

Transcribed from a sitting with Emily Carson
Sunday, March 25, 2007

Released April 2007

Two United as One

Given what is inherent in men, our weaknesses are strange. Given the time we have, and the wisdom, that we fail so often is puzzling. And given our divinity, the indestructible core at the center of each of us, our destructibility seems odd. But we are of two parts, though whole at the same time. We are both human and animal, God and nothing, at the same time. And as animal we are hungry and we are stupid, but as human we are brave and we are longing. As God we know that we will never die; as nothing we know that there is nothing but. To be these two, with infinite potential and seeming equal capacity for failure, we search a long time, despite our courage, despite all we have and all we don't need. But it is not our animalness or our nothingness that hold us back, it is that we are not willing to be two united as one whole; we are not willing to be whole but made up of two. And so I say to your nothingness, you are God, but I will also say to your godliness, you are nothing. And to your humanness, don't forget the animal. But to the animal, rise, rise as the person you are. We are all this, simply, without complication. We are all this deeply, without need for less or more. And we, being this, populate this earth, determining our own courses even as we reap those which are already determined. And so I say to you, whole and one, to please be yourself but do not underestimate that, and be true to your parts and do not leave any behind, but to speak as yourself from each corner, each animal, each emptiness, and each holiness. And you will find your oneness this way. You will find it intact. You will find it despite yourself, despite your weakness and uncertainty. You will find it inside you.

Questions and Answers

Q: For several years now I'm waking up in the night and early morning with a very bad feeling. I don't know if it's anxiety or if it's something physical, if it's karma.... Doctors...basically...think I'm a hypochondriac. So I wonder if you have any insight that you can offer to me about this.

Do you have any physical symptoms?

It feels like an explosion right in my solar plexus. And sometimes pain, heat.

Is the pain and heat also in your solar plexus?

Yes.

And does it happen any other time?

It happens a little bit when I see something stressful or painful.

There isn't anything in your physical body to address, but there is certainly something happening—something unmistakable and something quite terrifying to some part of you. There is a great deal of distress that accompanies your sensations. It is the distress I would have you focus on. I will first say you cannot be hurt by this. Even if through your awareness and intention it intensifies and becomes more real and even more threatening, it actually cannot hurt you. You are remembering something, but not in your mind; you are remembering something in your body, which is where memory really principally happens. And it is with your willingness to remember, to allow what is already present to grow and take you over that you will begin to understand much more of what is behind this. “What does it feel like is happening to me?” That is the question you must ask yourself whenever this arises. Not “how can I stop this?” or “what is really wrong with me?”, just “what do I feel like is happening?” And then no matter what that is—and I really mean no matter what—you must allow it to happen in your experience and express the feeling that is there, however intense. This is like an adventure into your own inner person. It is not something to solve, it is something to pursue. The pain will subside if you truly follow it. It may become more acute immediately, but it will eventually subside. What is most important is the sense you have of the danger you're in; that felt sense is what I want you to focus on. And know that every story, every sensation, every loss can be replayed inside the

body, inside the physical and energetic bodies, without doing any damage to the person. It is actually good for you to do this; it is actually healthy. Try this and let me know how it goes.

Q: I've been broken and have become much closer to that brokenness that I experience inside. And I'm with it much of the time. So I've kind of moved into that place and don't really feel the need to move away from that. I'm able to have much more quiet time. So I just find myself in this place and wanted to know if you have anything to say.

Are you glad that you've ended up there?

I don't know if I'd use the word glad. It's that kind of deep satisfaction. I don't necessarily feel happy much of the time, but I feel comfortable in this place.

Tell me what feels most satisfying about being there.

I find a kind of richness and appreciation for what's inside of me and in the world around me that is very satisfying, and satisfying that—for as long as I've run from it—I don't have to be afraid of what's there.

To be broken is an excellent place to visit. It will leave you with almost nowhere else you need to go. It's a completion, in a way, to be broken. It's not a completion to find wholeness inside brokenness and certainly not to mend brokenness nearly so much as it is a completion just to be broken, because the most wonderful thing happens, and that thing is space. There is a kind of empty space between you and everything that never touched you before. Space where before there was armor, there were walls, there was hardness and refusal. But now there is empty space between you and everything. And that is the great prize in brokenness. And with nothing preventing it, everything touches you. Everything that was outside is suddenly inside too. And there is somehow, just by cracking open from the center of your person, a kind of exponential growth in all directions just because you took away the barriers. There is nothing to do in such a wonderful state except to stay there. And grief will touch you; it most certainly will. But it is accompanied by such a quality, such a richness, such light. There is nothing but beauty when you see from inside brokenness. And that is because you see clearly and you feel things as they are, and so you have back what you had starved yourself of, and what you had always secretly wanted to have near you again.

Q: So, I'm really miserable right now in my life. ...I work 20-25 hours a week and I make \$13.50 an hour doing the easiest thing in the world. Still, I come home from work, and I'm totally...exhausted. And I'm just not living the life that I want to be living at all. I have this plan to quit and stay home with J. for the summer, and I'm putting aside money to be able to do that without causing arguments between me and D.... [And] I have this plan to maybe take out student loans in the fall so I can just dance during the day, which is what I want to do. It just comes down to the question of generating money. I'm not trained to do anything else besides what I am doing right now, and the possibility of leaving is always on the horizon. I don't know if that's because I feel trapped or because of my situation, but I just feel like I need to have my own money and I don't know how to generate [it]....

