've got this enthusiasm of youth, and it's like.... It's okay, if this is your destiny to see the whole lot it's going to come, and you couldn't stop it it's going to come.

Q: It's going to come regardless.

Jac: Yes, if it's in your destiny you won't be able to stop it. Take your time.

Q: I want to get there now.

Jac: Of course you do. Learn patience, really it's a great too.

#09 / 1:49:30

Q: I was meditating on the word courage, that you talked about yesterday, and that's what I had to think about in order to raise my hand. 1:49:44 So whatever that is, that shakiness about exposing yourself [indiscernible words]. I can't formulate a question, and this happened last time that I talked to you, so I thought I would just come up and wing it. This year there's been a lot of really sinking in and experiencing all the stuff that has been there that I've never really experienced, you know unconscious stuff that runs you. So there's been a lot of opening and a lot of love rather spontaneously.

Jac: Yes, just bubbling up.

Q: Yes, amazing you know, where you just fall in love.... I mean you're in love with every.... you realize that you always were in love with everything. So anyway, I just want to check in to keep the momentum.

Jac: What makes you believe you're separate?

Q: 1:51:09 Well it seems like I'm this body, so it seems like I'm body identified, and then the self referencing.

Jac: So how do you work out that you are your body? Where did you get that idea from?

Q: I've looked at that a lot lately, you know where am I located and all that.

Jac: What did you find when you looked?

Q: 1:51:38 That I'm not there but I still..... It's still a [indiscernible word] that hasn't quite flattened out I guess.

Jac: Okay, so when there is that local perception coming through the body, can it just be a local perception, but without having identification with it?

Q: 1:52:07 I think it's getting more that way actually. Again, I'm not sure where all this is so I don't know exactly where to point to, to undo something that needs to be undone at this point, but I know that there is something because I don't feel like I'm completely free.

Jac: But how would you know what that was?

Q: I don't know.

Jac: Are you waiting for something?

Q: I understand that that's you know, a heavy concept with the carrot, and I've looked at that too. I'm just putting it somewhere in the future or something, so I know that's not reality.

Jac: Do you imagine that there's an event or that you would know?

Q: 1:53:03 Not anymore actually. I think that's what kept me going, the spiritual seeking, you know there's an event that hasn't happened.

Jac: There might not be an event.

Q: 1:53:15 [indiscernible sentence], so all that.

Jac: For some it's very smooth and there is no actually event, and increasingly it's going to be like that. The transitions are becoming smoother because you know, mass consciousness is moving this way you know, a certain percentage it's more than before.

Q: Anyway, I do feel.... I used to have amazing anxiety and that has really dissipated. It's not like it's never there, but I really understand it and it doesn't take over, because I know just to experience it. I think that was a major identification, you know the anxiety was me.

Jac: Can anxiety be there without it being yours, without ownership?

Q: 1:54:16 Yes I'm understanding that by actually just being it, you know loving it instead of running. That's another thing you know, that self-love that I thought could never happen. The way I was visioning that it never could happen, because it was like if you think you're this ego and you try to love yourself it's impossible because you know, it's so screwed up, but self-love has this broader all encompassing.....

Jac: Is there self-love now?

Q: Definitely more.

Jac: Do you love yourself?

Q: I do, I think I do.

Jac: Is there love for the personality, the character?

Q: I don't know. You know how I've been looking at it, like you were saying, you do all those things and they happen exactly as they're supposed to, and there is love for that, like what this character went through. AI don't wish it were any other way, so if that's self-love.....

Jac: No, that's your head.

Q: Okay, well I don't know. I guess I have.... I just know I feel a lot more okay, you know here.

Jac: Okay, does self-criticism happen?

Q: Nowhere near because everything was criticized.

Jac: Does it happen?

Q: Not like it.....

Jac: Does it happen? I don't want you to draw on the past.

Q: 1:56:11 I don't know if I've done that lately, you know like self-doubt and all that. I don't know that I've done that or if I'm doing them. I can't remember anything.

Jac: Okay, can you see that the personality is just exquisite, that that woman is exquisite?

Q: Oh, well yes. I mean, more so because that's coming more into my awareness.

