

Unedited First Draft Transcription - The To Do List Stress And Overwhelm - 2017
February 08 (AM)
Sebastian, Florida Retreat
Questions #01 through #07

Good morning everybody. Is there anyone who does not have access to deeper than mind, to source? Is there anybody so caught up in their head that they just are doing circles there? Anybody else? All right okay let's see how we do. So the format that we have is just who ever wants to come up come up and we flow with it organically. Would you like to come Jack? Great.

#01 / 2:06

Jac: Hi there, nice to meet you in the flesh finally. I've heard about you through the years.

Q: Actually we've met before. I've sat with you before.

Jac: Have we met before?

Q: At the First Circle in northern Maryland.

Jac: In Maryland, ohhh!

Q: 2:20 [indiscernible words] sitting with you for a long time. So we've had a lot of discussions.

Jac: Aah, I've forgotten. Okay nice to see you again then.

Q: 2:32 So I get this meaningful look about the word loop so I might as well go for it. I think I see what happens within consciousness, and I particularly see, you mentioned, neurological kind of fixations that are just sort of stuck. Well I see that clearly this morning. So I'm just looking at it and you know, we talked about tension and all that, but it's just mainly I need to be able to breathe out of that kind of fixidity and recognize the freedom that I have. I know what that is, but it's just that I'm just stuck in this undulating you know... I can't quite say if it's deliberate or not. I mean I suppose it's a rationalization people have that it's something you've got to do, something you have to be prepared for, and I see that I tend to do that. 3:32 I tend to be oriented towards [indiscernible 1-2 words] and what it deprives you of is basic enjoyment. I mean just the breath, the breath of enjoyment.

Jac: Yes.

Q: 3:40 The mantras that you are talking about, what it is that animates you, one of the things I've been doing in satsang back home, and this particular teacher I listen to certain things that he says that really I get, so when he says, "you love truth!" So the word love resonates very strongly with me. I mean it really does, I love beauty, these are things that are really part of me as a spiritual being.

Jac: Yes.

Q: 4:10 And you know, so then it kind of raises like, "well okay that's pretty good," and it's very verifying. So the issue is sitting with that more and allowing that into my life more and allowing enjoyment into my life more. That's really what I'm dealing with. I mean even now I can see you know, I'm carrying all this neurological tendency that I really don't need.

Jac: You don't need it at all.

Q: Yes, so that's what she meant.

Jac: Yes, yes.

Q: That's what I mean.

Jac: Yes, isn't it like your partner to....yes, yes. Okay, so let's kind of undo the potency of that loop of it. So you said, "it's around stuff that I have to do" or being prepared?

Q: More recently there's some action items, complex action items that have just kind of showed up the last couple of weeks. It's been a real drag just trying to get out of that, and that's kind of what she's talking about. But in general I tend to be kind of a busy guy, 5:17 I tend to be sort of pervasil and kind of have agendas. I tend to put something out there that I'm going to get something done, and that's kind of how I tend to do things.

Jac: Okay, so 'you're going to get something done,' there's kind of a driving force there.

Q: That's right.

Jac: 5:32 Do you get a buzz out of the driving force or is it when the task is complete you get the buzz?

Q: That's an extremely good question. I think I get satisfaction out of getting things done, and out of how much stuff I can get done and saying, "that's done." That makes me feel good, yes.

Jac: 5:45 So it's the fruit of the drivenness. Is there a buzz in the drivenness at all? Or is it all in the [indiscernible word].

Q: I don't think it's like a hyper need to be busy or something. I understand that idea. I mean, really I can be perfectly happy doing nothing; I just tend to be overloaded, and the space in between, which is like, "let's do a complete reversal of that, let's set, let's be quiet, let's breathe deeply, let's play the guitar." There are other things that I can do you know, but I just haven't been doing that for myself.

I just let myself get really stuck in this grinding kind of thing, you know?

Jac: 6:24 So what if we were to like....

Q: 6:30 (sound effect).

Jac: Sure, yes it's heavy. If we were to just cut the juice that you get out of... The satisfaction, that's the juice when a task is done or done well, and it's like, "whew, that's off the desk, I've got that one done it's out of my way now." The juice, the relief that you feel there, can you get rid of that? Can you demystify it, can you see that, "okay this is a trick of my mind which motivates me to get stuff done, because I like the feeling of when something is done," if we can see through that, through the reward that your mind has set up, because there's a few tricks that mind is playing on you now and I want to go through them layer by layer. One of them is the sense of satisfaction when we've achieve something, when something is done. The sense of satisfaction is the very thing that drives us into that feeling of having something to do, feeling the compulsion of it, overwhelm, all of that is part of the package which allows you to feel a greater sense of achievement when it's done. 7:40 It's like our mind makes the task a real [indiscernible word] struggle so that we can really cruise of the sense of like, "whew, I'm so glad that's behind me. I give myself permission now to completely let go and wind down, and feel the absence of the overwhelm." They're tied together, but as long as we don't see

through, for as long as we don't see through the buzz of job satisfaction, we'll always have a tendency towards feeling the [indiscernible-same word] struggle, because they're in bed together. Do you see that?

Q: 8:14 I think it's also, I'm perfectly happy when it's over.

Jac: Okay, but that perfect happiness is there anyway, it's just that you've postponed it in order to feel, you know the heaviness of a 'to do' list. But your mind associates it with the to do list and that's the first thing we've got to cut, the link between the two of those.

Q: I also think that the bigger part is that I need to have some completely alternative relaxation that I'm completely there for.

Jac: Yes.

Q: That's what I've been kind of denying myself.

Jac: Yes!

Q: There are things that I do creatively that satisfy, and it has nothing to do with anything else except just personal creative expression.

Jac: Yes, yes.

Q: It's just something I used to do or I do do, or I sort of know, but.... you know.

Jac: Yes. Okay can I throw this one at you as a further development of what you're saying?

Q: Please.

Jac: When we have that loop of something to do and then I'll relax, it's like we have to earn the opportunity for pleasure, relaxation, creativity, and that's the [indiscernible-same word] part. It's the drudgery that we put in, in order to give ourselves ease, creative, peace, beauty, love.

Q: 9:39 I've thought sometimes that I could easily afford to say, "I'm going to take 10 minutes while I'm sitting here at my desk and meditate," or get up and sit over by the window and meditate, and then come back, things like that.

Jac: Is there a price to be paid, do you have to earn that kind of pleasure? Can you just take it and there's no cost?

Q: 9:58 I think I have to try that, you know I think the sense of the rhythm that is really in my control, so I've just got to push through this and [indiscernible word]. I think I'm just doing that more than I need to. I think I'm running full speed more than I really need to.

Jac: Yes you are.

Q: It doesn't make any practical sense.

Jac: You are, yes. So it's kind of a bad habit?

Q: It's a bad habit, absolutely.

Jac: It's a bad habit, but also it's just some wacky loop that mind runs you know, around like, "I'm making a difference if I work really hard or if I put my shoulder really to the door," and it's actually, 'just turn the knob,' you know?

Q: 10:40 I'm really enjoying that dimension too, because I did have a period of time when I would meditate more, this is going back a long way, but I knew what enjoyment was. I knew what it was to just sit quietly and enjoy it, and be a stranger in the universe, and not have to explain it to anybody.

Jac: Yes, yes.

Q: And that's what I certainly want.

Jac: Yes, that's there for you. There's no brownie points for denying it to yourself, none. It's just the mind trying to be busy and nothing else, and there's nothing else to be gained from it.

Q: It is, it's just kind of churning away running the show, yes, and I'm not liking it it's in the way.

Jac: It is in the way, and it's serving no purpose at all, none.

Q: So that's what I'm working on, that's what I'm here to get or get better or get again or renew, or something like that.

Jac: Yes, so then when there's stuff... Mind will do two things when there's stuff to be done, and everybody's got stuff to be done, and you know it's a pain in the ass. All right, mind will make more out of it than what it is, that's its first thing you know, it's just going to make a big important thing out of it, and of course it's not it's just stuff you've got to do. So the energy with which we approach that is really important. You can go at job saying, "hey, so what?" You know, you can tell your mind this really doesn't matter because there is someplace where it doesn't matter. If you're all stuck in the task it's life-and-death, it's huge stuff so it's really important, it's win or lose stuff. But actually you have someplace where you can see that, "actually this doesn't matter I'm just moving the furniture around in the phenomenal world. This is just a system and I'm playing my part, it's fine." It really doesn't matter! If you can find that place and approach the task from the place of lightness, you won't have overwhelm. You won't get caught in that sense of, 'this is really important and I've got to do this,' and it's heavy and dense. What goes into the density is the distorted view that this is really important.

Q: 12:53 Right, and I'm also running into that, because I've had that experience so I see that. And I'm also recognizing that I certainly do a certain amount of embroidering stories, particularly when I get into a certain kind of an emotional state, which is absolutely absurd. I mean I just see it, "what are you doing here!" And I didn't realize... I don't know maybe it's just a certain phase that I'm in or something, but it's just like you know, I see it now, "stop, clear your head and get on. Take a deep breath," or whatever, because that kind of figures into this, you know?

Jac: 13:26 It does, it does.

Q: In fact, there's less story in the work stuff than in other things, it just kind of pops up. It's just a waste of time.

Jac: Yes.

Q: A waste of life.

Jac: Yes! and doing nothing except causing self suffering. That's its sole purpose is to cause suffering. The same stuff can get done with an entirely different energy, approach, attitude.

