

Transcribed from a sitting with Emily Carson  
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## What God Knows

Pleasing to God is not always pleasing to men. God promises that we will be happy but not that we will be safe. God knows that there is no justice, and that justice was fulfilled long, long ago. God knows that our earth is beginningless and, too, that it will perish. What God knows, men are afraid to; what God knows disorients them. God knows there is only mercy here, and that it is absolutely certain that every one of us will suffer. God knows that we are made in the image of something truly divine; and, too, that we are only human and, as such, animal to our core. God knows that we are married to each other, each and every one, and that we are divorced permanently and never touch. God knows that we are joined by one thing, and that is our ignorance, that we are human through one cause, and that is our ignorance. God knows that we have pain and that it is a triumph that we do. God knows that we have glory, and that it is tragedy that we do. What God knows you should not be afraid to know yourself; what is real should never be cause for fear, it is only other than what you expected, it is only different. In your expectations you have made yourself limited and you have made yourself wrong. In your expectations you have denied that you already know that what I am saying is true, that you already know what God knows, that you already feel it, that you already sense the truth of it. God knows that you are perfect, and that you are permanently flawed. God knows because God, in mystery and abundance, made this this way, out of itself, made you out of itself and called you by your name, even though that name is a lie. God made you separate even though you are not and will never be. God called you human even though you are only ever divine. But God cannot lie, so when these things are spoken, because they are God's word, they are all true. Everything exists inside the only thing that is, and that is reality, that is God. You exist there, and you do not: that is true, that is God. Come home to the only thing that is. Be here with the only thing that is real. Stop looking, stop finding, stop knowing anything

apart from what God knows. Make your mind a part of the only thing which is real, and you become what you were already, you become true again, you become God. Make your peace with the lies you have told yourself. Finish telling them, and be done with anything you cannot say with absolute certainty is real at its very core, true by its very nature. All that will remain will be God, and you will know it and you will smile the only real smile which has ever graced your face, because there is nothing like being lost quite permanently in only what is real.

## Questions and Answers

*Q: I wanted to ask for words of encouragement or whatever would be useful for me to hear about how to embrace my process, in the way that came up last week, and when I say that, I realize that I...[have] some misunderstanding about my process being separate from my life, or my inner life—that may be part of the problem—and [so] just any way that you could talk to that, and also something for me to take with me on my trip to understand when I'm alone.*

What does your life entail that is not this thing you call your process?

*I just know that there's a way that I...come back up to some surface place that feels...safer, or at a certain point it's a place that I just come back to.... I don't think there's anything that recommends it other than that it feels safe in some way.*

There are two things that you do with your time: there is living and there is not living. Whenever you are living—that is, you are inside yourself, you are present with your experience, you're feeling what is there, noticing your own perceptions, illusions, thoughts, subtle body experiences—you are connected to some heat in your core, something moving, something potent, something poignant. Or you are not living, and that is the experience of being on the surface, being not immersed in the experience you have of your own living. But to call the latter your life is really quite sad, and to call the former your process is quite limited. If you are true to yourself, E., you will feel scared, lonely, separate, grief-stricken; you will feel immersed in the world of your own memories, the felt experiences which are alive in you; alternately you will find joy, peace, relaxation, rest—these too are to be found alive in you if you are willing to permit the pain. But never will you find safety, never will you find certainty, order, the promise that things will be as you wish them to be. You call not-living your life, but that cannot be your life, that is a place where you stall, a niche of numbness you have learned to carve out for yourself; that is a place you wait, telling yourself that you must wait, that it is too much and too difficult to actually be living all the time. What it will take to embrace your process the way that you must is some recognition on your part that there are only these two ways of being, that this process is how you live and that you live at all. And then there will have to be real desire, desire to live all the time, no matter what it feels like, desire to be alive, not as a chore or an exercise or a kind of medicine, but because being alive is the only reason we are here at all. It is the reason

for this planet, to experience things that are here. And wherever you go, whatever you do, you must take this living as your first priority, whatever the consequences. This embrace that you need is the embrace of experience all the time. It is openness toward feeling. It is the refusal to be not alive any longer.

