

Transcribed from a sitting with Emily Carson
Monday, June 12, 2006

Released June, 2006

Being Without

Drink in your essence. Eat longing. It is the only thing that can nourish you. Make a meal of the emptiness at your core. Even if you find only loneliness, consume it, it is your nourishment. Eat God, even in your experience of being without. Steep in having nothing, and you will be full. God is a kernel, a seed, and it will grow into a feast if you will only consume it. It grows when it is inside you; it takes your inner life to give it life, it takes your patience as its rain, it takes your will as its sunlight. God doesn't happen to you; you consume it or you are without it. Swallow your loneliness whole. There is no mouthful that is too much. Swallow your emptiness the way you give yourself comfort. The food you take now starves you; there is no trace of nourishment in it, it is like eating emptiness. Take what you do not have, and have that lack. You have never tried really being without. You give yourself periods of it but you rest in between for far too long. Why do you starve yourself this way? Why do you eat only what makes the pain grow stronger? If you can't find God in your loneliness then wherever do you expect to find it? Where do you think it is hiding? It is not in your prayers that someone will take away your suffering, and it is not in those glimmers of having. It is in not having, and it is only there. Renounce, give up, stop trying. These are all ways of saying the same thing, and that is: consume your essence. God is only in that lack. God is in being and not in having. And God is certainly in loneliness. Drink the pain, and do not move from it. You are hurting yourself in all your attempts to escape. And you are starving yourself in all your comfort and your certainty. Try something new; what you are doing is not working. Try eating in a different way. Try relying on your longing. Let your longing satiate itself. Let it feed you even in its burning. Let the emptiness become what satisfies and not what haunts you. And leave the rest alone; it is poison and nonsense. Leave the rest for others sadder and more confused than you. You damn yourself with your appetite. You damn yourself to starvation. You damn yourself to self-punishment, to greater ignorance, and to a longer period of this

totally unnecessary suffering. If you want heaven you will have to have loneliness. It is lonely until it is blissful, and never is there one without the other.

Questions and Answers

Q: I don't really have a question tonight; the stuff in my hip—the pain in it—is mostly what consumes most of my time.... I think I'm doing okay with the break-up stuff, feeling that, and the "me-ness" or my "you-ness" that you were talking about last time, I think I'm sort of seeing...glimmers, I guess. And then...the blocked energy in my pelvis started to resurface....

Do you know why your hip is so compromised?

I mean I know what the X-rays say. Have I tried to go in there and give it a voice and that kind of stuff?

Well what does the X-ray say?

It says that I have little calcifications right in my hip joint, right in the soft tissue, and so next week I'm going to go see a hip specialist about it.

And have you visited the pain?

[Yes.]

Do you get anywhere when you do that?

Sometimes just pain. But I also get...just what you might think it was about, not wanting to...explode; that wasn't the word [but] it was something like that.

You have to be willing to kill with that part of your body. You have to be willing to destroy. You are creating an elaborate structure to block energy that would otherwise move, energy that is there and needs to be there and cannot be stopped forever. There will continue to be incredible pain in the trying if you do not learn to accept this energy. The body cannot easily cope with stopping something so dynamic and so potent. And I mean it when I say it wants to kill, and you must accept it and allow it just as it is. It wants to slaughter. There's no other way to describe it. You are not yet your own killer, and you have to be. You are badly compromised until you are willing to be that. And many things might help this particular condition, but the body will grow new problems as long as you stifle what is real. You need an outlet for your killer instinct. You need a way to make it real to you, a way to enter that danger, a way to approach the edge of that cliff and look into the abyss to see who's there. You need to be able to be deadly in some

context. Consider what I'm saying, that you cannot do this in your living room, it will not be enough, and the pain will become more and more of your life if you do not learn to accept this. You need this so badly, M. You need this like nothing else. You'll be a different person, a complete person, the whole person that the body is already trying to become. Try to find this outlet. Try to be so deadly.

Q: Well, I've been working on just owning my baseness in my lower chakras, without success, and so what we worked on in the last intensive was the nun piece of it, how...I still so identify with the nun and...that dogma and those beliefs, and all it is is just dogma, mental stuff, and...I was trying to viscerally feel the nun and feeling like I wasn't even down there I was just up here, mentally, and then, in contrast, feeling the bhakti part of myself that just loves God. And when I can feel that, I...have moments when I'm sitting where I feel all of one piece in a way I haven't before, but it's only glimpses and I don't sustain it, with people, although I have on maybe three or four occasions had moments of spontaneous reaction in my belly that I'm not used to. ...I don't really have a question, I just want to ask what you have to say about all that.

Is your baseness present when you meditate?

No, I tried to do that before...this weekend and I could...sometimes get there, but what seems to be working over the last week, since the intensive, was to start in my heart, which feels very open and loving to God, and then...I just start dropping into my belly spontaneously—it doesn't feel like the efforting I was doing before but [although] it's dropping into my belly...I'm not in baseness yet, if that makes sense.