Jac: You're not giving me any solid answers, which is kind of interesting. What are you doing here?

Q: 1:56:48 Well I'm afraid to say that I you know.....

Jac: Why?

Q: Well I don't know. I don't know, it's just whatever training you know, you have to be self-effacing or you know.....

Jac: Okay I want to hear some affirmations. Do you love yourself?

Q: Yes.

Jac: All right, do you find that the personality, that woman that brought this part of consciousness this far, do you find that she's absolutely, totally beautifully exquisite?

Q: (laughter). Well I definitely, you know..... Yes I do..... I mean I do, because I do see the beauty of the path, you know?

Jac: You're qualifying everything! Love isn't to be qualified, so is it yes or no?

Q: Okay, okay, I can't quite say I'm full on yes, but.....

Jac: Why not!?

Q: Okay, yes! Okay, I don't know that you know, but.....

Jac: Isn't the mind amazing?

Q: Well that was a strong you know, belief, and obviously I see it in everybody so I have to say, "well it's got to be here too because it's everywhere."

Jac: That's just projecting, and now you're justifying it. It's like it's a knowing and it's a feeling you know, and then you know that the ego is whole and that story can shift off the table, but if you're still dancing with it it's like, "what are you doing?" You know, that kind of self authority has to come in, and that actually, "I'm okay, of course there is love, and actually a friggin beautiful being, and I've been through shit and I'm still shining and I must be friggin amazing!" And you need to actually know that, because somehow when that is known and held the ego subsides. It stops being needy and it stops it from trying to reaffirm itself. So while it might be a cliché it's actually a huge turning point on the spiritual path. It's huge!

Q: Right, I see that. So how can I look at that idea.

Jac: A bit of authority, a bit of self authority. It's like when there's no ego there is no ownership. Now for ownership to drop there needs to be full on ownership of a healthy ego. Do you see?

Q: Right, I see it in others.

Jac: What's all this projection about, why do you look out there? We're talking about you, you're here now. So it's about you now, what you see in you. That's just separation running it out there, and trying to justify your own position because that's the view you hold of somebody else. That's just judgment and it's not helping you. So for the ego to fall off, when the ego falls off there's no ownership, there's no personal ownership, because you can't own an opinion or own anything and so there's freedom coming through. The personal stance is not valid anymore. So without ownership prior to that an authority needs to be in place. That authority will feel egoic, it will feel like the ego, but there will be ego unless there is an absolute knowing, "I am okay." "Of course I'm okay I've done a lot of work to get myself here, I am okay." "So there is no point in me criticizing myself 2:00:59 that's just a [indiscernible word] game," and that self-confidence has to turn into a self authority, and then you're ready for the next phase. That self authority needs to be in place.

Q: 2:01:22 I do know that.

Jac: Yes great.

Q: But I guess whatever the training was to not ever..... I always put it on like female conditioning, whatever that structure would feel like. I feel like I crawled up out of a swamp to get out of most of that stuff.

Jac: 2:01:48 Yes, so can you stand on the top of it with your crosier you know, and be a goddess?

Q: Yes, I think I need to do that.

Jac: Yes, you're keeping the ego in place by this kind of humility sort of thing, but actually it's false. It's false and it's not helping you at all anymore. It's been safe because you can kind of hide in little places and you don't have to stand your ground.

Q: As a kid I used to mumble so that if like my dad would say, "what did you just say!?" I could change it, and I'm probably still doing that.

Jac: That's exactly what it is, yes. That's the root of it, yes. It's so you can give yourself an out and you don't have to make a stand. You know, the kind of stand up and be counted you know, there is something of that in this, you know? You have to walk this alone. You have to take full authority over yourself at a certain point you know, and then of course it's surrendered, but if things aren't solid beforehand then you're half baked, and then that's a sticky awakening, so it's not clean.

Q: Okay, that sounds right.

Jac: Grab that self authority, self-assuredness, and let your self-confidence mature totally. Own it and it's amazing because the ego will just..... If you practice that for a bit and kind of claim your power, your personal power, it's funny the ego will just.....

Q: No place to..... right.

Jac: Yes.

