



# ***Living A Course in Miracles***

Homework Class on Holy  
Relationship Healing



*With Jennifer Hadley*



## Living A Course in Miracles With Jennifer Hadley

Homework Class on Holy Relationship Healing.....	4
Opening Prayer.....	6
Being Truly Helpful to Your Brothers and Sisters.....	7
"All Things Work Together for Good" .....	9
Giving Without No Expectations .....	11
Practicing Heart Yoga .....	13
Eliminating the Feeling of Vulnerability.....	16
Sending Out Love.....	17
Having Self-Love.....	20
Upcoming Spiritual Events .....	23
Having a True Healing and Sharing the Benefits with Everyone .....	24
Closing Prayer .....	27

Copyright © 2015 by Reverend Jennifer Helen Hadley.  
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Published by JenniferHadley.com. Printed in the United States of America.

For more inspiration to live a life of love,  
visit [JenniferHadley.com](http://JenniferHadley.com).





# Homework Class on Holy Relationship Healing

*July 29, 2016*

Jennifer Okay. Here we go. Happy Friday. Happy Friday!

Well, we're coming to the close of this series. It's been so rich and beautiful, hasn't it? It's so wonderful. I would like to thank everybody who's participated in so many ways. Definitely so grateful for all the Love and support of so many people, it completely and totally takes a village to be able to do this. Yes, it does.

Just getting settled in here, giving people a chance to settle in themselves and get on the line. One of the things that we did today was we sent out an e-mail with information about the various events that are coming up. We've got all kinds of events, retreats, workshops, classes, intensive trainings, all kinds of things coming up. I ask that you please go through that e-mail and see if there's anything that interests you. There's all kind of things in a number of different places.

Earlier today, I was talking with someone in Germany. It looks like I'll be coming to Germany in September and also to Australia in September, also be in the UK in September. I'll say a little bit more about that later. In September, we've got the Sacred Sites Tour.

One of my favorite places in the whole world is Stonehenge. The first time I went there, it recalibrated me. I just have a very, very deep karmic connection to that area between Stonehenge and Salisbury and Woodhenge and all around there and Avesbury. It just feels so great, energetically when I'm there. I just feel so in alignment with the vibration there.

I'm very pleased to be able to do a sightseeing adventure there. It's something that I have dreamed of for a number of years. I finally get to put into manifestation. There are small group of us who are gathering to make this adventure our reality. I know it's going to be a lot of fun. It's going to be



deeply spiritual and nurturing. I invite you to consider joining me for that. My Sacred Site Journey in the UK. It's five days and four nights. It's really going to be absolutely lovely.

I can tell you, you can read about it at the events page at JenniferHadley.com or in the e-mail that was sent out today. Then, also, right following that, I'm doing my *Spiritual Counseling Training Intensive* in the UK. I'd like to share that with you.

Let's see, how are we doing on time? Yeah, I think it's about time I can start the class. I'd like to give everybody a couple of minutes to get in and get settled. I've got some coconut **water here today. I'm on the East Coast. It's** gotten a lot cooler. It's in the 90s quite a bit, and now it's in the 80s today **for which I'm** very, very grateful.

**I'm not a hot-**weather person. I lived in LA 22 years, but I'm not a hot-weather person. One of the nice things about when I was living in Hawaii was, it didn't get that hot very often. It was warm and nice all the time, but it didn't get hot too much. If it did, it just cost a page. We mostly had those trade winds coming in to just cool us off, so the heat wasn't as noticeable. It just doesn't get that hot there which is so nice. I say sometimes that I come from a long line of people who lived in cool places in stone buildings.

I have English heritage and Irish heritage, a lot of European heritage. Yeah, I think it's my Native American heritage that gets me through the hot times. Yeah.

Alright, so let us turn within and begin here. Let's take this pause, this breath.

Welcome to *Living A Course in Miracles*. I'm Jennifer Hadley and it is my joy and pleasure to offer this class with you today. So grateful and so thankful to be able to share these teachings that means so much to me.

