

Remember that all things in life
are mirrors and use them until
you recognise that you are
whom you are seeking.



[View in Browser](#)

Jac's e-Satsang

... your questions answered

Upcoming Satsangs:

April 11
Frederick, MD

April 12-14
Washington, DC

April 16-21
Residential Retreat
Asheville, NC

May 3-10
Residential Retreat,
France

June 7-9
Toronto, Canada

June 13, 14
[Paradoxica Nondual
Psychology Conference](#)
[Univ of Lethbridge](#)
Alberta, Canada

June 16
[Lethbridge, AB, CA](#)

For more information on
upcoming satsangs, [click
here](#).

Q

Do we need to have a guru and do we need to attend satsang or can the awakened state arise from home.

Jac replies

There is something to do when the movie is presenting as real and it will be known that there was/is nothing to do when the movie is recognised as movement of illusory energy.

When Truth is seen it is known that the spiritual path has nothing to do with Truth. However, this perspective is valid only when Truth is revealed. It is foolishness to grab this concept when the movie is still taken to be real. Furthermore, to opt out, holding the idea that Truth will just show itself when its ready, is laziness and denial.

Truth is not limited by or subject to any conditions. It can reveal itself at any time. As long as one identifies with being on a path, help is needed until Truth shows itself spontaneously. One doesn't objectively choose to be on a genuine spiritual path, the pull towards Truth has its own momentum. The spiritual path will direct you to find out intellectually what is not the Truth as mind can only know what is not Truth. What is real, what you really are, is untouched by all of this. Until that is seen, get as much help as you can!

For some, nature presents wisdom, for others the energetic transmission at satsang is potent. Find out what works for you and develop an inner authority around what helps to break identification with thoughts. Do the inner work between satsangs/spiritual interventions. Integrate



**New satsangs
available
for download
on Jac's [website](http://www.jac-okceffe.com)**

Boston Nov 2012

Ottawa Nov 2012

Toronto Nov 2012

Tennessee Dec 2012

Visit www.jac-okceffe.com



**2013 Paradoxica
Nondual Psychology
Conference**
June 13th and 14th
University of Lethbridge
Alberta, Canada

what you find out about your mind before the next injection of tools and reminders. One's attitude towards a guru, satsang, spiritual material is critical. Walk your path with self-honesty and integrity, regardless of how it looks to others.

While your own story is running as real, it is important to honour what has resonance for you. Following a guru is most effective when the guru calls you, that is, when you sense a strong, natural pull to sit in the energy of a projected manifestation of what you really are. Physical contact is not needed, as the guru is not bound by 'i am the body' beliefs. Once there is that connection with a guru your own intention to call on a guru's presence is sufficient, once you are available, open and/or trusting.

Everything in life can be seen to be a set-up to show you unreality. As long as life takes all of your attention then these signs will not be recognised. If you cannot manage the progressive path on your own then let help come and remain as the manager of this process, thus developing an awareness of your own inner guru. All satsang and gurus can do is reflect back to you, who you really are. Remember that all things in life are mirrors and use them until you recognise that you are whom you are seeking.



Q

Even though I came to know that I am not the body/mind but the Life energy by which I can speak, hear, see... still there is a falling back again and again in the old habits of a separate entity who prefers this over that and who judges, who operates from conditioning... What will stop that or at least slow it down

Jac replies

Am not sure from your email if the falling back includes identification with the character so am going to address both possibilities.

When Truth is seen. the character can do (and does) what

For conference details, list of speakers, etc, [click here](#).

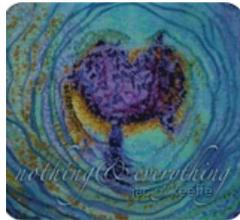
**Post Conference
Satsang Intensive**

Sunday June 16th
10:00am – 5:00pm
Prior booking essential,
seating for 20 participants
only.

Email: lisa.lewis@uleth.ca

Venue: 321a 6 St. S.,
Lethbridge, Alberta

Truth is
not limited by
or subject to
any conditions.
It can reveal
itself at
any time.



**Nothing & Everything
Music CD**

Jac sings and writes music
for fun, including these
Sanskrit, English

it will. It's not bound by ownership. It is moved by conditioning, environment, diet, genetics and personality traits. How it behaves doesn't impact on what you are. It is loose and free like any other manifestation of what you are, in any other form. Ideas of how it should or should not be fall away; anything can happen because it is known that nothing is happening.

