

Unedited First Draft Transcription - Sex and Energetic Shifts - 2017 April 01 (?) (AM)  
Toronto, Canada  
Questions: #08 through #11

Hi, good morning everybody, and welcome to our longest little member of satsang; delicious. All right, so where are you looking from? Are you in the personal story perspective? Are you observing, you know, who you think you are sometimes sitting there? Or are you deeper in some kind of stillness, pure consciousness, pure awareness place, where there's nothing happening? So is your mind making a story about Jac and about the sounds around, and about how your body feels? And if that's going on you're in story; you're in personal me-myself-I, you're in the suffering place. But if the tone of the teacher is coming towards you, you're not going out to grasp it, you've no comment on it, and this Irish accent is coming to meet you and you've no comment about it, and you're not grasping, be there. It will be a lot better for your body, for your brain, and what's all real will show itself to you. Drop in, let your body relax. Even if the mind is busy don't take any notice of it it's just creating an ongoing monologue, as it will always do. Just let it be to the side a little bit, it doesn't need your attention. Don't fight it, don't push it away, just rest without effort, just rest. And the moment that there's something wrong you've left that place of rest, and you've created a belief system, cranked up the story making mechanism to give you something to get out about. That's how it works. There's nothing independently autonomous that's separate from you, there's nothing that can cause you harm, happen to you, but mind can be engaged and it can look like that but it's not true. Stay inside, huh? Just stay inside. Stay inside.

4:44 No matter the story that might present, no matter how addictive, how serious and profound and special the story might appear it's just garbage. It's just a trick to make your attention leave the stillness and create more movie material. Be done with it, huh? Be done with it. If your mind is running the idea of, "oh this is boring I came here for A, B, C, so I should be doing something," this is movie making material also. No matter how subtle the story it's a false perception. It's your brain creating the idea of separation, the idea of this and that, and right and wrong. Even if you think living in the stillness will deny you experiences, that too is a story being believed and that will become your experience, that you're missing out on something. Mind is very subtle, and it has its own agenda which is beautiful when it's working, but if you're here you'll discover that it's not good enough you know, that's there's more. Let the gap between the inner rest and the story making mechanism get bigger. Don't be available for a juicy thought to grab your attention, stay inside. Don't believe it when your mind can convince you that thinking of something lovely or looking forward to something at lunchtime or tonight or next week, is juicier than being still, because it's not, it's a trick. It's like, "here's the candy, it's poison inside but here's the candy, that's all that's happening always, always. Don't believe it stay inside. Let the world rearrange itself. And it will! because your perspective will be rearranging it because it's your perspective that created your external experience in the first place.

8:15 So whatever level of perception that you are now in, make sure it's a good step away from story. Thoughts come and go but don't go into them. And wherever your level of perception is go deeper than that. That's the only instruction that you can use internally, "deeper than this, deeper than this." It might feel like an opening, that's all, anymore would just be "me" creating another state. And I'm saying, "there's the trap door to a stateless dot, dot, dot." Anymore is just going to create another state out of it. Where ever you're at, deeper than this. It's like a falling through, your mind can't create it, you can just use your mind to reject the landing place that you are at. I'm looking forward to the day when our culture is responsive to teaching in silence, because I would stop talking now. We're getting there. In the next few minutes, anytime your attention moves into subject/object, story, sensation, just go (sound effect 11:48), go back to where it's still and silent, deeper than this. No story, no expectations; all of it is mind, nothing, nothing.

13:30 Stay where you are and let the sound come to you. This is a skill that you need to learn, it's just about using a different part of your brain. It comes naturally to some people and not to others, so figure out how it works for you. Can your perception, where you're looking from, can it be outside of all story but yet somehow there's an understanding of these words coming to you. In those few minutes of silence just do a review of yourself, was story more interesting to you or was there an ability to be outside of all of it? If you can figure out what stories, what is the juice that pulls you away from the inner stillness, that's a useful piece of information; strip the candy off it. You're not here to do anything else, you're not here to think about anything, to figure anything out, but yet the mind will convince you that it has interesting issues. Stay outside of all of it. Living from there, there's a freedom in that.

16:11 So let's see what arises, and we'll open the floor for talking. Watch to see what happens for you, whether you're up in this chair or whether you're down in the audience. What happened? Do you go right into somebodies story, do you want to identify with somebodies story, are you looking to get something out of something? All of those phases, you can welcome their demise. There really is nothing to get! But you have a bit of wisdom to pick up on the way, you know? But there really is nothing to get! Let that be known, that ultimately there is nothing to get. But as long as things have juice, yes sure, you'll find that there are things you need to get organized, and your life you have to get straightened out. Yes, that's just some experiencing mechanism that hasn't spun itself out yet. But it will show itself to be nothing, it will show itself to be a trick. It's perfectly fine and totally natural to trust that you will function adequately in the world, when you're looking from the still silent place all the time. Your mind will tell you the opposite because it's not interested in seeing through it, but there is an element of trust that's very useful. When you're looking from that deepest place you will be able to function, actually very efficiently, but you've got to go there to figure that out yourself. But it does require a bit of faith, it will require some trust because it's a bit of a jumping off the deep end. It's worth it. So whatever happens here, don't grasp it, don't grasp it, don't grasp it. The most potent way you can use today, or even this