Right now, what do you feel in your belly?

It just feels kind of alive. ...I mean, earlier, when I first saw you, I felt ashamed and now I don't feel so much of that, it's just kind of—just there's some life there.

You need to make a connection between your heart and your baseness. There is no love in you for your own gritty humanity, and not an ounce of compassion for the ways that you are still very much a lowly creature, an animal. Love and compassion are in your heart but you hoard them, you give them away only to virtuous things. But virtuous things don't need them. The only thing that needs them in you are your baser instincts. Your hunger needs love, your hatred and resentment need love, even your lying and scurrying need your heart and need it very badly. Without a willingness to love what is lowly you make little use of the opening in your chest. You concentrate light in places that don't need light, and you refuse it and shroud in darkness all

the places that are crying out for your help. Where is the compassion in that? It is like only feeding the rich and starving the poor. There is no love in you for your humanity, that is the simple truth. And there is even love in you for the humanity of others, so why do you deny it in yourself? I am not saying to resume efforting, but I am saying that to be bhakti towards light and love and all things so obviously holy—that is not good enough. God is in the way you starve and the way you scurry and the way you deceive. God is there too. Please look in your hunger and then let the light that is in your heart flow there; be with that hunger and strive not to satisfy it or alleviate it in any way, only strive to love it. And when your belly is fully loved, then move to your root because it too needs your attention. Your lying is there. It is the instinct for survival that drives all your self-deceit, and it is that instinct, the deepest form of human darkness, that needs your love the most. Make the connection to your baseness from your open heart in whatever way works. That is your task. That is what you must do.

Q: I've been very sad and little and it seems hard to be in the world. And I...haven't been to the gym in two months and...I've just been very slow. And a lot of the time I kind of know that I'm...letting go of my previous disgusting justifications of my life and...just a lot of things...,but sometimes I...get scared and I want it to stop. And in the last couple weeks my mom broke her ankle really badly and she's in a nursing home, now my dad's in there, and...it just seems very difficult for me to deal with very much, and...mostly I'm controlling my mind and...not letting it run rampant and beat me up, but I can get discouraged so I just wanted to ask you about that.

How old do you feel most of the time?

Under one. My body feels way old, but under one I'd say, pretty little.

You wouldn't expect a baby to go to the gym. So the first thing you must do is stop expecting such things of yourself. And you won't like scary movies or bad-tasting food or ugly people—and that's exactly appropriate for someone of your age. Nothing at all is happening that's wrong, nothing is unaligned, nothing is off-track. There are, in short, no problems with anything happening to you right now, and that includes, of course, how scared you get, because it's scary to be a baby. It's a helpless, foreign feeling, and it is in some ways very, very sad. We are taken from heaven and then incarnate in this crazy place, moving at incredible speed, and we cannot even hold our heads up by ourselves. Who would not be frightened? But you are not helpless,

not really, and your life is going just fine, and you get enough done and you hold things together just fine. So you have an experience of being sad and small and alone. There is so much possibility in that infant experience. We are so close to the emptiness when we are babies, and you are so close to the emptiness right now. We're already half-dissolved, as infants—so little is needed to dissolve the rest of the way. Just be true to this, as it is, and take my reassurance to heart. Nothing is wrong. Everything is exactly as it should be. Please just dissolve.

Q: I am feeling just overwhelmed...in my life. I've got...all the stuff that T. and I are doing, and then I've got no money, I've started a huge project...,I'm freaking out, waking up in the middle of the night sweating, worrying about this and that. I haven't played poker in two months--that was my income at one time and it hasn't been for a while—I just borrowed money to open an account to start playing again but I don't even know if I want to, I work 40 hours a week, I don't feel like I have time. I look at my life and I go, "Where am I going to play? When am I going to play?" I just...don't know what to do. Life is coming at me hard.

Do you need to work as much as you do?

If I didn't, I would be going more and more in debt, so yes. I actually need to make more money because I owe about five grand in taxes every year. If I don't save money then I borrow it in April and go farther in debt.

How much debt do you have?

Including my car, it's 30, and without that...19.

You are at the absolute limit of what you can stand, and there isn't going to be an easy answer. You have some real logistical difficulties; your problems are not all internal, though some of them are. You wake up in the middle of the night largely because you are careening at a pace that you cannot sustain. Some of that pace is self-inflicted, but much of it is circumstantial. You need to take a very calculated look at the way you get money. If you can make more somehow in the hours you already work, then you need to change something and try your best to get more out of that time. But if you find that there is no way for your time to be more lucrative, then you may have to settle for debt for a while, just to slow yourself down. The bottom line is you cannot live like this. Even the things you do for comfort and safety only increase your panic. They augment your confusion and so also your anxiety. Take a very slow and very sober look at

the way you are conducting your life. You are not making any obvious mistakes, but there may be subtle adjustments that would help you. Look for subtle adjustments. Take enough time out to make this a priority. You must slow down. Nothing productive can come of your life, either financially or personally, while you operate in this mode. Oddly, it takes a slower pace to even make money well. This speed is not efficient. Try, S. Don't let your hopelessness overtake you. That, too, will start to dissipate with some sobriety. Your anxiety feeds your hopelessness. It is not a good cycle. Try to stop for long enough to reconsider everything. You can find some solutions. You can improve your situation.

