

Creation is but a momentary appearance in consciousness. It is the play of thoughts as memory that makes you believe that it continues over time.



## Jac's e-Satsang

If you have a satsang question for Jac, you can email her at:

[contactingjac@gmail.com](mailto:contactingjac@gmail.com)

Please note she reserves all rights to disseminate e-satsang material in any form.

### Upcoming Satsangs

**Sept 28-30**

Warsaw, Poland

**Oct 1, 2** Vienna

**Oct 19-26** France

**Nov 7** Rhode Island

**Nov 8-11** Boston, MA

**Nov 15-20**

Ottawa, Canada

**Nov 23-26**

Toronto, Canada

For details, [click here](#).

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



**Q.** I had a very profound awakening—you can see my interview on Richard Miller's site. And then I had a few weeks of entering into drama over Jealously. The self identity was there fully.

This has then passed but I do not know if I have lost the 'state' completely or if that is still there. I do not seem to know anything any more, not even to share like I did on the interview.

I am living and doing all things with love and peacefulness, nothing goes on for 'me'. There is no seeking, no wanting, just being with what is, yet I'm told I lost the state. Did you ever experience any thing like this or change within the state of awakened?

Curious!



### 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.

Now available on [Amazon US](#).  
Soon on Jac's [website](#)  
and [Amazon UK](#).

### Jac replies:

If there is any capacity to 'own' experiences, emotions, thoughts, then the shift in perspective that happens with awakening is not complete. An energetic explanation might help here. The ego comprises a layer onto the energy field around the body (very like the shell of an egg). As we clear out limited thinking and subjective beliefs, resistance, etc., it starts to weaken and a feeling of expansiveness and relative freedom comes from this thinning and breaking of the energetic layer. On recognizing Truth, it's like the entire egg-like structure cracks and breaks up, almost always beyond repair. For most, it takes years for all the parts to fall away from one's energy field. Whatever is not blown out however, is going to be challenged with some force. These splinters are hugely uncomfortable for your remaining energy field and so, this can be interpreted as physical pain, emotional pain or even suffering, as the personal 'i' perspective is at play with the issue that's not transcended. What to do? Well, the work simply continues until it stops. Always observe when that 'i' story is playing. (You will be able to consciously use the observer here again when the 'i' is on stage.)

Like all things it's a little different for everyone. It's likely that there will be other 'issues' that pull personal identity back into play; should this happen, see if all awareness of the natural state is gone. If the awakening was the ultimate shift in perspective then no matter the human life drama, it can only play as a sideshow, while the natural state prevails and is unchanging. It's not really a state—that's just the language used.

Let it be that there is no 'arriving' at a stage of enlightenment, there is no such thing—the personal 'i' just ceases to appear with any plausibility—that's all.

Continue to be honest with yourself and watch carefully as the subtleties of mind may attempt to rebuild identity. This phase can go on for the rest of your incarnation, if all desires are not transcended. Equally, this will not be an issue as there will be

a knowing that the play of manifestation is uninhibited by one who desires things to be different to how they are.

## Residential Retreats 2012

### FRANCE

Verneuil Moustiers  
October 19 - 26

[Download all  
information for the  
retreat as a PDF file](#)

### CANADA

The Barn  
(near Ottawa)  
November 15 - 20

[Download retreat  
information as doc. file](#)

**This retreat is  
followed by the  
Toronto  
Satsang weekend  
November 23 - 26**

For details, [click here](#).

Let it be that there is no 'arriving' at a stage of enlightenment, there is no such thing—the personal 'i' just ceases to appear with any plausibility—that's all.

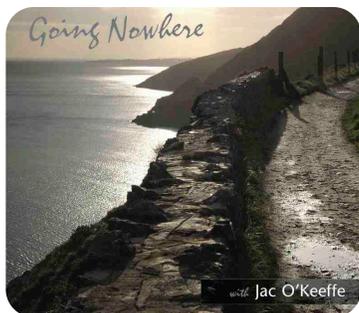


**Q.**

I followed your suggestion from your January 2012 newsletter (my question and your answer on pages #5-7) "Sit with this P: 'Consciousness is aware of itself but not as anything that has name, shape, space or time' and may it show itself to be so."

Yes 😊 Thank you!!!

Yet, I have another question to do with something that is appearing now: extreme sensitivity of this body. It seems that my system has become very open—I don't just feel but kind of become whoever or whatever I come in contact with. It's almost like I lost my own sense of self and became everyone. For example, this appears as nervousness around nervous people, anger and judgments around angry people, etc. My body often feels physically sick. On top of it, I need to get a job and start making some money (my stay-at-home-dad days seems to be over) but there is something deep in me that knows that I should not get anything even remotely close to my professional occupation (I used to be in management and IT consulting). Last but not least, I feel something with own



### **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

Now on Jac’s [website](#) and  
on [Amazon US](#) and  
[Amazon UK](#).

wife... It's like something has been broken there... I often can't even have a good night sleep laying next to her in the same bed... Basically there is kind of a total disconnect on the emotional, mental and physical levels. And the more I try to explain something and fix things—the sicker I feel. I know all of these are thoughts too... but somehow it feels very true for this so called person... Any comments/suggestions?