When I first started reading the *Course* and studying the *Course* and discovering the *Course*, I had already become *A Course*—I'm going to say *A Course in Miracles* minister, a science of mind minister and practitioner for many years and I had been studying Truth teachings for two decades. When I started to read *A Course in Miracles*, there were so many days when I would be reading it early in the morning and I would start the week with Joy, with gratitude, just weep and weep. Weep and weep with Joy and gratitude.



After like a really loud, ugly cry, as Oprah would say, I would then just go right into this beautiful laughter, just throwing my head back and laughing and laughing and laughing. When I learned in that time was that those great sobs of tears and letting go were, for me, the release of sadness that I had carried my whole life and before this lifetime, that I had carried this great sadness, and the sadness was that I might never reach that point in my life that I was at right in that moment when I was weeping, that I might never come to the place of being able to read the words of my teacher, feel communion with my Higher Holy Spirit Self and my teacher and the angels and the Ascended Masters, the company of heaven, so I was releasing this tremendous sadness that I carried for God knows how long, that I might never get to the point where my mind was really turning to face the light within my own being.

Perhaps you have times when you're reading the *Course* or you're doing your spiritual practice or praying something like that and you just start to weep. Just notice, is it that same release of an ancient sadness that you might never turn the light of your own being that you might not recognize your own divinity. This is the time we're living in now.

### *Opening Prayer*

---

From this place, let us place our hand on our heart and let us pray. So much gratitude, so much gratitude.

So grateful that we can use technology to transcend time and space. So grateful that the teachings of Love are inscribed in our very being in our heart. The spark of light within us can never go out.

So grateful that no matter how heavy the burdens have been, the burdens of self-hatred and self-loathing, self-disgust, the burdens of loneliness and fear and terror, the loneliness of great hurt and betrayal, the burdens of feeling lost and confused alienated, desperate, the great burden of despair and giving up and hopelessness. All of these burdens that we have created, carried, distributed, held, we're letting them go. We're giving the heavy lifting to the Holy Spirit here now.

We're claiming our true identity, our Divine nature. The time is now for us to recognize our divinity and the divinity of all life. We open our hearts. We open our minds to the river of Love that lies within our hearts. We are grateful and thankful to open ourselves to a great healing, an Ascended



Master healing, a miraculous healing. We are calling it forth. We are worthy. We are deserving and we are willing.

We are grateful and thankful to come together for this Holy purpose to remember our divinity and the divinity of all life, to remember our true identity, our true nature is perfect Love. It always has been and it always will be.

We are grateful and thankful to lay all the burdens that we've carried and treasured and cherished and all the burdens that are known and unknown, recognized and unrecognized, felt and not felt. Every mistaken identity, every false belief, every attachment, every aversion, every craving, everything that distracts us from teaching only Love, being only Love, living only Love and being truly helpful. We place it on the Holy Altar Fire of Divine Love and we allow the Holy Spirit to lift the burden. So grateful, so thankful to let it go, to let it be.

We are grateful and thankful to say, "Yes," to awakening, to Atonement, to ascension, to Clarity, to Freedom, to Joy. We are grateful and thankful to stand in the light of our own divinity and to give thanks for every teacher we've ever had, every teacher known or unknown, every teacher whether we rejected them in the past or we accepted them. We're now allowing ourselves to harvest the wisdom and the learning, to give thanks and praise to every teacher known and unknown.

We are grateful and thankful that this moment has come and we are choosing to dedicate ourselves to our perfection and seeing only this in ourselves and our brothers and sisters. We are grateful and thankful to claim a Holy relationship with life, with all beings, no exceptions. We are grateful and thankful to allow ourselves to have this healing.

We share the benefits with everyone because we're One with them. We rejoice to extend Love, to extend Beauty and Truth and Wisdom.

In gratitude, we let it be, and so it is. Amen. Amen, Amen, Amen.

### *Being Truly Helpful to Your Brothers and Sisters*

---

Yes, yes. There was a time when I really wondered how I would ever become a successful minister, just seemed so daunting to me because I did not feel worthy. I had a great desire, but I did not feel worthy. I did not feel capable. Now it is my absolute Joy and pleasure to support other people



who are interested in being a spiritual counselor, teacher, a minister in doing the work that I love to do. There's no competition in God. That's one thing I learned a long time ago. There's just no competition.

