



# *The Sound of Rain*

*Supporting the work of Emily Carson*

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## **Life**

Transcribed from a sitting with Emily Carson, January 31, 2010

Life flies out of your being like a song which cannot contain itself. Life glows from you, a flame deep within you, radiating through your speech, your actions and your silence. Life evolves out of the single life which is yours, grows through you, becomes itself because of you. Life leaps from your being; it must live itself, and you are its vehicle, you its keeper and its maker. You are to life both mother and child, birthing it and nurtured by it, living it and being consumed in it. Life tolls from the bell that is your being, announcing itself, renewing itself. The peals of your laughter are the sound that life makes, as well your agony, your terror and your pain. Life becomes itself through you and all you need do to ensure that this happens is to be. Be yourself as you are. Be your sorrow, whenever it finds you, and your gladness when that is present. Be the speech that makes you free, the openness which makes you joyful. Be your intelligence and your ignorance both. But be here, present and alive, so that life might bear itself out of the womb of your isness, so that it might sing as it wishes to, so that it might grow as it must. Live hand in hand with the life that is your substance, your breath, your essence. Move as if moved by it, as if the will that resides in your smallness had been extinguished and replaced by the movement that is life's. There is no better way to love this world than to bear life properly, to let it sing from within you, to let it toll as your own. Nothing could be simpler or more lovely. It is what has always been intended. It is what is waiting to happen. It is what you are for. Allow life its expression. Allow life its joy.

## Questions and Answers

Q: *[My question is about] trusting what is true, for me.*

What is true for you that you are having trouble trusting?

Q: *...The abundance of life, of allowing everything to come in abundance and trusting that I deserve it...*

Do you find that everything comes in abundance? Is that your experience?

No. *I guess as I whittle down the question, I get more confused by what the question really is. I...have trouble deserving, feeling deserving.*

The first thing I will say is that, no matter whether or not you believe in your deserving, you still may not be handed the abundance you want or even everything you think you need. How does that sit with you when I say that?

*It's not new to me.*

What this means is that, even if you change your mind, even if you can come to a position inside yourself where you believe that you deserve all the things you do not have, you still may not have them. These things are not related, deserving and acquiring; they do not marry, they do not match. I would say for you that the most important thing you can do is to forgive yourself whatever you think your faults and failures are, whatever you believe your transgressions to be, and your limitations. It is nearly impossible to convince ourselves of deserving. But it is possible and absolutely necessary to teach ourselves that we are as we are, flawed and struggling, and that this condition is not only acceptable, it is perfect. There is no reason to be here, in this body, on this plane of existence, if you are not struggling and flawed. And so, rather than tell yourself, "I am not all those ugly things my mind says I am," instead tell yourself, "Maybe I *am* those things—and it doesn't matter. I am no less because of my failings; I am not diminished, not by my ignorance or my weakness or my sins." We are all flawed and it doesn't matter. There is no such thing as an undeserving person; if there were, we would

all be undeserving. Work for what you need for yourself out of love and self-care and an absolute forgiveness. You are as you are, and that is perfect.

*Q: So I've been struggling quite a bit...with my work, and I'm considering changing directions a little bit and going more into research, and I'm not really getting a clear answer that that direction's really going to help or serve me.*

Will it enable you to work less?

*That's what I'm hoping.*

But you don't know for sure?

*I really don't.*

Do you enjoy your work with patients?

*Some of it...I really enjoy.*

And so why would you give up work that you do enjoy for something that is uncertain?

*I'm not really enjoying the stress and responsibility that comes with my work, and I'm not really getting paid enough to work the amount of hours that I'm working.*

A better solution to your predicament is simply to charge more money. It does not serve you to stop working with people, though if you can supplement your income without working more hours that is fine. You should charge enough for the hours you work. It is a better solution financially but it is also just better for you, better for you psychologically, a better internal position to adopt.

*Q: ...I guess I'm just wondering what you get to tell me right now about my process and about what you said last night.*

It does not make the slightest bit of difference right now whether or not you feel you can openly receive from other people. This limitation in your heart only really matters right now in relation to your own guidance. It simply does not matter whether or not you trust anyone else; it matters that you trust that. It doesn't matter whether or not you surrender or not to anyone else, but it matters a great deal whether you surrender to that. And so do not focus on this as a kind of general inhibition in your heart, only focus on it in relation to your own guidance. And then I suggest addressing it only when you sit, only when you are making an explicit attempt to connect to your guidance. Your guidance will help you with your wanting. It will help you to connect with that and with where to go and what to do to pursue the things you want. You need your guidance's help—you can't do it alone. Let your guidance be the aid it could be. It only wants to help you.

