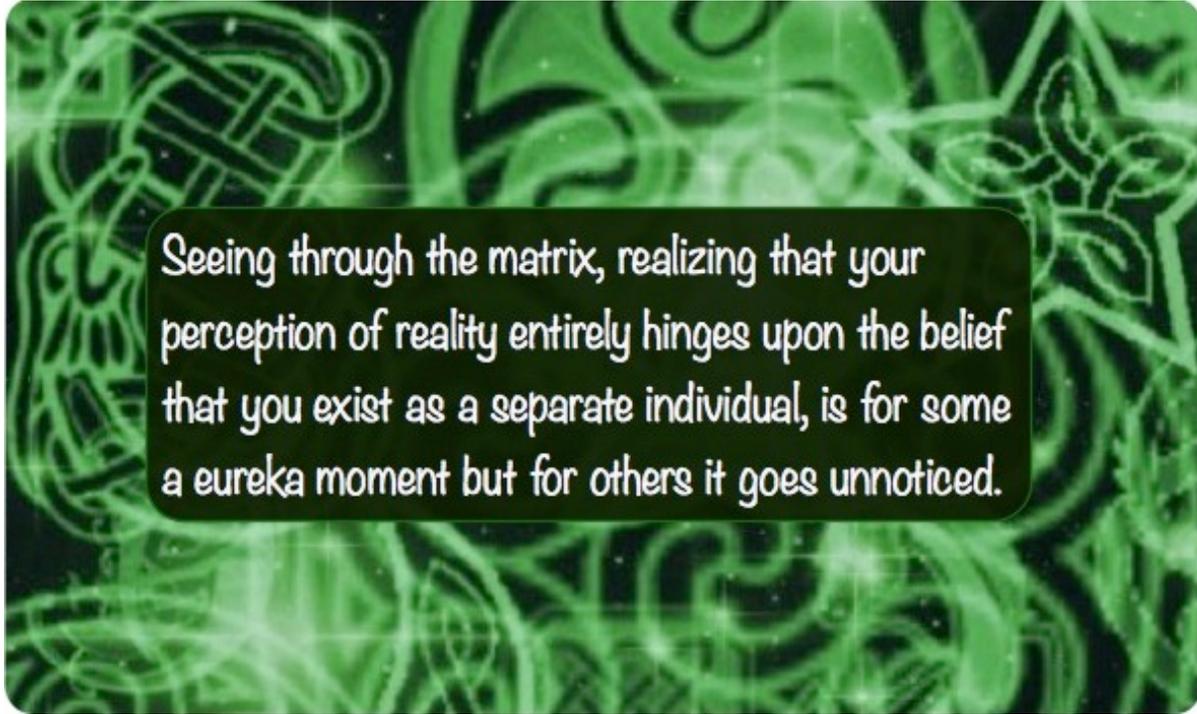


jac-okeeffe.com

Newsletter

March 2013

Vol 12

[View in Browser](#)

Note: Jac's e-satsang newsletter has changed format from a PDF attachment sent by Gmail to a newsletter template offered by MailChimp that should be 'hackerproof!' You can still save it as a PDF version by selecting the 'Print' option in your email software and then saving the newsletter to PDF. Or click the "View in Browser" option to the left. Then you can go to your browser and read or save it from there.

Jac's e-Satsang

... your questions answered

Q

The problematic subject is working for earning money. On one hand it is clear that I should have full trust in God and not worry about issues of financial/ material security. On the other hand there is still some fear which says that I have to work, I have to think about it, plan, do some kind of work which will bring me "enough" money.

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

June 7-9

Toronto, Canada

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

Also there is, sometimes, strong thought/feeling which says- I don't want to do it, I don't want to work just to keep earning money, I want to stop it and only BE, finish the spiritual journey, focus the attention only on I AM, and realize the TRUTH.

