

The Inside Track

David: Well then, here we go. I'm going to teach you how to interact with people today—some stuff that's *never* been revealed in public before, and may not again. But you're the lucky ones, and here we go.

[looking at the poster shown at the end of this document]

So here's... on the top, it's a conversation. They're sharing what they're thinking about, or ideas. "529 & greth derge myrtle." "341 durable tra gragster." That's the conversation. What you see about that is that the hearts are effectively deactivated, because of the x's. The x's cause that to be the case.

Then on the next one, "Minge burva chagoon" is one. And that one is heartsick, or questioning about life. Whether there's signs of intelligent life on earth. And then this one *[the other mouse]* is responding to that with heart.

So the way to interact with people is to keep your heart alive, and keep your feelers out. So that what you're doing is you're being on the inside track. So there's two tracks. There's data-sharing, and there's emotional undercurrents. Right? If *you* keep your feelers out, which they always are actually out, but you can do this consciously *anyway*, keep your feelers out, then you know what's going on on the *inside* of the person that you're interacting with in *any* interaction, even when you pass in the hall.

So you address what you feel on the inside, but not necessarily verbally, just by a knowing, a gesture, an obvious sensitivity. People will not always want what's going on on the inside track to be openly addressed. They may not feel good about it, or they may be upset, or a lot of things might be happening, on the *inside*. But you *address* that always. Even while you're communicating data, you can address that. You can be aware of the fact that the person is whatever on the *inside*.

Now, if you address that, or have true awareness of that, and you do not react to that, and you do not start planning how you can *exploit* that, or take *advantage* of that, if you do *those* things, then you are on the inside track with that person. And you are no longer merely on the outside track. The outside track where the data is being communicated, where the conversation is happening, where the work is being done together. All that is the outside track. The inside track is the

feeling/knowing/awareness of the inner machinations of this human being that is there with you.

So the way to interact with people is to be in your knowing about that, and your feeling that, and your addressing that somehow. Maybe the quizzicalness, maybe the boredom, maybe the concern about something, maybe a lot of things. But just, you know, you touch a person on an arm, and they know, what? That *you* know. They know that you know. And that's all footsies under the table. That doesn't need to be overt. But what's important to people is that you're there *with* them on the inside track. Right? It really is. They don't want to be *unfelt*, *unknown*, really. And that's true even when they're busy *hiding*. Right? There is no person who wants to be unknown, even who wants to be unknown, or rather to get under the radar.

But the human being is there, you see. And that human being wants to be on the inside track with somebody, or they want somebody to be tracking them. So if you keep your feelers out, and you track them, then you have a good relationship with that person. Which is an interpenetrating relationship. It is a relationship, it is a communion of what's so on the inside track, of this heart, this being, whatever. Right?

But again... it's the intention that counts in your knowing. You can't have a good intention if you're busy reacting, so that's really out. You have to actually have a sympathetic orientation towards this individual to even meaningfully operate on the inside track. And nor can you be making plans how you're going to exploit that.

People will sometimes say, "Tell me everything. I want you to be perfectly honest with me. Tell me everything." Okay? And you get that they're seeking a position sometimes, of being a confidante. And they have a feather they want to put in their cap for the fact that they have that position, that valued position. And they have data that they can manipulate, draw upon, utilize, to exploit. Right? This is most common. Egos are always trying to make use of everything. Figure out how it fits into the program of getting, which is the ego's program. So therefore, it's interested in all the exploitable elements in the universe. Including other people, including what other people "really" feel, you see? You know, it goes on and on. The ego is very consistent.

So if you want to be on the inside track, it's like you borrow ten dollars for wheat grass juice from your uncle, and you rush out and snort it in cocaine.

Group: What?

David: You told him you're going on a wheat grass, but you ended up going on a drug binge. The guy who says, "Want money for food," and you know he's just about to go get drunk. Right? What's happening is, there's a misappropriation of something. Okay? To be on the inside track *two* times, you've got to handle the first time correctly.