morning if that's all you could attend, the most potent way you could do it is to keep checking, keep checking, "can I go deeper than this? Can I drop my attention to deeper than this? Can I sink back into the nothingness where everything came out of? Can I drop in there, can I melt in there?" And these are words that I'm using but they're kind of useful samples, just dissolve, dissolve into nothing, keep doing that. That's really the opportunity here, and then we can, you know, play with moving around the furniture because sometimes that's where you're at, and that's what needs to happen, but if you're sitting in the audience keep like, "there's no juice in this, there's no juice in this," keep dropping back in. It's like, "it's boring, I want to listen, I want to be entertained," you're stuck in storyland, you're stuck in your own storyland so drop into the nothingness. Drop into the nothingness it's not boring! That's your mind telling you a story, it's actually not boring because it's not looking for a distraction, it's not looking for stimulation. That does nothing for the emptiness, it doesn't exist there, it doesn't know about stimulation and novelty and excitement, like, different language, different territory. Your mind has already crept in when those teasers are at play; so know the difference there. Is it like, "is it time for lunch yet?" You know it's like, "stop, where are you looking from, where are you looking from?" Lunch will come when lunch will come. So there's the trust you know, drop in outside of all of it, it's safe, it's safe here. Experiment with it, drop in, melt, disappear, dissolve, everything else is imagined, everything else is total fabrication on top of nothing, nothing! Rest in the "nothing," it's totally enough! Totally! Unless your mind comes in with some kind of distraction and off we go again. And direction for what to do in your life, it will come, but as long as your mind thinks it's the one in charge, then you know, you will feel the weight of having to make changes and have to do things. But the direction from deeper within, that's doing all of it, that's doing all of it, but your mind will overlay on top of it to give you that sense that you're the one making decisions, that you have free will. Get to see how it works, get to know the scent of when mind is tricking you. Get to know it, get to see it before it cranks up a story; stay in the nothingness, stay outside of all of it, or call it pure awareness, pure consciousness, love, God, Absolute, prior to concept, prior to consciousness, it doesn't matter. Whatever is your signpost, your label for that which is outside of all of it, go as deep as you can, stay there. Don't be fooled by the cranking up of the story making mechanism, that's all it is, is a story making mechanism.

23:31 Let the show be over. That's all it is a show, and there's a freedom when the show is over. 24:01 There isn't grief that's just more show material, it's the **indiscernible word**, the hidden act of the play. It's totally fine and totally ordinary, completely natural and fully human to rest your attention outside of all of it. Your brain might have to adjust a little bit, and that happens if you practice it. But if your mind says, "but this couldn't be it," you know if it's running that, then that's right at that moment that you're running that thought. You're running that thought in that moment so that's not it, right there that's not it because you're running that thought. Just drop that thought and another one will sneak along, and it's like, "drop that one too." These are just thoughts; deeper than this. The thoughts can go at the side but don't go into their story, don't believe them, don't trust them. Outside of all of it, there's a

looseness, there's a softness, there's a freedom, but you'd have to look for an issue, you know? It's like an effort to go into any story. And if your body wants to fall asleep, that's another mechanism that your brain has of like, "oops don't go there, don't go there, let's make you really sleepy. Let's make you go to sleep so that opening won't be created." Stay awake. It's very simple actually. It has to be simple because it's natural.

27:35 So I'm going to try something; stay where you are and see if you can go deeper than this, "right now where am I looking from, go deeper than this." Go as deep as you can. When that's stabilized I want you to stand up and keep your attention inside. I want to introduce a little bit of physical movement to see what happens to you. Stand up and put your arms up in the air, just give yourself a good stretch, sit down again and see what has happened. Stay inside. Let's introduce a normal external, what could be an external stimuli, stimulant, but it doesn't have to be. So go as deep as you can and stay in there, stay in there. Don't be the future, even the thirty second future of standing up and stretching, don't even go there stay inside. The mind is very cute you know, it will use anything, stay inside, nothing, nothing at all, deeper than that, and let the body stand up and go into a stretch, and keep your attention outside of all of it. Play with it a little bit, keep your attention inside. There is a natural pull to sit down, let that happen again outside of all of it, and go deeper than that. In the outside of all of it, in that perspective, there is no story at all. You have to engage another part of your mind to register the fact that you stood up and stretched. You might be able to feel that shift of where the story is and where the story couldn't be, where it isn't at all. A place where really, really nothing happened, where there's nothing that can disturb it, be added to it, no history, no experience registers at all. See if you can feel that, that's the development of wisdom to know the difference between those layers of perception where nothing happened. It doesn't know anything about you getting up and stretching, see if you can access that, stay there. That's home! And that which registers activity in the world is just a toolkit that's essential to making this, you know, a life possible. It's just part of this body/mind mechanism, but it doesn't touch you as pure consciousness. The outside of all of it doesn't know that the body got up and stretched, they're completely different modes. They might look like they contradict each other but they don't. That's another piece of wisdom, understanding how the play of life, of the dream, of this illusion, this creation – call it whatever is comfortable for you – the play of that doesn't touch the foundation of all of it, the depth which is beyond all of it. They actually recognize that they don't meet at all, that you as pure consciousness, you as outside of all of it, there, there is no knowing of a personal life, of anything at all happening. That story can't be there because it's totally complete and outside of story and events and experience. There isn't even enough contrast to build the memory of something there, that would be too much of a disturbance. Do you see? The outside of all of it doesn't know about this, but you have this capacity, you as pure consciousness has a knowing of outside of all of it. The body/mind has this capacity to play in this movie, and the two can live together just fine. It's not a neither or, it's not a.... You know, in the dream we believe in duality and waking up, there isn't a contrast. There is you as pure consciousness, and if your attention can rest there, jobs done. And

then the brain, and all our other senses and all the other magnificence of the human experience allow a life to be lived, but it's just like shadows flickering on top of this baseline of truth. So it's like you shift, you shift where you've invested your confidence. You shift your confidence from the story making mechanism to the outside of all of it, that's truth. I mean, that resolves in a way the movie never will. So outside of all of it is not touched in any way, it does not know about the movement of your physical phenomenal life. There is no confusion at all between the two. Where does your confidence rest? I'm kind of stuck for a word, but the confidence is the best I can find in the moment. Where have you invested, which one do you trust, which one is your baseline? The mind will say you need to trust, you need faith, you need confidence to rest outside of all of it, and the mind will also say, it's boring and you'll be half dead and your friends will change and your life will fall apart. It will run all those garbage through because its interest is to keep you invested in story, to keep the movie going just out of habit. It is doing what it's wired to do, but it's coming to the end of that phase if you're in satsang. It's wearing thin, there's holes in it, there's gaps, it's not authentic anymore, and it will die out. Let it go into its proper rightful perspective, position. Outside, outside of all of it, and drop deeper again.

