

At satsang, we offer a forum for the 'I', which is a little bit against what this whole thing is about but, you know, it's the world of duality, so here we go...



## Jac's e-Satsang

### Upcoming Satsangs:

**March 22**  
Encinitas, CA

**March 23, 24**  
Carlsbad, CA

**April 11**  
Frederick, MD

**April 12-14**  
Washington, DC

**April 16-21**  
Residential Retreat  
Asheville, NC

**May 3-10**  
Residential Retreat,  
France

For details, [click here](#).

### e-Satsang ... your questions answered

**Q.**

I have heard you talk about the importance of having self-love. I don't know what is meant by that—I guess you are not speaking about affirmations. Could you please give some examples of how to give love to oneself?

**Jac replies:**

When self-love is in place, a series of personal 'i' thought patterns cease. The ability to honestly say that you love yourself unconditionally is the symptom of the absence of these 'i' stories. Self-love is an 'i' story, too, but it's less dense—self-love doesn't have a 'domino effect' which perpetuates the ego.

Achieving self-love is like an undoing, a melting away of cyclical thoughts that perpetuate the personal 'i'. When self-love is in place, there is no motivation to seek approval or acceptance. There is no need to be liked. Self-criticism stops. Self-anger disappears. Self-loving is in place when there is no self-doubt or criticism. The 'all about me' ego agenda is significantly weaker. What replaces these

old negative thought patterns is self-acceptance.

How to give love to yourself? Unconditional self-acceptance is the key. Let an unconditional self-acceptance establish. If this total acceptance of yourself exactly as you are is not authentic it will manifest as arrogance. You can recognise that self-love is in place by the total lack of interest in positioning yourself against other people. Then it can be seen that all comparisons are futile mind loops and require a solid belief in separation in order to manifest as attractive concepts. Self-love is a phenomenal way to dissolve beliefs in separation.

One point to add. If self-love is established prior to awakening, this better facilitates the working mind to manage and care for the physical body, post-realisation. Issues that are cleared or brought to a point of healthy balance pre-awakening are an investment in how the character manages in the world post-awakening.



### **New satsangs available**

Boston Nov 2012

Ottawa Nov 2012

Toronto Nov 2012

Tennessee Dec 2012

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

**Q.**

New year's day morning coming out of deep sleep, for a split second the appearance was someone?? was aware of a noise, the noise was laughter, satsang with jac kind, crazy funny for no reason, coming out of the body! then "i" joined in the fun, tears coming down the face and started the day.

The interest is in that split second when someone?? heard a noise and seemingly recognized it as laughter coming out of this character.

What, who, was it that appeared first and was reminded?? became aware of what the noise was... that seemed neutral before recognition...

What a delicious world...



## Nothing & Everything Music CD

Jac sings and writes music for fun, including these Sanskrit, English 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](#).**

### Jac replies:

Let it be seen that consciousness imagines itself to be in parts as the day begins. Imagine if every one of your fingers was able to perceive your other 9 fingers—this is diversity; this is how it works. The perception of parts can only arise in a part. None of the parts are really separate or disconnected in any way. It is the perceiving ability of consciousness that creates these ideas through naming, and labeling.

Even the magnificence of watching how the matrix works can only be perceived from within the matrix. It's a delicious world from within itself. To put it another way, only consciousness can recognise itself as consciousness. But what you are is only consciousness from within consciousness. Prior to consciousness, what are you? That's the unanswerable question!



### Q.

My question has to do with my tendency to fall in love with spiritual teachers—particularly those who I meet in person. I realize this is a \*very\* common phenomena, and understand—intellectually, at least—that what's “really happening” is that the (partly-realized, partly-unrealized) Truth in me is falling in love with the fully-realized Truth flowing through/as the Teacher. And that this deep attraction, this passion for Truth, for Reality, is what fuels the process, and—eventually—what burns away the last resistances, the last obscurations... allowing the Truth of Who I Am to express fully.

At least... it's a nice theory :) And I'm hopeful that, some day, I'll actually find myself on the “other side” of the process, so to speak.

But the pattern that I see—where I seem to get stuck, again

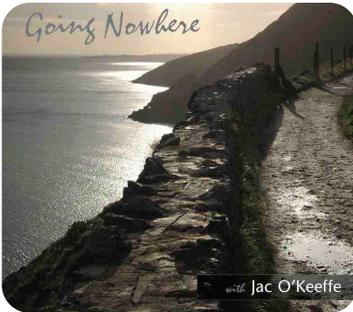
and again—is in an intense emotional and/or sexual longing—which includes a desire to spend time with the person, or to be lovers. And then the flip-side of that—in resistance to those feelings (a fear of acting inappropriately)—an avoidance and/or shyness around actually interacting with the Teacher, with relaxed openness, and an honesty and willingness to be vulnerable and available for deep transformation.

Now, I've been celibate for many years—not out of a conscious choice to live a monastic or ascetic lifestyle, or anything like that. More a result, it seems, of my inclination toward spiritual pursuits, my love of Truth—and from this space knowing that a sexual relationship with someone who doesn't share my passion for Truth would be very unlikely to work. And also a knowing that what is most deeply satisfying and most blissfully fulfilling is the full dissolution of the personal “me”—say in deep meditation. So there's been no interest at all, in recent years, in actively searching out sexual partners.

