

Transcribed from a sitting with Emily Carson
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Attributes

Wind is not pleasant or unpleasant. It touches you, and you feel it, but you have no opinion of it. Time is neither friend nor foe. You are in love with it when you are enjoying yourself, and consider it your enemy when you have not enough of it. But life doesn't deal you good things and bad things. It lets you feel what is present; that is all it does. Can you say, honestly, that love has been your friend or your enemy? Has there not been pain in it and also pleasure, hope, and, with that, despair? We are not allotted things that have these qualities which we give them; these qualities are not theirs. They do not cooperate to defeat or enrich us. They are just themselves, neither helpful nor hurtful. They are things in themselves. It is not life's plan to throw you obstacles and permit you gifts. It is your vision that divides the world this way, but the world is not so divided, in fact. There is, in fact, no obstacle and no gift, no thing painful and no thing useful, only things wanted and those unwanted. You are stuck imagining that the world is divided. You are stopped by your own misperception, your own vision, your misvision. God is not in things pleasant and in things painful; He is in all things as they are, and they are never truly either of these. God is in the correcting of your vision. God is mistakes understood, clear-seeing and things seen clearly. And God is not enemy or friend; this is too small for God, this kind of thinking. All things are God, and all things can be known this way, without the attributes you think you need, without the ignorance that taints your knowing, without justification, permission, or explanation. There is nothing good or bad. God cannot be found there, not in either. Look behind the apparency of your mistake: that is God. Even that looking: that is God.

Questions and Answers

Q: I've been really, really scared, and part of it is my business is really having financial difficulties and...the other part is the work that I'm doing is watching scary movies and...I've realized how much I've been running, like, inside...; there's some level way down there, where I'm [just] trying to stay alive...and so I just wanted to say that and see what you get about it.

Where do you get to when you run?

Away. Safety. I live. I'm watching, like, slasher movies and things to do the piece of work, and it's just ...living, just life.... Not getting killed is where I get to.

But do you get away, or are you always still running?

I'm always still running. But while I'm running I'm away.

It's a reasonable choice, the choice that you're making, and it's one that you're free to make as long as you want. It feels like this to live running; it feels like you feel. And maybe you have decided it is exhausting but it is worth it. You won't make yourself do this by watching movies, thought that is a useful tool. You will make yourself do this because you will decide to give up and be killed. You know in your head that this is the only way, but I am talking right now to the part that is running. I am saying to that one: turn around and be killed. I am saying this because the part of you that is running is very, very tired—more tired than you are aware of most of the time. She has not stopped for so long that even the idea of it seems foreign. Hear this in that core tension that is always on the move, always avoiding the inevitable. I know you are running, and you don't have to. It is an option to just be killed. It is an option and it would bring you, at last, deep rest, real rest. There is one simple answer to your problem: be killed. I cannot make the process any more complicated than that; it is not complicated. You now choose this, you could choose the other. That is it. And I cannot tell you any more than I already have, that dying is not what you believe it is. I have said this so many times. There is nothing to do now but for you to make this choice. If you do not make it today it will be the same choice tomorrow. It will

never change. Not in this lifetime or in any other. You must do this, and you can. So they cut, they tear, they kill. I would simply say: so what? So you bleed, so you cry, so you die. So what? Choose this now or choose it later. That's the real option in front of you. And the only one.

Q: ...One of...my questions would be: what I do for work...my skills are not a good match for,...and I've been for a very long time wanting to quit and go back to school, but as it is I'm struggling financially, and I can also see that...I've been developing skills that are useful in other areas, but I just...feel paralyzed and I'm afraid....

Do you feel more afraid of keeping your job or leaving it?

Keeping it, at this point.

You are not served in something that makes you feel half yourself. There is already too much impetus in you to squelch your joy and undervalue yourself. You should make no decisions that contribute to this tendency. It is so precious to know what you love. If you know there is something you love, you should not let debt prevent you from pursuing it. You feel financially burdened now and you will feel financially burdened if you make a change; it will not be significantly different. There will be no reason for panic either way. You must put so much more attention on who you want to be, and that much less on fretting over the logistics. You do have logistical decisions to make, but you don't have nearly the circumstantial problems you believe you have. What you have is a lot of fear, a fear that you will go through this life and never be the person you feel you are, a fear that you will waste yourself and your energy and your joy and all your potential inside these small boxes that you willingly crawl into. There is no way to live as yourself except to do things that make you afraid—sometimes very afraid, sometimes even terrified. There is no way to be true to yourself without following those things you know you love, whatever they may be. It is more important than you know. This is not an extra-curricular activity, following what you love; it should be your life, it should be your primary pursuit, it should be what you organize your time around, and it should be what you put your energy towards. You will be fine, materially, and I also will tell you that you will not think you are fine. You will believe, if you follow my advice, that there is something to be afraid of,

something happening to you that is threatening you. Don't stop just because it seems dangerous. You will only live in frustration if you continue the way you are going, and there's no need for it. You do have so much inside you that is untapped—but it is frightening as well as loving; it is dangerous as much as it is life-giving. Everyone is a treasure chest of demons, and you are no different. If you want yourself, you will have to open your chest. Every bit of glory that could be yours is hidden there. Expect to be afraid, and please pursue what you love anyway.