38:16 Every thought that arises has its own purpose, its own agenda, and it's beautiful in and of itself, but don't believe anything that the mind says. Let your confidence be the ground that underpins all of it, that doesn't know anything about any thought. It doesn't have the capacity to invest in thought. It actually doesn't because thought doesn't touch it, there's no idea of a thought there. The only idea of a thought has to come from the thinking mechanism itself, it's creating its own reality field to it. The outside of all of it really is, 'really is', outside of all of it, and then there's nothing else. There, there's nothing else, nothing. So there's no absence, there's nothing missing, there's nothing! So how could there be you know, boredom or missing something, it's garbage. It's totally perfectly complete because of what it is, not because of conditions attached to it; there are no conditions. It doesn't even have that much of a contrast within itself, where you can put a quantitative or qualitative mark on it. That's all mind stuff, that's mind's criteria. Outside of all of it, outside of all of it. Don't expect it to feel any particular way. When it gets more familiar it has its own sweet perfume. But that's just a phenomenal experience, that's when the mind finally decides to bow down to it in. Don't worry about that. Don't look for a reward, that's too much mind in that. Are you stuck in story now? Go outside of all of it, go outside of all of it. A couple of people are falling asleep, actually more than a couple. The mind will do that too. It's just not able to hang out, and the brain isn't able to function when your attention is completely outside of all of it, so it's like, "whoops! I'm going to sleep." All right, so no grasping it is what it is. 42:33 No, "I'm having a **indiscernible word** experience, I'm learning so much," or, "I'm bored," it's all the same it's all mind garbage. Don't go near it. Don't go near it, stay outside of all of it. Stay there and it becomes effortless. It's like, "oh!" You straighten out something that was crumpled always you know, it's like, "oh my god, whew!" There's a loosening. There are quite a few smiles, just small smiles on some

faces. It's funny, it's beautiful. So we either go into silence or we go into story, there's the dualistic realm again, huh?

43:59 So what must be learned in your own neurology, is when there's story happening that you stay outside of all of it, and that you find a different way to allow participation. You know, just to be able to not be completely out of it and in samadhi, and needing to disappear into a cave because you've forgotten how to function. I spent a lot of time doing that but it's not necessary. 44:29 This is the way to... this is **indiscernible word** to integrate it. So let's practice it, just for the next half an hour and we'll take some questions. Stay outside of all of it and see if... You know, comprehension of whoever is asking the question and the answer, the dialogue. See if just comprehension can happen but you stay outside of all of it. You need to learn how to practice that so that you can do your job, so you can talk to your kids, so you can communicate with your family, and you are operating from outside of all of it. So it's time to practice it. And the moment you're like, "oh, that person has something, that's really interesting," it's like okay just know, "okay I've gone into the story now because I think there's something I can gain here." Or, "I wish we would go into silence and we stopped all this talking," and it's like, "you've gone into story now; get back out of it now." It's all story, you see, it's all story. The content of what your mind says, don't be interested in the content it's just mind. See it for what it is, don't be interested in the content, it's all useless at this point. It's all useless. Okay, so if anybody would like to come up the chairs open.

---

**#08 / 46:14**

**Q:** I have a question, and I better ask it now because otherwise it will stay. I feel that I'm pretty content with my life, and I don't feel that attached to stories. But I work with women that have suffered from abuse, and when I'm with them I can hear the stories and I can pretty much see the dreams very clear, and how much pain the dream brings because of the events that they live in, in this reality. I don't feel that I'm attached to their stories either, like I can see them. But what I have found that happens to me is that their pain somehow finds a place within me.

**Jac:** Do you take on their pain or do you mirror the pain? What's the nature of the pain that's in you that originated with them?

**Q:** 47:46 I can see their pain, I can feel their pain, and then I notice even when I'm not there with them there's something that stays with me. Some of the pain stays with me. Somehow I feel that being with them, being really openhearted with them, I think that it's healing but then it stays. Like I really have to do a lot of things to let it go.

**Jac:** Yes.

**Q:** It's not the story it's just the pain.

**Jac:** It's the energy of the pain.

**Q:** Yes, it's the energy of the pain that just stays. So I don't know what to do with that.

**Jac:** Yes. Do you have to do something with it? Does it feel like there's something wrong there or that it shouldn't be happening?

**Q:** It just feels very different from when it's not present. Like when it's not present and it's just my own life I don't feel that pain, so I know that it is... Somehow it feels like it's not mine, it feels like I'm just...

**Jac:** Yes sure! I'm trying to figure out if it really matters. Does it really disturb your peace or does it impact on your health? Does it need to go? Does it really need to go, and why does it need to go if it needs to go?

**Q:** 49:34 Let's say that I go in the morning with my own energy and things are fine, but then I come back and it feels so different right, the way that I see things when I'm coming back home, it's different.

**Jac:** Yes, and do you want to get rid of that?

**Q:** So it really feels much better not to have it.

**Jac:** Aaah, okay.

**Q:** And I'm also thinking, "well, am I going into the dreamland with them?" Is that what I'm doing? Because I know that it's not the stories, even if they are disturbing, like, I see them. I think that I can see some clarity, I have some clarity with the stories, but I'm feeling also, am I attaching to the dreamland with this emotion?

**Jac:** Are you? So when a woman is telling you her pain, her story, what happens in your own perspective? Are you still outside of it and a natural compassion flows? Because when you're outside of it a natural compassion flows, like a divine understanding happens. If that happens and you're totally outside of it, you won't pick up anything unless you have physical contact. Do you hug them?

