



# *The Sound of Rain*

*Supporting the work of Emily Carson*

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## **Perfect Justice**

Transcribed from a sitting with Emily Carson, Monday, September 8, 2008

Seek justice where it can be found, in the heart of a thing's being, in the fact of its existence. If a situation is true then you can be sure it is also just. If a thing exists, then it cannot be an unjust thing. And I am not speaking of "fair," I am speaking of the fact that all things arise as consequences of other things; everything produces its perfectly just counterpart. In some ways, the only thing you can be sure of is perfect justice—the fact of consequence ensures that. Why, then, do we insist that this is an unjust world and we the victims of it? Why do we suppose that circumstances we don't like are somehow incorrect? Why do we say that everything is unfair? You are looking for the things that you value to win out over the things you don't value; you are hoping the things you like will prevail in the end, defeating the things you don't like. But how can that be justice? How can the whim of an individual person's preference, limited by all of that person's fear and ignorance, point correctly to justice? How do you know that the things you don't like are also unjust? How do you know that they were not caused expertly and exactly by the very intentions of the person who put them into motion? How do you know that the things you don't like were not, themselves, wished for? If you take the broadest view possible you will see that no one doles out justice, and that is why it is perfect. Inherent in the system is the fact that action produces effect, and that only action can produce effect, and that the effect is always the perfect counterpart of the action—and no one is in charge of this, no one manages it, and no one can intervene. All you can do, then, is accept the consequences of what is passed and be careful what you cause, be careful what you wish for, be careful what your actions set into motion, be careful what your intentions are. I guarantee they will be met with perfect consequences; so be careful what consequences you want. But mostly I would say, limit no more your perception of injustice; it

isn't real and it never was. Justice always catches up with us; it is the immutable law of cause and effect. And so, be careful what you wish for.

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## Questions and Answers

*Q: I want to ask about humiliation, shame. Over the...intensive weekend I kind of met up with it, mostly in relationship to L., and I'm really afraid of being humiliated and I've been running from that for, I think, a very long time... I really don't know very much about it, it just seems like it hit me and I'm really afraid.*

Did you spend any time over the weekend just being humiliated?

*Just towards the end, yeah. ...Two things...come up...: one is, [my] pride feels attacked, and the shame seems...about my body or something related to sexual hunger. Those are the only clues I got.*

What was it like to feel humiliated?

*I wanted to leave. It was just unbearable to me, to be among people and things said that diminished me so much—it felt like they diminished me, that was my experience...*

Something *is* diminished in humiliation, but that something isn't you. The thing that is diminished, however, becomes so small and so insignificant that unless you are willing to part with it, you will always refuse this humiliation. Pride is like a veneer the ego applies to itself, it's like a way you make yourself look shiny and presentable—and you fight, even rage against, anyone who wants to tarnish your shiny veneer. But what is it, really, that you're so attached to? Are you really so insubstantial, essentially, that you want to hold onto something so flimsy and ridiculous? In humiliation you lose an idea of yourself. Right now, it seems like the only thing you've got, but since it isn't really you, and doesn't even represent you, losing it cannot be unbearable. There is one attitude which will enable you to face this kind of shame. You must be willing to say to yourself, "If I am really this, this image, this notion of myself, then let it be taken from me and let me find if there is not something else which persists which is not that and which is not diminishable." It is possible to endure looking bad because it is not *you* who looks bad. It is your body, it is your personality, it is the character you have invented

in the story you call your life—but it isn't you. And if you want to meet yourself, if you want to meet the person who is not diminished, the part of you which is untouched by this fleeting sense of humiliation, then you will have to let yourself be diminished and see what is left. They certainly laughed at you, D. They certainly thought you were nothing. But will you spend your life trying to defend yourself from that, placing all of your faith and all of your hope in some failing image of yourself which you don't even really believe in? What option do you have? Humiliation, eventually, is the only one. You have nothing at all to lose.

*Q: A few days ago, S. broke up with me, saying that he's actually in love with someone else, and it has rather devastated me on a lot of levels. One that I want to talk to you about tonight is this really intense, also devastating, feeling of being alone, and when I say that I mean back to that feeling of being alone and having only darkness as my company. And I'm really protesting that and defending against it, again, despite my guidance this week saying very clearly that this darkness in me is really all I have right now...that really matters. ...I'm just having a hard time with all of it, and I guess I just want to ask you what I need to hear about that and whatever my next step might be in staying with it and being sober...*

I agree with your guidance. Why do you refuse to accept what it is saying?

*Because [there's] a lot of misunderstanding in thinking about what that means; there's just kind of this dread that I wake up with in the middle of the night...that all I am is this blackness and that's all I have as my company and...it's just really uncomfortable but I can't really explain a "why" to that, I just I feel a little hopeless. ...I guess I'm just panicking, because then, when I watch movies and let myself go into it and stay there, I can actually feel somewhat calm and connected to myself.*

Do you actually have an experience of it being uncomfortable or is that just something that you think?