Q: ...My own personal experience..., for many years now, is to be in a strange sort of holding pattern where I can feel lots and lots of energy around, and there's a couple of things I do with I guess a particular talent that seems to really excite people..., I have no complaints, and yet I have such...a pattern of stagnation and torpor.... I almost feel like I did when I was a little girl,...just going around in circles and sicknesses, illnesses, over and over, very sensitive system, very very nervous.... I'm not financially independent yet and for all my supposed gifts I should be, really, and...I go between punishing myself and feeling disgusted and guilty...and also just trying to feel compassion for myself when I feel the world is punishing me.... So I continue to...still struggle with the same thing.

What do you do for a living?

I don't, I'm a student. A perpetual student, I should say.

What are the gifts that you refer to?

I can sing and write songs that seem to touch people, and I'm a writer in general. ...I'm [also] studying medicine...both homeopathy and ayurvedic, and I seem to have some talents there in the way that people respond to me....

Do you get joy from those things that you do?

I do but it's always coupled with a very deep fear like yes,...there it is, there's the glimmer but there's also the terrible dark side that means the unknown and failure...and humiliation,...abandonment, being unloved ultimately, like all these things are sort of coupled with the joy. I should say that studying medicine has been very difficult because I myself can feel that there's not been lots of physical healing on my part and what I'm studying, when it's not working necessarily for me...well...how can I possibly bring it to others?

Right now you need to pursue the dark aspects of all these activities—every one of them. It is good that you have some joy, but the joy that you do have is not helping you so much, and actually the darkness would. The sensitivity you experience is very useful, but it isn't an ailment

and you need to stop seeing it that way. See it as a tool; that is how it is most properly understood. Humiliation is a wonderful possibility, and you have not once seen it in that light. And the fear that mounts in you as you begin to expose yourself or consider exposing yourself is natural and inevitable, and actually a doorway that not everyone has. We only come to peace with being here as we learn to love those darkneses. Our preference for the light is no gift and no help. Choose one thing to begin with, one thing that feels most persistent, be it shame or rejection or loneliness, or even simple physical terror, and learn how to enter that thing, learn how to explore it when it arises, not with your mind but with the sensitive physical and energetic bodies that you can feel things with. Feel what it is like to have that thing pervade your whole being, reach down into your core. Know that you will return from it, you always will, it is always temporary; every one of the experiences you name is temporary. And do not worry if you are doing something right; there is no way to get this wrong. Simply find how, for you, you can have that thing, embrace that thing, feel it instead of avoiding it, instead of hating it. But do not do this so you may have more joy; do it so you may understand the darkness a little better. Your sensitivity will help you. You need now just a willingness to try this, and to be patient, because what I'm suggesting is not something you've done before. You are capable of this, and it will matter, it will help you in a meaningful way. It has the potential to substantially change the way you experience your life, and that is no small promise.

I've been asked to practice exposing my hunger for women and then..., after that is exhausted,...take it and find that hunger in me as mine, and I'm having a hard time having the kind of wanting on the one hand and, in turn, without that it's hard for me to go inside....

Hunger is not in an object. It never is. The fact that you conceive of this as some change demonstrates your belief on some level that the external object has anything to do with your hunger. But how can this be? You can only imagine a woman you want and wanting is there. And to be with that wanting is to not distract yourself with her image or fantasies of her, it is to attend to that which was already there all along: your own hunger. Wanting does not arise or subside in relation to an object. It arises and subsides because of your experience of that object. She is not there, she is never there. Your experience is there, it is the only thing present. When you want, and you are not simply focused on your own experience of that wanting, then you are

only imagining; you are attending to something outside yourself. You are required to attend to something that is only inside yourself. She is not wantable, she has no characteristics which inspire your hunger, your hunger persists, your hunger is yours, and your hunger is actually present when no one else is there and there is not even any thought of anyone else. Hunger burns as its own independent yearning. It just burns, it doesn't need fuel, it already has plenty. Do not think of turning from her to you. If you are ever out of contact with you, then you are out of contact with anything real. There are not two things happening. Expressing hunger is not different from experiencing it. See if even without anyone there you can find your desire. You know where it lives in you; you know where it inhabits your body. Look for it there, anytime. It's always alive. it's always and only yours, and you can always look for it. You can always know your own experience. There is never a moment when you don't want, and there is never a moment when that wanting depends on someone else.

The Sound of Rain is a non-profit organization dedicated to supporting the work of Emily Carson and making the wisdom that comes through her available to an expanding audience. For more information, visit us on-line at www.soundofrain.org.