**Q:** I do.

**Jac:** 51:27 Ah yes. Yes that will do it, that will do it. So there's a couple of different layers there. Number one you've got to figure out, "am I plugging into their reality? Can I hear it and completely be out of it?" And you've got to check that out. It's like, "all right I'm going to work and I'm going to see such and such, and I'm going to totally, totally, 'no' and be totally abiding in outside of all of it, yet I will be present." And see if you feel like you're a little bit absent, feel if you're disconnected in some way, then you'll know definitely, "ah, I definitely was in there, I definitely was buying into the storyland." So that's the first thing to figure out. And that's a real subtle one so you've got to figure that one yourself. I can't see that right now unless I saw you at work. So the next one is, energetically if somebody is near us we pick up that stuff, unless our vibration is so high that we have nothing in common with it, and what happens then is that the density will either completely reject us or it will melt. If it's ready to break down it will melt, because it's like it's coming close to a fire, the density, the pain level, the belief in the movie, because that's what causes the pain in the first place. So as it comes close to you it will either just start to heal and unfold or there will be a (sound effect 53:06) and somebody will just be too much in their pain. So it will change how you work. It will change how you work because it's like that person won't want to see you, or won't have found that you were helpful at all because you didn't enable their story, because your gig is to transmute it then, it's to totally transform it and heal it and break it open, you see? And that happens when your vibration is at a different level to where they're at. But what breaks all the rules is if you physically touch somebody, because the cells of the body, and the cells of the body and the emotional pain will go

between cells, and cells, no matter what your vibration is, you'll pick it up, hugging will pick it up. So to lessen that physical contact it's worth playing with it to see if you can... In a hug, if you can find a way of – I don't want to say protecting yourself but it's the only language that's coming – if you can find a way of like you know, love is going to go but nothing will be taken in. See if you can do that, it's rare. I'm not able to do that, you know of where... And I'm not interested in doing it. Do you know? It's my thing to like, "I'll take it and shower it off," you know? So yes, if you can find a way to do that, but I can't talk from the experience of it. But physical touch, there's a reason why you know, Jesus after the resurrection he wouldn't let the apostles touch him. You know, there's like you touch the feet of the guru only like when the guru wants, and certain people prepare the guru's food, and there's all these traditions that are in countries that have protected these teachings for us for so long. There is a little bit of wisdom in it. When you're holding that vibration in the physical body, what do we do when we're in a world where touch and affection is hugely important, hugely important because we live such complex isolated lives that touch is just exquisite, it's just so healing. So how do we debate that, and where I stand with it is like, like, "no I'll take it, I'll take it and I'll clear it out of me," and it will just come out of me in some shape or form. In the beginning I used to vomit after satsang. Not every time but sometimes it was just so much that it was like "whoops." My body would just find that way to throw it off, you know? Now nothing is traumatic at all, you know a shower will usually do it or a walk in the woods or an Epson salts bath or something like this, you know? Sometimes it just falls straight off, you know my clothes come off and go straight into the washer, gone, it was only on the clothes.

**Q:** 56:16 I am happy to keep on hugging them.

**Jac:** Yes.

**Q:** I was just wondering like, "oh is this a trick that I'm letting go of my story and feeling pretty happy in myself, and then keeping their pain?" Like I was more thinking I'm still in the dream because now I'm keeping their pain.

**Jac:** I don't think so. I don't think so, but it would be really interesting to go a day without hugging, where you just grab somebody's hand or you find another way, just to play with it. And when you go home that evening you'll either be in your own energy or not, and that will tell you. Hugging is the sure way to pick it up, but you've got to clean it out to see if you're picking it up any other way.

**Q:** Thank you so much.

**Jac:** Sure, sure.

---

## **#09 / 59:10**

**Q:** I want to ask a little bit more about attachment. We spoke about it a little bit. I start to get rid of some layers, and then you see, "oh there's actually quite a bit more underneath." Some are big and some are minor things that you just do everything without thinking. But what I think I was able to do was to go back far enough to separate from the mind, and be able to see it from a distance.

**Jac:** Great!

**Q:** And see that's where it all comes from, it's just there.

**Jac:** Yes, yes.

**Q:** So it's this thing that's just happening. Okay, so that's a nice thing to see, and maybe that helps to start to weaken or dissolve some of it.

**Jac:** Yes.

**Q:** 1:00:34 I wasn't able to get to the feeling of, you know the toxicity or the poison. Sometimes they're just words, but I use those words to you know, kind of destroy it all. And I feel like if I was able to get to that point of being able to do that, well then I'll just be in like an enlightened state already, that that's where I would need to be to be able to completely dissolve attachments. But it feels almost like too big of a leap to be able to deal with all of that. Is it? I guess I'm wondering you know, is it just a little bit of a process where you can, I don't know, just chip away. The more you can go back and go inside, is this just going to slowly dissolve?

**Jac:** 1:01:49 Some issues do and some don't. Some dissolve by themselves simply because there's not enough attention going into them, because you're invested in the deeper place. So an attachment, something that's sticky, requires total belief in it for it to sustain its magnetism, right? So for that reason, the more that you're outside of all of it, by virtue of the fact that there isn't enough of your attention going into it, it weakens. That gets rid of some of it, and others you kind of got to unravel and see what the original hook is. I love that you see that... I remember seeing... using imagery like that too and thinking, "it's like a ball of spaghetti. I was caught in that?!" You know it's like a (sound effect-blubbing 1:02:46) it's like a big lump of pasta, gloopy, gooey stuff you know, and it's like, "aah god, I got caught in that, wow!" You know when you finally get that distance from the crazy loop. So some of them dissolve on their own, that's fine. The toxicity thing, okay that's mind saying that too. It's like using mind to annihilate mind there, to see it as poison. So a softer aspect. That might not be your style; I'm kind of extreme you know, so it might suit you more to actually see like, "I have absolutely no interest whatsoever in engaging in that baloney anymore. I'm just not interested in it because there's nothing in it for me." If you can see, "that's a trick of the mind and I'm not interested in it." So whatever is the nice part of it, you've got to see that that's you being fooled. So is the advantage of it still better than the disadvantage of it? Do you feel like you're being deprived of something?