### **Jac replies:**

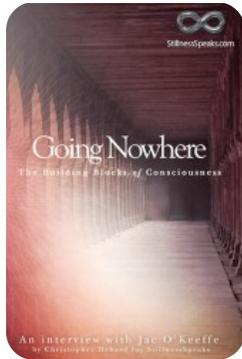
This phase kicks in when the body has not yet caught up with the shifts that are made in the mind (in the brain actually). The nervous system is trying to recalibrate itself as you are no longer running the usual neurological pathways. In a nutshell, your body is playing catch up with energetic shifts that have already taken place.

What to do about this? Grounding and embodiment is what needs to take place here. This will support this nervous system realignment. There is nothing to be gained by analyzing shifts in your connection with your wife/the world—this is a transition phase where the old point of connection between 'your' energy field and other energy fields is no longer running and as yet new ones are not established. So let this transition phase happen, what is happening now is not going to last at all so don't get involved or read into relationship, etc., right now; this will all pass.

Management of the body and its energy field needs to be learned in our culture. It was much easier for those in ashrams, or those living in solitude. After Jesus' big shift he couldn't let anyone touch his body. Because isolation and physical distance was much easier for gurus and monastics we don't have the know-how which helps us manage this part of the transition. We are just learning about embodiment in the west—we don't have these supports in place in our culture.

What to do? Connect to the earth—walk barefoot on natural surfaces (grass, beach, dirt, etc.) daily. Breathe through your

feet as often as you can throughout the day. Connect downward into the earth, right to the core of the earth.



## ***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."

For more information or to order, visit the [Stillness Speaks](#)

Because you are not grounded, your energy field is spreading horizontally, where it is trying to connect with whatever it finds in order to recalibrate. Getting a vertical connection, down deep into the earth, you are retraining your energy field to a new circuit. The rest it will do itself. When the ego is very active it continually seeks validation from the external world. When a core belief in the validity of the external world breaks there is a readjustment for all aspects of the body as it no longer recognises itself through its position in the world. There is a shift from horizontal connections with the world to vertical connections. This is often why folks used to go spend long retreats wandering in nature; they intuitively knew this was what they had to do. Our contemporary culture does not accommodate this. For you, there's money to be made and children to rear.

OK, so we can say that none of this matters, that none of this is real. But we are talking relatively now and consciousness is talking to consciousness about consciousness. This is the context. This is not a time for grabbing advaita concepts to dismiss or deny this human and physical phenomenon. It would be like breaking your leg and saying 'oh my leg isn't real'—at that moment advaita is useless and calling an ambulance would be the wise approach. So this physical and energetic condition needs to be addressed in this way.

Remind yourself as often as you can to breathe down into the earth; slow down your breath. Relax downward within you. The more you do this, the less open you will feel when you are out and about. There are lots of lotions and potions to help establish an energetic boundary around you; that can be done also if you are drawn to doing so. For some, that feeling of being porous never leaves and for others, the western world demands an energetic boundary. Follow what you feel drawn towards; there are no rights and wrongs in this but active support for your nervous system is needed right now. And your energy body/energy field needs to be re-routed to a

vertical direction, a shift away from current, mostly horizontal movements.



If there is any  
capacity to  
'own'  
experiences,  
emotions,  
thoughts, then  
the shift in  
perspective that  
happens with  
awakening is  
not complete.

**Q.**

If I am everything, when this "I" disappears, doesn't everyone else disappear, too? How, then, are there 'billions of people in the world who are not searching'? When the world that seems to be mine disappears, what is left?

**Jac replies:**

When the 'i' disappears there is no separation and the sense of others being individual separate people disappears also. There is a knowing that every person is you at play and that you as everything is playing at being your boss, being your kid, your neighbor and jac. Also, note that even this is known to be an appearance. All that happens is known to be no more than an appearance and if you take away that appearance/image/movie then there is nothing at all. Then remove that nothing idea and there never was anything happening at all, ever. No prior, beyond, there or not there, just absolutely nothing and take nothing away.

Yes, while the body continues to appear, the appearance of the world continues. You know it's not real, you know it's all just what you are, all the very same in essence just appearing to manifest in every variation possible in form and in thought. If you talk from the position of acknowledging that the world is an appearance then some folks appear to be searching and other folks aren't. To put it another way, what you are in essence is playing at searching and playing at not searching. Life is just happening for most and the movie is completely believed. This is consciousness believing its own story. Maybe

there needs to be a critical mass believing the movie for it to continue and if this is so, then it will always have fewer interested in truth than those interested in life.