*Q: I would appreciate some guidance about the current state of my life. I have a lot of anxiety around how I'm going to get through some schooling and my work situation and pull it all off, and if it's the right thing to do, and if so, how to trust that I can actually make it, because it's extremely taxing.*

The pulse of life inside you which pushed you in this direction in the first place can and must sustain you through this difficult period. But you must call on it, you must resurrect it frequently in order to stay motivated and inspired and also grounded. There is a reason you are doing all this, and it cannot be numbers on a spreadsheet or ideas you have about some purpose you are supposed to accomplish. Those things are outside of you and they are irrelevant. But the spark inside you that burst into a flame and so made you move in the direction you are now headed is a kind of divine spark—divine in the sense that it is really you, expressing yourself truly, authentically. That spark is what matters. It matters that you follow it, that you manifest according to its dictates, that you grow as it would have you grow. Do not worry about the end result. It doesn't matter so much that your life look a certain way or that you achieve some list of requisite accomplishments. It matters that you live true to your own spark, even though sometimes that is exhausting and difficult. But you must call on it often to keep yourself afloat; you must ask of yourself, "Where is that pulse of life that sent me here? Where is that fire in my being that requires that I burn like this for a time?" Call on it for strength and also call on it just to remember, just to see things in a broader perspective. You absolutely can do what you have set out to do; there is no question of that. And you will. But try to remember along the way why you're doing all of this and who it serves, and pay homage to that. It is exactly what you need right now, this life you have. And you will pull through just fine.

*Q: I'm actually going through a letting go of a lot of material substance that I've held on[to] for a long time and I'm just wondering if there's something I need to know about how to do that well.*

What exactly are you letting go of?

*Property.*

What kind of property?

*Real property, houses that I've invested my heart in.*

I would say to you, *home isn't there*. And as you let go of these properties, I would suggest that you tell yourself this fact as many times as it takes until you begin to hear it. That is not home. To someone like you who has always needed a safe, warm, sweet place to try and rest, these houses have seemed the perfect things in which to invest your heart. But home is not like that. It is not four walls, however beautiful. It is not cozy furniture and a well-stocked refrigerator. Home is not property. If it were, then it could be lost—and it cannot be lost. You do yourself a great service by letting go of these houses. You give yourself the opportunity to shatter an age-old illusion, one you have treasured, the illusion that home can be owned in a thing, that a signature on a piece of paper somewhere gives you the right to belong. Belonging is what we have because we exist; that is our whole entitlement to it and that is the proof of that entitlement. And home is the whole space we occupy. Everywhere we go is home. Every time we draw breath we are home. You belong here already; you don't need a house to give you that. And you are safe here already. A house cannot give you anything you don't already have. Tell yourself, as you loosen your grip, *this is not home*, and you will free yourself from a very old bondage and a badly mistaken idea.

*Q: I've recently ended a three-year relationship and I'm looking for some guidance in terms of navigating the grief...and also just some reassurance that I'm pointed in the right direction.*

Do you feel sad about losing this person?

*Yes.*

Is sad mostly what you feel?

No.

What do you mostly feel?

*Relief.*

In a situation like this, where grief is really not the overwhelming emotion, I would say, don't spend any time on it at all. You are believing you should feel sad—in fact, sadder than you do feel. But there is no reality to that. What you should feel is what you do feel, and that is, mostly, relief and a kind of lightness and gladness and anticipation about the future. You need to give yourself permission to just be glad that this is over. I do not mean that there will not be moments of nostalgia and pangs of absence, but you needn't imagine that you must process real grief. What you have done for yourself is exactly right; it was the perfect action and you are feeling the inevitable lightness of a perfect action. It was true to you, this decision, and it gives you a great blessing, it gives you a taste of what it's like to do something that is exactly what you want, to express yourself in a way that is perfectly you. And every time you give yourself a taste of that, you want it even more and you become increasingly intolerant of any action that is less than perfect, that is not really you. The direction you are headed in is one in which you express yourself as you are and you give yourself what you want, and that is the perfect direction to be headed in. I would say to you as well, do not prejudge what your life should look like. Measure everything you do and say and pursue by the yardstick of that authenticity that you found in this experience. When it feels like it really belongs to you then have it. When it feels like it fills you up then do it. And when it feels like it should be said then say it. You can be assured, this way, of growing happiness and an ever-increasing sense of your own substance and potential, of your own self.

*Q: I'm struggling to know if I should avail myself to someone who...has inflicted a lot of cruelty into my life that I have just recently learned is going to be dying soon, and...if the most compassionate thing for myself is to do nothing or to move to some sort of action to avail myself to this person?*

What do you feel like doing?

*I'm conflicted. I don't know if I'm projecting some need for closure for myself or if it really would be helpful for this other person.*

Imagine for a moment that no matter what you do, the other person is and will be perfectly fine, that his or her happiness and wellbeing cannot be affected in any way by your action. If you imagine that that is true, what do you want to do purely for yourself?

*I want to take care of me.*

I'm going to leave you with this question to contemplate for yourself, because this is the way to answer your own dilemma. You must continue to imagine that this other person is fine, because in fact they are, and that dying is not a trauma or a tragedy because, in fact, it is not. And also that everything can be healed from because everything can be felt. That is true of your experiences and of the other person's. If all of this is true, what feels like you would want to do just to take care of yourself? What action and what speech feels right to you just because it is yours, just because you feel moved to do it or moved to say it? I want you to spend some time with this quietly, on your own, and you will come to the answer you need.