*Q: So I've told my work that I want to leave and they're making offers to try and get me to stay, and I find myself really scared and questioning whether leaving this clinic is the right thing, and if the clinic I'm looking at as a place to go is the right place for me to go, and it just seems like a lot of things that I don't want to do are required if I move and yet I don't want to stay, so I'm really struggling.*

Did you ask your own guidance this question?

Yes.

What did you get?

*That I can't stay where I'm at and that there is some place better for me, and I'm not sure where that is.*

And do you get that you should make the move to the place you're contemplating right now?

*Yes. I guess I really feel unsure, like I don't trust what I'm hearing.... It feels like there's some place that's even better than...the place I'm looking at, but it's hard for me to be open to...hearing something different.*

You need to leave where you are, that's exactly right. And there is some place better for you, that's also true. And you feel fuzzy on the last point because it's fine if you take the new place, it's fine if you try and follow through with that arrangement, but it isn't necessary and there probably is some place better. You don't need an ideal solution right now, you need an improvement. You don't need a perfect place, you need an adequate place. You can move again if you need to, but you shouldn't need to, and you can move again if you want to, just because you would like to at some point. Everything you're getting is exactly right. The best thing I can say to you is, notice right now that your guidance was right. It was completely on target about all of your questions, it was there for you, it understood you, it loved you in exactly the way you needed to be loved. You need your guidance W.; you have perfect, perfect guidance. Nothing else about your life needs to be perfect while that is. It needs to be better; it needs to be good enough. Trust what wisdom you have. It really is all you need.

*Q: I'm starting a new career and it feels like it's going really slowly and I wonder if there's anything that I could know or do or tend to that would support that developing.*

Does it feel to you like it's going slowly to you personally or just financially?

*Financially, definitely yes; personally, I'm not sure. ...I feel like I've put a lot into it but I'm not seeing a lot of response yet—...I'm not sure if that's what you mean by personally.*

I mean do your days feel too slow, not filled?

*Some of them. Maybe half of them.*

There's not much you can do here and now to increase your work. You're in a difficult situation. There is a bit too much of what you do out there; many people are slow. I would caution you against taking this personally; it is not the case that when you are doing everything you should do for yourself and for your work that abundance just comes magically from near and far. We like to believe that that is how manifestation works, but that is not at all how it works. You do not need to believe in yourself more, to support your intention more thoroughly; you do not need more courage or more perseverance or more self-exposure. It's just slow; it is the nature of your work. It might be easier elsewhere, but that is how it is here. The only thing you can do for yourself is enjoy what you do when you do it, and learn what you can as you start this process. But do it for the fun of learning, and do not be tempted to believe that something is wrong with you or with your approach just because it seems that there is not quite enough money. That is not a sign of success or failure. Money is not relevant in that way. You will have enough money and, in time, you will have enough work. But you will have to be patient. In the meantime, enjoy what you do and enjoy the spaciousness in your days while you have it.

*Q: ...I can't decide on just one question in particular so I was wondering if you could just give me an overall opinion about how things are going.*

Ask two questions and I'll pick the one that needs answering the most.

*My first question probably would be...if my path with L. and C. is complete and if I can totally sever that issue with them; my second question would be, why do I have a resistance to another path that has opened up for me in midwifery....I start to get involved in that path and then I run away.*

Your path with L. and C. is over. You run away when you do because there are certain kinds of risks that you don't yet think are worth it. For the moment these risks involve exposure—not the exposure of the person you wish you were, the person you have tried to become, but the exposure of a person still lurking deep inside you who is not as palatable to others and certainly not as palatable to yourself as the images you prefer. If you risk in the way which is right for you, you will be seen in some of your brokenness, seen in defeat, potentially, seen in weakness. And even if these things do not come to pass, they could, and you know that they could, and so you turn away before there is ever a chance that they will. But you are broken and you cannot hide it forever. You will be seen one day; one day, everyone will know, and you will have to stand there as you have avoided for so long, wearing like your very clothing the fact that you are frail, that you are naked, and that you have failed. Everyone is seen as this, finally, and we must risk, every single day, that today will be the day of our great humiliation, that everyone, this very day, will see that we are human, that we have never measured up, that we arrived here broken and seem only to break some more. This humiliation becomes possible if you risk some more, but it is the most worthwhile risk you can possibly take. It is the best thing you could ever do for yourself.