*I guess it's just something that I think. I mean, I think I realize now that...feeling rejected is part of what's happened too, I feel like...if I am true to this, then I'll...be rejected like I just was. And just now, when you talked about justice always coming back to us, I...felt like I was going to pass out. ...I guess that's a lot of thinking about what it means to be this person but still I'm grappling with living it—but I guess that's all thinking too.*

All that has happened is that the stakes have gotten higher in your own process. What I mean is that you used to feel somewhat accepted by someone even in this blackness, even as this person you are,

and now he has rejected you and the terrible consequences of your own past actions are replaying themselves in your mind. You're closer now in feeling to the actual events of your karma than you were before you were rejected; everything feels more dangerous, more potent, closer to home. It helped ease the pain of this that there was someone who loved your intensity, and even though you doubted yourself and mistrusted yourself you were somewhat reassured. But now even he has left you, now there is no one who you can see loves you for who you are, and that's why you're panicking. What small bit of reassurance you may have had has vanished, but the instruction and the wisdom you're receiving from your guidance is no different than it's always been. You have one option; there is one thing here now to be with, and that is your own darkness. Everything else—all your worry, all your projections, all your anticipation—is nothing but your mind trying to find a way out of the only thing that is in front of you. I will tell you something about consequences, L. The suffering you are already causing yourself as a result of your own past actions *is* the consequence of those actions. There needn't be something else more dramatic, more material than that suffering. That suffering is your immediate, lived effect. And it is already manifest; you're waiting on nothing. If you can be with this you will create no new karma around it. If you refuse it you create continued suffering—that is how the consequences work in this situation. Do you really think there is anyone who ever has or ever will suffer more than you because of what you've done? Can you imagine that such a person exists? I assure you they do not. You are already reaping the effects of your actions; the only thing you can do for yourself which will put an end to your suffering is to follow the blessed advice of your own guidance and live with and in your own darkness. It will unravel, L. It will become something you never knew it was. But first you must accept it for exactly what it is.

*Q: So, I've done my nine days without caffeine and...it's been a really good week in that it feels like I've chosen for myself to...ask...and listen to my guidance because I've wanted that. The last couple days it seems like it's been harder and...it feels like there's a couple of obstacles. One is that...everything feels so much more intense and it's just like the volume's cranked up and my emotions, I find I'm judging them, and...when I start having a tantrum about it I have problems but I can usually, with guidance, get myself back... So, with a lot of it, it feels like it's spin around just trying to live as this tender, sensitive person, as I felt as a child—and I grew up with such chaos that it's hard for me... It feels new to live in this world without my drug, without running...[so] I guess just if there's anything else to say to me to help me stay on track—because I want to.*

What tends to get you backed up?

*Well, it feels like...in my child I get really afraid, like E.'s football coach to me feels terrifying, the way he yells at the kids, and I have a hard time relaxing and softening into how afraid and terrified I am as a little person, and I wake up in the morning and I'm like, "I don't want to be here." So that feels like a big one...*

Do you know what you're afraid of? What will E.'s football coach do?

*I'm so afraid of just saying to him, "I am afraid," just...speaking to him, just sharing...my own experience; it feels like I'm...scared of violence, but just even the idea of going up to him and being honest—it feels terrifying.*

Are you afraid that he'll judge you or mock you?

*Yeah...*

This is a stage you will always hit when you go off your drug. For a while you're just detoxing, you're coming down, you're coming into yourself. There's a certain degree of inspiration and hope which keeps you sober and trying, and then, because you have persisted, because you have been off of your drug for a while, you start to feel more potently and more precisely who was afraid all along, who had been covered up by that drug all along, and what she really feels like all the time. Your fear is the threshold to all the experiences that you know you turned away from when you started to overuse caffeine in the first place. Violence and humiliation are two things you've always been afraid of. They seem to be unbearable and you refuse your own tenderness because that vulnerability brings you right to them. And so you're in a sober and difficult position right now. You have been straight long enough to know exactly where you are internally, but you're not sure you're willing to face what must be faced if you stay off of your drug. If you try to brace yourself, if you try to stall, you will only make this harder on yourself. The best thing you can do is throw yourself in the direction of whatever experience you are resisting. Talk to this man, and if he judges you, or you feel that he does, give yourself the chance to feel how ashamed that makes you. And if you feel his angry energy coming at you, open your body the way that vulnerable child's body was open and feel that violence come at you. Anything else will just make you miserable and, eventually, discouraged and no longer inspired; you will return to caffeine because you won't be able to remember why you stopped using it in the first place. You have some momentum now; you should use it to your best advantage.

Q: ...I've been having...a lot of...physical pain and it really is kind of a lot in my skeletal system,...all the way from my legs to my head, and so I wanted to know what you see...and what you could speak to about that.

Have you been to a doctor?

Yes, I mean I've been to a...chiropractor who is still in the process of working on me but...I've had some more intense stuff in the last couple of weeks...and she wants to see me a couple more times... But I'm still really in a lot of physical pain. And I have an appointment to see another doctor.

Is the other doctor an M.D.?

Yes, it's actually an ENT—an ear, nose and throat person—because I have stuff going on in my throat...

Where do you feel most of the pain?