So this is very powerful stuff. And if you want to go ahead and misuse it, they won't let you in again, is how that works. So there's a certain matter of stewardship of all that is of the heart. A delicate flower will not be a delicate flower if abused. A person will not be open if their openness is taken as a sword, as a lever, or as a way to get something. So stewardship is more and more important the more you want to have a *relationship* with somebody.

So it's fairly crucial if you want to open the can, what you're going to do for your first, second, and third moves. If you want that thing to stay open, those moves are crucial on the chessboard. It doesn't mean you have to *do* any of this. I'm just saying, if a person wants a *relationship* in which they are trusted and they are on the *inside* track and they want to *remain* on the inside track, then there are certain issues of human sensibilities that *do* need to be taken into account very carefully, conscientiously. Right?

Now so, if they cop this speech and they understand how very accessible the inside track is, if they want to continue on a life of would-be crime, or go into the legitimate really damaging crime, this would be their perfect moment. Which is precisely why everybody wants to stay closed. So, if we don't want to validate the fact that they're closed to us, and teach them that yes, they should *never* have opened up in the first place, and they shouldn't do it now, because the conditions are still not favorable for a heart, then all we've got to do is misappropriate the data in some way or misuse the fact of the opening in any way. Then you're back to square one and you're on the outside track and the person will remember that and will try to keep you there for a long time, because they remember the fact that when they opened up to you, you had your way with it and it wasn't pretty, and they don't want to do that again for a long time.

This is just the way people operate. So you've got to get up early in the morning and just *see* what the situation is. But this is the way you *can* have a good relationship with somebody, is you can feel the heart, you can address it verbally or non-verbally, but you can let them know subtly somehow that you are there, and that you feel what there is to feel. Just that.

Once you're in that—and that is not a projection, and also you don't want to start lecturing because you're looking for a chance to pontificate and share your

wisdom about everything you see and know, and are disgusted by, and can handle for them (that's another one that won't charm). You can see, as with any superpower path, there are always pitfalls. And that's one but there's a *lot* of them. Delicate flowers are sensitive in open moods.

So if a person wants to be cavalier and weird about that, and be suddenly inappropriate in the context of mutual heart opening, then *boom*, the person will recoil and they'll try not to come back if they can arrange it. This is part of stewardship—the husbanding of the heart. It will be essential for a human being to realize that anyone can do this, but that there is *responsibility* involved in relationship on the inside track.

So no exploitation, no crudity, no trying to make any kind of hay out of it. No funny business. And then you're in the sacred. You're in the actual thing. And if you want to play nice in *that* sandbox, then the answer is you can have relationships with people that are very real in the heart-sense of the word real, very feeling, anytime, all the time—even in the office, even at the meeting, even in... You can know, you can feel, and you can be there with what's there.

As soon as you want to judge that or create a problem out of that then, doink, then that's over. So what we say is: keep the feelers out, recognize that there is a naked lunch to be had—and that's a *good* thing, naked lunch. Two human beings who are human beings there is a naked lunch. You can *be* on the *inside* track and you can have glorious food in that naked lunch. Food for the soul, what the heart is, back and forth, is hugely nutritive. It's not the starving being-locked-out event, it's the *inside real* event.

That's the event that we should really be in ideally, because that's the only way off of the outside track and all of these difficult sort of heart-aching interchanges, because they're too plastic, they're too outsidy, they're data-oriented, but there's no heart.

Here we have a person [*looking at the poster*] who is not being on the inside track with a person who is, on the second one. And the person who is willing to be there is giving energy into that person, as knowingness, awareness, recognition. And they are addressing that somehow, even in the way they say good morning *back*. To be addressed, to be known, to be understood, that's the payoff. That's a big thing for a good morning exchange.

