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Newsletter

June 2013

Vol 14

There are 2 layers of thought going on which can effectively be separated thus reducing their 'power.' One is the cycle of thinking that you have identified and the second is desire.



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Jac's e-Satsang

... your questions answered

Upcoming Satsangs

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](#).



**New satsangs
available
for download
on Jac's [website](#)**

Q

You have said:

"In Satsang it is not so much the words that are spoken because mind imagines it can understand whatever is beyond mind. It's not possible."

Please, would you like to develop this? What is this mystery that happens in Satsang?

Jac replies

Mind is ultimately a tool that appears in consciousness enabling consciousness to be conscious of itself through manifestation. It is limited and finite and its perception is determined by the conditions that are at play at the moment of perception. It has the ability to believe its own imaginings which include ideas about being able to grasp, own and control most things that come into its line of vision. If mind can create a concept, any concept, then it has material to work with and it readily believes that what is perceived is real. It can only deal with concepts and absolutely everything phenomenal rolls out from there. Prior to concept is also a concept and mind will project a meaning on that also. Prior to mind, beyond or outside of mind points to a 'zone' that does not hold concepts. This is where mind cannot go because mind itself is a concept.

What is useful is to let mind know that it can't grasp what is beyond its capabilities—it can only work with that which can be reduced to concepts. Truth is only a concept when we talk about it, but in its essence it is prior to any concept. Like knowing that your car cannot fly up into the

Boston Nov 2012

Ottawa Nov 2012

Toronto Nov 2012

Tennessee Dec 2012

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Stop believing
you are bad,
that you don't
deserve, that you
need others to 'get
you' in order for
peace to be
present.
You are peace;
it arises from what
you are.
Peace is there
beneath/behind
these stories.
Let peace have you,
let it hold you,
let it find the
phenomenal you.
May the essence
of pure acceptance
be known to you.



**2013 Paradoxical
Nondual Psychology
Conference**

June 13th and 14th
University of Lethbridge
Alberta, Canada
For conference details, list
of speakers, etc, [click here](#).

sky, mind is not wired to understand Truth and this needs to be known. Yet Truth can be known by some other capacity. Let this be accepted by mind, that there is a 'zone' beyond its reach. This piece of information stops mind from grasping and desiring Truth.

Satsang, like any moment in life, is rich with opportunities to unplug from the stories of mind. Satsang allows an opportunity to view from a wider lens and understanding can come from this. More so there is an energetic transmission that is available at satsang if one is susceptible to an energetic change at that time. Having the willingness to let go of opinions and beliefs and to be generally loose within body and mind allows maximum transmission. Leave all resistance outside of satsang and without expectation sometimes something else can happen.



Q (abbreviated)

In 2003/4 the story of me was diagnosed with paranoid schizophrenia. I don't hear voices or have hallucinations—"just" paranoid delusions... I make up and imagine false "misdeeds" in my mind to make sense of the irrational belief/feeling of being "bad." I take on the full affect of the delusions (Imagined misdeeds) psychologically and emotionally... as if I had actually done the misdeeds... even though I have NOT done anything wrong at all.

... So there is this cycle of 1) imagined misdeeds, 2) false identification with the imagined misdeeds, 3) fear that these imagined misdeeds are misinterpreted by others as real, 4) terror, panic, defense, horror... There is a sane remnant of my mind that knows I've done nothing wrong... this is just a function of mental illness appearing... but this part of my mind is often totally overwhelmed by the delusions.

Two and a half years ago Eckhart Tolle spoke of schizophrenia and recommended a witness practice in these cases. He said, "Allow the delusional thoughts to be there, but pay absolutely NO attention, completely ignore/disregard the content of those thoughts." When I practiced this initially an awakening arose—it came totally unbidden—a complete shift/dropping away of mind/body identification. Fear dissolved. This lasted a month or more. Then gradually, mind identified ego crept back in and has remained ever since. (When asked if a psychotic person can awaken, Adya has said, "Yes! Because that's who you are.")

I can also see intellectually that there is great

**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

The actions
of others
do not have
the power
to grant you
or deny you
peace.
Peace is there
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but mind seems
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be met in order
to have
that peace.
Don't believe
any of it.



identification and personalization going on here. I can see this and I can see that I am stuck in it. And also I know intellectually that these delusional complexes are all just "phenomena."

Jac replies

Firstly, as others have said, the loop of thoughts can be there. Pulling your attention away from the content of the thoughts is the key to dropping this story. As you know you are paying more attention to the content and minimal to the fact that the scenarios created are simply thoughts. Thought content is insignificant—mind will present any story that will keep you believing the movie. Believing any aspect of the movie, imagining that any part of this is real is delusional! If someone thinks they are autonomous and separate then they are totally delusional!

Let's take that step back to get the wider view—this is the witness practice. Identification can only happen when the content of thoughts is of interest to you. There is juice in the drama of this thought content. Have you seen that there is space between thoughts? Have you placed your attention at the source of the next thought? Can you find from where the next thought will arise? Playing with these techniques can help one to recognise how to steer your attention from one thought to another.