And yet there's still a desire—some kind of physical and emotional longing—for a spiritual partnership which includes sexual expression. And so being with powerful spiritual teachers—male or female—very often sparks a “falling in love” experience which seems to be a rather confused mixture of the simple desire for Truth—a desire to meet and merge with the Truth of Who I Am as this is reflected in the Teacher—and a desire for a person-to-person relationship.

Now whether or not a person-to-person relationship of the kind I've described actually manifests, or not, is secondary to what to me is the more important issue: namely, that I don't seem able to cultivate and maintain the kind of relationship with a Teacher that allows the spiritual process to run its full course. What I imagine to be ideal is an open, trusting intimacy and respect, that doesn't constrict around “personal” emotional/sexual desires. And of course, creating such a dynamic is a process—not necessarily something that can manifest all at once—and each teacher/student relationship is unique.

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## **Going Nowhere** **DVD Video**

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

*"Blows away anything  
else I have ever seen on  
"non-duality" and it's  
not even close... I  
found myself  
constantly rewinding  
the DVD because  
every sentence, indeed,  
every word Jac speaks  
is so potent, that I  
didn't want to miss  
anything."*

Amazon review

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

And yet... it seems that, in my case, the process gets side-tracked, each time, in pretty much the same way: a genuine and deep longing for Truth entangled with emotional-body and physical-body needs/desires. And the inability to untangle these two strands, in a way that would allow the relationship to continue to deepen, and unfold in the direction of greater and greater freedom.

Perhaps I just haven't yet crossed paths with the Teacher with whom I am "karmically destined" to find completion? If that's the case, then maybe there's not much you can say, except to just be patient? Though if there is any particular guidance, suggestions, clues you could offer... I would be very grateful.

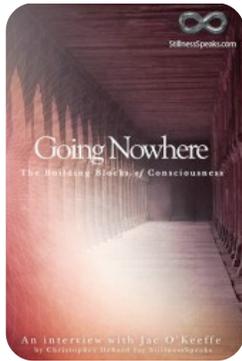
### **Jac replies:**

The falling in love with a spiritual teacher is the mind's way of interpreting and labeling the rest and ease that is often felt when who/what you really are is reflected back to you. Mind has a limited repertoire from which to draw its conclusions. The deliciousness of having a break from yourself (the character) seems to release a chemical that is similar to falling in love. It serves as a carrot to pull one towards Truth.

In your case it appears that mind takes this interpretation to the next stage and imagines that to have a relationship with the teacher would offer some fulfillment. This relationship would most likely be hell! Satsang 24-7! Every aspect of the ego would be challenged and there would be no place to hide. Honestly, 'you' would not like that. But the idea of it has become a fantasy and the fantasy has become a desire. There will only be suffering if you continue to entertain this desire.

Let a spiritual teacher show you where identification is still at play and let relationships come or not come. Relationships are a most potent environment to highlight blind spots. To try to have both together in the one package is an invitation to an intensity that will turn your life into a roller coaster!

If there is an inevitability about being with a spiritual teacher



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

### **DVD Video**

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](#).**

sexually, then belt-up because what is for you cannot pass you by. There is no need to desire what is in your destiny. If this happens, then it will happen. Running a fantasy and desires about it is creating suffering. Drop these fantasies—refuse to feed them with your attention when they arise as ideas. Stop feeding desire and see through these ideas for the thought patterns that they are.

Use teachers as a mirror to remind you of Truth. The desire for sexual intimacy is sabotaging your receptivity to what a teacher can offer. Entertaining this desire at satsang re-enforces the ego and so whatever is available there is largely lost to you. Either the dissolving of the ego or the fulfilling of desire is of primary interest to you. Which has the stronger pull? Be honest with yourself.

Your question reads as though mind believes that a relationship can offer happiness and that Truth can offer something, too. Does mind believe it can have what it imagines to be the best of both worlds by marrying the two desires? Either drop the desire for sexual intimacy or go and have relationships so that you can find out if relationships are a path to fulfillment. Knowing the answer in theory won't work here. Find this out for yourself.

The path to Truth must be walked alone. Others can help you along the way. You might be sexually intimate with others you meet on the path or not. It makes no difference. Use a teacher to guide you to where you must go alone. Find a lover to have fun exploring sexual intimacy. A lover does not need to have any awareness of being on a path. Remember that there is only the path; everyone is on a path—whether it's known consciously or not doesn't really make that much of a difference. But desire will say otherwise.

How things are in your life right now is the only way it can be. Accept life as it is and go about your day watching for where the personal 'i' is acting out. Let life be enjoyed as it is, and when a desire arises, see that it is only mind imagining that things could be better. Strip this back to see that the

underlying thought here is a rejection of what is. What is is always perfect—may this show itself to you.



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**Q.**

I have watched your 'Going Nowhere' and 'Going Nowhere: The Building Blocks of Consciousness' DVDs.