Can you recognise some expectations still at play? Maybe the games of the character will never stop or slow down. Should it be a different way? Are there ideas that it could be better? Why do you want it to be different to how it is? Who wants it to be different?

If identification with the character is running, (falling back) don't judge it, don't like it or dislike it. Let it be seen for what it is and see through the filter of separation that is still showing up. As long as you want identification to end or to slow down, it will persist.

Keep it light, let it be seen to be the frivolous play of life that it is. The sense of an 'I' doesn't necessarily create an 'I'. Can you see this?



Q

I write to you out of deep despair. The last couple of months I don't experience any 'flow' anymore. I don't get any impulse, which leaves me without an inkling what to do.

It hasn't always been like this. On the contrary, I used to be rather driven; often busy with three things at a time. I used to make it through the day naturally. Now things seem so stuck I'm really desperate. This starts immediately upon rising; I then find myself in a state in which I'm left with the repetitious thought: "It won't work" and then it really doesn't work. This had already gone that far that I have tried to take my own life.

A medium that I consult once in a while has advised me to 'create actions' i.e. not to wait for an impulse. That doesn't work well for me. At home I enter a state in which I can't get anything going, I don't even have access to it or feeling with it. At the moment I am in a mental hospital and here I'm slightly more at ease but still I don't know what to do. One can only guess at the cause of the absence of my flow. I take medication which might be the cause, yet when I

and Gaelic
devotional chants
on her new CD.
Her music and
satsang assist
spiritual seekers
of Truth by offering clear
pointers to
that which is prior
to and beyond
the mind.

Available on Jac's
website as a [CD](#)
or [download](#).

Following a guru
is most effective
when the guru
calls you,
that is,
when you sense
a strong,
natural pull
to sit
in the energy
of a projected
manifestation
of what
you really are.



stopped that I became unstable and moreover the flow didn't return.

Do you perhaps have an idea how I can influence this process of 'no flow' and how I can rediscover 'my thing'?

Jac replies

Firstly, it's important to find out if this state of mind is induced through your medication. Speak with your prescribing doctor and find out if this is a side effect of these drugs. Do some research on the side effects of the medication you are taking. It is important to take this step so that you know that this state is drug induced or not. If it is a consequence of your medication then your doctor is in the best position to find suitable alternatives for you. If you have to keep taking this medication then drop the desire for things to be different to how they are. Let the experience of inertia happen. There is despair, let it be felt and experienced. It will pass; everything passes. Without desire for change and without rejection of what is happening, suffering will reduce and disappear. Observe what you are experiencing, impartially, and do not have any attitude towards what you notice. This is a great spiritual practice.

If you find out that your medication is not contributing to this state then there is another way to approach this happening. Having no impulse and also finding yourself experiencing the opposite of how the character usually engages with life are both very normal experiences on the progressive path. What is unusual is the fact that you are repeating the phrase 'it won't work.' Why are you running this new conditioning? Some things work, some things don't work. This is life. The experience of things not working is only going to upset you if you have an attachment to things working. Do you have beliefs that say that flow is good and the absence of flow is not good? What ideas and judgments are in place here? You have seen that there is a direct impact on your day when you begin your morning by saying 'it won't work.' So why do you repeat this phrase? Make a decision to stop hurting yourself and to stop sabotaging yourself. Be more gentle with yourself. Replace this morning mantra with 'may things be as they are' and watch for any attitude of resistance to this new phrase. Recognise when desire for 'your thing' is running. See all of these ideas at play. When mind stops fighting what is happening, acceptance arises.



Q

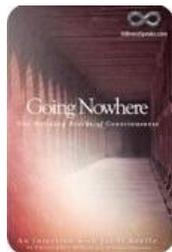
Going Nowhere DVD Video

An invitation to that
which is prior to
nonduality...

*"What makes
"Going Nowhere"
different is that
where most
non-dual teachings
end at seeing through
the illusory felt sense of "I",
and resting as pure
non-dual awareness,
Jac points out that
even this too is a
subtle form of
identification.
That the observer
has to go too,
as it too is a concept!
Just brilliant stuff."*

Amazon review

Available on Jac's
website [here](#).



When I was younger, my PMS was quite terrible, I often broke up with my boyfriends before a period because of this. I became snappy, irritable, uncontrollable sadness arose and I projected these emotions onto someone who I had a relationship with (poor them!). I had been believing that those thoughts is me.