**Q:** nonverbal response

**Jac:** You do, okay. Okay that's why you want to see it as toxicity, okay I get it.

**Q:** Yes, it's a real sticky one.

**Jac:** Okay. So then believing in that sticky idea, believing that you want that is stopping you from waking up. Is it worth it? Honestly, is it worth it? Honestly.

**Q:** It needs to be seen once and for all.

**Jac:** Yes, do you want it badly enough? Do you want to wake up badly enough? Is the fire a furnace to wake up? But if you still want to negotiate...

**Q:** 1:04:53 Yes. Yes, it's like, "let me do this, let me go off and do my thing," but when I'm done with that then I want to be able to come back. I can have that. Do you know?

**Jac:** Yes. Make me holy but not yet, yes, yes.

**Q:** 1:05:11 Yes, it's really the mind playing tricks with me.

**Jac:** Oh yes that's the mind playing tricks. It's like you'll be deprived of something wonderful, you know? God will take this away from you, you know, if you wake up. The thing is, in the waking up you never miss it in the first place because that's the whole point. But at the moment you're seeing it as something attractive, and if you move even further back you'll be like, "oh my god you had me. You had me, you really thought that you could give me a beautiful experience, but all the while it was just a slippery slide down into hell."

**Q:** 1:05:59 Yes. That's a tough one.

**Jac:** It is because you want to believe that you've got something to gain there, and the fire to wake up isn't strong enough. What can be very useful is to run a mantra, "make me want it more." It being "waking up." "Make me want to wake up more, make me want it more, make me want it more," to actually ignite that fire.

**Q:** Fire yes, fires a good one.

**Jac:** It's a fire. Yes, "make me want it more," to really get it going. It's like it renews your invitation to pure consciousness to (sound effect 1:06:44), it brings in a catalyst, you know?

**Q:** Hopefully new stuff doesn't come up. New stuff will come up.

**Jac:** It's welcomed, it's welcome, yes.

**Q:** Stoke the fire.

**Jac:** Stoke the fire, and like, "okay, come on help me to see through this candy coated thing. I believe it's candy the whole way through, show me, show me, show me." I remember doing that once and it was like a flame, you know towards the end of the Jac story, and it was like, "okay, I can go with this guy and dive back in, and will I do it or will I not?" And, "no, no, no, no, I'm not doing... I'm not I've seen through it, I've seen through it," and it's like after a week or two of like (sound effect-nagging 1:07:53) I was like, "no, actually I need to convince myself... no, I need to learn that there is an arrogance that doesn't work." There's an arrogance that believed, "I can play and still stay outside of all of it. I can play." And I wasn't able to play in that area when it came to relationships, sex, I wasn't able at that point to play every time I fell in. So it was just like, "all right, am I going to..." you know, it's like, "aah this is arrogance, this is an arrogance believing I can have my cake and eat it," or whatever the phrase is. You know, "I can play here and stay outside of all of it." And I'm like, "all right, I'm either being really arrogant or I really have transcended it," and boy did I get slapped! Boy did I suffer! to the point of like, "I now know I will never again play like that. I want the truth and everything else is toxic," and that's when it became so clear that like, "I see you mind, I see you, I see you, and bugger off, I see you." Like, "no way, no way am I going to believe anything you say, it's always all toxic." And that clean line in the sand had to come, you know? And then of course, you know everything does become clear and you can play of course again but it's different. How you play is different because you know it's never going to make you happy, you know it's just your lifestyle, you know organizing itself. You don't expect anything from it, you're not invested in it because you know it's empty. So it has to show itself to be empty to you. But for me it was an arrogance that it was blowing out, the last layer of it was an arrogance, yes. So it can be burning out other things other than just the attachment to that thing, you see? So there

can be value in dancing with it because it will burn something, it's going to burn you every time you dance with it. It will burn you every time.

**Q:** It will teach you.

**Jac:** Oh yes, there will be another teaching, and another teaching, and another teaching, until you're like so done!

**Q:** Yes, and then you can really feel it.

**Jac:** Yes, then you know you've seen through all of the candy coating. "Make me want it more;" turn the burner up.

**Q:** Turn the burner up.

**Jac:** Turn the burner up, yes.

**Q:** 1:10:45 indiscernible whispering.

**Jac:** Okay, thanks Crystal.

---

### **#10 / 1:11:15**

**Q:** So I just want to speak more about what I mentioned last night, about what's happening energetically. So I went to Kripalu, and it felt like while I was there, like a new level of embodiment happened in terms of like the different... like it feels almost constantly since then like there's... like even when you talk there's these streams of light, and before... now they have like a weight to them and a texture, and I don't know whether I'm going off in delusion or not, but it feels like I constantly am like making... like I have to move and kind of receive and integrate them properly. And if I'm not in my own experience constantly doing that I get kind of screwed up energetically. Like my hands are fine now, but when you were talking and if I was just sitting and listening and not moving at all, my hands swelled so much and my ring wasn't fitting, and I just.. It feels very messy. I don't know whether I'm getting caught in something, but once I just start kind of like putting stuff places, and not only that, but it feels like it's... and getting it down to the bottom of the earth. Like I'm channeling some new thing that I accessed at Kripalu and completing some circuit, then I feel fine and clear. But if not, it gets messy and I feel like I'm hooked into things that have different qualities, like picking up other things in the room, and just like if I'm not being a ninja I may want to experience, and I feel like I'm just going to keep going with this, but I don't know if I'm going down some weird track with this physical experience that is happening for me.