Q: Right. I can feel the physical acceleration or adrenaline, or whatever, rising up, getting tight in the back etcetera. You know the whole thing it's like, "there it is, let's take a deep breath," and actually physically be a part of that release is what I'm working on. I mean, I'm feeling that now just since I've been here every day. That's really the juncture of where I am.

Jac: Yes.

Q: Okay, well thank you.

Jac: You're welcome. You're welcome Jack.

Jac: 14:44 How many people know overwhelm? All right, okay. That one is completely created by your mind, like completely. It's completely created by your mind because it's got a sense of you know, what I'm doing is really important, and maybe I'm not able to do it, so it's all me, myself, I, and me and my task. And I have too much to do, and this is beyond what I can deliver. It's just bull shit, you know? It's like, what is that? it's story upon story upon story about me and the job I have to do, and it's completely and totally in your mind, completely and totally. It doesn't come from the task it comes from your thinking about the task, and your thinking about your own capabilities vis-à-vis the tasks. It's just totally made up by your mind, totally! you know, a sensation of panic, stress, internalization of something that has completely the ability to soak up your energy. So then you can go into thought and adrenaline instead of going into completing the task, and so it feeds itself because your capability to deliver is less when there's overwhelm going on. That's where your energy is going, it is going into managing the overwhelm in your body. It's a quirky one, huh? So let overwhelm be gone. Like when overwhelm comes, "whoa I see it, here's a whole tangle, here's a whole string of loops that my mind has set up." It has completely contracted itself, has its own story running about what I have to do, and as a result of the situation I have not much attention or energy to actually cannot really do the task I have to do. It's full of me, myself, I, and you know, the importance of the phenomenal story that you're doing at that moment. So try to unravel it a bit and see how does it... what's the flavor that goes on in your mind about overwhelm, what are the layers, what are the stories that build me into overwhelm? It's usually, 'I can't.' It's usually four or five sentences of of like, "I can't because..." So it's like, really? The stillness inside doesn't do overwhelm, you know, it's completely and totally the mind and a few beliefs put together, and off we go. Being busy is being busy, being busy doesn't mean overwhelm has to happen. Being busy is being busy. There's only a certain amount you can do, what are you gonna to do approach it from a sense of overwhelm where you get completely caught and (17:33 sound effect – intake of breath) high stress and you get less done, or stay in your center and do what you need to do, and what doesn't get done, so what? It will be there tomorrow waiting for you anyway. We drop balls all the time, you can have a total panic attack because you drop a ball or you can drop a ball and say, 17:50 "hey you know, things get broken when I [indiscernible 2 words] like, like..." The thing is when you've got more energy for the actual task, and you don't waste it in overwhelm, obviously you're going to get more done, and you save your body a bit of adrenaline. And you can stay in source instead of going to the chaos of the story in your mind. So unravel that one for yourself. If you can break it down and see how it pumps for you overwhelm can be totally gone, totally gone. It's a waste of time.

#02 / 18:35

Q: First I have a practical question about this time together. I understand we are to be staying inside and observing, and it's been good. I'm having insights already, and I'm wondering what you have to say about writing the insights down.

Jac: Sure. If you're writing, and you know it's going to help you to process then that's fantastic, yes. Writing is a distraction for some people and for others it helps them to process. So if it helps you to process then great.

Q: 19:17 My situation is almost identical to Jack's, and that's kind of related to one of my insights. I in great fortune about two weeks ago had a minor crisis in my life – nobody's hurt – but I had a lot to do, which actually is ongoing right up to like maybe last night. This is probably going to cost me thousands of dollars, and it's because I didn't take care of something that I didn't even know I had to take care of. But it made me aware, when we started just this morning when I was walking around, that I have a continual to do list, and even if there is nothing big going on I make going through mail and dealing with paperwork my to do list, and I feel a real pressure. I don't feel easy or relaxed even though I'm semi retired and I have lots of free time, so I can do a lot of very peaceful and enjoyable things. So what Jack was saying is my thing, it's my to do list. And related to the question you asked him, the juice comes when I complete a task. I love to have a list and cross things off, but there's always a list even if it's not written. I really would just love to let go of it forever.

Jac: 20:47 If you didn't have a to do list would you lose a sense of a value, a sense of purpose, direction?

Q: it's hard to answer, perhaps I think.

Jac: Yes for some people.... Okay I'm just going to jump a little bit to come back. You know the way we have the goal of enlightenment, and as long as it's a goal actually of course mind has set up something, and that will perpetuate the cycle of never reaching the goal. But the orientation that the goal gives you is necessary, do you know, because it points you in a direction. So there's a very subtle place of not having a goal per se that you need to tick off in order to, aaah," give yourself the pleasure of a feeling of accomplishment. But to have the orientation of it only, to let it direct you, to let it orient you, if we can find that it is really, really, useful to have that orientation of a goal when it's part of your makeup to have that sense of direction. Some of our personalities need that, some of us are task oriented, but what we've done, you know the mind has turned it into something that we give ourselves brownie points for a sense of release, sense of.... So we give ourselves the negative in order to feel a better contrast with the positive when we've it done. It's a whole set up! Do you see? But I feel from you Cher that it would be good to just have the sense of, "yeah maybe I'll do that today, maybe I'll do that today." So with the orientation there, like a time to plan your day in the morning – that kind of softness – and if that happens, if it doesn't happen, same-same. So I'd like you to have an orientation, but not the actual list and the ticking off and the reward at the end of ticking it off, because that's the loop your mind has set up.

Q: 23:22 I actually do do that at times.

Jac: Great, and does it stay that soft?

Q: When I can do it it stays very soft. I think in the morning, "oh I could do these things today, but I'm going to wait until I'm pulled to do them," and then they do themselves.

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

Q: 23:48 I tend these days... I go from periods that can last days where I am just in the peace, in the thoughts somewhere, and I just do what I'm drawn to, and then I fall back into the complete character that has the to do list and is getting all upset about everything. So there are times that are wonderful, so yes I'm here to.... whatever happens here around that.

Jac: Yes, so when you've got tasks that send you into that uptight loop, are they deadlines that you set up for yourself? How do you construct that?

Q: Some are deadlines. They're different, some are deadlines; things that actually need to be done like paying a bill or whatever so I don't have a penalty, or some are 'shoulds' like, 'you would be a better person if you do this'. Some of these even have to do with hobbies, things that I do that I don't have to do, but I set up a timeline. I'll give an example; recently I increased my involvement with photography, and the learning curve with new equipment was very steep, and it's like I almost don't want to.... I have photos from the last year that I haven't done anything with because I don't even want to face it

Jac: And it's a hobby?

Q: 25:39 It's a hobby, yes. So then it's like, okay do I throw away all the hours and time and money I spent on doing this or do I just.... You know, then I go into avoidance and it stays on the to do list. There's that. I don't know if that answers your question. It's kind of a complicated....

Jac: It is complicated yes.

Q: My mind really loves to complicate things.

Jac: There you have it, there you have it. What reward do you get out of complicating? What is it, is there a buzz, is there kind of a limitation thing going on?

Q: Well, rather than going to what I get out of it I'm kind of going to what I see as the cause of it, which is a personality type or a personality characteristic of me. Because when people suggest simpler solutions I say, "oh that won't work because blah blah blah."

Jac: Well that's a hoot!

Q: Oh yeah. But then sometimes I later come to see that the simpler solution would have in fact worked. But there's something in me that... it's like, 'only I know how to really fix this.'

Jac: Now we are getting to it.

Q: 27:28 So I know we went kind of away from what you were asking me.

Jac: Don't worry it goes where it goes.

Q: So it's kind of almost a compulsion to solve it myself, and it seems complicated whatever it is. Not always complicated sometimes it's very simple, and I get that. I do notice that I have a tendency to complicate a lot of things.

Jac: Does it make you feel important then?

Q: That doesn't resonate, unless I'm hiding that from myself.

Jac: Does it make you feel alive, like in terms of giving you an intense experience which kind of gives you that?

Q: That's maybe closer.

Jac: Do you like the stress?

Q: Yes and no.

Jac: Tell me about the yes part.

Q: 28:50 It's a habit, I think it's a habit. I had a very stressful job for 30 years so it became a way of life. Now I don't do that job anymore, but the kind of vagueness of not having it maybe feels like I'm not producing enough in the world. So even if it has to do with a hobby, the effect of the hobby was that I would be producing something; good photographs. So it's kind of like the drive to produce which could be creative, but also a way of contributing to the world. I think that's the big dialogue that goes on within, "are you contributing or are you just taking up space," you know?

Jac: So let's try taking up space. Be useless. Give yourself a year of being useless. How does that sound?

Q: It sounds good. I actually did that. I did it but I keep being pulled back into, 'it's not okay to be useless.'

Jac: So who's belief.... That's just a belief you're caring around with you, huh?

Q: Yes.

Jac: It's not true you know, it's just an idea that's keeping an old loop alive. Do the Byron Katie steps on it, do you know the Byron Katie steps?

Q: Yes, I did go to school for the work; Byron Katie's long thing.

Jac: Okay very good. Put that into it, run it through the system, turn it upside down inside out.

Q: 31:10 Yes, oh that's a good suggestion.

Jac: Yes, yes, run it through. You know, if the plant wants you to help it heal you would have no option but to do it. If a contribution is needed by pure consciousness through your form, you will have no option but it will happen.

Q: It's hard for me to tell what comes from mind and what comes from consciousness, I think. So it seems that what you're suggesting is to really have no goal or intention, and to just wait and see what I do.

Jac: 31:59 Yes, so that there's only listening to see what moves inside, only listening. And of course there's practical stuff like planning. There's practical stuff sure, that's not a problem that happens.