One of the great things I get to do is to introduce people to, perhaps, the person who could be the best teacher for them. In *A Course in Miracles*, in the *Teachers Manual*, it talks about how our teachers already been assigned to us. We've already been assigned to our teacher that has already been done. We can't undo that now. Our students are only waiting for us to be willing to learn, ready to learn, available to learn. That is true. I have proven that to myself.

I have dedicated myself. We at The Power of Love Ministry dedicating ourselves to supporting those people who would like to learn and who can be truly helpful in this world. Of course, we can all be truly helpful in this world. It is our purpose according to *A Course in Miracles*.

I like to say thank you to the people that have written to me and said how much they value this topic of being truly helpful.

One of the things that I realize early on was that if I could heal my own mind that I could be a beneficial presence in the world. That amazed me that that was even possible. I decided to go for it and that is my work every day, to be more patient, more kind, more loving, someday more successful than others. Any day that we can practice being more loving is a good day. It is. That's what makes it a good day. Having Holy relationships, having healing in our relationship is such a miraculous thing for us.

*A Course in Miracles* says over and over and over again that our brothers and sisters—*Course in Miracles* only says brothers, very gender specific, Father, brother, son, that's the terminology because the book was written to that Christian audience for the teachings of Jesus.

Any offense that that might bring to anyone, I think we just have to let that go and not let anything obscure the teachings in our mind because, let's face it, the Spirit doesn't have anything to get offended about and is never offended, only the ego is offended. I recognize that and I just said, "Well, I'm just not going to let anything create subterfuge to obscure the teachings of Love in my mind." I was just like, "Okay, you want to call it the father. You want to call it the Sonship. You want to call, let's say, my brother. Okay, fine. That's fine with me. I get what you mean. Let's do this."





*A Course in Miracles* says all throughout, so often, that our brother is our salvation. Other people are our salvation because it's true, forgiving them that we forgive ourselves. *A Course in Miracles* tells us that all forgiveness, that all forgiveness is self-forgiveness because we're One. All forgiveness is self-forgiveness.

Everything that shows up in our life that seems like we could judge it, or we have judged it, and then it's time to forgive it because that's what forgiveness is, practicing nonjudgment, letting the meaning we've made of it go. All the situations that show up in our life are to help us release attachment to the past.

### *"All Things Work Together for Good"*

---

Now that seems crazy, but for instance, as I was preparing my *Course in Miracles* book opened to Chapter 4, Section V, which is called *The Ego-Body Illusion. The Ego-Body Illusion*. It's my Page 65, Paragraph 1.

*"All things work together for good."*

I love that Jesus, over and over again, is unequivocal.

*"All things work together for good. There are no exceptions except in the ego's judgment. The ego exerts maximal vigilance about what it permits into awareness, and this is not the way a balanced mind holds together."*

It says a little bit later, thoughts of God are unacceptable to the ego because they clearly point to the nonexistence of the ego itself. The ego therefore either distorts them or refuses to accept them. It cannot, however, make them as used to be.

*"All things work together for good. There are no exceptions."*

This is particularly helpful in having relationship healing. What I can tell you is, I've had so much amazing experience in my relationships by being vigilant for the healing and to decide to be what I call the fulcrum point of healing in my family, in my life, in my workplace. Saying that you're going to be the fulcrum point of healing means this. The fulcrum point is that leverage point. It means that you by deciding to be that leverage point, that fulcrum point that center point of healing in your family, you will be able to affect amazing change in your family, in your workplace, in your community wherever you go, wherever you are. If you are willing to be in



that Divine Partnership in Spirit and to have no idea that you could fail. Because this is the thing, the light of God cannot fail. The light of God does not fail. It cannot fail.

*"All things work together for good, there are no exceptions."*

Number one, we have to be willing to recognize that there is good encoded to everything if we're willing to find it. If we reject it, if we say no, "This is bad. This is wrong. This should not have happened," then what we're doing is we are, of course, we're aligned with the ego, but we are in a place of arrogance, not humility.