**Jac:** 1:13:33 There's more to learn by going down this track than by ignoring it.

**Q:** Okay.

**Jac:** Yes, there's something to learn from both. You can throw it off but actually...

**Q:** You mean... What track?

**Jac:** I'm sorry, the track of responding to this light and grounding it and working with it. There's more to learn by going with it than to throw it off. At one level of course it's nothing and it's illusion and we can throw it out, okay, but actually energetically, those changes, it would be really good to let your cells upgrade, as they're trying to right now. And it's only going to last a couple of weeks, the integration phase, and then it will just be very rare that it's like, "oh god, what's that thing? It's that thing again," you know? It's just a couple of weeks. I would work with it, I would work with it. Sometimes it's nice to get that turbo boost, and I know I'm kind of promoting integration as we go,

because that's where we need to go, but when you get a blast of light like that there's a resettling phase. You can do that and live a normal life, you can do that. I wouldn't tell too many people because it sounds nuts, but you need to honor it. You need to honor it it's your cells taking the upgrade, taking the shift, moving away from a denser vibration. It's beautiful, it's beautiful. And things like, which has probably happened already, walking down the street and you notice that people just look at you, it's just like there's more light and people start looking at you, you know, and it's not because of your makeup, you know it's literally just more light. Things like this will start to happen.

**Q:** Well other weird things... like since being back I'm seeing like repeats that were like almost everyone from my past, like ex-boyfriends, or people that look exactly like them but are clearly not them, and like I get instructions like, if I just keep this stream running I'll clear the karma between that person and it's done.

**Jac:** Yes, yes, that's right.

**Q:** That's like an example of an internal instruction that's happening organically.

**Jac:** 1:15:54 Yes, yes. It's fine, that's fine yes. So energetically, sure you're burning up ties, old ties that no longer serve you in this new zone. So you're burning up those ties and your mind is putting a story on it that it's karma. That's what we call it because we need language you know, so don't get caught in the story of it, do the energy work. Just do the energy work, and your mind of course wants cause and effect, of course it does, but just see that, "yes that's my mind putting in an overlay." The thing is is that there's some tie here shedding, because all the stuff that was connected to you, that kept you solid in your older frequency, is now obsolete. It's great when it (sound effect 1:16:44), a gearshift like that happens, you know? Go with it there's just a few weeks in it.

**Q:** Okay. And with this gearshift, I know I mentioned this about last night, but like going home last night was like super challenging with Sam; like he's all over me.

**Jac:** Yes, of course he is.

**Q:** And I don't want this to be on microphone.

**Jac:** Of course people are attracted to the light, there's new indiscernible light.

**Q:** Which is different for me. Normally like my central experience is much higher right now, but like I don't want to have sex with him, you know?

**Jac:** Yes.

**Q:** So I just like ride this?

**Jac:** Yes. Yes if you can, yes.

**Q:** I don't know if I should be like go stay somewhere else for a little bit, like I'm...

**Jac:** Can you... If anybody is under 15 block your ears. Can you just kind of service him?

**Q:** Totally, and you know of all of the people, since I've come back, he's the one that I'm least... like he... actually I feel he is in support of me in some way.

**Jac:** Completely, completely.

**Q:** You know like he really... you know? But I just... My mind runs a bit of a story when I'm like... I don't want to be picking up you know, especially with the contact I think.

**Jac:** Yes.

**Q:** But if you're saying just, you know whatever, I can do that.

**Jac:** I would right now, yes. Distract him you know, yes.

**Q:** Cool.

**Jac:** I was hoping somebody would start laughing. Yes, because to take his energy into you right now isn't going to quite help.

**Q:** What?

**Jac:** To take his energy into your body right now isn't really going to help. Do you know?

**Q:** Right, but how can I do that without...?

**Jac:** 1:18:55 Just service him for like five or six days.

**Q:** But isn't that taking his energy into me?

**Jac:** No it's fine.

**Q:** But you're saying even a hug is like a transference.

**Jac:** Yes, but no you're fine because he's your sexual partner, it's different. How explicit do I have to be here?

**Q:** I want a method! I'm sure I can figure it out in the moment.

**Audience:** Be direct.

**Jac:** Okay, what really works at a time like that is a blow job. That really works very well because if you take something in vaginally it's coming in through your base chakra, it's coming in at the chakra that's densest. So if we're going to remind your densest chakra of another density right now, it's going to keep you back down, it's going to pull you back down, right? So I wouldn't have sex in that way, intercourse, like actual... I wouldn't have that right now. If you can, it will help you to lift more if you just use your mouth or something else.

**Q:** 1:20:08 Okay, so I can engage in that without the vibration interfering that much.

**Jac:** Yes, don't let him have an orgasm virginally, that's going to be the one, that will be the turning point of you picking up and it interfering with your energy field. But anything else is fine. It's fine, because he's with you on this right, so it's fine. He's not like a stranger who's going to pull you back down; his energy can dance with you, it's just that right now I would just like, even for another 4-5 days don't take in anymore there; not in your base chakra. I want you to gain everything you can from this shift for yourself. All right, good.

**Q:** Thanks.

**Jac:** 1:21:14 Yes, sure. That's life too. Sex is a funny one, you know? There's layers and layers and layers to it, there really are so many layers to it. Like there's two energy fields merging you know, and it's exquisitely beautiful. But if one energy field is in transition it's getting a serious turbo boost. What's happening right now is she's getting a serious upgrade, an intense speedy upgrade. When we get a gift like that, it's not the time to compromise and merge with an energy that your energy field can very easily drop down to where it was, because that's how you fit together. So give yourself the space for your energy field to integrate and find its new level, and the relationship will reorganize itself, you'll find a new way to interlock, marry your energy fields, you see? So it's just in that transition it's like "whew!" She just needs another five days actually for that merging of energy, and you'll be in your new place more stabilized, and you'll find, "oh we fit together like this now, there's our groove, there's our groove," You'll find it again, you know? But thankfully there are ways and means around this in a relationship. And then if you meet somebody who doesn't accommodate your

energetic shifts, and the kind of craziness that appears every now and then, well, you've got to question if they are right for you in the first place.

