

No matter how subtle the ongoing refinement of conceptual thinking, all of this can only take place within the movie of consciousness.



Jac's e-Satsang

Upcoming Satsangs:

EUROPE

Jan 12-18

Forres (Findhorn)
Scotland Retreat

USA

March 23, 24

Carlsbad, CA

April 12-14

Washington, DC

April 16-21

Asheville, NC

For details, [click here](#).

Thanks...

Thanks to all of you that have visited Jac's new website, www.jac-okeeffe.com, and a very special thanks to all that have 'Gone Further' and joined as [FliHi](#) Members. Free, in the FliHi Member Bonus Room Area, are the complete audio recordings of the recent Boston satsang weekend. These and other recent satsang recordings will be available in the non-members area shortly. We appreciate your ongoing support of Jac's work.

e-Satsang ... your questions answered

Q.

In daily life, do you have any suggestions on how to distinguish between letting the work of discrimination and detachment fall to a nonverbal level, versus merely falling asleep to one's insights?

(Other than waiting for the feedback that karma eventually provides.)



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:

When discrimination and detachment become the natural movement of mind, it is then that it runs automatically or non-verbally. It can be fun to test if the habit of attachment is dissolved. To do this, remove something from your life to which you could be attached (i.e. identify a crutch for the ego). If there is no internal movement—a threat or a comment (be honest with yourself!) then attachment is perhaps dissolved and non-attachment is established.

Discrimination and detachment fall to a nonverbal level when the practice becomes a habit and the conscious mind no longer presents reminders to engage in this way. When the habit is integrated, the conscious reminders fall away naturally. However, there is an exception. For some, the habit is established and automatic, yet mind runs a commentary playing as reminders, which stems from fear. Fear can present an overlay on any spiritual practice and in these cases the practice is motivated/maintained by fearing the imagined consequences to dropping the practice. Actions motivated by fear only serve to cultivate fear. Training the mind for its proper use can take time; there is an undoing of old habits. This is the journey and may it be enjoyed for as long as it lasts.



Q.

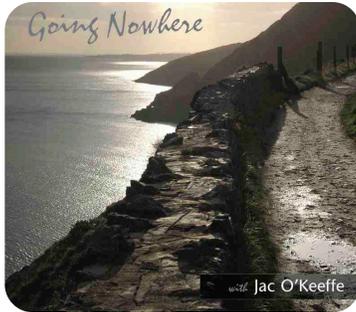
From a very heartfelt surrender life began to open, this surrender came with horrific physical pain, seeing started to change but unaware as to what it was, two years ago something manifested and as I went out the door I was hit in the face with supreme peace it was inside and outside there

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was no end to it, there was movement and seeing but nothing seen not heard, this supreme peace was like a feather floating in the immensity of the essence of something that can not be related, there was no mind, no movement, it was so God damn magical, whomever I am is beyond all this but see there was no seeker no knowledge whatsoever and did not know what was happening. The whole head and whole body was filled to the brim with something, who knew that this heartfelt surrender and heartfelt conversations with God was going to come to an explosion, I have not left my home in two years, there was no understanding as to being invisible and no manifestation to being visible again and manifestation appeared, three months after this with full attention inside, all of a sudden it felt like a tiny ward inverted raindrop that opened and out sprayed this love that put me to the ground in immensity of tears, never read a spiritual book, all that was in my house was the bible, as I opened the book I began putting circles around what Christ had expressed, I was the book itself, please help thee understand where this came from, it feels as if it is all in the center, it also feels that this all mighty breath within is the exact without, I know it is, but how did this body vanish then come back? It must be because I knew nothing of my true nature, where to abide? In pure consciousness or in the heart or in the belly? There is no book that has been helpful then of course I was led to you. I know there is no I, yet speaking can not happen without it, there was no speaking thru this because nothing could rise, not a word could come it was completely frozen, after all this all I could say was there is no doubt I am God, no one believes me and I don't care, my daughters want me to fly to go see them and grandkids and I can't go, how to live and not live? There is no "I" there is no words at all, there was not even I am, there was nothing yet I was, can you please guide thee?