#10 / 2:04:00

Q: My question to explore is about love, and the connection with people, to love people. I feel like I've had a very blessed life, and it wasn't just given to me or luck it was seeing opportunities. So everything is beautiful. I love the ocean, I love my dog, I have many friends and social experiences, and I was married for 20 years, but I don't know if I've really had..... well I don't feel I've had that loving experience that you know, everyone wants with another individual even though I was married for 20 years.

Jac: Are you saying falling in love, are you talking about that?

Q: 2:05:02 Not that love, just having that experience with a main partner that is so trusting and loving. Even though I was married I don't feel I had that experience. I sometimes question, "well maybe in this lifetime that won't happen," and of course that makes me feel a little sad, but I'm also okay because I feel like I have..... I'm a very social person and have a lot of loving friends, and I truly do love life. I'm having a very good life, but I'm wondering if I'm blocking it by something that I'm doing to not allow it. The last 15 years have been a wonderful journey, and I learn more and more about people. People are very complex and they come with a lot of issues, and I realize that, and learning to trust..... Other people have had experiences that were more difficult than mine, so how involved do I want to get with another person who has baggage and drama. I'm very careful about that.

Jac: 2:06:36 Why, are you scared of it?

Q: I have such a nice life and a lot of people have a lot of problems, and why would I want to go there?

Jac: For fun!

Q: Well, but I can have fun with my friends who don't have so many problems. But it's not the same you know, it's not that intimate connection and companionship.

Jac: So in your platonic friends is there anyone that you have intimacy with?

Q: I have in the past but not currently.

Jac: Why is there that superficial thing so prevalent?

Q: Probably because it's safer.

Jac: And what are you scared of? Talk to me about this.

Q: I've looked at this, and one is being vulnerable, you know that vulnerability that comes usually with being in love, and then I went through the whole thing of thinking about fear, rejection and abandonment, and then realizing, "well I can't be abandoned or rejected because I've got myself and I've got source and a great life." There is pain that comes with a breakup and things like that, and I don't particularly like pain.

Jac: So you just want it all but you don't want..... You want a kind of designer life like, is it?

Q: Well life is pretty..... I mean life is good and I'm open and I'm dating.

Jac: Your open but you're scared of vulnerability, and you want a man whose going to open up to you but allow you to be vulnerable, but he can't have too much baggage.

It's like you're just completely trying to control something that you think you're missing.

Q: Yes.

Jac: So what are you so scared of? Are you so attached to your life that if it turns upside down that it's just going to devastate you? Do you need your life to be nice to be happy?

Q: Well I never thought about that. Am I willing to have disruption?

Jac: Yes.

Q: I don't know. That's why I say I'm open to exploring, and then find that willingness you know, in the right situation with the right person, where I feel like, "okay I'm willing to be open and take a risk." What I'm wondering though is, is that the block? Is this sustenance of a wonderful life you know, am I too much there?

Jac: You're attached to it like glue. You've said, "I have a great life, I have a wonderful life," a lot of times in the last 10 minutes. It's got a high value for you. Sure I get it, because if things are smooth for you there is a blessing in it, and you can see that life isn't so smooth for most people, but hey it might be your turn to get some rough and tumble, you know? You know, that life can be a bit sticky, and why not just jump in and let it happen. How bad would that be? Is it just the idea of it or could you let it happen?

Q: 2:10:21 I could let it happen.

Jac: Okay, because attachment to your life is going to have to go, and if we are not willing to let go of what we have then it's going to get taken from us. Either way we've got to deal with attachments. So whatever is given to you will be taken away from you sooner or later. Sooner or later everything that comes will go. Can you get loose around letting your life go?

Q: I'll get a lot looser now. Just that awareness.

Jac: Yes, and if it gets a bit unsafe you will learn so much from that. You know, a relationship where people are scarred and there's stuff to work through, they're the deep ones. They're the deep ones, otherwise what else brings us into that depth? What else brings us into intimacy

except the vulnerability, except the opening where you have to take a chance, "I'm not sure if it's safe or not but I have to open this to you." So that's where it comes from, that depth of sharing, so it's like if you want the intimacy without that complete vulnerability..... they're together.