Q: No I get that, and I'm pretty good at... I can see what is just practical.

Jac: Fantastic, fantastic.

Q: Good for now

Jac: Yes. The value of being useless, what mind would say, 'being useless,' let's swing it right over there and see what happens. You know, and maybe consider chucking that year of photographs, just chuck them. If they don't bring you joy and they trigger that loop then chuck them, so what?

Q: Okay, yes. Just add one more thing, I also I like to keep information and things. It's hard for me to manage all the input, so it's really hard for me like to clean out a computer file, you know just thousands of documents and photos, and when I'm doing things like that it's like, (sound effect 33:23) don't want to let go of them, because I

think they're important. So when you said that it's like, "no, no way." So that was good to see, it was good to see.

Jac: So if you haven't opened a file in five years you probably won't open it in the next five. Do you know?

Q: Yes.

Jac: That might be one to put on a hard drive if you have to, and delete it off the system or just delete it at the system.

Q: Yes, yes great.

Jac: Simplify yes. Whatever triggers the loops, get rid of it.

Q: That's a good one to remember, okay. All right thank you.

Jac: 34:18 One of the things underpinning what we're talking about this morning, is this crazy value that seems to be on all, I don't know if it's [indiscernible word] but I don't know it certainly is what we call first [indiscernible word]. An issue with first [indiscernible-same as last word] is we have this value on being busy, don't we? We really do, it's like it's almost genetic at this point. It's like the busier we are somehow it's better. It's better for the mine, yes, it's better for story land, it's better because it keeps you out of source, okay, so it's better to keep the movie going, but I'm kind of struggling to find any advantage other than movie making material really, going on there, you know? Why is being busy so freakin important?

Audience: When I retired people kept asking me, "well what do you do to keep busy?"

Jac: Oh that's wonderful!

Audience: To me it was, "what the heck is that all about?"

Jac: Yes! Why would you like to keep busy?

Audience: They couldn't get it.

Jac: Wow! 'What do you do to keep busy', that's fantastic.

#03 / 35:34

Jac: Hi, it's been a few years.

Q: Yes, but you know it seems like yesterday, so there's absolutely no time.

Jac: Yes indeed it's like that. It's good to see you.

Q: 35:50 I'm drawing a complete blank, so let's see where the mind goes. Now, Jack's loop, [indiscernible name-hers] inability to be able to deal with the looping. First of all, looping is a pattern that he is looking at and working on, and this last one is Social Security not wanting to pay him his Social Security because they made a mistake, it's there glitch. so it's understandably nerve racking, and touches all that you know, your basic security points. So it's not that I don't understand, and I can go along fine and listen and be compassionate, but then all of a sudden — it could be three or four weeks, it could be 24 hours, it could be two hours — I just snap. I just can't deal with it. I am making this body ill, I can feel myself, I can feel the body dying.

Jac: Yes you're depleting yourself. So it's your reaction to his reaction or to the issue?

Q: No the issue, it's going to work out.

Jac: Yes something will happen.

Q: I believe that, and if it doesn't it doesn't and it's not meant to be, and we'll be fine. I don't have...

Jac: Yes you have trust there. So it's your reaction to his reaction.

Q: Yes.

Jac: 37:38 so is there an idea that he shouldn't be reacting like that?

Q: No, that's his job.

Jac: All right, so is he making you ill? Is there an idea of that?

Q: No I'm making myself ill. I'm very clear on that part, but I just don't know how to stop.

Jac: Yes, so what happens when you snap, whether it's after two weeks or...?

Q: 38:02 Well I had lung cancer in August and I can't breathe. So right now even in talking about it I can't get a breath. So it's shutting down my breath.

Jac: Uh huh! So let's take a minute for you to find your center again, because we need to talk about this from the place of observing it. So when you get tight you know you're going into the experience of it, so we need to like, okay let's get some distance so that we can really see what's playing here. Take your time.

Q: It's even more emotional than I'm even looking at.

Jac: Yes, I think there is emotion underneath it too. It's about something else as usual.

Q: Yes. I mean we're extremely close, we're together 24/7 and have been for 34 years, 35 years. So there's a lot of 'not feeling that I can do anything about it.' I mean there's a whole basket of those feelings. Tell me what you're picking up.

Jac: 39:18 Talk a bit more from the observing place.

Q: It's frustration, and there's a lot of anger because to me I understand it's a problem for him, and I can see it, but for me it's not a problem. It's so easy for it not to be a problem for me, although knowing him I understand why it's not easy for him to see.

Jac: But it has become a problem for you.

Q: Definitely.

Jac: It's just got a different color.

Q: It's taking all my body life away; my skin is drying up, I'm not sleeping, and this has been going on for a long time even though this particular part of it has only been two or three months.

Jac: Okay, it feels like there's fear going on underneath all of this. Do you have access to fear, do you feel there's fear there?

Q: 40:27 I think the fear... Yes, fear and anger come really close. I don't mind dying, but I don't want to die before I have to and because it's my fault. I haven't got it; I mean I know I'm doing this to myself, nobody else but me, and I know I'm capable of not doing it, of not letting this take over me. I feel out of control.

Jac: Yes, there's an out of control thing going on. Okay, all right, when you're going to die is already out there.

Q: Exactly.

Jac: The when and the where is, you know it can be anything. Like even if you're healthy you know, like an aneurysm or car crash, like pop, pop, pop. You're going to go when you're going to go. We don't have as much control as what we imagine, because we have no control at all and you know that too.

Q: I do, but I know that I am speeding it up by my thought patterns and my fear and anxiety, and whatever

Jac: Maybe you're not. Maybe that thought has proven itself to you because it's just repeating, but that it's not actually true. Maybe that thought is being believed.

Q: Yes, yes that I'm speeding it up.

Jac: 41:59 That you're speeding it up. The date is probably fixed [**indiscernible-her name**]. It kind of is for all of us you know, we've got a certain number of breaths to take and that's it, so when it's done it's done. But the thought is being believed that you're killing yourself, but it doesn't work like that really. That's our phenomenal way of saying it, it's like, "oh they did it to themselves, they got whatever, they got this because they did that. We like to imagine the cause and effect, that death is really dependent upon a particular cause that we control, but it's not we just like cause and effect. We're not comfortable as a culture, as a species.

Q: It's easier to accept.

Jac: Yes, it's easier to accept things if we can put it in a box, 'oh this caused that.' You know, it doesn't really we just attribute causes to things, and we've a common agreement that that's the cause of it. It doesn't work like that at all.

Q: 42:57 It gives us control.

Jac: It gives us the feeling of control but the whole thing is a set up, it's garbage. It's garbage. So you've set up a cause and effect, right?

Q: I sure have.

Jac: And you're believing it.

Q: I sure am.

Jac: Yes, it's very effective.

Q: It's working.

Jac: yes it's working, because the more you go into the thought the worse the stress about it gets.

Q: 43:34 Yes, so how do I get out of it?

Jac: So we've got to see that the cause and effect structure is ready to break down.

Q: Yes it is. Yes, I'm ready to give it up I don't need it.

Jac: Yes exactly. So it's cause and effect that has to go, because if we go into 'me being in a tizzy is bringing on bad health,' if we go into that you are not actually breaking down the thinking mechanism that's behind it, you see?

Q: Exactly because I've tried that, I've been doing that for ages.

Jac: Exactly. When we go after story it doesn't work, not at this point. It's the actual structure of how the mind joins things together that's erroneous, the same way that it set up the [**indiscernible-her name**] character, you know? It set that up, and it was just a set up and it was believed. The set up can be there but not believed anymore, do you know? So believing that cause and effect — stay out of the story — believing that cause and effect is rock solid, 'that causes that effect,' you've got to unravel that, unravel that. If you can get some insight into how that works for you, because you know, it makes us, yes, feel that we have control, it makes us understand the world a bit better, you know? But everywhere we see exceptions to it which makes us cling all the more to a cause and effect, because you know everything that causes something, you know next year different things cause the same thing, and then different things, and we have no

problem at all with that we just grabbed the new cause for that effect, and then we grab the new cause for that effect, because we want the cause and effect, you see?

Q: 45:19 I've got that part, but how do I get out of that loop?

Jac: Right, but it's not the story, it's really not the story. Anytime the tension arises it's like, "whoa here I am creating a cause and effect again. What story am I running this time? So the story is the life part, the cause and effect is the root of it. So you've got to be able to see both, but we're really after the root because any story will do. Any story will do. So like for example; you know he gets Social Security or he doesn't, let's say if he doesn't get Social Security you don't have, 'we will be in poverty.' You don't have that, do you see?

Q: Right, I don't have it.

Jac: 46:03 No you don't have it, the cause and effect, but other people would have, "if that source of income stopped I'd be poor." So it's like, no you don't have it, so the cause and effect is broken down there, but you have another cause and effect that is working very effectively, "my emotional reaction here is creating ill health." So I'm after the root cause of cause and effect (repeating phrase, 'the root cause of cause and effect' (laughter), so to see cause and effect, the mechanism of cause and effect itself, to see where it is at play. So as a species we need some cause and effect. If I let go of the microphone it's going to drop, so that's the law of gravity, and yes there could be some you know, some rare situations that would break the cause and effect because you know, that can happen to! Gravity might stop, something else might happen and hold it in midair; if somebody has the power like to bend spoons or something. I mean there's always... All right, there is breakages of it everywhere, and how magic works actually — talking about spoon bending — is because there is an assumption that things should be some way.

Q: Yes, and there is enough thought behind it that causes it to happen.