It's like being able to chat to a kid about invisible friends or Santa Claus; you know it's a belief that will spin out but you can play the role as if you believe it, in order to communicate with that kid. No difference here. It's all allowed, all of it is one enormous self-creating tapestry.

When the 'i'  
disappears there  
is no separation  
and the sense of  
others being  
individual  
separate people  
disappears also.  
There is a  
knowing that  
every person is  
you at play,  
and even this  
is known to be  
an appearance.



#### Q.

I am scared out of my wits. ADHD/ADD is all over my family and I've always figured I had it but compensated well and never took anything for it—chalked it up to my personality. Given what is happening, I tried some of my son's meds and got my own RX now and I feel less scattered and jittery. So I'm thinking to take it (when needed) and it may help me get thru this transition... or will it just delay the inevitable? (shock & panic). How ironic when I'm going off to stillness and no distractions that I would think to start taking it (though at a very low dose and only when I need it).

Jac, do you think such medication may keep me from realizing whatever I need to realize? From going thru hell if I need to visit there? Will it slow me down or stop me? Am I running away from myself and justifying it cause it is prescribed from a doctor? Please advise.

#### Jac replies:

Am not a medic and so can't prescribe or diagnose. Does medication keep one from realising what needs to be realised? There are conflicting answers to this. One can say that nothing is going to stop grace from pushing through. Another answer is that awakening is a physiological happening and it's a

phenomenon of the mind and yes then, when meds suppress normal thought processes, the breakdown of beliefs is stilted by the artificial suppression of the workings of mind.

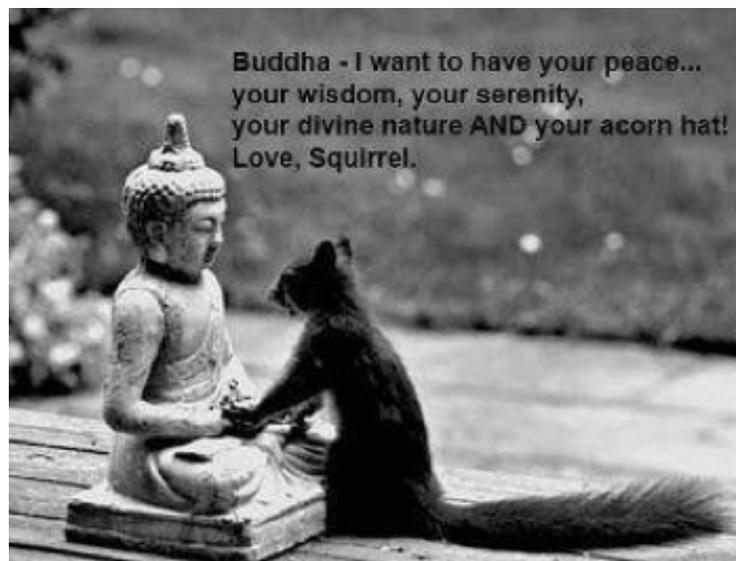
All that happens is known to be no more than an appearance and if you take away that appearance/image/movie then there is nothing at all. Then remove that nothing idea and there never was anything happening at all, ever—just absolutely nothing and take nothing away.

From what I've seen, there is a place for everything in manifestation. Meds are a product of consciousness also. Have also seen that whatever seeing has happened with the assistance/interference of natural or chemical meds, then the process never holds. It seems to need to be organic.

When there is a big transition going on, and if something that works for you is presented to you, then sure, why not consider taking whatever help is properly prescribed. What's the rush? There is a natural unfolding and meds can be part of that too, or not. It's going to play how it's going to play and really there isn't so much control in your hands (none at all to be honest). You can only follow what you feel is necessary to support you. The bottom line is that you have to take care of yourself wisely. Do not use anything, chemical or otherwise, to hide from what you know you can deal with. Remember, at most mental health meds are offering a holiday from what mind needs to deal with sooner or later.

~~~~~

## And just for laughs...



**More replies coming soon in the next newsletter!**

You can email Jac with your satsang question at [contactingjac@gmail.com](mailto:contactingjac@gmail.com).



**Jac O' Keffe 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 [jackieokeeffe.com](http://jackieokeeffe.com)

*Copyright © 2012 Jac O' Keffe, All rights reserved.*  
This material is distributed without profit to those who have  
expressed an interest in Jac O' Keffe.  
[jackieokeeffe.com](http://jackieokeeffe.com)

To unsubscribe, email [contactingjac@gmail.com](mailto:contactingjac@gmail.com) and put "Unsubscribe" in the subject line.