When thought content is highly magnetic and persistent, then there are desires involved, it is desire that generates this magnetism. When desire is active the stepping back that allows a wider view, feels more difficult. What to do? Identify the desire(s).

There are 2 layers of thought going on which can effectively be separated thus reducing their 'power.' One is the cycle of thinking that you have identified and the second is desire. What desires are running? It's important to begin identifying these both when they are active and not active, but in memory. When the loop is playing, ask 'what do i really want here?' Once it becomes a habit to recognise desires, the looped thinking softens. Its ability to pull all of your attention will reduce.

Desires are thoughts also but they have a different energy to cyclical thought; they are the glue woven into otherwise benign thoughts. Where there is a recurring loop, there will be desire. The content of the story that you run isn't important but the desires are. It is unaddressed and unresolved desires that caused the ego to arise again after

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](#).

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thoughts?

Have you placed your attention at the source of the next thought?

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that month without fear.

The potent desires that are mentioned in your email are wanting to be understood, wanting to be acknowledged, believed and interpreted correctly. The imagined relief that can come with being seen is an aroma from the rest that arises when you drop beneath stories of mind. You don't need to satisfy these desires by being understood etc. in order to drop into that internal peace. The actions of others do not have the power to grant you or deny you peace. Peace is there all the time but mind seems to be telling you that certain conditions or criteria must be met in order to have that peace. Don't believe any of it.

Peace (or we could call it acceptance) is there all the time, but as long as mind runs the old idea that you are bad then perhaps it follows that you don't deserve peace? Can you see the set-up? There is no bad or good, this is just mind presenting a dualistic story—it's working! It's creating identification and that is its ONLY purpose. Have a laugh at mind when it tries to crank up this loop. Don't believe any of it. It's just an effort to keep identification going and any story will do. Stop believing you are bad, that you don't deserve, that you need others to 'get you' in order for peace to be present. You are peace; it arises from what you are. Peace is there beneath/behind these stories. Let peace have you, let it hold you, let it find the phenomenal you. May the essence of pure acceptance be known to you.



Q

I just recognized the concept, that runs, "i have to KNOW". It was an epiphany. Because I've felt that I have to know—I have wrapped identity around this concept—it kept me "safe" in a chaotic childhood environment and it has been a thread—Know what I'm going to do... knowing things (as in Guidance etc.). Likewise, the opposite—"I don't know" has been really scary for me. I see that in the past, I wanted to avoid the "i don't know" side away and the discomfort—by being impatient and "pushing" circumstances...so that I can "know" again. I see this now—but, still I'm going to New York—to the Book Expo... still I've incorporated—if I want to edit/publish—be in the writing world—there are practical things to "do". How can I live in this "i don't know/I know" frequency and be in the world? How can this be?

Jac replies

There is a wonderful freedom in not knowing. There is rest in not knowing; it's a zone that is open, immediate and honest. Let your energy system become familiar with



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](#).

**Desires
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They are the
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otherwise
benign thoughts.**

this. Perhaps mind has equated knowing with control. The only thing that really is worth knowing is unknowable anyway! Phenomenally let yourself feel that there is a place for both knowing and not knowing. Both happen. Disconnect the emotional response that mind has equated with these two states. There is knowing and there is not knowing, they are in fact totally equal. Find the same same in these two states and see how mind has attached values to knowing and not knowing.



Q

Tears flow at regular intervals, sometimes there's a reason and other times none, letting things be as they are, no reason is needed but at other times I need a reason. When not identified with the tears, I can let them be.

Jac replies

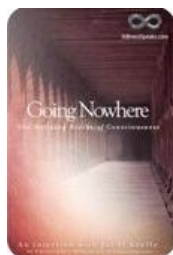
Great that it is seen that the story behind the tears becomes significant when identification is at play. To see it another way we can say that cause and effect kicks in with identification. When the linear time-dependent cause and effect is active there will be a desire for subjective understanding. Know that whatever cause mind attributes to these tears is perhaps erroneous anyway. Mind usually just wants an answer; it's generally not interested in true understanding. Smile at the games of mind. Its stories and tricks have nothing to do with what you are.



Q

I've been experiencing lots of really intense what I could describe as holding patterns and some kinds of old tapes running and the what do I do what do I do. I feel so much like life is not worth living with (the identification to) these energies, which I can only guess is just life-force plus judgement. I feel lost to myself again and looking for a saviour/while simultaneously not wanting one because the saviour is always its opposite inherently, and this and that and beating myself up. It is like major clutching is happening and social and family fears/discomforts again and and and... hormones have gone whack and there's been some lovely joyful sensations too of course just the attachment to some kind of weirdness seems so painfully untrue that I can't bear it. Ack! I'm not going to make it. this sort of thing. Then money fears, which may or may not actually be about money, and unhappiness. I know it isn't who I am but it seems to be very interesting/"juicy."

I wonder if satsang is even a true calling though I am ending up at these ones of 'advaita' flavour without even



***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

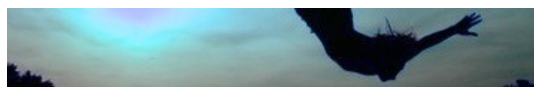
'wanting' to go to them.