Jac: Exactly, there's enough thought behind it to cause it to happen. So the mechanism, the root system of how we can use cause and effect for practical use, but how it is running amok, it's running amok now, right? And it's like no, cause and effect doesn't actually... it doesn't follow through it's not a universal law, it's not.

Q: 47:57 It's not appropriate right here.

Jac: It's not appropriate at all, at all!

Q: Okay, how do I give it up?

Jac: So do you see that when you are going to die you're going to die, and it's not...

Q: Yes that resonates.

Jac: All right, so then...

Q: 48:24 **cross talking** responsibility for it.

Jac: Yes, so what is it that you're getting stressed about then? What's making your body have this emotional stress charge if it's not contributing to your own demise?

Q: I guess I must be seeing it from a theoretical point of view instead of an emotional point of view. I'm still stuck in the emotional point of feeling emotions, it's emotional.

Jac: Yes.

Q: What's causing the emotions?

Jac: Yes, what's causing the emotions?

Q: Out of control.

Jac: Control yes. So we're at the surrender place again.

Q: Oh boy. It's so sweet when you can get to it. I mean why, you know?

Jac: We leave it. Control tries to reestablish itself and look at the mess it creates, that's all it produces.

Q: Blessed surrender.

Jac: Blessed surrender, there is no...

Q: There is nothing else.

Jac: No, there's nothing else, no, no. The way your life is going and the way your health is going has its own trajectory. There's certain things you can do of course to help your body feel better. Of course, that's common sense, but to attribute an emotional response to it, to contribute to it a heavy sense of responsibility and consequences and control, that's the mind. That's the mind putting bells and whistles on something that's just common sense.

Q: 50:23 **cross talking** along with it because I'm not doing a good job.

Jac: Of course, "I'm doing this to myself, I'm hurting myself." So we've got these mind loops that go in and just infest it really.

Q: And it's so simple.

Jac: It's very simple, it's very simple, and some days you get stressed and some days you won't, and that's life, do you know? We just do our best to kind of, "oh, I'm getting stressed about this let's go back to where it's simpler." That's normal that's just the journey.

Q: Okay I'll take it one step back just to deal with the initial problem with looping, and surrendering to that. I can let the other person have their space to do with it as they wish, and then all of a sudden I can't deal with it, and then I come in to bite. That's what I'd like to drop. I know that's surrender too, but what happens when you get to where you can't surren.... I mean it doesn't... It comes on so quickly that I don't even know....

Jac: So you're allowing the other person to deal with what's going on for them, and then you hit a flip switch.

Q: Yes, because the energy is so difficult to deal with. It's like being smacked all the time. Somebody's really upset and really angry, you know, "stop it!"

Jac: Yes, yes.

Q: 52:01 And then I'll go fine for awhile, and then all of a sudden I come back with a vengeance and I'm 10 times worse.

Jac: Okay. Yes okay, something in you hasn't been established in your own boundary. Because if.... Okay, so if we're with somebody who's having a tough time a lot, it wears down something in us if we don't have our own physical space. It's like energy hitting energy and it depletes down, and then it's like not okay and something has to go into (52:38 sound effects) to reestablish your own... you have a little explosion inside, you know to reestablish your boundary again. And of course it comes out to reestablish your boundary again do you know, to set yourself up. But it's like a Brillo pad you know, it just wears you down.

Q: That's exactly what's happening.

Jac: The best way to stop that is physically when you feel it, it's like, "whoa we're in that space again," go to a different room or go out into nature. Just physically (sound effects 53:13-like blowing out breathe) and just like okay get the sense of yourself again, re-stabilize. It's literally managing your energy field, managing your boundary, you know? I know that, and for me it feels like the person is concrete because my energy is very fluid, it's very fluid and you know, it's always changing and moving and moving anything that comes around me. If it likes being moved great, and if it doesn't like being moved it has a hard time. but if I'm physically very close to somebody that's stuck in something, it feels like I'm rubbing my body up against a concrete wall. That's what it feels like, like I'm tearing my skin. So what I do is I, it's like, "whoa," and I just physically remove myself, and I kind of... I know now I kind of just go in and I do my own thing, like go to the kitchen and bake for a few hours or I'd... I just literally go away and create my own... My own little world gets created because it's damaging. It's destructive for me to be around that and I can't do it, and that's there thing. So I have to just mind myself, that's what I do I just physically go into another room and do something that's fun and creative where you know, I'm moving the way I normally move. Creativity does it, you know? I'm disconnected energetically from the block of concrete. That's what I do, I haven't found any other way to manage it but it works totally. It's just physically getting out of the space.

Q: 54:54 I have been getting into that a little lately.

Jac: Great!

Q: I go take a walk or get into my car and go to a movie.

Jac: Exactly, and don't stay in the thought of it.

Q: Yes, just to get my thoughts some place else.

Jac: Yes, reestablish your own world so that your energy is not being, you know torn, your energy field isn't being torn, but that you reestablish your own vibe again, you know? That's an energy management thing. That's why the explosion, you know? It's because you're protecting yourself.

Q: And I don't even have a.... When it happens it happens so quickly, and it's like all of a sudden I'm down to raw meat, and it just (sound effect - explosion).

Jac: Yes of course, self preservation comes in.

Q: I don't like that at all! It's really violent.

Jac: Yes, because you haven't been protecting yourself and then it's like, "whoa!" Of course, it's fight or flight then, you're down to like survival so of course it's that sharp.

Q: 56:02 I guess I need to pay attention to it.

Jac: Oh you've got to spot that early on, and you'll get wiser and wiser at spotting it early. You begin to feel it you know, it's like, "oh this doesn't feel right, oh God I know what's happening," you know? So remove yourself no matter what's going on, remove yourself. Say, "I've got to go do something," and off you go. You're welcome, you're welcome.

Jac: 56:36 How are you doing? Anybody falling asleep? Leisurely down on the ground. Hello sweetheart, [indiscernible several words], do whatever is comfortable of course. Do whatever is comfortable. There's another bod down at the back there too.

#04 / 56:58

Q: I wanted to comment really. I've come to this retreat twice before — ever since you've had it — and this last year I've gone through a lot of change — as you know — taken a lot of risk, falling in love, and I noticed this year that my experience of being here is much deeper and fuller. I feel much more love. And in fact last night I was sitting and waiting for the rain to pass, I was sitting in the dining hall area where you walk in, and I noticed my phenomenal world was very playful, because this woman walked in and she started chatting with me, and I said, "oh I'm sorry I'm in a silent retreat." And she said, "oh okay, well that's okay Annie," and I heard her say that and there is only one person that says Annie and that's my boyfriend. So I'm like, "(sound effect 57:52) she called me Annie!" you know, that's what I heard. Then I was in with Bhagavan Nityananda for a few minutes, you know about the lake — I'm very connected with him — and he was smiling and I've never seen him smile before, and there was just this feeling and I noticed this connection with the phenomenal world as I connected more with source. Really I'm just saying that it seems to me, even though there's no causality, that because I've acted with more courage in my life, it seems, and taken risks, that I'm more open to this really tender love that I haven't experienced before. So there's really no question, although I don't know maybe there is something else I should have insight about, I don't know.

Jac: 58:41 So have you attributed this to the risks or relationship with love changing or all of it?

Q: It's like I'm more open to life.

Jac: Yes.

Q: 58:57 I'm not caging myself off.

Jac: Yes there we go.

Q: And I'm acting from, like love is telling me to do this. I'm acting from that and it's wonderful.

Jac: Yes.

Q: So it used to be kind of arid when I tried to drop in, and I started with 'drop in' — two words not one — drop in, drop in, drop in, and then I started saying, 'shhh' because he says that to me sometimes, at certain times. It's very sweet, and then melts because it's disillusion. And another thing I'll say about falling in love, I've been thinking a lot less. I have less thoughts. I usually read a book a day and I'm watching TV, but I don't do those things much at all, I'm just sort of you know there. I've gone through things as you know, and so just... I don't know it's just... I don't know I guess I've gotten more visceral, more following love, and that's consciousness doing whatever it needs to do.

Jac: 1:00:10 Isn't it wonderful how the perception of life, how we perceive life, there's so many different ways to perceive life, so many different ways. It depends on what lens we have habituated to create, you know?

Q: So this lens is more....

Jac: It's open, huh? it's broader, it's lighter.

Q: It's lighter that's what I feel, and I'm just feeling this tenderness and it makes me cry you know, and it's okay you can call it phenomenal but I don't really care. That's another thing, I don't care.

Jac: Yes that's it.

Q: I'm just like, I'm just going there.

Jac: That's part of the lightness, it's that, 'I don't mind.'

Q: If my mind kicks up a little trouble I don't mind; maybe I'll take care of it and maybe I won't. It's sort of like that it's like a bigger thing going on, like life is moving me and it's incredible. I think it started with going to see my mother because that was a big thing last Valentine's Day, so that was part of it.

Jac: Well you know, don't go with the cause.

Q: Don't go with the cause it's no fun there.

Jac: It just is what it is now, you know?

Q: Yes, thank you.

Jac: Yes enjoy. Just to give you an idea, Ann was driving me someplace — I think it was when my back was hurt or something when you were driving me someplace.

Q: Yes.

Jac: 1:01:43 (lots of laughter) I made her break a traffic light. "Girl would you just break some rules!" In a [indiscernible word] cage of like how life must be [indiscernible several words] vision, it's like you're locked in, like afraid of life, afraid of everything, and I said, "okay break that light," and she,

"oh my, oh my God!" I said, "just go, go, go, go, go, go!" 1:02:09 So the light turned red and I [indiscernible words]. "Oh my God! you would think that we had blown up something or... I don't know. It was hilarious, okay we just broke a frigging light. She rings up her husband, "was there cameras at that junction?" I don't want my insurance to go up!" I said, "can't you see that the break-in the light is so going to be worth it if your insurance goes up?" So she's come a long ways folks you know, the woman whose talking now, and that was like less than a year ago.