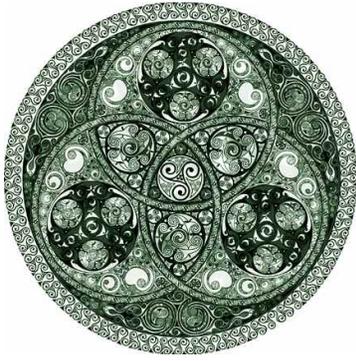
Jac replies

Recognise and break the cause and effect link between work and earning money. You have lots of time in every day so why not work? The idea of working for money is distorting the issues arising here. Mind has made a strong link between work and money. Mind has also made the link between not working and divine provision and this is then linked to trusting God. If you were paid to spend time with your children your attitude to parenting would change also. Break the mental link between what you do and money. You may believe that money is the only reason that you work but look deeper, this thinking is only a consequence of some beliefs that are still unexamined.

Thinking about work in terms of planning, etc., are functionings of the working mind. The working mind is not a tool for seeing Truth. Believing the stories of the thinking mind is the obstacle. That is what is happening here.

It is said that as mind goes inward there is a natural pull away from things of the world. However, it is more accurate to say that the relationship with things of the external world must change, while life can continue just the same. The pulling away from the external world need only take place in the mind. To have an aversion or attraction to work are desires to be addressed. Work is not an obstacle to seeing Truth. Truth does not need work to stop, it doesn't need your free time or any prescribed condition in order to show itself. Truth cannot be dependent on any scenario—if it was, then awakening could be controlled.

If it is your path not to work then you will have no option but work will be taken from you. Right now, mind is running ideas that it can help create a lifestyle that can assist Truth in some way. Mind is running many desires and satisfying these desires (not working) will soon give birth to other desires. If what you desire is to be desireless then see that satisfying these desires will stimulate more desires.



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

Boston Nov 2012

Ottawa Nov 2012

Toronto Nov 2012

Tennessee Dec 2012

Visit www.jac-okkeffe.com

**The pulling away
from the
external world
need only
take place
in the mind.
Truth cannot
be dependent
on any scenario-**

See that the professional man is just a role played by the character—it is not you. The spiritual seeker and the parent are roles also.

Continue with your work because it's something to do, something to keep body and mind alert—you have to spend time doing something and work is a good option. There will always be things in the world that you do not want to do—that's the dissatisfaction that comes with believing this movie.

Money comes in—see it as support from the universe/God rather than a direct result from your work. Lots of folks work hard and don't get paid, some do very little and get paid lots. So allow the cause and effect linkage to break up. Let work take place—it is not the obstacle. Examine your ideas around work and drop all desires. Take the step in front of you and if that means working, then work and watch the rise and fall of desires.

If these points are addressed the fear that lies beneath will show itself clearly to you.



Q

I feel a bit like I am working backwards. It seems nearly impossible to integrate the shifts already occurred with daily life and the strange western city rhythm/culture. I also wonder about the benefits or necessity of choosing 'one path' and 'one master' teacher even though it is already known that there is no teacher and the voice of the one is heard throughout.

Jac replies

Firstly, you can't go backwards, it might feel like it as you say, but going backwards is another experience that in fact is going forwards.

In these times (in the movie) there are some who act as a bridge

if it was,
then awakening
could be
controlled.



**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](#)**

between the traditional spiritual model and the non-dual western model that is currently in its infancy. There are some who seem wired for the traditional model and yet are living in a very contemporary environment. This is confusing for the energy system and it can be felt as though an inappropriate software programme is running.

For centuries those who have seen the truth were protected by the collective community, by an ashram, a monastery or a psychiatric hospital. Being part of the world was not necessary—phases of energetic integration were supported and re-entry into regular life rarely happened. As a result, there are energetic expectations running in mass consciousness and at this time many are seeking a map as to how to be in the world and not of it. There is a timing in this and a new model will emerge. Born fifty years from now, this issue would most likely not arise.