Q: 2:11:55 And I understand that because of my father. My father is from Lithuania and the whole Holocaust story. So that depth of suffering I've lived with that. That's why I feel like I'm so blessed.

Jac: Yes, so it's in contrast to the generation before you. Maybe there's something in between that's waiting for you to experience, because you want it, you have a hunger for something with more substance. You have a hunger, but yet it's like, "I don't want that," and it's like, "you don't get to choose!"

#11 / 2:13:02

Q: I've appreciated everything that's been said up here today, and I see a piece of myself in every conversation. What it boils down to is this moment, and I can see my history, and I can see the blocks of this mind, and I can see where I desire to be within the beloved there in that place of knowing. That's one of the greatest heartaches within myself, but I also see the need to be special, hugely, and I see a piece of myself who's not claimed that inner beauty, from where I come from, that self-confidence. So I can see the mind how it's tricked into you. I had a major awakening experience about a year and a half ago, maybe two years, and the mind grabbed onto it and the ego was like, "oh look I'm so special" you know, and so then it dropped, and so it's been piecing through that over these two years. So more and more experiences are happening, and I just want to know where to go from here. You know, it's like I have a half baked life. I have a business, but I don't really claim it it's just like to tide me over, and I'm torn between freedom and living this life. You know I love the freedom of flowing, but then I have this business to try and give me some money in the world so I can actually survive. But I don't really advertise and I don't go seeking new clients, I just let them come as they will, and when I have a day off I enjoy it somehow and I flow with that, but it's not enabling me to have a home you know, so I'm floating still. I can give a little history, I lived in India for five years and since I returned I haven't known where to pick up. I want that freedom, that flow, but at the same time I have to live in this world, and I'm not sure how to do it. That's why it's like, "well I can do this and this and this and this, a 1000 things, but let's just choose this because that's something." 2:16:05 So that's what I've done [indiscernible several words].

Jac: 2:16:09 Do you enjoy that work?

Q: I do enjoy aspects of it, indeed. Some days I'm like, "I don't want these clients calling me on my days off," you know wondering where things are or whatever. I enjoy the creative process of what I'm doing, and what I'm realizing now more and more is that what I want is creativity, and so just this desire to go out and do whatever is creative. The business I have is organizing people in their homes, and I like working in people's homes and bringing them back to a beautiful place.

Jac: Yes.

Q: So I do enjoy aspects of it, but what I'm finding though is that I'm these people's nanny, and I've become sort of a spiritual coach for them. I do enjoy that, but at the same time I'm tired of being special. I'm tired of it. Tired of being back in that place of being responsible for somebody

else's stuff. It's like somehow I want to be..... there is a part that just doesn't want to go there, you know?

Jac: Yes.

Q: But it happens, it happens constantly, and I'm not sure if that's my ego that sees an opening or if it's from wisdom, but I can tell when it comes from wisdom because there's no me here, and then I see sometimes when I do see a little opening and I open that door I realize the more I think I know the less I know. I realize that I really don't know, and I don't want to answer peoples questions anymore about their spiritual process or whatever. So therein lies (her name- Layna 2:18:05) half-baked.