And then you get [*looking at the poster*] to play it around. Once the person has been charmed by the fact that they're understood, seen, they will open up and they will go into the circle. And this can be done with or without data, it doesn't

matter. Data does not get in the way of the inside track. *Function* does not get in the way of the inside track: Two people are falling in love on a chain gang. Two people are falling in love in the Board Meeting. It is honoring and important not to be distracted by the data, or by the heart. A person should not focus excessively much on the data to stop feeling the person or persons. And they should not be so distracted by the heart that they cannot honor the game.

A person who falls out of the game due to being distracted by the heart or emotional content is going to be a pariah, and that's because it's disrespectful. Like a girl can say, "You're so incredibly cute when you talk your physics things." The guy is actually going to be offended. If he has any love whatsoever for his "physics things" or his silly car, or his silly life, or his silly what-he-is-trying-to-say-in-this-meeting, or what the data is, or what the chore is, we're doing it together, we're learning the software program, whatever we're doing.

It's *important* that people be able to exist on both planes. If you drop the plane of the presenting sphere of information, the presenting gestalt, the actual going on-ness in your heart-focus as a distraction, you lose. You're out. They will *not* want to be disrespected, in that what they're trying to say, do, be is not considered valid enough *even* to remember it, continue to pay attention to it, and honor it in those ways.

You undermine a person if you take away their stuff. It's like a person dressed up for you, and then you just start tearing their clothes off. They are presenting themselves in the way they wish. And there's nothing wrong with that. There's something right about it—what's right about it is it makes them *feel* they have a *vehicle*. In other words, that they get a chance to be fully clothed in the middle of this naked lunch, and they're happy with that.

So you don't rip off the content. Strip it off. "Let's get naked," all this stuff, see. You don't aggress your way through into this naked lunch. You recognize that it is simply a plane of existence that is going on under the surface and needs to go on. And so does the overlying plane of the content that the person is using as the vehicle *for* existence at the present moment. The conversation, the data, the content—all good. Do the content, do the data, do it with heart, be aware of the wink underlying the content, see? Be aware of the other plane which is also operating, always, on the inside track.

Now you can have relationships with people. Now you can interact and get along with people famously. You can *do* this. This is the secret of my success, such as it is. I do this with everybody in the restaurant, everybody in the world, everybody that comes here, everybody, always. And it is good—it's affirmative of their inner

reality that I recognize it. It's affirmative that everything I say is addressing it, whether it seems to be or not.

And it's perfectly fine with me. As long as *I* can be on the inside track, I don't care whether we had to keep our pants on or not. I'm playing the game already that's worthwhile to *me*, under the table. I'm *already* in it. I'm *already* in the lovemaking of it. And then we can do the content. We can do... [*looking at the poster*] we can put all those words over here, where all the hearts are. All the words you want, anything. Do it! Do not strip the person of the content. Do not strip the occasion of its vehicle, or you put people on the spot in a way. They don't necessarily want to *be* there exactly like that. There's a lot of intelligence behind these "covert ops." You've got to use your noggin', or your heart, or both, to play in the inside track. But as long as you're willing to do that, you cannot lose. You cannot fail. As long as you don't be grotesque.

Like when the guy is playing his guitar on the stage and the girl comes up because she wants to tear his shirt off, because he's a rock hero, and then the big galoot comes to tear her off and throw her back into the audience, because she's so enthused she thought she was going to be able to get a handful of his hair, and that was going to be something she could tell her girlfriends about, but he's trying to play a concert right now.

She has big points for enthusiasm, but low points for tact, relevance, diplomacy, sensitivity, appropriateness, humanity. She was carried away with her little heart-track to the point where the content track didn't get enough juice, and that's what failed it. You see what I mean? He could say, "I've got a use for you after the show, but right *now* I'm working for a living. What I do is I play this guitar, and I sing my little songs. And all these people paid to come see this, so I have to finish my job." You see what I mean? He's got a *job*. There is *respect* for a working man.

Group: Yes. Yes.