Jac replies:

What a beautiful expression! All of these experiences can be interpreted to be a revealing of the true nature of duality. Consciousness is looking at itself from within and without, exposing what it can be as it fluctuates from all to nothing and



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

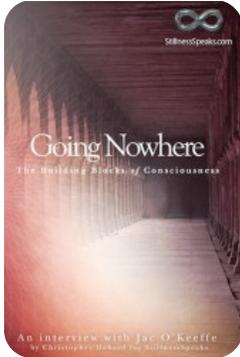
**Available on Jac’s
website [here](#).**

back to all again. Consciousness had the experience of swinging between what can appear and what can disappear—the infinite possibilities of what can manifest and unmanifest. The play of consciousness shows itself to be a beautiful weave of the entire universe within you and it further plays to expose that there is no center to any of it.

Can you see that these experiences you've had are an opportunity to see how duality works?

All through your email there are phrases of something and its opposite, within without, visible and invisible, to live and not live. Understand that this is the nature of duality revealing itself. Understand and taste the equality at either end of the dualistic spectrum. For example, without and within—same same, to live not live—same same, etc. So of course this applies also to visible and not visible. Everything has its opposite. There is a black hole at the center of our galaxy operating with laws that are like the flip side to energy as we know it. Absolutely everything that can manifest has its counterbalance. This is the nature of duality, the play of opposites—yin and yang.

You were shown that you are all of it and none of it. The continuation of these experiences can blow circuits in the human nervous system, and so allow them to subside and leave without a trace if that is to be the natural flow. Allow the dropping of these experiences, the story isn't important. Remember the understanding and knowledge that was gleaned from these happenings. Remember the key points of what was found out to be true and untrue. Two things can happen now. Mind can create an attachment to these happenings and the 'i' can resurface and be believed, in all its falsity. The 'i' can claim to know something. The alternative option is to keep only the essence of what is known and understood from this revelation of the nature of duality. The workings and possibilities within consciousness are both limited and unlimited at the same time.



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](#).

Hold this knowing gently and silently in your belly, as though you are in the early weeks of pregnancy, nurturing something with which only you can be intimate. Speaking about it will not help, for a while at least. Speaking about it will bring your energy into your head and life will not support this because integration is the next step. The key here is to integrate what was revealed. A life will still be lived, the body did not die and the life-force within you will find a way to re-enter the world. This is of more benefit to the phenomenal world than anything else that can happen. It's not important how you use what was seen, what is important in the relative world is that you integrate all of this and let life pick you up again. A normal simple life can be lived; let engagement in the world increase slowly.

Let the center be your belly. It is likely that it will move to the heart at times and back to the belly, but let the belly be your central anchor. (To operate from the heart center all the time will deplete the body and physical balance is a wise consideration). Let movement come from the belly. The old motivations for engaging in life will not be present, you may not feel like doing anything as you know now that nothing matters and nothing needs to be done. However, the phenomenal world has its place; it's not real but it cannot be denied as an appearance. Feel a movement for action arise from your belly. Your mind will respond to this inner movement, playing catch-up with life itself, which now moves the body. Let mind take a back seat! Let a beautiful life be lived with this knowledge integrated in every cell of your being.



Q.

What you said about the blank back behind is dead on. I even feel I am looking at the same thing I see you looking at in some

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of your pictures. For some reason my trip seems to be to have stay in this density and draw whatever is into it. It's like jumping into the density just to turn around and jump back out is not it. If it disappeared me right now it would be fine with me, I don't feel this is the ego. I don't know how to put this but it seems the energy or the inner thing is lightening the density but keeping the stability of it.

Jac replies:

Change the directions! The blank behind and the jump into the density 'here' is pulling your energy out of sync and is causing problems. Shift your energetic access points from here and behind, to a vertical structure of here and below. Let the density place be here but access the blank beneath it. Let this shift be in your torso and not through your head. Drop deeper, into blackness, dissolve in that depth and the blank will show itself to be below and not behind. With this switch in direction the jumping will stop and be replaced by a duo of manifesting and melting, or a rising and falling, and this will allow the gap to be smoother and to reduce and dissolve. You might imagine for example that the dense space is the top of the ocean (maybe at your chest) and the outside of all of it is at the bottom of the deepest ocean (in your pelvis). When awareness drops to the bottom of the ocean let it melt—totally dissolve into the water/seabed. The dissolving/melting part is important in the vertical structuring of these dimensions.