---

**#11 / 1:23:42**

**Q:** I'm Peter.

**Jac:** Hi Peter.

**Q:** So thank you, and I have a request of you. Everything you've said I get, everything you have instructed and coached I employ.

**Jac:** Yay!

**Q:** I'm not saying that as, you know hoping to get the gold star, but...

**Jac:** No, but it's great that it makes sense to you, and it's not like way out there it's known to you, it's wonderful.

**Q:** So the request is that there is, independent of what you say and independent of daily practice, conscious practice, and independent of a burning desire for self-knowledge, there remains a stuckness, and that's my confusion. So at once there is a moment of sublime grace, and at the same time a crushing occasional conversation, which I know is a tape, know as a movie, and yet still can have such terrible apparent consequence where there will be times that the body is you know, tamasic or the other side is that it is very rajasic. It's always satvic, if you can understand the nuance.

**Jac:** Yes.

**Q:** So in other words, I'm always observing.

**Jac:** Yes.

**Q:** Or have the capacity, yet seem unable to be okay with the, let's say the depression or maybe an old tape that arises which is in and around the domain of self-worth.

**Jac:** 1:25:55 Is it believed Peter when the tape runs? What's the believability quality going on?

**Q:** Well, it's a good question. I'll answer the question by something you said last night that... I went, "wow!" You said something about Ramada, about there being a very painful six days, and it is almost as if I'm there; meaning the tape is such an old story and I'm so over it, yet it does in particular... I'm sorry I'm not good at tracking the story, it can still have a life, an ember. So there is this suffering that while I might be self realized, I'm not self actualized. So I'm not fully embodied, I'm not fully walking the talk.

**Jac:** Yes.

**Q:** 1:27:01 May I add one more piece? There is a concern or an anxiety that I... In some ways I teach this, this work, in business and to others.

**Jac:** Great.

**Q:** I have had an ongoing concern about my integrity when these patterns continue, and there's a part of me that wants to ask for forgiveness, which is part of the tape.

**Jac:** That's fine, that's fine yes.

**Q:** And knowing the responsibility of sharing this and not always walking the talk, is at best upsetting and a concern if I'm doing damage.

**Jac:** Yes.

**Q:** Yes, so there is at once this wonderful, “I get it, thank you Jac!” Especially for the way you articulate it and present it, and yet the jiva continues to go, “this fucking life; pushing the fucking boulder up the fucking mountain,” which is another old story.

**Jac:** Yes.

**Q:** And I’ve had it on the head, but it still seems on an energetic level – if I’m using the right term – strangle me.

**Jac:** Yes.

**Q:** Does this make sense?

**Jac:** 1:28:34 Of course, of course. All right, well done on the integrity because there’s nothing as stinky as an awakening without integrity. But the fact that you are on to, “there’s an absence of integrity here,” then integrity is with you because you’re noticing its absence. So you’re fine, you’re fine, it’s going absolutely clearly the way it needs to go in the highest integrity because you’re on to that. Okay, you know that phrase, “first there was the mountain, and then the mountain disappeared, and then there was a mountain again,” you know, “or “chop wood and carry water, and...” you know, the same old story is welcome but it will have no burning ember. So it’s fine if those old tapes still run, but they’re the radio in the next room, so they don’t have a charge, they don’t have an emotional feeling, there’s nothing it’s just yakity-yak, the mind running an old neurological story but it’s dead, it’s dead. It’s like an echo but it... you know, so it doesn’t need to stop completely. It feels like your emotional body is where it’s hooked in. Something about your emotions are not completely cleaned out.

**Q:** Yes that makes sense.

**Jac:** 1:30:03 That’s where it is. You have a handle on the intellectual side, you’re clear as a bell there, but it’s something around the hook between the thought and its capacity to crank up its juice from the emotional body, that’s where the believability is coming from. It’s your emotional body, that’s where it’s getting its authority, that’s the fuel. You’ve the mind work, you have it, you have it, that’s very clear for you. Okay, because, okay, you can be like pushing a border or there’s the old thought about pushing the border, and you’ll literally have a laugh at it like, “you’re not there yet.” It comes with a different charge.

**Q:** True.

**Jac:** 1:30:52 So there is some piece of emotional work that hasn’t been cleared out yet. There is some emptying of the emotional bucket, because where I want you to be after the emptying is that any emotion passes through, but none of them stick. None of them stick it’s a free flow. It’s like road rage – road rage is a great example – it’s like, “jeepers you jerk!” or whatever, “cutting me off,” and then it’s gone, it’s gone, like it’s gone. Two minutes later you’re still driving and you’ve completely forgotten about that jerk. You don’t even know what kind of car it was, it’s gone. Do you know? So that kind of instantaneous with every emotion, with every feeling, it just (sound effect 1:31:36-zipping sound) passes through, comes, goes, and has no story, no stickiness at all. It can be sadness that passes through, and it’s like, “whew! there was a wave of something.” And you don’t even go into what or who or why, it all stops, all the labeling of it stops. So the connection between your mind and logic and subject/object and your emotional body, is too strong still, right?

**Q:** Oh I see, the connection.

**Jac:** The connection is too strong. The connection is too strong, so it's like the emotional body can be used by energy to flow through. Sometimes it's a reaction with an explanation and sometimes it's nothing, sometimes it's yours having an experience in the moment, and sometimes there's no clue at all, like, rolling laughing for no reason or tears coming for no reason, nothing, and you're not even... Your mind isn't even alert enough or on it enough to try to notice it, label it or explain it or find a cause for it.

**1:32:31** I mean that level of freedom for your emotional body, that's where it's going, but it's not freed up there's some **bung** in there.