Q: And I did tell my husband before I had a boyfriend. I did the whole... I did do that part. I mean, I didn't do it covertly, because I guess I still have that. (roaring laughter)

Jac: I guess she doesn't like breaking the rules anymore!

Q: 1:03:00 [indiscernible]

Jac: [indiscernible several words]? So much for breaking the rules then.

Audience: That's not breaking the rules, that's wise.

Jac: That's not breaking the rules, exactly.

Q: No, it's making progress.

Jac: Oh you're absolutely making progress, yes. You know there's the talk of freedom as you do this work because really it gets so free, but if the personal I comes in to get juice out of the freedom it will so go belly up, it will so bite you in the butt. If the personal I comes in and says, "oh God I'm having a great life, I'm having a great life!" And in a way Ann is kind of on the cusp of that, it's like, "(1:03:52 sound effect) [indiscernible – laughter] here, because she's really enjoying the phenomenal experience, do you see? It's like all right, okay, that has to run its course too. Do you see the difference? You

know, when you're **really enjoying the freedom!** it's like, okay the "I" is coming along for the ride but when the freedom comes because it's out of simplicity or clarity or insights or you're seeing how the mechanism works, and there's trust, there's surrender, there's rest, you don't have the juice that Ann is talking about but it's much more enduring. It's of a different nature altogether, that kind of freedom, and that's the one I'm advocating. But sometimes it comes in a phenomenal freedom first you know, and it's like, all right okay, and she is going to fall flat on her face, it's inevitable because the "I" is in there. It's going to happen but it will still be worth it, but it will still be worth it, you know?

Q: 1:04:59 [indiscernible words] you mean I would just...

Jac: [indiscernible many words-laughter]. So when there's like, "God I'm really enjoying life," I'm, I'm, I'm, I'm enjoying phenomenal life, I'm feeling so much better," when you're there enjoying the ride that's "I," it's going to be taken from that "I," because you've got to see through the "I." that freedom is there all the time without the personalization of the experience, you see? So the personalization part is going to have to come out and it's usually pretty rough when that comes out, you know it collapses, it collapses, it gets seen through you know, but the freedom itself, the perspective is being shown to you, that freedom is how life is. There is a, 'it doesn't matter, it really doesn't matter.' There is that all the time, you know?

Q: 1:06:06 There is that. It seems like taking these risks and steps somehow was like part of me opening up.

Jac: Absolutely! It couldn't be any other way, it couldn't be any other way.

Q: Yes, I feel the impulse from that. I really do, yes.

Jac: Absolutely! It's like phenomenal freedom has to come. For a lot of people, if you feel your life has been very contracted and negative, gosh you know, enjoy the beautiful life! Let phenomenal freedom be experienced, and then you know that runs its course, but it's a really good experience to feel, "God I can do anything! Oh my God I can just embrace life!" Some of us get to taste it that way, and some of us don't need to do that. Nothing is lost and nothing is gained it's just a route you know. You'll have an opportunity of like kind of having it all phenomenally, of life being delicious, of having it all, and of course it's the "I" who has it all, you know? 1:07:01 So it disappears, but the freer the [indiscernible word] but there is no "I" there to get the juice out of it. You see, you're getting the juice out of it, enjoy it, enjoy

Q: I don't want to be afraid of it!. I mean you know, I want to...

Jac: Oh totally! Love every bit of it, love it!

Q: I want to trust it, you know trust the experience.

Jac: Yes completely, completely.

Q: 1:07:28 Because that's what I'm sort of... The attributes are coming forward. It will allow me to eventually...

Jac: Yes exactly, be open and free and kind of care a little bit less.

Q: Yes care less. That's what I've learned, I don't want to go back into, "oh my God" you know, I want to... Because the edges have gotten much softer.

Jac: That's it, that's it, yes, yes, that's the phenomenal freedom, yes. And it's beautiful when it's a prerequisite along the spiritual path, it's a great phase! It's wonderful! There's nothing to do but love it. It's great, it's great.

#05 / 1:08:19

Q: I'm like wanting to say things based on what Anna was saying, but I don't know whether to come up and say that. I guess I will. So what was coming up when Anna was talking was, like I'm the exact polar opposite of that. So for me you know, it's kind of beautiful the way life balances us. I've always been a breaking the rules type person and now life is putting me in these you know, and in every aspect of my life I'm actually loving the restrictions. I mean it's not really an "I" loving it it's just... For example, at work I have a, I don't know how to put these things in words, I will get fired if I do a certain thing that Jac knows about. It's like, instead of giving nothing up it doesn't even feel like it matters. I really understand why it's not appropriate to do that there. Like I get it, it's a box and in this box this is how you play, these are the sandbox tools, and rather than like bitching about the box I'm like, "okay." I need to be in the sandbox like maybe two or three more linear years and then they will give me money to retire and then I can dance. It's like, not a cause and effect even it's just like this is the way it's rolling out.

Jac: Yes.

Q: Do you feel what I'm saying?

Jac: Yes, good, good.

Q: So I am grateful for the restriction, it's beautiful.

Jac: Yes.

Q: It's so awesome, and then that goes along with the other parts, like my dance part is at a level where it's incredibly restricting. I mean it's sick. It's like, it doesn't make me not love it like it's coming from my heart, but I am at a position now where the technical qualities are extremely important, and it kind of reminds me, I come back to you like a year ago or whenever that was — I don't know where we were but somewhere — you know you were recommending that I color. Do you remember this?

Jac: No.

Q: Okay, so it was about the technicality of my dance, and you were kind of reading me this part now that didn't come yet but now is here, and it was about giving myself discipline. We were coming up with ways I could discipline and then I came up with coloring. Did I do it? No I didn't do it at all but now I brought to this retreat a coloring book, and I have like 180 colors. I bought them the last time but I didn't use it because it wasn't time, it wasn't right. But now I see that in the dancing the big challenge for me right now is containing my energy. You know I went to a very good coach in New York — it's a very expensive hobby — and he said, "what I want you to do is track your feet," and this is like the most disgusting thing I could ever think of doing, you know? Like, track my feet? Like yuck! I'm a lyrical dancer, I like to tell stories, and that is the complete opposite. It's like, 'no, I need to know exactly where the weight is...' disgusting for me. But I accept it.

Jac: It's great

Q: it's true, it's what...

Jac: Yes, and all of this is helping to ground you, to pull your energy in, which you need. It will deepen your ability to go in, to go into where it's still, not where Spirit is using you to be in the world in a different way, that all phases changing. It's about you going in, in, in, in, in.

Q: Right.

Jac: And part of that is the grounding. I'm so glad he's telling you to focus on your feet, it's the best way to be sure you're in the body, to be sure you're right here, you know? To transcend the body we've got to be completely in the body, because otherwise you don't know what you're transcending, you know? It's very effective; feet focus for grounding is the way to go. There's something else happening as well.

Q: 1:14:06 Yes I get that. I'll be happy to.... I know I'm like future in here, but I know that it's a step on the path. Like forever I won't have to track my feet, but for now it's or I will never be able to get beyond the level I'm dancing at without focusing on where these intricate balance things happen.

Jac: Yes.

Q: It's sort of like — it's hard to explain this — it's almost like I'm watching the thing I know will happen roll out.

Jac: Yes.

Q: 1:14:44 You know even with [indiscernible name-Zeki], it's like I can't go forward. I cannot go further with him unless I keep my commitment to myself, which is to stay, like push into the floor and not depend on him for my balance, which is a big metaphor for my whole everything.

Jac: Yes.

Q: 1:15:08 So mechanically life is teaching me that as well. Mechanically I cannot depend on him in any way. Like he has to be able to let go of me and I am completely straight up, which is really difficult physically. 1:15:24 Like I didn't want it to be difficult you know, but it's like [indiscernible word].

Jac: Yes, but when we work on the physical body it is the densest part, and especially for you because the other stuff is easy, so when you manage it in the body you've got it, everything else lines up to that. So in doing that really it's a metaphor for....

Q: Right.

Jac: for the autonomy that we have when we go this path, because nobody's going to wake up with you, nobody is going to see the truth with you it's a solo path. Someone can walk beside you for a bit, and then they pull away and then they come back, and this is just life. But really it's between us and God or source or whatever you want to call it. It's solo, you go to sleep alone, you wake up alone, and spiritual waking up is alone.

Q: 1:16:15 That doesn't bother me at all.

Jac: But that autonomy is being created, you know?

Q: Yes, and you know integration or whatever we call it of the part or the "I" that wants to have credit for these things or... You know it's like when I was told I can't do psychic things at work, I had the emotional trauma of when I was five come up again, so the loop came and my manager became my mother briefly and you know it was like, "fuck

you," and it was like, "I can't be on this planet." You know that loop ran but it ran for like 10 minutes only.

Jac: Oh well done!

Q: It was awesome, and then I smoked a cigarette and it was like, "what's this about? I need to smoke a cigarette, okay." There was no judgment, it was like, "okay the body needs that; good let the body have that." It's like, who gives a shit. So I did that and without any judgment of it, without any judgment of like the politics of this country, you know like that all kind of began to feed in. Like really I'm not kidding, it was almost like, "oh that's an interesting game that's playing."

Jac: Yes.

Q: 1:17:33 And then.... you know that just went away.

Jac: Yes, you shifted your perspective.