Q: I just want to know how I'm doing...,I mean, no specific question, so anything you get, I just want to hear.

How do you think you're doing?

I actually get that I'm on course and that I'm doing well.... So, you know...this is weird, it hasn't been this way in months, and so I just want to make sure that I'm not missing something, or I'm off or anything.

Do you agree with your guidance?

Not always. Hardly ever. ...There's a part of me that kind of rebels against it...kind of my frantic mind part.

And that part tells you, then, that you're not on course?

It tells me that I'm skipping things or I haven't completed some aspect of what I've been doing. ...Last time I was here I asked you about feeling like I was hurting K., and the relationship and everything, and finding the point of the sword, and I seem to keep finding it...[and] then my progress seems to be going forward, and I'm feeling a lot, so all indications are good.... But it doesn't logically make sense...some part of my mind is going, "Well maybe you need to do this more." The essence of it is...I feel the relationship is dying, right, and the question is, "Is there anything more that I need to learn from it? Is it over?" You know, there's that part of me that's wondering, making sure that I don't cheat myself on something.

Your typical problem is your faithlessness, and it's the only problem you're having right now. It's very good that you ask, and that you're willing to hear what your guidance says, but you still hold out in some faithless part of you. You put a kind of distance between yourself and your knowingness, a kind of remove which keeps you safe from real intimacy with your own divine

nature. Faithlessness is sort of a refusal to ever marry God again. Perhaps God will be a friend, or a teacher, or one to consult now and again, but certainly not ever the sole lover we dedicate our lives to. You need that intimacy; you need it to help dismantle your faithlessness. You know too much and have too much aspiration and longing to coddle this silly faithlessness anymore. It doesn't serve you, certainly; but it also doesn't even fit you. You will have to marry God, S. And you will have to marry God and no one else. You're doing nothing wrong. There is not a single adjustment I would make to your life or your process. But consider walking closer to your own guidance; take its hand and give in. It takes a lot of effort to stave off that intimacy. And it will have you; it will marry you whenever you say yes. It will wait for you and love you unconditionally every second until you finally succumb. But it can't feed you until you give into it, and it can't be yours—not completely—unless you say yes. You need that relationship, you need that lover. You don't need anyone else.

Q: I'm being recruited by another school district for a new job, and it's one where I would have one school with 50 students and...,when I sit with it, I feel totally relieved thinking about having that kind of a case load. And I...guess my question has two parts; one is...,is this the right move for me? And secondly, I'm really nervous about the interview, which is tomorrow, and I think, when I sit with it, the reason why is because I just feel like, "Yeah, they want me now, but when they find out...what's really wrong with me then they won't want me," and it's that same place of rejection, so I'd like to hear what you have to say about that.

Is there any reason that you would not want this job?

I can't think of any. It's a little bit longer commute, but it feels certainly worth it to have to drive ten more minutes.... Right now I have two schools and over 60 students—I've had about 63 students this year.

This scares you mostly because you want it. Start with the fact that you want it, that it matters to you. You wanted something once and it really meant something to you, and you were turned away most gruesomely in your place of greatest innocence and greatest longing. If you do not have longing you are not in danger, but you do, you really do, and you need to start with acknowledging that you want this and let yourself feel what it's like just to want something that you're not certain you can have. Suddenly all the power's in their hands. They can take it away, they can say no, they can doom you to some poverty and some unholiness that you do not think

you can bear. They may say no. That is not a reason to deny your own wanting. You must be that same innocent one on the steps again, your heart must be that open and you must approach with open hands, hands and a heart that declare, "There is something here I long to have; may I please have it?" You cannot feel the rejection if you do not start from that openness. And if you do start from that openness and you refuse to sacrifice it, no matter what the outcome, then you will have lost nothing, and the grief will just flow through you as pure and clear as grief is. Touch your wanting first, and then let yourself know, "They could say no to me." Let that sink into your heart and into your bones, let your mind know it, and your hands, and go in there as your simple open self, knowing that she is who you are and she is what you have to offer. And then wait, in that same openness, for their response. But never leave your wanting, and never deny it. It is the beginning of surrender, and without it, you lose yourself. Without it, you lose the one thing you can treasure, the only thing you have and the only thing no one can take away. Some day, you will find your own holiness right there, even in that wanting, even in that lack. And that day will come as long as you don't move from your own simple innocence, as long as you never deny your longing and you keep your heart open whatever may come.

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