Jac: 2:18:13 Okay, no matter which way I turn this I keep coming back to the same thing. It will be really good for you to get your work together to become self-sufficient in the world, materially to develop that independence. It would give you a freedom to really go in fully. Let's bake the outside world, because it's the outside world that's half-baked. So it means being strategic, getting guidance, get somebody to help you like a mentor or a coach, or whatever terminology there is nowadays, to put structure and order in your business. Get your advertising together, get boundaries together, get a work phone so that it's on voicemail, and on your days off you don't pick up, you just don't pick up. Establish clear boundaries so that you know exactly and the clients know exactly what you're there to do, and you draw the line. The skills that you will learn if you take that route, the skills that you will learn will help you hugely, hugely, because it's like your spiritual..... and I know this from India, I can so totally see how we soak it up when we're over there, and that there is no division between being in the world and your inner journey, and it gets all mixed up because there aren't the two. For those of you who haven't been to India, one model that's advocated in the Hindu tradition is you know, once your kids are reared, and then you get your (spiritual?) life together. So you become a professional or get a job in some way so that you can support and you get married then you have your kids, and your kids are going to look after you in your old age. Then at retirement age you're ready to do your spiritual practice, and then you devote your time to that. That's one model that's taken very seriously and the culture, but there is no model there for actually living on the inside and being in the world also. There is no model so it's like you're a sadhu, you're a disciple, you're living in an ashram or you're out in the world. Hello Western world we've got to do both together, and we don't have a model on how to do it. India kind of gives us a funny disorienting sense and we don't have..... we kind of lose the skills, "well what am I supposed to do here?" "Am I supposed to apply my spiritual rules of just allowing the flow to happen in my work," and it's like, "no!" That's an inside job, allowing the flow to happen, and the outside, no be strategic. This is a different game with a different set of rules, you know? I'm only learning it, but it's like, "oh good God," because I never learned how to be in the world, how to be strategic. I was always in kind of community development and the arts and you know, ghost busting; "good God!" Off I went in the track, and now it's like, "oh my God, okay yes there is this whole other world." It's absolutely necessary, and it's got a different language, a set of principles, a different ethos completely to truth, to what goes on inside, but it's not in any way at odds with it, and that's what is misinterpreted in India. It is not at odds with it. The outside and inside, it's not one or the other. It's not they line of beautifully, but we have to learn how to do it because there's no model there. So what you will learn from sorting your physical life out, and being materially solid and independent yourself will help you hugely to go in. Then you will

be more ready to go in. Whereas; at the moment there is just the longing, the longing in your heart, but the outside is like..... Your half in and half out, and that's exhausting! That's exhausting, you know? The Sufi tradition, and I don't know if it's a branch of it or the whole lot, but I know a good few people who have been involved with the Sufi tradition who are like, "before you have access to any teachings you get your act together." You make decent money, you make it in the world, you get all that stuff together and when that's accomplished your desires are less. You're not wondering where you're going to live, how are you going to pay the rent, all of that mind clutter is gone because you have an authority over that part of your life. So it's hugely beneficial to learn how to manage in the world, to set up a structure and be business like. It's hugely beneficial! It will give you all kinds of skills that will stand to you going in. And you've got time you know, you've got time you're young.

Q: 2:23:25 While in India I was given many channels for healing, and the idea was that I would come out and be a healer and a teacher, but I chose to close us because I feel like we are all going to wake up to our destiny, and..... I don't know, that's the story I'm putting on it at the moment, but there is a part of me that tried to go that way, and honestly the doors weren't opening. It was like making people have healings, you know it's really funny. I wouldn't make them but I would have to coerce. They didn't understand the power that was there in the channels that were given to me, and it was like, "well this is way too difficult I'm closing this." So there is a whole path of knowledge that I've closed, but still that wisdom comes through and that knowledge still comes through and I never know if that should be part of my advertising regime or not, because it does come through. Every single client I have feels the sense that I'm their spiritual guide in their home. It's very intimate being in somebody's home and going through all their stuff and getting rid of their things.

Jac: For sure.

Q: Going through all their financials and all their history, and it's very, very, personal and intimate. There is a part that really doesn't want that responsibility.

Jac: 2:25:03 But why do you feel you're responsible? How do you add that onto it?

Q: By just the words that come out of my mouth. It somehow affects that person and their mind, and then they come back to me with more questions, and I can't answer those questions. You know it's like, "you have the answer," and I do try to say as little as possible and put it back on that person, but it's challenging because there is..... I guess I'm resisting something.

Jac: Yes.

Q: Because it happens almost automatically, right? Yes, there's a resistance. I'm blank at the moment. There is also a part of me that's..... I've watched myself in the healing work, and I feel it's a little bit like liking that power as well. So I see a little fear of power and using power or misusing it or enjoying it a little bit too much. It seems almost perverted, you know like I can watch when I really let go, and let whatever energy is in me move, and there is a real sense of enjoyment there, and somehow I don't trust that enjoyment. You know, like that can't be possible that this should be enjoyable. So the healing will be going, and more power will come and then there's more energy flowing and there's more movement in my body, and it just feels perverted somehow. I'm not sure if there is a purity there or a clarity in that moment when it gets so big. I guess that I am doing my best, so just get out of the way and let what flows flow through?