Q: I shifted the perspective, yes, or it shifted.

Jac: Yes indeed it just shifts when we let go.

Q: Yes, but it doesn't even feel like anyone let go.

Jac: Sure, sure.

Q: It really feels like this is.... I don't even know who she... This one, when I'm doing the dance stuff I'm very, very, in the body, and it's hard. It's very hard, and I didn't want it to be hard but I know that it's a time thing and that will become less hard sometime. But in the meantime — I don't know, I just lost that, it was something about work, yes I've got it again — work, when I went through my little thing and smoked my cigarette, went outside, did what you just said about going away from the energy, go protect yourself — and for some reason smoking a cigarette was doing that for me, it was clearing something — I went out, came back, and was able to have gratitude and see that it isn't even up to me. Like the things that the people gain from me doing that at work, if I wanted to be like linear about it, those people that that happened with — the 20 - 25 of them over all these years — have never come back. Now does that mean they never relapsed? I really don't know. Does it mean they're dead? I don't know, but they have never come back for help again. The "I" in here wants to say it's because we closed the loop because that helped them talk to that dead person; however, that whole story, belief, went away with the cigarette.

Jac: Good.

Q: 1:19:26 It was like with the cigarette went the thought of, "you know what, you don't have to be like the point person. Just be there and that message if it needs to get to them will get to them like through telepathy. Like let it be a finer vibration that gives them the mess.... Don't be the messenger, don't be anything, just if the messages come to me it's not my responsibility to share them."

Jac: And can you drop that idea too, that it will get to them if it needs to? Even drop that. Really it's kind of none of our business, do you know, how consciousness supports others. You know, let it be kind of none of your business. I know that's strong language but it actually kind of helps to cut it, you know?

Q: It's a little challenging when there's direct information coming.

Jac: Yes, but you're either listening to it or you're not.

Q: Okay, yes I could be, 'shhh' to that.

Jac: Yes absolutely. Because Spirit will you know, if you're not listening, if some part of you isn't listening you're not going to pick it up, and after a while you actually won't hear it at all, because your intention isn't there.

Q: And that's okay?

Jac: Oh totally! Of course, of course.

Q: Yes that makes sense, because it's like the antenna doesn't have to be there. It's like keep down in the anchor.

Jac: 1:21:05 Everything is pulling in on you **cross talking**, everything pulling in and down.

Q: I feel that.

Jac: Consolidating everything here in this form, yes.

Q: It's rooting. That's my signal.

Jac: Yes I just need to pull you down, in, in and down, yes. And for some people it's about opening the crown chakra and going up, and for you it's the other way around. So it's like go down, like kind of dissolving at the bottom of the ocean kind of stuff, down and dissipate.

Q: Yes into the sand.

Jac: Sand is okay, something to just down and dissolve.

Q: Does it feel like that's what's occurring?

Jac: Oh yes, yes.

Q: Me too, I feel that.

Jac: Yes, pull in those antennae totally, cut them off.

Q: Oh yes, shave them.

Jac: Come right down, right down and sit.

Q: 1:22:07 It's almost like a linear... You know it's doing this kind of thing. Actually this way.

Jac: Yes, yes it is.

Q: Okay that's all for now. Anything else?

Jac: No it's fine you're on track with it. Just when the antenna is up it's like, "all right I'm shaving it off, no, down, simple, in the body, simplify." Just go down into nothingness.

Q: Yes, it came to me, something, a word you had used before for me after I had to sign this paper. I remember signing the paper and making it like sort of a really important thing when I signed it, and it was, "I'm hereby signing a statement that I will be ordinary."

Jac: Well done. Good on you girl. It took a few years but good on you. It's funny isn't it, like people who were born with a lot of psychic stuff very often... you know really, if they're going to wake up and go towards ultimate freedom, they have to surrender it. And so many people on the spiritual path imagine that psychic stuff is going to help them wake up. Wow, you know? Isn't it nuts!?! these perceptions, you know about it. You know, be ordinary, there's nothing quite as wonderful as being ordinary. It's a lot more simple if you are into ordinary, you have an ordinary life, great, great! Let waking up be simple too.

#06 / 1:24:03

Q: I have a question. When you speak about....

Jac: Can you come on up? It's just for sound and for everything.

Q: All right, I just don't want to be on video.

Jac: I won't use it.

Q: All right, it's just a question. I'm Rosie by the way.

Jac: Hi Rosie.

Q: It's nice to meet you.

Jac: You too.

Q: 1:24:28 When you speak about consciousness — everyone always uses that word — and I always get this sense that we are life itself, and then there's source. It seems like people speak like it's different things. Is it simultaneous? What do you mean by consciousness, isn't that life or.... You know I get confused.

Jac: Yes.

Q: Because there's a sense of separation but there really isn't separation. What is consciousness, its like you could be unconscious, you know physically....

Jac: Okay. Okay, being conscious or being unconscious or the subconscious, these are terms that we don't use in that way, but that's how they're used generally out there. The essence of everything, the thing that's the same in everything, we call this consciousness. You could call it life if life is also the concept of time, the concept of space; the table here, if life is all of that as well then life would work too. Is life a concept?

Q: 1:25:54 **indiscernible response.**

Jac: So I'm wondering if life is just what we are or if life is everything, because if life is absolutely everything that's the word 'consciousness' that we use. That's what we mean by consciousness, that it's absolutely everything.

Q: The existence of expression is life?

Jac: Is consciousness at play is what we would say.

Q: So the source is absolute and we are....

Jac: Yes, we are a manifestation that comes from source, consciousness rolling out.

Q: So when it says 'return to source' there's individuated expression and also we are in source? See this is where I always get... it's not that I get tripped up, it's just I find it interesting and it also pulls me.

Jac: 1:26:55 Okay, yes sure. So the way I've been using source in this retreat, when we come out of deep sleep or when we wake up in the morning our attention goes to our thoughts, and our intention goes towards interpreting what our eyes see. So we kind of engage our brain a bit, and that tells us and we interpret what our reality is. So that's kind of a going out, our attention goes out from the abyss, the nothingness where it was. So the nothingness becomes the source of rolling out our attention to create a phenomenal world. So when I'm saying, 'go to source' it's to pull you back inside to where you arose from when you woke up this morning. Now, there is a deeper than source. The source is the beginning of creation; creation of a thought, an idea, creativity itself you see, and that all comes from.... it's a movement from what I'm calling source. But there is deeper than source, but we've got to take a step towards the landing place.

Q: 1:28:27 There's something holding, is that what you mean by 'deeper than source,' that's holding everything?

Jac: The everything actually isn't there at all.

Q: There's everything and nothing?

Jac: Even deeper than that. There's an 'even deeper than that.' Work on the level that you need to work out. You know be honest with yourself, and if it makes sense to like go back to where my intention left when I woke up this morning, go back and rest there.

Q: 1:28:52 Well that's where I get stuck, it's an in between state and it's happening everywhere all the time, even in sleep.

Jac: All right, tell me about the in between place.

Q: Okay, so I'll be having a lucid dream and sometimes there's nothing happening, and then the little voice comes in and says, "where are you?" I don't know where I am, and then I get scared because I don't know where I am. And then I'll wake up and I'll be like, "oh here I am." So I have a gratitude for the body but at the same time I know that I'm also nowhere.

Jac: Yes.

Q: And it's also happening in my life. My job pulls me out of the quietness and I resent that, because my job is at the airport and it's very busy.

Jac: Yes but you're choosing to be pulled out. At some level you're investing enough attention.

Q: Right, so I'm unable at this time.

Jac: Yes.

Q: 1:29:59 I am, I do, but something occurs where I resent the... I'm trying to understand... Yes.

Jac: So the resentment comes from the misappropriation of blame.

Q: Misappropriation of blame, well it feels like grievance, like a mourning.

Jac: But you've done it to yourself, you know that. It's not the job that's pulled you out it's that you give all of your attention to what was going on around you from 9 to 5.

Q: I don't know how to stop that. If someone's conversing with me and wanting to engage...

Jac: yes, have you a capacity to stay inside right now?

Q: This feels trivial.

Jac: Can you stay inside right now as we're talking?

Q: 1:31:03 **indiscernible whispering**. Yes, and then there's this little anxiety and I just sit with it.

Jac: Yes that's okay.

Q: Then I feel like I'm going to bust.

Jac: Yes. It would be great if you busted. It would be great!

Q: I know.

Jac: Yes, there is no solution except to blow that fear out of the water, you know?

Q: 1:31:35 I know. I almost got run over this summer head on. I was on a scooter and the car was in my lane, this has been occurring strongly since, because when it happened I just let go because I had nowhere... I couldn't jump and in that moment I kind of died and it was like I had no control.

Jac: Yes.

Q: It was like, that was it I was done. So I just said, "I'm done." And then the car, it just lasted seconds, it was so close but it saw me.

Jac: Wow!

Q: So it took a little while, and I realize, what is this about? And just because I realized I'm experiencing things, that doesn't mean that that makes me alive. I'm alive regardless of the experiencing.

Jac: Okay.

Q: So it's that constant pull towards the nothingness, and then I go into the world and I'm like (sound effect 1:32:52 – out of it), you know it bothers me. I don't know, so it's in between. I'm in between and I want to just crash and let it all go.

Jac: Yes crash, yes do.

Q: But then I have to go do shit and I don't want to do shit.

Jac: Really? Really is this more important or is the doing shit more important?

Q: No, it's definitely much more important to be free.

Jac: Then forget about the doing shit. It can't be up there as like, "oh there is my spiritual path, and then there's doing shit. I've got to do shit so this has to wait." No.

