

“The finest things in a well-lived life are not made of money or charm. They are not constituted of sparkle. They do not always shine.

The finest things in such a life are not made of acts done or stories told. They are not created out of imagination. They are not bought and cannot be sold. Some of these things are made of heartache and some require that you weep enough in order to find them. But others are made just of honesty and require nothing but that things be as they are, and that you know that. And some of these things pity the man trapped in fortune, burdened hopelessly and helplessly by his own wealth and fame. equally, though they will not feel the same to each.

The finest things in life are available to everyone, absolutely equally, though they will not feel the same to each. They are found in a mind swept clean, in an intention set clearly, and in the instant an objection disappears.

The finest things in a well-lived life are not necessarily nameable but you can all have them still, and if you breathe into your pain and open your eyes to all of your flaws you will find what is beautiful here, what is worth having. It is not always serenity that you uncover, but that is the best part—that what you find is so varied, so forever changing and changeable, so intense and then so subtle.

The finest things in life come from that living and not from circumstances, not from history, not from the possibilities and promise of the future.

If you have looked at yourself honestly today then you have uncovered a gem. If you have braved your own experience for even a moment today then you are already rich. These things have immeasurable value. Do not think that you can be any better off than you are when you are honest, feeling, and free.”

From a Sitting with Emily Carson, December 5, 2011, Portland, OR



## Bay Area Sitting with Emily Carson

Friday, February 24, 2012

7:00–8:30pm

355 Roosevelt Way  
San Francisco, CA

Suggested donation \$30 - \$10

### About Sittings with Emily Carson:

In the tradition of a satsang or Buddhist sitting group, a public sitting with Emily Carson is part spiritual teaching, part question and answer, and part gathering in an atmosphere of receptivity, contemplation and a shared longing for truth. Emily receives and relays meditative teachings from a source she simply calls “guidance” and, in response to posed questions, helps each attendee take his or her next essential step toward personal and spiritual transformation. Emily’s teachings sometimes ring of the Buddhist call to renunciation, sometimes the Sufi call to wild abandon, sometimes the Yogic call to know the Self, but are distinguished by their poetic, evocative language. Find out more about Emily’s sittings, meditations, and retreats, as well as her newly-released collection *Something Makes Me Open My Eyes: Meditations on Transcendence*, at [www.soundofrain.org](http://www.soundofrain.org).