Jac: 2:27:18 Tell me where you got those channels, what happened in India?

Q: Well originally it happened naturally. I was working on horses and they sort of attuned to me to energy work, and so I would work on people and do things, and they would go, “oh how did you do that,” and I go, “I don't know I'm not doing anything.” And then with time things channeled and I learned Reiki, just to put a name to energy work, 2:27:44 and then, [indiscernible Indian name] was the name of my teacher, and he was an enlightened being who taught siddhis. We had very specific processes that we did that were to open up certain things that actually were self healing 2:28:00 as far as [indiscernible word] but it also gave us the ability to help others as well. So now I've learned other healing techniques. His work was very specific, very rigid, very filled with rules, and then I learned some other techniques to kind of go around that, and all the energy is there. When I work with just my hands that seems to be the place where most of the energy works, 2:28:28 and sometimes the whole bodies are left with that.

Jac: Okay, does it feel pure, the energy itself?

Q: Yes it feels pure, but there seems to be something that I feel I'm associating with that feels impure, like this being inside who likes that power. That's the part that feels impure.

Jac: Yes.

Q: But energy is pure, but the being inside that's working the energy or is playing with it.....

Jac: 2:29:37 And is that the Layna character?

Q: 2:29:39 And that is the Layna character in healing space.

Jac: Okay.

Q: It's not full on Layna because I do my best to step out of the way. That's my first intention always, step out of the way. I just can't tell if it's..... I'm not sure, you know this desire to change something you know, to see a person in a different light to help them change out of their paradigm. Some annoyance with their personality maybe or seeing them in their suffering and really wanting to give them some relief from that suffering. Somehow I think that there is a little bit of the impurity right there in not seeing them in their own perfection in that this person is feeling impure, so reflecting that out of my person.

Jac: Yes, that's what's going on. It's similar to another speaker earlier, you claiming your own power needs to happen in your work, that's not your energy work. You can do that safely in your business, but if you keep bringing in the spiritual you're bleeding in the power game, you see? No wonder you're backing off because there is this tendency for the power to come in. So you cut the spiritual stuff, because you're there to organize the domestic thing, and you have nothing to do with their spiritual growth. You can keep a clear boundary there, then that business can establish a sense of personal power, and that will clean up the relationship with power. You have to become okay with exercising your power, okay with yourself authority, and then you'll know, “okay, how much am I getting off on abusing my power and am I comfortable with this?” That's a much safer arena for you to explore your relationship with power and clean it up. Whereas; when it's in energy work and spiritual work, “oooh the potential for karma!” You don't want to go there. You really don't want to go there.

Q: 2:32:12 Which is why I [cross talking].

Jac: You were onto something. Yes, you're still like, “I can still do this,” and it's a boundary again. Okay, so it's making a bit more sense. The pull to really engage in the job, in the regular job, and having a professional job and getting business cards done and advertising done, and have a six-month target, and dot, dot, dot, dot, a regular job, the skills you learn from that will

enable you to use that healing energy or not, because you'll establish boundaries. You'll get familiar with power and it won't be teasing you, you know? That's your maturing ground, and what a perfect scenario to give you the skills then to like actually, "okay I'm at that four years, and I'm making it work and it's comfortable." "I can work three days a week and I'm going to do one day a week at healing work, and let's see." Something like that might happen, but give yourself a few years to really get skills and to really tighten up you know, and support yourself. It's a sequence for you really, it's a sequence you know, and you need to tighten up this and clean it up in order to work with people at that deep level. You've got to be super clean, you know? It's great that you've got the honesty and the courage to know that now, that there's something going on here you know, but yet it's bleeding in.

Q: Make a very clear boundary.

Jac: Yes, and it will be easier because your work will be your work, and when you turn off your phone that's it you're not working anymore.

Q: Awesome.

Jac: Yes that can work out, but there's a lot to learn. There is a lot to learn, and that's fine let it be fun. It's just a game you know, it's just a game, but learn how to play that game, and something will be much more ready for that call from the beloved. Something will be so much more ready then, you know? So let's bake Layna.

The End