Q: It is happening at the same time, but it's like... I don't feel like explaining myself, and I don't like talking to people you know, I get resentful. My efforting, my life, and all of that is useless, and it's like the world has nothing to offer and I'm pissed and I'm grieving. I'm just... I've fucking had it.

Jac: Yes.

Q: I've just had it. I'm tired, tired of punches. And whether I create it or someone else I don't even give a shit anymore.

Jac: Yes.

Q: 1:34:09 And the obligations, I just feel I don't.... I don't know how to be a 21st-century monk. I don't even know how to do that. And I'm genuinely interested. I'm tired Jac, I'm just tired.

Jac: Yes, let the old die off; let the old Rosie fade out. Send her some love and just send her off. Put her into the lake here or something, just let her go. There's no resolving it, something has to break down and just let her go. It's kind of becoming toxic, you know? She's rotting a bit you know, she's done her time. You know, I don't know, create a little ceremony or write her a letter or just symbolically pick a flower and just send her off, but in some way ceremoniously let that energy leave you. It can be three minutes putting something on the lake, you know? Something needs to be really let go of for good.

Q: Yes, that's the mourning.

Jac: Yes, let her be done. She is done, because it's not working. You've got the old and you've got the new and you're trying to navigate both, and in the middle is like, "where am I anyway," you know?

Q: All the time.

Jac: Yes, yes the old has to go. It's got to go, and I want it gone by this afternoon. I don't want to see the old Rosie, energetically, by this afternoon session.

Q: All right I've got you. I hear you. Okay thank you.

Jac: Do you want to take the Kleenex with you?

Q: 1:36:36 Oh good.

Audience: [indiscernible sentence]

Jac: Yes her ID fell out, how appropriate.

#07 / 1:36:51

Jac: Hello sweetie.

Q: I kind of feel like I can relate to everything that everybody has said so far. I don't have one particular thing that I want to talk about, I kind of... Like I don't even know where I am, you know? Like I feel like I resonated with Rosie in that I feel like there's this in-between thing going on, but I feel like it has been going on for a long time. You know I'm very emotional, but... And I'm having a hard time deciphering what is physical, what is spiritual, what is... I feel like the mental has very little pull at this point and the emotions have much less pull now than they did even a month ago, but it's like something's just not right. I don't know if it's the bigger picture.

Jac: Something's not right, tell me more about 'something's not right,' talk from there.

Q: 1:37:59 Like, I can find or go back to the center. I feel like I can do that but so easily I can get pulled out with all of the chaos that's around. There's just a lot of chaos that around. And there's an element of surrender for sure, and I've been practicing that for like a year, in complete trust and surrender, but there's so many curve-balls that keep coming that just keep pulling me out. So it's like, you know I'm here for rest, and that's all I want. You know I want the reset, I want the... It's like I know or there's like, what's going to happen it's going to happen, and that's felt deeply. And even with all the different things that are happening, I kind of know that it's just going to happen no matter what, but... And to say like, you know why can I not let it bother me, that doesn't sound right you know, it's just kind of like... It's kind of like, why am I struggling so much instead of just being able to surrender? I mean, is it the physical stuff that's going on? I mean can you tell or do I just...? And then part of me is like, I don't even want to think about it anymore. It's like every day some new crisis you know, with the kids or with Mike or with trying to figure out the child sharing plan, so you know it's like... It's the feeling of overwhelm, but as we talked about before, that's just a false... And I kind of get that that's a false sense of a feeling, it's just.... I'm at a place where like the steadiness is there but the overwhelm will still come.

Jac: 1:40:46 When the overwhelm is there is the steadiness gone?

Q: Sometimes it is and sometimes it's not. Like, right now I still feel the steadiness

Jac: Did you used to cope better with curve balls? Or was it that life didn't really throw them to you?

Q: I wasn't getting nearly as many as I'm getting now. I feel like in Tao, you know a little over a year ago I was just broken, just completely you know, broken apart. And it's just this process of like putting everything back together, but so much is happening you know, all at once. And I know in some weird sort of way I've asked for it, you know? I just don't know where I am.

Jac: Yes, yes.

Q: I guess like, what's the bigger picture, you know? The relief is here, it's here already, so it's like just rest there.

Jac: Yes.

Q: But I keep getting pulled out or I guess I keep pulling myself out; I don't know the words. Life keeps throwing the curve balls, and it's just a lot every day.

Jac: Yes.

Q: I didn't think I could cry.

Jac: It's all right.

Q: I know it is.

Jac: 1:43:04 Okay, on a phenomenal level it happens that our bandwidth can be tested to figure out actually how much can we cope with, how much can we take, and finding out where your line is. There's no harm in figuring out where your line is, because you haven't had it really tested before to find out where, "I can take this much, I can't take that much." It's a really important thing for you to figure that out. You will need it for the rest of your life to know, "okay this is too much, this I can take, this is too much, this I can take." You're going to need that monitor. I'm not sure why but you're going to need it that's for sure; to know what your bandwidth is. You're learning it but you don't have it yet. How you find that line and how you respond to it, how you honor that line is what you've got to get in the next couple of months. That's what you're on right now you're finding your bandwidth, and you've got to figure out, "well what do I do then, what's at play when I'm defining, 'I can't do this or I won't take that, yes here and no there,'" for that authority to be in place and for it to come, not from the controller but from the deeper place of really feeling into what's at play here? Is it, "I just couldn't be bothered doing that," or is it really, "I know that I'm not going beyond this line here?" Nothing is going to support that, because when you support that you get depleted completely, when you go that extra piece. So it's about finding out what your bandwidth is, what your line is, what your... I don't want to say tolerance because it's not about tolerating something, it's about finding, 'where is it right for you.' Now if there's other people on the other side that don't come up to the line, that's the big test. So very often we'll take that much and then there's somebody else who needs to pick it up at the other side and they don't. The test is, are you going to honor what's right for you, or are you going to go the extra mile and be useless to everybody because you anticipated that somebody else can't come to meet you? It can be any situation at all, like when we say, "no, I'm going against this." The part of us that compromises, you're not going to be allowed compromise at all, and wherever you compromise the price is going to be ridiculously high, because you've got to learn where your line ends. Can you feel what I'm talking about or does it feel like it's kind of out there conceptual level?

Q: 1:46:30 What keeps coming to me is, it's the child sharing bit that I feel like you're talking about. I know you're not pinpointing anything, I know you're not, but that's what is prevalent right now.

Jac: All right, okay.

Q: So it's, am I going to take on more of that individual responsibility or not?

Jac: Oh okay. Okay you're right, I hadn't pulled it into any particular story. Let's stay with the structure for a minute because you finding where your limit is and what

happens when you get close to your limit, and what do you need to do in order for you to resource yourself to go to your limit, that's what you've got to figure out. That's what you've got to figure out. It's about you totally managing you, and from there being able to do what you... You are not going to be one of these women who wears herself down doing anything, anything, serving kids, partners, the world, your job, it doesn't matter you are not.... It's one of your destiny, purposes — to use those words that I hate really — but it's critical for you to define and figure out, "how do I find my border of how much is right for me?" "What can I do to resource it, how do I feel it, how do I recognize it," and what happens when life is telling you that you have to go over it? What happens there, what is the depletion there? You're learning something that you're going to have to teach. So it's about you checking in all the time to figure out, "well what happens there when I have to go the extra mile, what's at play there, is it the controller, is it an assumption of a situation that's going to fall apart without me, what are all the things that are at play here that make me unclear about how much I can take?" Right?

Q: Yes.

Jac: 1:48:47 It feels like you're kind of bringing in something new actually. You're bringing in something, you're bringing in some way of... It's like you're going to develop a checklist or a monitoring or.... Actually it looks like a checklist right now, like, these are the criteria of when you know you've gone beyond your limit, and you're actually going to be destructive for yourself and unproductive in the world. When these things... You list them, you literally list them. You're experiencing something that you're going to have to learn, and then you'll be able to give it to others.

Q: I feel like I know when I'm reaching the limit and when the limit has been reached. For me it's a guttural feeling, it almost always has to... It's in relation to another. If I'm solo I'm fine. That's not life, I've got four kids and a soon-to-be ex, and lots of people in my life. Like for example, I was talking with Mike yesterday on the phone and he started to get very, very, angry and very heated, because in our last mediation I voiced the opinion that I do not want the boys to be left unsupervised so I really wanted to have them every afternoon. He interpreted that as changing the percentages from 50-50 to 60-40 or whatever, and he was like, "is that what you're saying!?" And I said, "well yes if that's what's going to be..." But I want it to be fair, it is basically what I want. He said, "what do you want, what are you trying to get, are you trying to get money?" "I just want it to be fair basically, and if I do have the kids more, then yes if the percentage needs to change to 60-40 then yes," and he started to just get really — this was over the phone — really angry, and I knew immediately, I just felt that feeling that I've felt forever, and I was like, "okay we need to stop talking, we need to get off the phone." That's just one example of sensing when I've reached my limit.

Jac: Yes.

Q: 1:51:35 And then I got off the phone, and I did need to process it more and so I called my brother to kind of talk it out and process it, but before I called my brother, I'm like, "okay what's going on here, do I feel like I need to cry? No, do I feel like...?" I was like okay, like, "I'm okay, I ended it when I needed to end it and I'm okay, but I still feel like I need to process it." And so I did that with my brother and then after 10 minutes it was

good. Is that what you mean when you're relating to the root into everyday life, like that type of thing? I mean it's everywhere, it could be with my mom, it could be with Gage, it could be with... It's everywhere it could be with my sister, it could be with... It's everywhere.