What to do? What arises here is a subtle pointer. Search for the balance between going out to the world and letting the world come meet you. Am speaking on an energetic level here, it feels like you can perhaps recognise a balance of where you connect with the world and where it is invited to reach you. Don't give away so much, let the world reach towards you. Don't hold any idea of how it should pan out, remember there are no models for this as yet. The times will change again and it seems as though your experience is that of a bridge between modalities of human experience—so be it.

Accept that Truth has shown itself. Use everything that appears as a pointer so that the character is assisted in playing 'catch up.' One teacher/one master is unlikely for any long period. Use what you can and allow the next echo from that which is outside of all of this be heard. Its method of delivery isn't so important. Your own inner resonance can be trusted. Be open to the continuous exposure and burning up of all concepts.

Where is this heading? A clear view of the builder of concepts must present itself. It is then that the essence of all stories is known.

or [download](#).

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Q

Some mornings i wake up, my eyes are open and i don't have a clue who, what or where i am. There is no seer, no concept of looking out, no perspective or distance. its like a diffused awareness. what follows is a sense of mild panic, the mind starts searching the memory banks so it can start labeling everything. so from just absolutely nothing then follows words like , ceiling, light bulb, room, bed, seeing, then finally, ahh i am "personal name", in bed, in my home. This labeling part takes milli seconds. prior to that there is just awareness.

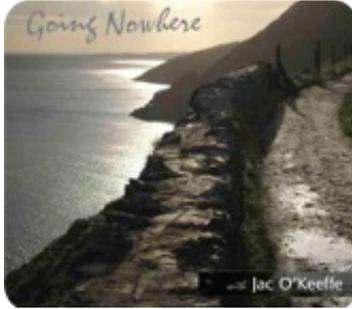
then i will go about my day, knowing its just a story. yet still getting hooked by some event or another. which is absolutely fine. its a habit now to drop things as they arise. (thank you for that)

it is like waking up and then you put on these glasses called mind which enable you to see what everything is, in order for the body to survive as an organism.

is what i have described, in any way akin to the experience of true reality? and if it is, and that diffused awareness is how things really are, then i don't want to wake up because i think i'd end up in a hospital ward , dribbling and incontinent. if its like that then i think i'd rather wait til the death of the body. but i have no choice in this anyway ha ha.

Jac replies

Yip, there's no choice—you couldn't make this stuff happen to you no matter how strong the desire! This phase will pass, like all phases. Right now there is a noticed contrast between defused awareness and when the movie turns itself on. It seems to have the characteristic of happening in slow motion so it's easy to see how subjective perception layers itself into a 'reality.'



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](#).**

If things continue to evolve as they are now doing, then the sense of an 'I' will not arise with the labeling mechanism of mind. It is the sense of that 'I' that makes it feel like there is a huge gap between defused awareness and a perception of a regular morning. When there is no potential for a personal 'I' the defused awareness presents as totally natural, it shows itself to be all there is.

In the absence of all concepts there is no comment (comment being another subjective concept) arising so any idea of that being a problem does not arise. That mild panic is the residue of a personal 'I' and it is that residue that runs the preferences for hanging onto some control.

Without the personal 'I', the movie arises in black and white instead of technicolor. It brings no emotional reaction and remains as a side-show. The rarified awareness and beyond even that, remains center stage. Then there will not be potent ideas that it would be better or worse if the movie did or didn't arise.

It can be said to be a pain in the ass, like a radio on in the next room, but the knowing that this movie is not real is a constant within the movie.

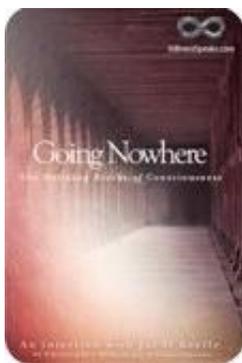


Q

My general experience is like I am not going anywhere and there are a lot of things happening. There are many movements, how to discern where the movement is to come from if it were to create no more pain for itself... this is a question.