I have even considered taking a drug or drugs to (make it go away) or to assist in things moving through. (ayahuasca) even though there's a pretty strong belief system that drugs are unnecessary/rarely needed.

Grateful for any clarity that might find a home in me.

Jac replies

The sense here is that there is something out of sync in the body. Have a physical check-up. There is no resonance here (with the jac character) that these thoughts are caused by anything other than some faculty in the body being out of balance. Have a check-up.



Q (part 1)

When M's character came to a retreat it feels that when it sings mantras it's a kind of body cleaning and there's two kinds of connection one with the heart's opening (deep love) and another with a very deep sadness. The sadness is not new to M's character, it has been working with it during a lot of time and it seemed it was disappeared, but it come back with the chants, could it be that in this moments of deep connection my character make contact with the essence of the universal sadness?

Jac replies

Yes yes, this is universal sadness and feeling it allows its expression but this does not reduce it in any way. There will always be lots of every emotion appearing in consciousness. Let the sadness be seen for what it is, just an expression at the level of unity/universal consciousness. No need to run it through your system as all that happens here is that it keeps you resonating with universal consciousness. Throw out unity/universality... beyond all of it...

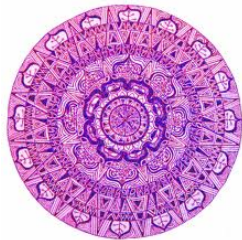
Q (part 2)

Another question, when M's character came back to his

what is meant
when pointing
'prior to consciousness.'

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

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and honest.
Let your
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Perhaps mind
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control.
The only thing
that really is
worth knowing is
unknowable
anyway!



home (after a retreat) his heart is open but after a few days a big attack of thoughts came with all the old patterns: self criticism, loss of self acceptance, judgements, self-demanding, M's character tries to be observing and see and tell them "Ok, Ok I understand you" sometimes it runs others not. When this happens deep sadness came.

Jac replies

This often happens after a retreat. The ego gets weaker and when back home it fights to reposition itself. Here it's important to use discernment. Use discernment to find out if these thoughts are simply an old habit or if there is some juice to their story. If the latter, then there is some attention required to dissolve these beliefs. If it is simply habit, then pay no attention at all to these thoughts and run a new positive thought so that mind fires a new neurological pathway which will replace the old one.



Jac's website hosts a virtual satsang community called 'FliHi.' The FliHi Discussion Room is a forum where Jac is in on-going communication with members. As an example, here is a recent question with Jac's reply. In addition to the Discussion Room, Jac posts a previously unseen video exploring a specific pointer, each month. FliHi is an active Virtual Satsang Community.

Q

This morning came up the fear for other people, and at the same time the perception that no other people exist. Then it became obvious that the fear that was felt was just revealing the kind of relationship my I established with the life itself, i.e. who am I actually. The I is deeply afraid of the power of the life itself, not of the power of other people. The I still shakes and feels very weak. The body is very tired. How can the life, i.e. the flow, the movement, love, take care of the I? Or taking care of the I at the stage is it worthless?

Jac replies

There is a direct and an indirect approach you can take here. The direct approach is to let your attention remain with pure perception where it is known that no other people exist. Whatever the character presents as his story

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are available for
listening or download
at jac-okceffe.com.**

—then is known to be of no importance, it is dream material. Vigilance is required on the direct path to let attention rest only with what appears through pure perception.

If the character's stories are believed, then we have work to do. This is where you have to be honest with yourself and find out if there is any identification with the character.

Onto the next viewpoint. When fear arises at the same time as pure perception then full identification with the character cannot be happening. What then creates the pull for the character to heal himself? This is well worth exploring. This point requires deeper understanding—the understanding you are looking for concerns consciousness itself. Consciousness will always try to change and move and improve itself—is this what is at play or is there more behind the current perception of the unreal? Search deeply on this one. The organic flow of consciousness is not moving feely here—this is where your question comes from, it seems. If there is no belief at all in the character then a deeper understanding of the movement of consciousness is required now. Be super honest with yourself in seeing what is at play here.

Taking care of the 'i' is worthless, ultimately. It can only offer a relative ease within the movie. It is important now for you to find out how this fits into the bigger picture. Is there some other investment in healing the 'i'? What exactly is at play/hidden here?

Taking care of the 'i' is organic, to try to make things better is natural to all of life. Right now, this does not seem to be understood at a deep level. It has not automatically shown itself yet, the movement to take care of itself is blocked in some way and understanding that comes from distance from the movie usually offers this freeing-up. So let's play with this point so that you can find the natural movement of life that takes care of itself. One option here is to totally ignore the subjective perception (when recognition of fear arises) and remain only with pure perception and see what happens internally to the 'i' story. Check to see if there is a dismissing of the 'i' and check to see if there is integration of the 'i'... what happens here?

This is a wonderful crossroads. Keep us informed!!!!



Chris Madden.



STANLEY WAS DEEPLY DISAPPOINTED WHEN, HIGH IN THE TIBETAN MOUNTAINS, HE FINALLY FOUND HIS TRUE SELF.



More replies coming soon in the next newsletter!

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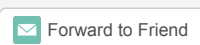
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