Jac: Yes it's everywhere.

Q: So with the children there is that underlying feeling of you know, 'they need me,' so that's there. I think with Mike there is a control thing, I want to stay in control. I lose control when they are with him, so that's an underlying issue I have to deal with.

Jac: Sure. So there is the woman who is in relationship, you know family and friends, and then there's the woman who is the mom, and they're two entirely different things. It would be good to see them a bit separately, because the pull to give to children is entirely different to the pull to give to your sister. It's an entirely different thing. Find your limit with each of them knowing what the boundary is, knowing exactly... What you did yesterday, it's like, let's say there's.... If you didn't have your brother to process it with how would you do that? Split the relationships into two, because it's one thing giving to your kids; that's one thing, it's easier to do... to find your limit, and find your way of coping, and find your capacity, and find how you don't go into overwhelm with the other stuff, with every other relationship in your life. The kids is the last one to do. Start thinking about it in terms of, "what adults throw me into... send me a curve ball, what adults, and what goes on there?" Find what your limit is there.

Q: 1:54:43 And I feel like I've kind of been doing that, hence the email to my mom and sister. There's been some things that have just... It's almost like a contraction.

Jac: 1:54:54 Yes, it's a contraction because it's gone too late. You've gone over the boundaries so you have to contract, to pull back. I want you to find the limit as it's approaching, you see?

Q: Yes.

Jac: And to know, what are the criteria that it's approaching.

Q: 1:55:09 It's a feeling in my gut. Like I can feel, it's an uneasy sensation from within.

Jac: Okay so what can happen, so that even sooner than the uneasy feeling, even sooner than that that something can be managed in a different way.

Q: It's so circumstantial. You know I'm going into life so to view that is very circumstantial. Like my mom is different than my sister, my sister is different than Mike, my dad, you know?

Jac: 1:55:51 Okay, so if the commonality is that feeling in your stomach, does it always get honored?

Q: Now? Much more than before, much more than before because I know that feeling now, and I know what it does. So there's a breakdown that happens you know, so yes, now much more than a year ago.

Jac: Yes okay. Put yourself in a scenario that when... Make a commitment to yourself that whenever that feeling comes it's like you take action, because the consequence of it is, okay you'll have to pull back, and as we get wiser you'll spot it before it becomes an uneasy feeling in your stomach, you'll spot it sooner. It's just that that's at the moment what gets your attention. All right, so then it's like okay we've got to pull back something that we've gone too far we've got to pull it back. All right, so you're going to

get it earlier. So the commitment right now is, "when I have that feeling I always, always, always honor it." 'Always', that's got to be there.

Q: Yes.

Jac: 1:57:08 I think the feeling, the feeling isn't the monitor that you're going to get when it's the kids.

Q: and again it's circumstantial. Is it because I'm worried about an incident that has occurred or might occur? Or is it that it's a direct interaction between me and a child? Like there's different circumstances too? Like the direct interaction it happened recently with Joe, I cut it off, it happened with Mac, I cut it off, it happened with Gage, I cut it off, Andrew.. actually all of them recently. With all of them I had to just completely... It's like a calm snap back at them. It's like, "listen, what you just did was hurtful, it was rude, and I'm not going to tolerate it. I'm not going to tolerate it! you don't talk to me like that."

Jac: Okay good.

Q: But the feeling came prior to me.

Jac: Okay, it was still feeling there.

Q: It was. In every instance it's like this because it's just so fast! Everything might be hunky-dory and then all of a sudden they'll just try to manipulate a situation and..., you know?

Jac: Sure. So if you're honoring that can you see that the overwhelm might not happen, that the collapse might not happen, because you haven't gone into the place of depleting yourself unnecessarily.

Q: The depletion, it's almost like there's just... you know, like that one factor wouldn't be the source of the depletion, it's just that I'm getting pulled in so many different directions, and having so many different responsibilities that typically aren't there, and so sometimes I can't find which way is up, you know?

Jac: Yes.

Q: 1:59:16 But you know, just with added like stuff, like being picked on, and having to go to a doctor every week.

Jac: Sure.

Q: Just added stuff you know, and the move, and the dishwasher broke and the refrigerator is broken... I mean, and a brand-new house. I mean it's just not like one thing. Yes like any one thing is no big deal, any five things is no big deal, but you know, put 20 on me and I break, and that's okay too.

Jac: Yes.

Q: But it's like, enough already. What? You're seeing what I'm not seeing, which is just to rest in the... Rest, rest, no matter what just rest there, which is easier said than done sometimes. It is.

Jac: Sure, sometimes life is crazy stressful, sure it is, sure. But totally accepting our limit, honoring it, and finding our limit, and then if things go out of control they just go out of control.

Q: They do every day.

Jac: But as long as we believe that we should or we could hold it all and handle it all, it's really going to go belly up. It really is because we can't. There are loads of scenarios

where we don't have the bandwidth to hold it, but all we can do is find what our limitation is. And if things fall apart, you know what, sometimes they just fall apart. That's actually all right too. The thought of it is usually worse than the falling apart.

Q: I have fallen, over and over and over, you know it's like...

Jac: Yes, but is it awful when you fall apart?

Q: It just is what it is.

Jac: And can things fall apart or do you have to fall apart?

Q: Sometimes both.

Jac: Can it just be the things that fall a bit apart and that you stay solid?

Q: Yes.

Jac: More of that. Allow for things to fall apart, so that will lead you to prioritizing What You can manage.

Q: Which is just my boundary basically.

Jac: Yes exactly.

Q: 2:02:19 And other things that need to be created, but yes. So the checklist thing, I want to get a little clearer on that, and clearer on sensing prior to the gut feeling.

Jac: Yes, that's what's going on for you on the bigger picture. That's actually what this is about, that's the learning curve that's going on right now.

Q: So prior to getting that uneasy feeling or that contraction, I don't know what that would be. I don't know that yet.

Jac: Okay, so all you've got to do is be open to it. So the more you listen to like, "whoops there's that feeling in my gut. Step back here, what's going on here, what have I lost?" The more you listen to that, you just take a moment to listen to that uneasy feeling in your gut, the more you'll see what the thing is just prior.

Q: Okay, and it could be a belief, it could be a....

Jac: Yes for sure, it will probably be a thought. So we need to pull back a few layers there, but the drama is full on by the time you're listening to your body, you know? Okay?

Q: Yes

Jac: That would be really good.

Q: Anything else?

Jac: Let's leave it for now, but rest, rest, rest, rest. Rest, rest, rest, rest, rest.

Q: Okay, okay, okay, okay.

Jac: Even when we get like seriously tested and unmanageable situations are around us, there's some part of you that knows that this really kind of only matters phenomenally. There's a part of me where it doesn't matter; like phenomenally of course, you've got kids that need to mind, of course that's the phenomenal stuff, but there is someplace where even that's okay. There's someplace where even like that caring is still going to come out of me, I'm still going to take care of them but I don't have to take care of them in my head. I don't have to be in my head about it, just to let the organic flow come from you. Consciousness is doing all of it, it's just that we get so involved in thinking about it and trying to manage it and control it and figuring out what's best, we get so in our head about everything that we're not listening to that which is doing it all anyway. If we can align with that which is doing it all anyway and listen and hear what direction

it's going on, 2:05:19 and like in [indiscernible name] case, she's hearing when it has gone off, but she's not hearing the underlying flow as it is going along, she's just hearing when it has gone off. Do you see? Whereas I want you listening to the flow all the time, that flow is just what moves through her, nothing else but it comes from there. Do you see? That's where we're going, but all we can do is pull back, pull back a little bit to see, okay where are you losing it, where did you stop listening? Pull back a few layers you know.

2:05:53 Sure I went there, there's loads of stress, there's nothing quite like that to keep your attention out in the world, out into just juggling the balls and trying to manage everything. Just watch the price that's being paid. If you're completely invested in it watch the price that's being paid there. Being inside will improve the quality of how you connect on the outside. It's not the other way around, it doesn't deplete. There's nothing in the world that requires 100% of your attention in order to be done effectively. If your attention is inside and you do what you need to do, it will be more efficient, smoother, it will have the most optimum energy. It still might go belly up, but I guarantee you it will be a lot less. You might be looking at a dent on the bumper instead of you know, your whole car being written off. You know that kind of thing. Guess who smashed the bumper this week?

Audience: Going through red lights, yeah?

Jac: 2:07:19 No, I wasn't going through a red light actually. I kind of had my foot on the brake but not strong enough, and Siri was sending me in a crazy direction, so I had like my phone in my hand and my foot wasn't quite... Like somehow it just lifted up a little bit and I just went right into somebody's trailer hitch, and (sound effect 2:07:37), "oops."

Audience: Didn't you just write a manual on distracted driving, for her job?

Jac: Did you, yeah, yeah.

Audience: A perfect course to work on before I drove here.

Jac: 2:07:57 Siri is a gift in the course. Okay, is everybody okay? Let's take a breather. So who's attention is way out in story-land? Really, everybody is in a restful place? Really?

Audience: Flippy floppy.

Jac: In and out. Is there anybody who's totally left source for the last couple of hours? Yay! Wow, really? Wow that's great. Well done folks, keep dropping in, dropping in, regardless of what's happening. And you know your mind will come up with all kinds of comments. It's going to start putting you under pressure to go into story, you watch it. A couple of hours of going back into rest, it's going to present you with very juicy stories, so just watch it. Opinions, like they'll do it. Opinions are the strong ones you know, because it reasserts its position, so just watch, watch those layers coming up. Okay let's break for lunch.

The End