David: Respect for a man that's dealing with compliance data, issues of this and that corporations, all this shit that goes along with it. "I'm doing my job." You know what I mean? Respect. This is respect for an operative doing a job.

Or for a person who wants to have a conversation with you and they've got three questions. You need to know what they *are*. You need to go through *it*, on the content track. And so this is what living is: There's a content track and there's a heart track. You go through a lifetime with people on the content track—raising the babies, doing whatever you do. Being with your friends, creating a company, whatever it all is. And there's a heart track. And if you play the heart track on the

inside track, along with the content track for your whatever you've got allocated, eighty years, then you have a *real* life with a *real* heart, *real* intimacy, *real* friends, *real* belonging, real we-ness. Otherwise, you have a content track with an "X" on the hearts, and it's *misery*. *Misery*.

This is the difference between misery and joy, being on the inside track, eating the naked lunch for breakfast, lunch, and dinner. Feeling into it. You always feel in. I don't mean *stare* in. I mean *feel* in, you see? *Be* in, as the hippies say. Okay?

Group: Yeah.

David: So that's how to get along with people.

Group: Wow, that's beautiful. Great.

David: That should work for ya. Just remember: it's only good intention, it's only love, it's not exploitation or power. Then you're good, you're good to go and keep going *forever*.

Group: That's beautiful.

David: Inside track.

Group: Thank you, that was beautiful. Beautiful.

David: Are there any questions about that?

Person in audience: That was just amazing, I can't imagine needing to know anything else about how to love. It was just great.

David: Yeah, it's *what* you feel, it's *that* you feel, and then you are in the inside track, which is where you already are, see? I mean the irony of the whole thing is, this is always what's happening but what people are doing wrong is they're not celebrating it, they're not loving it, they're not participating in it consciously. They're not feeding the people on that, they're tending to either space it out because they're on a beeline of hyper-focus, or they're just not showing interest in it. In other words, they don't care about your existence, as a reality, as a living heart there, sitting there. They just don't *care*. It's not what they can be bothered with right now. So they pass you by in *spirit*.

Or they come to you extremely disappointingly, and they ask you whether or not you've got any bulldog clips. Your life is basically waiting, sitting there waiting if somebody's going to come ask me for some bulldog clips, so that part's good. And they came, but the thing was, when they *got* there, were they feeling? Or did they just snatch the clips and go on their busy way to implement with the clips,

without actually knowing that a human being was waiting for them to get the clips, and then they came and got the clips, and they didn't acknowledge the human being. All they acknowledged was the clips; "Ah great, we got some clips." Bang.

See, that's the outside track. That's pure content without any inner thing. That's just the way to disappoint people. People need to be recognized, you see what I mean? And it's your awareness that recognizes them. Even when you're on your beeline, you already know what they felt, who they were, what was going on on the inside track. You really basically do know that, in some psychic-feelers sense. You do. But to systematically ignore it, is like when the guy's wife comes home, she obviously had a problem today and he is systematically ignoring it, he can't be *bothered*, he doesn't want to get into it.

So those are the disappointing moments in life, when the thing functions on the outside track entirely. And there's no recognition of the fact that these are sensitive people here, they're not just agencies that are doing the bulldog clip performance or whatever it is. Does that make sense?

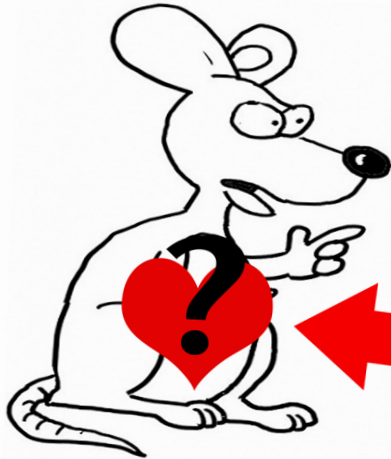
Group: Absolutely. Yeah. Really.

David: As *long* as you remain on the inside track, you are in relationship with that person and everything is fine, God is in his heaven. Right?



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