



### **There is nothing to do**

Jac O'Keeffe - Satsang Introduction - Boston, April 23rd, 2010

Just settle in the inside. There's nothing to do, there's nothing to get.

Doing and getting are going to happen anyway, don't be bothered with them. But there's nothing for you to get, for you don't need anything. What you are is so complete and all and pure and beyond what mind can imagine. But yet you know it, yet you know it. Let your attention stay there and everything in life can continue just the same. It's not about the outside world changing or sorting itself, not at all, it's where you place your attention. But your attention automatically will stay in its natural place unless there's a belief running that the outside world can still give you something. And if you believe the outside world can still give you something, ok then you gonna do something.

You gotta put your attention back to where it is naturally at rest. But where mind is not engaging with thoughts, desires, beliefs, concepts, not running a bother trip with something juicy. Don't be bothered by that. You don't have to invent something juicy for your life to have purpose, there's no purpose at all. Let it be all right for your life to have no purpose, there's no purpose at all. There's no need to be ambitious there's no need to have goals there's a time and place for that. But if you've gone to satsang you might have seen through those things. Every goal will just lead to the next and every purpose will be fulfilling for a while then what, then what. Next one please keep the show going. See through it see through it see through it.

For most people when you wake up in the morning it might take just a couple of second or half a minute "Oh yeah it's saturday, oh my god I've got to drag the kids to whatever... gymnastics". Do you know, that space before "this is the day and I've got to do this" that space is what I'm talking about, where there's nothing happen and it's just kind of delicious. So if you didn't go out into the "I must" thoughts or "I don't like" or "I want" if you didn't go out into that will be fine, be fine, its fine all happens in the world is fine.

But if there's a lifetime of running a certain circuit in your mind, if there's a lifetime of running "I want this" or "it should be like this" or "I want the pain in my head to go" simple as that "I wish I leave in an other climate" mind will throw up anything that you can grab. There's an infinite number of thoughts there, if you don't grab them it's all over, it's all over, its fine. And if you want there to be fireworks and a big experience well you can, you know, you can chess that one forever. Because after that experience you'll be back here again. No experience will do it you see, it can't do it, it can't. How can something give you to your self, you know, how can there be a meeting of who you are think about it, you know. You're not out there looking for yourself, we'll play that game as if it's outside, you know. What you're looking for is where you're looking from.

It's that simple, really it's that simple. But it gets complicated when the going out is so ingrained that the coming back requires unplugging, breaking down of believes, spiritual discipline, meditation to keep the mind at home, ok then there's a bit of work to do, there's a bit of work to do. It works like that for some and that's the progressive path, it works like that for some. Fine that's what play and not doing. But it will end and won't end with you finding you it will end with seeing that it was a total distraction, a total waste of time as well. The all spiritual search is a waste of time. You can't find you, you see, how can you find you you're not hiding from you. You're behind where you're looking from.

You can't have a big celebration of all the coming home of your self. You're there all the time behind sitting silently. Nothing going on, just like in deep sleep, nothing going on. So the spiritual search will fall away it's an activity that happens, it's just an other set of experiences for the "I" and if those set of experiences are the only step in front of you well sure take them. But you'll have to drop that too you'll have to see through every spiritual technique and every single discipline, at some point. So if you intellectually grab the idea there's no point in me meditating so well you know what if your mind is still doing experiencing let it do meditation until it get drunk. There's common sense here (laughter) do you know.

But at some point even self inquiry even the final step of asking "who am I" or going behind the observer that final step even that will be seen to be creating the "I".

Because something goes out to come back no matter what your spiritual practice something is going out to comeback, spiritual practice is the coming back only because you've gone out. Stop going out. And for some people that ability to go out, you know what I mean by going out - plug into a thought you know - for some people there is this instant awakening with no effort no nothing. But I tell you something if that was going to happen to you you wouldn't be sitting in satsang that's for sure it would have happened already, do you see. It would have happened, if it was going to be like that or it will happen and it doesn't matter if you're here or not. But to want that to happen ha! Forget about it. That's an I going out, to want anything, that's an I going out. That's a thought process following an I creating an I and I want and blahdiblah, off we go again.

So even the step between observer and that which you are, pointing mind there, even that will be too much. But only when mind is mature enough to get it only when mind is ready to actually ho! when it's seen organically. So to grab any spiritual concept that I'm flowing out here and say "ho yes I can do that ho! I don't have to do anything" don't just grab something it as to happen organically use whatever pointer is appropriate at the moment use whatever make sense to you take the shortest route possible by all means take the shortest route possible, cut to the chase.

But to jump over something that needs to be experienced, it won't work, it won't work. So self honesty is very useful really self honesty is very useful. Because something happens in the seeing of what you are not, you have to see what you are not for it to be clear about what you are. So all the spiritual practice eventually will show itself to be "but sure I'm not that, I can't be the one looking for something or going to get something that's just the I going out doing something else" more fine more sophisticated but it's still an I activity. And for some, spiritual practice still continues post awakening post enlightenment but it's not to get anything it's just because that's what the form does it's the lifestyle that's running. But there's nothing to be gained by it and if it stop there's nothing to be lost. It feels like the end of that. (Laughter)