I do want to know how the heck to assist the unfolding, it seems in direct conflict with the modern culture and activity/seeking/do do focused culture. (not that I am opposed to doing, and can be very natural.)

You can't
go backwards.
It might
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forwards.



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

I still feel like there is something within me that wants to hurt myself/others (feels like solar plexus) Agressive/fearful energy, and/or perhaps just a simple lack of self-empowerment/self-care in every day interactions.

At the same time there is a calling though for a kind of cleansing (across the board—food, energetic, environment) and stabilization and balancing and 'grounding'. Lying on my belly does help. What an unusual and amazing time!

Jac replies

Have a look at what is labelled as pain. Have a look at that wider picture, what is it that recognises pain and wants to avoid it?

Build self-confidence and trust the natural flow of what happens through your character. If you think there is something to be fixed (and you will if you label pain and run the desire to reduce associated discomfort) then know that the fixing will be a distraction until the next issue pops up for fixing.

Movement will happen anyway, evolution of consciousness will continue. Wisdom will grow. Have common sense in taking care of yourself but drop any ideas of controlling and trying to make things better. This can be a consequence of actions you take but let it not be the motivator. Accept things as they are and let a balanced right order arise. There is nothing to correct in any of this; events appear to be happening. It would be useful to develop discernment to feel into what arises organically and to identify the point at which mind hobbyhorses on a natural movement. Then you can know and eventually just allow the natural movement to guide your day.



Q

I attended the retreat this year (2012) in NC. I had grand thoughts of spending every opportunity I could attending your satsangs when

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](#).**

you came to the NE. Instead I felt resistance. I attended for the day this weekend, but there was fear because I felt ashamed that I had not lived or practiced what I knew and had understood on the NC retreat. Plus I really don't enjoy the discomfort I put myself through when I have not spoken. I find myself comparing myself to others—their wisdom, their depth of questioning, their pain, I identify with being such a nothing in comparison. My mind fills up with excuses—"oh this teaching is so abstract, I don't understand it, I can't afford it, and at the same time oh I just want to bathe in this atmosphere, there is nowhere else I want to be but here, I wish I could be in the presence of a realized teacher all the time and never have to leave."

On returning home I opened your book randomly and read: "Fear arises for most at this point. Your mind can create great fear to escape the truth." Oh I wish I had read this before attending!

This fear has prevented me from going on many a retreat that has public discussion. I guess I have to work at getting over it. I am recalling speaking about this in NC do I make myself attend because I know fear has to be overcome, it always feels like I am doing what I know I "should" do. Which is another area I need to work on, but the two seem to get mixed in my mind.

Jac replies

Satsang is doing its magic when it throws up this selection of identified thoughts.

Attending a satsang in India some years ago, this Jac character spent the entire two hours experiencing anxiety because she was unable to find the courage to ask a burning question. Returned to satsang until the 'i' pushed through anxiety and asked what came out as a blubbing incoherent question. The question was misunderstood by the satsang speaker and there followed a few days of hell! Self-criticism, criticism of the teacher for not helping me through it, for not seeing what was going on for 'me,' etc. It was a very effective process. It became clear that separation and protection of a self-image were at play.

Some things you have to push through and others just pass and dissolve without your action. Have courage, take more action than

Aim to be able to hear the 'should' voice and feel what is the natural movement that indicates your action.

In order to hear the inner movement (natural flow) the volume of conditioned thoughts (shoulds) must be reduced.

Play with the 'shoulds.' Once this voice loses its power you will have begun to address fear.

inaction and you will learn the tricks of the mind. All it can present are stories and distractions in order to keep the movie alive and interesting. When there is a 'should' at play, work on learning more about this. Obey the 'should' and examine what reward you give yourself. Go through a deliberate phase of ignoring every 'should' and examine all inner reactions to that movement. Get to know the power that 'should' ideas have and remove that power. Aim to be able to hear the 'should' voice and feel what is the natural movement that indicates your action. In order to hear the inner movement (natural flow) the volume of conditioned thoughts (shoulds) must be reduced. Play with the 'shoulds.' Once this voice loses its power you will have begun to address fear.