*Q: I have a plan to leave my house after the holidays...and I just feel like I really need my independence now and...I just want to know if that seems right to you or if I'm pointing at the wrong solution to get that, and also, part of that leaving is based off of a plan of me going back into this training program I was in before I got married, and I just feel really like I want to have the occupation that the end result produces with that program but I just never finish anything I start, and I have a lot of hopelessness around it because I hate going to school and I...always give up when something gets too hard....*

What is the training program for?

*To be an interpreter for deaf people through American Sign Language.*

Does the job sound interesting to you?

*Yeah.*

And how long will you have to train for it?

*Only the winter term and then the spring term and then the next fall through spring, so a little less than a year and a half all together.*

It is absolutely right that you leave and seek your own independence; you need it now more than you ever have. And to support this, to really take care of yourself, you will need an occupation, something you can rely on, something which you enjoy enough to do it full-time. It is a small sacrifice to have to remain in school for that period of time in order to gain so much. When you are tempted to quit, when you want to give up and you feel hopeless, remember that you are doing this not for a job but so that you can have the means of your own independence, so that you will never have to be again beholden to someone else's whims or priorities, so that you can take care of yourself exactly how you need to in exactly the ways that are right for you. You are buying yourself your freedom with this program. It is a low price for freedom. You have to do this some time, M.; it has been coming for a while. Now is a very good time. You will be really glad that you did. And I would tell you, too, that your hopelessness, when you feel it, is rarely related to your activities or your life. There is an experience in you of hopelessness which pervades your circumstances no matter what they are and which has nothing to do with those circumstances. If you can remember this you can remember that the problem of hopelessness must be tracked on its own; it must be dealt with as its own kind of beast and not misidentified as a problem of circumstances. Your hopelessness is a wholly internal problem, and one which your independence will aid you in conquering. You need more space and less entanglement. You need more focus on yourself. You can buy yourself these with a simple training program. It is really more than worth it.

*Q: I have been taking something for granted that I thought was so simple and it's the concept of gratitude, and when I started really focusing on it I realized I don't know much about it and I wondered if you could enlighten me.*

Gratitude is the spontaneous feeling we have that nothing ever needed to be forgiven, that we called things "wrong" but we really only misunderstood them. And so then there's nothing left to feel but the natural inclination towards thanksgiving for everything that we have and see and understand, for everything that is a part of us and everything that is not. Gratitude is the most natural experience a person can have. It is to be fully relaxed, fully at rest, and from there notice that the world in every aspect is given in love and that we need none of it but are given it all.

anyway, and that the only sane way to feel towards everything which is given is loving and grateful. Gratitude is what people feel when they get to the very heart of almost any emotion; any true loss gives way to gratitude, shame becomes gratitude, and dying, very often, if it is peaceful, becomes an experience of gratitude when all else has been said and done. There is nothing more natural to say than thank you. It is not something we should ever have to muster; it is something that comes when the heart is open and the mind is clear. And so often the feeling we call joy really is gratitude; in the experience we call happiness is a deep kind of thanksgiving. You'll never need to look for it, but I know that you have it very often. And you never need to understand it, but know that it is yours essentially; know that it is the most basic part of being human, when all the fear is gone, and that God is right on the other side of that doorstep we call gratitude, past forgiveness, past misunderstanding. God, even, says thank you all the time; if you listen very quietly you will hear it and you will know.

**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](http://www.soundofrain.org).