**Q:** Binding somewhere?

**Jac:** Binding, yes. There's a binding in there. So to clear out the emotional center, you'll find ways.

**Q:** By Sunday?

**Jac:** When did you have a really good screaming match last.

**Q:** The Hoffman process a couple of years ago.

**Jac:** Okay, yes, yes that's a good one.

**Q:** I used the bat well.

**Jac:** Yes, yes the unbreakable bat.

**Q:** I've done it a few times. I've done the screaming a few times, but there is some confusion in that part of the spiritual practice is to embody values of dispassion, of accommodation, of acceptance, and then noticing the emotions that arise.

**Jac:** Yes.

**Q:** 1:33:49 And in some instances I've been told that people can't feel me, and in fact practicing I'm feeling very deeply, but I'm practicing to be of service and trusting to embody with dispassion, acceptance, accommodation, do no injury, do no harm, so maybe I'm suppressing it as opposed to observing.

**Jac:** I wonder what's going on?

**Q:** 1:34:19 There was a non-dual therapist I saw who suggested that she could no longer help because – this goes into story.

**Jac:** Sure.

**Q:** But I'm not going to go into the story, but she said there's some PTSD, and she suggested that I may need to do some work with that. Checking it with other teachers, they said, "no just keep on doing your practice."

**Jac:** Right.

**Q:** So I guess there's some confusion.

**Jac:** Yes. As you sit there and speak, do you know what is coming to my attention is, I'm thinking that this experience is coming to you but it hasn't happened yet, have you ever experienced or come up against existential fear? Like suffering that's of the world, incredible grief that's of the world and it has absolutely no story. It's like you've tapped into the source of suffering where it exists, but it's nobody's and it's not connected to story.

**Q:** 1:35:30 The only way to answer that in this moment is to recall up an experience in childhood, but it's more graphic than what I think you're alluding too?

**Jac:** Yes, because that's an experience, that's an experience. There's a frequency – I'm sorry to be using kind of this jargon, but I don't have any other language right now – as we step back, you know we kind of get to see how the mind works. A lot of what we were doing this morning and last night is like seeing the tricks of the mind, so you can see it from a wider vista, and as you go back from pure consciousness you see the building blocks of consciousness itself, right? One of the layers there is the essence of emotion, which is before the emotion has become story, before it's personified, before it's connected to cause and effect and used by mind, right? So it's like the birthing of the frequency or the birthing... the seed of what becomes emotion. A lot of us hate that. Almost all of us hate fear, just fear, just huge fear, and our mind turns it into fear of annihilation, and you know that's fine, we hate that. If we don't use the mind it's just fear itself not connected to any story. That place of where there is emotion itself without connection to story, I don't think you've accessed that yet because the emotion is still... your capacity to feel and experience emotion is still being used by mind. I want to free it up so that you can find the source of emotion; how emotion is created in the first place prior to mind, prior, prior, prior to any story; emotion itself where it's raw. And I'd love you to go into that frequency, then your system gets kind of aligned with the essence of emotion without it being in any way connected to mind, and that's what frees up your emotional body. That's the fast-forward way. You can cruise around PTSD and other traumas, you can do that but, "you have to do this, you have to do this!" and that will be actually just a waste of time.

**Q:** At the risk of taking too much time, is there...

**Jac:** You have all the time.

**Q:** Thank you. Is there a... I know that asking, "okay, now what?" Or, "what do I do," it should have been booby prize in this.

**Jac:** Sure.

**Q:** At the same time I'm a bit confused about how to... I call this sort of the instrument, I don't know how to clear the instrument of that.

**Jac:** Yes. Do know what might be an interesting place... where might be an interesting place to start, is like, "all right, is there an emotion here?" Now, can I find where it's not connected to story?"

**Q:** Yes.

**Jac:** Okay good.

**Q:** Yes even now, yes, between us.

**Jac:** Yes, all right,

**Q:** And outside of us, yes.

**Jac:** 1:38:50 Yes, all right that's the one, that's where we go, that's where you go, and let it... Finding that capacity within you to express it without going into story about it, disconnecting the story making mechanism, keeping that at bay and allowing the pure emotion to be expressed.

**Q:** I'm feeling it now.

**Jac:** Yees. Yes. It has to be allowed now.

**Q:** And story comes.

**Jac:** There might be a story that your mind will attach to it, but I'm after the essence of that emotion. Let's not get caught in the story, if you need to do it, you need to do it, but that's not... it's only the vehicle to get to the essence of the emotion itself.

**Q:** I hear you.

**Jac:** So it's learning how to have emotion flow-through without story, that's what clears it up and brings you to that place of where emotion has no label at all, where that clear expression is allowed through, and it's delightful.

**Q:** 1:40:08 Please instruct me; I have a question of consequence, but I'm also wary that I might be getting off the emotion that just got birthed between us here. I'm looking to put words to it or maybe it's unnecessary words; at once while having that emotion there is this thought that I'm about to get whacked. So I don't want to put any more words to that because that invests in story, so I'm just reporting.

**Jac:** Yes. Yes, it's quite likely that your mind is setting up a consequence to keep its... To give you a... The consequence will be the believed story so that you will keep your attachment to the mind while you are doing this work.

**Q:** I understand, thank you. Then what I just learned from you becomes now a daily practice, where there is time to observe, listen, for whatever the emotional content is.

**Jac:** Yes.

**Q:** And then sit in that, and give rise to that or express that.

**Jac:** 1:41:28 Yes. And learn the skill of doing it, of being with the emotion and allowing it to do whatever it wants to do without any labeling. Any consequence is labeling, all story is labeling, all of it, emotion only, and that's what's trying to come through.

**Q:** To put a story on it, which is not in insistence of the ego, but I guess it's just seeking clarification, there seems to be a paradigm or something operating, that this is hiding my light under the bushel, to borrow from the Bible.

**Jac:** Yes.

**Q:** It has that feeling that I can't come out and say, "this is who I am and this is my contribution," because of that. Would that be a fair observation?

**Jac:** Yes that's true. So it is serving you well it's held you back until you were ready.

**Q:** Okay thank you very much.

**Jac:** You're very welcome Peter, you're very welcome, sure.

---

The End