Then I also was diagnosed with a kind of illness which creates hormone imbalance. It causes panic attack, anxiety, insomnia, irritability, mood swings, sadness, re-activeness, muscle ache and weakness, fatigue, etc... When I am observing those sensations and feelings, it's almost like hormones are doing their own things. It feels like just a chemical reaction. There are no cause. Then mind try to create the story about why this happens.

I am not sad even though I am crying, I am not anxious deep inside of me even though I have panic attacks. It feels like a chemical reaction just happening through my emotional and physical body. There is a distance between me and those feelings.

You explained that body generating thoughts. Do we have particular thoughts which manifest particular hormones? Why a lot of women have this problem? Are they same thing?

Sometime I am surprised by the reactions. Does it mean I identify myself with this emotion (or sensations)? I thought that is my part of my personality, but it was just hormones. Yes, I can see clearly I am not that.

Jac replies

It is fantastic how you have used this hormonal imbalance as a spiritual tool to break identification with the character. If there is experience of a hormonal issue or a mental health issue, know that nothing needs to be 'well' for Truth to show itself. Knowing that you are not the character is what you have seen. Whether she is balanced or out of balance, it doesn't matter—know that she doesn't need to be in balance for you to see you are not her. If this is truly seen then there will be no motivation to qualify your behavior, to make excuses for your moods, etc.

Defending yourself will have stopped, and acceptance of the personality will be in place. The next step, once this

***Going Nowhere:
The Building Blocks
of Consciousness***

DVD Video

*"The two "Going
Nowhere"
DVDs are a must
for any seeker
(and repeated viewings
will pay dividends)
who is sincerely ready to
die...
and in the dying see that
they
have never gone
anywhere."
Amazon review*

This DVD shares
its title, in part,
with Jac O' Keeffe's
new DVD,
Going Nowhere.
This is
no coincidence.
It starts where
Going Nowhere ends,
inviting us
to deeply explore
what is meant
when pointing
'prior to consciousness.'

**Available on Jac's
website [here](#).**

**Jac O' Keeffe travels
extensively,
facilitating satsang.
At these
spiritual gatherings
and in her
writings**

identification is broken, is to watch for desires.

Can there be a movement to put the body in balance through a direct intervention without desire? Yes, there can be! For some there is no movement to heal the body and for others there is. But only you will know what exactly is the motivating factor. Herbs are really fantastic for women who don't feel very stable! Taking care of the body in this way is nature taking care of itself. A dog will eat grass if it has worms, a cow will lick an iron metal gate if these minerals are required. The body takes care of itself organically but we are so conditioned to move in response to desires that we don't often feel this organic impulse. It is there and is a natural part of being human. Notice if this movement to take care of the body can happen without desire.



Q
I had a great dreamtime where you were underlining all of the personal 'I's' in all of my emails. Pretty funny.

Here's a practical question about life/work-path. How do I tell if I am ready and/or called to step into an 'official' teaching role for things like meditation and yoga.

Jac replies

If there is a pull to facilitate others on their path or repeated requests to do so, then go ahead and jump in! Let the experience be had and you will find out if the time is right or not with hindsight. Have courage and start small. This is the fastest way to learn. Let challenges come. These initiatives will be successful or not—success isn't important so don't be distracted by it. Learn as you go and see what else can be brought to your attention through this work.

Have no desire for this outward focus to work and have no attachment to the outcomes. Let it play as it will and let it be enjoyed.



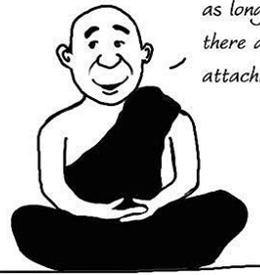
she assists
spiritual seekers
of Truth
by offering
clear pointers
to that which is
prior to and
beyond the mind.

Free audio
and video satsangs
are available for
listening or download
at jac-okeeffe.com.

O Master,
is it proper
for a monk
to use email?



Sure...
as long as
there are no
attachments!



noiseofindia.com



More replies coming soon in the next newsletter!

Copyright © 2013 Jac O' Keeffe, All rights reserved.
This material is distributed without profit to those
who have expressed an interest in Jac O' Keeffe.

jac-okeeffe.com

Jac is on [Facebook](#)

Email satsang questions to eSatsang@jac-okeeffe.com

Click [here](#) to view newsletter in your Browser window.

[unsubscribe from this list](#) [update subscription preferences](#)



MailChimp