Can you do what you're doing somewhere else? Is that an option?

They may let me work from home. Or do you mean work for another company?

I just mean work for another company or organization.

Yeah. They aren't going to pay me as much if I work for someone else, in my opinion. I guess I just want to know if I can live off student loans...if that's okay.

Right now you need perspective. Many more things would seem like options to you if you did not feel so exhausted and limited in the situation you're in right now. You need a step back from your own life—even a step back from the plans you're trying to make, even from the things you think are the only good things in your life. It is not a good time to just do more of what you already know makes you happy, because more of that is not the solution for you. You need a wider view of yourself and your possibilities, a greater felt sense of what you like and what you want. It is difficult to seek this perspective in the schedule that you have, but you can begin it even now. It will be easier while you're not working, but it still will have its challenges. You are used to solving problems when they arise; I'm asking you to contemplate them instead of solving them. I'm asking you not to act and, instead, seek a broader mind, seek a vantage point of wisdom and sobriety inside yourself from which to see things more expansively. It is not true that dance is the only thing you want, and though that may be all that you know of right now, it is important that you find what else there is. And it is not true that what you do is all you can do, though it seems to you to be your only skill right now. But hear what I am saying, that you are not as limited as you think you are. You cannot find your own true boundaries—the actual limits of yourself and your desires and your skills—until you stop acting and simply sit quietly with this question of what you want. Of course you can live off student loans, but don't seal your

future from the viewpoint that you have. Do what I'm saying first. Seek to shift your perspective and then, when you really know what you want, make that happen.

Q: I'm just getting to ask if there is anything you might tell me tonight about my process. I stayed very much with the grief from last week.... I guess maybe just something from a bigger perspective than I'm able to see?

You cannot lose yourself, E. That child, though you believed she was your tenderness, she was your power, she was your possibility, she was none of those. She was a little person never allowed to grow into a big person. And now you, from inside your sadness, are another little person just trying to grow into a big person, and considering, finally, maybe you will allow that. When she was gone, she took hope with her, but that is only because you let her. And when she died inside you, you did too, but only because of your loyalty to her and because of your ignorance. What I will say to you is, she grows again somewhere else. Maybe even she is in this room. But you, you are certainly in this room, and you will grow again, too, when your loyalty to yourself overshadows even your loyalty to her. She was not yours. She was always hers. And now she is gone, but you are not, you are right here. And you have every bit of possibility, every chance you ever had to not only survive this, but to transcend it. Let her grow elsewhere. You need to be here growing yourself. She has already become a big person again. Give yourself the same chance.

Q: So I'm just having this growing feeling of anxiety and desperation around knowing I have my check-in with you and feeling like my sense of sobriety and sovereignty are totally roller-coastering day to day, week to week. I don't have a good sense of where I'm at as far as that goes. I just feel really awkward—like I'm not supposed to be trying not to be where I'm at, but I really want to be where I want to be. I know I'm not supposed to see it as a deadline, but I really feel like I'm on a deadline. I don't know how to change that or to let go of the possibility that I might not still be ready.

How do you feel right now toward your own sovereignty?

When I'm in this situation or when I'm reading transcripts or meditating, I feel it pretty strongly in me. And I feel like I want that. I feel like, "how could I ever want to turn away from that?" ...But something else happens in regards to H., where I didn't even recognize that it was happening at first, but I guess it slips away or I lose value for that or it doesn't feel worth it. And I don't even feel it happening....

But right now, can you feel it?

Yes.

Right now you can practice your allegiance to yourself. Even right now is a chance. If it is too difficult with him, that doesn't matter right now because he is not here. Practice it in relation to me and in relation to everyone else in this room. Feel right now that I don't matter, my approval doesn't matter; I am separate and distant and I am not holding you up, and that I don't need to hold you up because you stand on your own, inside yourself, with perfect adequateness. You are, alone, complete. There is no possible way to improve upon that. And if you do not find or believe in that completeness when you are with other people, at least you can look for it in moments like this, in moments when you might find it and you might believe in it. I cannot help you with your sobriety more than with this simple exercise of constantly, as often as you can, returning to that point inside yourself where you are alone and you are complete. You will not always stay there and there is no mandate that you stay there, and there is no deadline. All you can have is a practice— a practice of reaffirming your sovereignty to yourself, a practice of noticing that it matters to you. And through that practice, at some point, you will be ready to stand on your own even in his presence. That will take time, but how much time or how little doesn't matter. What matters is that you practice. If you do, you are guaranteed success. The worst thing that happens from this whole situation is that you wait a little bit—that is not such a bad outcome, and it truly is the worst possible outcome. You can only help yourself by returning to your sovereignty, even if you have no one to check in with. Eventually you will not want to leave it; sometime after that you won't even know how. That is how we become ourselves all the way. One day, finally, we don't even know how to leave. That day will come for you. It is a matter of practice.

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.