When you say 'There's nothing... then take nothing away,' do you mean that there's not even any energy present in 'nothing'? Because I thought energy is neither created nor destroyed.

Also, is Love not present in 'nothing'? Is God not present in 'nothing'?

**Jac replies:**

'Energy is neither created nor destroyed' assumes the presence of energy. Nothing and now take nothing away... let that first nothing be neither energy or the absence of energy. That nothing must be a pure concept only. Removing that nothing is taking away the concept. The pointing is to prior to energy.

If there is anything at all that can be made into a concept then consciousness and duality are presenting. Prior to duality, prior to nonduality, consciousness and prior still... prior to all concepts. God is a concept and love is a concept, prior to all of it...

Mind cannot go there, but something may resonate. A resonance is as good as it gets in terms of phenomenal communication. Don't try to get this with your mind; remember that mind can only do concepts. Outside of all of it,

where mind cannot go. Mind may conclude that this is a stupid exercise—that's not a problem. What you are knows the nonphysical territory of nothing, and take nothing away. This is a pointing. Let it rest (right now) and see if there is a subtle 'yes' from within.

Remember that there is only the path; everyone is on a path—whether it's known consciously or not doesn't really make that much of a difference. But desire will say otherwise.



**Q.**

For a number of years my thoughts had been critical of Descartes... "I think therefore I am." Today it dawned on me that he was correct. The personal I exists because of thought.

I find a lot of changes occurring these days, thoughts and desires, worries and fears come and go but now I'm no longer so drawn in by them as they are just a product of mind. I tend not to pay much attention and just see where they go. Previous "efforts" to control thought ended in fear, doubt, suffering.

Almost 7 years ago dramatic change entered my live, rampant alcoholism and in the end stabbing my ex girlfriend with the kitchen knife led to a total upheaval of mind and a road to change but the I couldn't claim it, the change to sobriety and honesty, it was far too enormous, I began the path to realize something far greater than mind was behind it all.

I leave (for the most part) my mind to do it's work, as a tool, to help navigate this existence it perceives, it's only in my interaction with other I's that my own personal I comes alive and plays the game.

**Jac replies:**

Interact more and more with 'other i's'. Let the extent of 'your' personal 'i' show itself. Find out what makes it appear as real. Investigate how this 'i' mechanism works in 'real life' situations

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the obstacle on  
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that invite its presence.

See the tricks and the ideas that are there from habit. Begin to question what gives authenticity to the personal 'i'. There are no others, there is no you. How is it that experience tells you otherwise? What beliefs are accepted to be true? Stop supporting these beliefs, stop supporting the personal 'i' and let's see what happens.



**Q.**

For over a year my world is been a turmoil since my partner of 17 years suffered a large stroke and he is currently not able to move the left side of his body and not completely aware and some times, confuse. Letting me as the one to take all the necessary decisions for his care. The "suffering" has been intense. In big part because that's what I'm able to see. He is suffering, then I am suffering. Even do, I hear you, and others, saying that is not real and trying to step back from the story, I feel that there is so much at risk, that if I'm not there watching over him, anything can go wrong. I have a very "good eye" for detail, and that allows me to see everything that needs to be fix in order to minimize the suffering. That is been very exhausting, because, of cores, there is a lot to be "fix" and the "others", don't see it or don't care. Some times I think that, "yeah yeah, I can let go" but then something happens. And I think if I wasn't in this situation, if I was by myself, I definitely would be able to let everything go and rest in the truth...

**Jac replies:**

Life is never the obstacle on your spiritual path. Truth does not need life to go a certain way before it shows itself. Taking care of someone with a disability can happen whether the ego is in

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the ego now;  
it is not who  
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charge or Truth is recognised and established. Your partner's health issues can only help you on your path. Mind will tell you otherwise but it's good to remember that whatever mind tells you is probably a lie. The desire to be in a different situation is simply desire. Whatever this domestic situation is exposing, be grateful for it. Looking after your partner is a wonderful happening to help you to see where the personal 'i' is still at play.

Accept your current role and have gratitude. Also, accept the help of others with gratitude and drop any unnecessarily critical views. Watch when ego is playing the perfectionist. From a balanced place within you, do what you can and accept limitations. They are part of the wonderful tapestry of life.

Life has offered you a new situation through which you can grow. To maximize this opportunity let your role be one of service. Step back from controlling and step into service. Stop resenting and be grateful. This is a wonderful opportunity to reduce the determination/self-righteousness of the ego.

Don't hide from the ego now; it is not who you are. Let it show itself. See the controller, the perfectionist, the critic, etc. Let these views of mind be seen and have a laugh at such games. Let your life be about service in this phase. Don't slip into victim, don't let pity or self-pity germinate into an emotion. If your partner is suffering, serve him by allowing him to have that experience of suffering. There is nothing to be gained by you suffering with him. Let your emotions be your own and offer him the space for his own experience. This is true compassion. Don't add to the amount of suffering in the world, unnecessarily. Allow him to have his experience and serve.

There is nothing broken here, nothing needs fixing, this is just life. Do what you can and accept your own limitations. Flow with it gently. All is well. Whatever this situation exposes to you, be grateful for it.