There is no gap—that is where this is heading but while your energy is doing this work to bridge the appearance of a gap (bringing that 'whatever' into this density) then let it be done in a way that doesn't shock the systems. This gap must be acknowledged while it is appearing as real—be sure not to deny any of this. The gap will reduce and then there will be no gap at all. Let these phases take their own time to mature; what's key here is to change directions of how your energy accesses these apparent 2 dimensions. Where you found them is one thing but for this work to continue, see that the points of access have relocated. It's as though you are still going the pot-holed road and a motorway has been constructed. For as

long as you are pulled to do this work, see that the motorway is vertical, not horizontal.



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Q.

If 'Direct Seeing' exists when the self doesn't exist...what facilitates 'Seeing?' Is there some type of spiritual seeing faculty that sees reality?

Jac replies:

Direct seeing is a useful term used to communicate a perspective without ownership. What facilitates this perspective? We can say that life-force or the natural state facilitates direct seeing. More accurately we can say that when direct seeing manifests in the phenomenal it is a function of pure consciousness. It is the baseline perspective without the overlay of personal/conditioned filters.

This spiritual seeing is not a quality or a skill or even a faculty. Reality cannot be seen by something. Direct seeing is a paradox, nothing is seeing nothing. What happens is that this realm of manifestation shows itself to be not real and Reality is seen to be all that is. But it's not seen from 'here' because the 'here' is what falls apart. So the 'here' cannot dissolve at the same time as recognising what is Real. 'Here' loses all authenticity, loses the reality feel to it. What's left is what is Real, and it's not phenomenal. How is this recognised in the realm of what is not real? Well, this is a wonderful paradox because direct seeing can only be recognised as direct seeing from within what is unreal.

There is no clean cut answer to this question for mind—see if you can feel into what is said here, try to get a sense of it. The

best that mind can get here is that there is a paradox presenting when we speak of direct seeing.



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Q.

Now that one's true nature has been revealed, is there something that can be considered as a "practice" to preserve this realization? Because in Zen tradition, this post awakening preservation period could take 5,10,20, or even 30 years to have it down, solid.

Jac replies:

It seems that each satsang speaker has a slightly different approach. What has been noticed is that whatever methods were employed during the seeking phase influence the natural flow of what continues post-realisation. For most, that which was a spiritual practice continues if the practice was established as a lifestyle habit. There isn't a sense of preserving awakening as nothing holds specific value, yet consciousness continues to refine itself.

For jac it appears that the destiny of the character determines whether self-realisation is established or dualism arises again. Nothing much can be done about this—mind can play with the idea of controlling realisation until that breaks down also.

Individuality is a concept that runs and then dissolves. Similarly, separation is a concept believed into existence and the investment in this belief stops also. Is there a way to know if realisation is established? The evidence seems dependent on time—time passes by and that which is unreal no longer presents as real. Can we say that after 10 or 20 years dualism can no longer present as real? Perhaps these numbers are food for the mind, so that mind can cling to the idea of a time-based goal. Within the supportive environments of spiritual communities or habitual practices advocated by Zen and other

traditions then perhaps a pattern can be identified over time. But in the western model it is unknown if realisation can be fully established while fully participating in the world. It is easy to hear what satsang speakers are saying but what is not being said? As satsang speakers become more honest there may be a pattern that will emerge around these issues, but for now, it is unanswered.

It appears now (to jac) that self-realisation is a minor milestone along the way; awakening is not a landing place or indeed of any significance. As a result there is no sense of realisation solidifying as it seems to have fallen into the tapestry of life as another scene in a movie that is not real. However, a process organically continues. Every concept that blindly influences an action is a concept destined to dissolve sooner or later. This is the movement that is inevitable and with nothing at the end of it, for no purpose, yet it happens all the same, just for the heck of it! No matter how subtle the ongoing refinement of conceptual thinking, all of this can only take place within the movie of consciousness.

When the concept-creating mechanism is transcended, this seeing is established, then no concept can subtly believe itself into existence. This is liberation.



More replies coming soon in the next newsletter!



**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.



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