Also, know that it is fine to go through experiences and then later learn what was at play. All consciousness is doing is having the experience—not possible if hindsight were to arrive BEFORE the event! An event doesn't register as an experience unless there is a lack of true seeing, at some level.



Q

The mind is an organiser of knowledge. Consciousness is where it all comes from and existence is a slave to it. Now the question is where does consciousness come from? You're right about it arising and falling back to what we are. I don't blame you for maintaining silence. It's the only thing that seems to work.

Jac replies

Consciousness itself can appear only to itself, it has no substance beyond this. Agreed—there is no substitute for silence.



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Q

You don't speak so much of your final years on the path neither of your teacher or Guru, when you were in India. It seems that your "spiritual path" was not common because most of the teachers emphasize the relation with the guru.

Would you like to speak about this period of your path that led you to liberation and what was important "as a practice" for you at this time?

Did you found a Guru or were you simply with the energy of Ramana and Arunachala? Can you say that something knew that liberation would come?

Jac replies

For one year prior to the first trip to India there was a complete surrender and devotion to a guru who still lives in Spain. That experience provided a most useful stepping stone that led Jac to India.

The years in India were largely about developing an intellectual understanding of shifts that had taken place in the five or six years prior. Until India there was no access to language that could point to what was known to be Truth. Without a vocabulary available to Jac and without an intellectual understanding or means to express what was seen/known there was an overriding sense that the mind of the Jac character had to wait, listen and learn in order to integrate and bridge what seemed like a gap between this illusory life and Reality. Tiruvannamalai was a place to attend satsang and read everything published in English that contained the recorded words of Ramana Maharshi. That gap between the inner and outer 'worlds' dissolved when an intellectual understanding matured.

There wasn't a clear knowing of the difference between the energy



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of Ramana Maharshi or Arunachala or the Spanish guru from the earlier years. In India perception was such that everything was seen to be a set-up, everything that presented had the same value; showing where identified thought was still running.

Invariably all remaining identified thought centered around desire. The personal 'i' and desire arose and fell together. Apart from these appearances there was no other thoughts that held a charge.

Was there a knowing that Truth would be seen? Without the words to phrase it like this, in essence, yes, it was always known that there are no mysteries. Mystery was ignorance—this was known from childhood. The seeking was consistently intense and there was no knowing what was the object of the seeking. Friends would ask, "what's motivating you, what are you looking for?" I could not answer this but the next step would become clear when the last step was taken and this was sufficient direction. There was a sense of having no option but to take the step that was inwardly indicated as the next, even though what transpired proved unpopular outcomes.

During those India years everything was seen as an opportunity to teach the Jac character how to recognise mistaken identity. Mantras were used when a persistent mind loop would lead to internal suffering. The episodes of food poisoning were understood to be a detoxification of the body and pilgrimages were made to other sacred places in India.

There were periods of external silence watching mind and hours in meditation. Internal silence increased and eventually all thoughts stopped. When there was total withdrawal from external engagement (times of silence), self-enquiry was the main mind occupation. Self-enquiry took the form of one word—'who?' and this rhetorical question had the effect of stopping the illusion. The empty and full vastness and beyond was constant and unchanging. Due to the effect of asking 'who?' with such frequency it became evident that the movie was what was changing, fickle and of no substance, and what was un-namable and beyond it all had an 'authenticity' that could not be reduced to a conceptual certainty. Life continued like this for a few years and one day Richard Miller called by and interviewed the Jac character and the words seemed

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to flow, an understanding and a vocabulary had arrived. Richard created a YouTube channel and the call to satsang began.



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





More replies coming soon in the next newsletter!

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