In the last couple of weeks I've had really bad pain in my neck, and it kind of goes up into my head, not like a regular headache but...sharp...; there's a real sense of...blockage. And when I walk...my legs hurt me; it can be pretty intense...to the point where I have to stop walking—and then I feel the effects of it for...quite a while, it just [fires] all the way down my shins, to my feet, basically...

Do you ever go into your legs and try to feel for yourself what that pain is about?

Not emotionally.... Today when I was walking I...was really trying to feel the physical part of how deep it goes and where it goes, but I haven't gotten into the emotional part of it, no.

I'm talking about it more energetically, though. Before you can pair pain with an emotional issue it has to be approached as an energetic phenomenon, that is, the layer underneath the physical layer. Can you feel the pain now, and can you feel it as energy?

I'm not sure; I'm not keyed in very much to energy... Can you give me some more clues about how I do that? I can really feel the physical pain as we speak...

Then just tell me what quality it has. Is it tense? Is it hot?

*Well right now what I feel the most is my legs and in the base of my spine.... My legs feel really strained; I guess there's a sense of tightness and I don't want to say "burning," but slight. And the base of my spine feels...locked, tight.*

Your body is trying to tell you something, and no matter what kind of adjustments a chiropractor might be able to do, if your body continues to have its complaints then you will continue to feel this pain. A body's complaints are rarely all physical. I want you to approach the parts of your body as if you're starting a relationship with somebody you don't know. If your thighs hurt then find out what your thighs are trying to tell you. Pain is always a kind of communication and the body is more sentient than you give it credit for. The physical flesh can be afraid, it can be confused; you can have chaos in your cells, you can be tired and weary just in certain localized parts of your body even if in general you don't feel that way. Your whole body is now participating in this complaint; it is trying to tell you at a very basic level that you don't treat it well, that you don't use it according to its needs and abilities, that you don't care for it in the way it wants to be cared for. If your approach to your body is one of tolerance rather than compassion, and indifference rather than love—peppered with frequent bouts of exasperation—then you can expect it to complain, you can expect that, as it ages, it can't do so gracefully because no one is really looking after it with love. Your body is a fragile, tender, small thing. Maybe you haven't noticed that, but that describes it. If you begin to approach it that way you will hear it better, and if you want to communicate with it then you will find that you can. You should also seek out healers who have that same attitude towards your body. They should want to care for it well and gently, and if you don't feel that kind of quality in their care then you should find someone else. It may be that good care will mean tests or medicine or any number of other therapies. Do not rule them out. Ask your guidance about each and every thing that is recommended to you—your guidance will always have the correct attitude towards your body, and will be able to show you how to love it well.

*Q: I've been pursuing a kitchen renovation in my house and I just wondered if you could help me with it a bit. ...You say...'be careful what you put in action,' and it isn't a simple thing where you just do one thing, it sort of does leak into your house and disturb your body and...you have to sort of disrupt everything. And it's also a lot of money, which is something that's quite scary for me, [so] it's not just one decision, it's many decisions, and I've spent probably three months looking at all the possibilities and at this point in time I'm wondering whether to try to just jump in.*

So you mean this renovation hasn't started yet, you're just contemplating it?

Yes.

How do you know that it will be disruptive to you physically and psychically if it hasn't even started?

*Well, it's where I eat and where I cook,... and...it's going to be wet and cold, and maybe if I get into it, it might lead to too much money, get out of control.*

The only thing that is certain is that this event has already gotten out of control in your mind and no one has even set foot inside your house and you haven't lost a penny. Mostly I would say to you that an actual kitchen renovation is nowhere near as difficult as it is to think about one in the way you are thinking about it. If you want this, and you have done all the homework and your guidance tells you to do it, then it is better to do it and have the experience which will surely be better than what you are anticipating then not do it and never know and always be afraid of it. So I would say your best option is just to act and see what it's like, and see if you can't actually tolerate more disruption than you think you can. I promise you, you will eat and your bills will get paid. So there really is nothing to worry about.

*Q: Recently I have come into this newfound hatred inside of myself, and my reaction is to run away from it, so I just wanted to ask, what do I need to hear about dealing with this hatred that would be helpful to my process?*

Hatred is just an experience you never thought had any place inside you, and when you decide that about any experience then you shut yourself off from feeling anything at all. You have decided that you would like to feel love but, I tell you, you won't as long as you won't feel hatred. And you've decided you'd like to feel joy, but that, too, is impossible as long as hatred is rejected. God privileges no experience over any other; to that force which is God, all experience is equal. In fact, all experience is, essentially, the same at its core. To deny one aspect of experience is to deny God. That is why I continue to tell you, God loves your hatred, and you will have to learn to also. God knows your hatred to be only the inevitable expression of a person born into form like all the other inevitable expressions, and so, if you want to touch holiness and if you want to feel love, then hatred is your only doorway because it is the experience you are resisting. What makes you turn from something that God Itself would not deny? What makes you think you know better than that? Hate for all your worth, with

every ounce of it you have in you, and see if, in all your virulence and all your rage, you can damage anything, you can taint anything, you can hurt anything at all. You'll find that you can't because hatred doesn't kill; it's just another way that we are human, another way that we live, and live fully. If you love life and you want God, then you will have to have your hatred. Good luck.