Yesterday, I was talking about humility. Humility is the door opener to spiritual expansion and awakening. Many spiritual students are looking for that place, that secret code, that chant, that practice, that thing that can just unlock the mysteries of God. I remember I used to look for it, too. It's humility. It's being willing to say, "All things work together for my good and no one is better than me, no one is less than me, because I'm One with everyone." Humility is required if we're looking at anything and saying, "This is bad and wrong and it shouldn't have happened," then we're in the place of arrogance, because we're basically saying that Divine Order does not exist, that God has left the building and now we're on our own and we're going to have to take the place of God.

This is what *A Course in Miracles* tells us that all our problems stemmed back to the decision to be the God of our world and not to recognize God the Creator God. To say, "No, I'm in charge. I'm the one who decides whose good and bad, who's right and wrong."

As difficult as it can be to understand that even the slightest judgment or opinion is exactly that acronym for ego, E-G-O, Edging God Out. We're saying that God has left the building. God has deserted us or God's not good enough. God has got it wrong. When we're declaring that God's got it wrong or God has left us on our own, now we're in charge. The very thought that we would be in charge, as much as we might like to when we're identified with the ego, to be the ones who decide—with much as we might like to decide who's good and who's bad, who's right and who's wrong, truthfully in our gut, that is the most terrifying thing in the world.

Actually, *A Course in Miracles* says, the most terrifying thing in the world is that basically God still loves us even though we've done all of this, that we are still the beloved of God, and that we can go home in any second. The



reason why that is the most terrifying thing in the world because it means we have to give up everything we think we made. Everything in this world that we've gone in attachment to and that we treasure, whether it's seeming to hurt us or not. I mean, think about it, how often have you been in a relationship or job or situation that's really not healthy for you? It's really not healthy for you, but you stayed in it anyway. This is a common thing.

What I hope you'll get by listening to this series is that you are profoundly supported. When you choose the path of Love and kindness and compassion and generosity and willingness, you will be lifted and carried. You cannot fail.

### *Giving Without No Expectations*

---

In my life as a spiritual practitioner and teacher, I've met so many people who yearned to have a successful spiritual career, to be counselor or a teacher or a minister or a coach or any kind of healing presence in this world, teacher, even just a parent or grandparent, a really great parent or grandparent. I meet so many people who have such a deep yearning to be successful in the spiritual world, have a spiritual profession. They fear failure.

But the truth is, I know this to be so if you really are offering, offering, offering to be truly helpful in every moment and you're following Divine Insight and Guidance. You cannot fail. You will be successful. You will be supported, led and guided. The only reason that people do fail is because they're giving to get. They're giving of their services. They're giving of their time and energy. They're giving of their attention to get something in return, to get money, to get accolades, to get attention, to get validation, to distract themselves from their own suffering or some reason like that. This is one of the key things in our relationships that destroys the sense of Love and trust and beauty in our relationships.

When we're giving in any relationship, in order to get something in return, then what happens is, we are being codependent. We are being manipulative. The generosity of Spirit, the Love is not there because Love gives of itself because that's the nature of Love. Now, remember, we are Love. That's our true nature. But when we're identified with the ego—remember, the ego will see lack and limitation in everything. That's all that



the ego sees. Everything that the ego sees, it sees with lack and limitation. Whenever you have a thought of lack and limitation, you're identified with the ego and you can, as I say, flip the switch.

Flip the switch by Partnering UP with the Higher Holy Spirit Self. You can do it simply by saying, "Holy Spirit, help me now. Jesus, help me now. Angels, help me now. Help me to remember my true identity and to live from that space of perfect generosity and giving-ness."

The ego is always saying to get something. The ego is always manipulative. It's always codependent, but the Spirit never is.

Giving to get in our relationships, we see it on all kinds of levels of relationship and it really degrades the relationship to just being a based-ego relationship. It was just what the special relationship is which is what I was talking about yesterday. The special relationship is always going to be manipulative, always about giving to get.

I'm going to invite you to just turn within now for a moment and to think of any place in your life where you don't feel appreciated. Think of any place in your life where you don't feel appreciated. Wherever you don't feel appreciated, you're actually giving to get, and you may not even realize it.

But any place where you're not feeling appreciated, that can shift, and you can start to give from your heart with no expectation, without needing anything in return. Love is generous and patient and kind. It's not boastful. **It doesn't brag. That's what it says in the Bible. Love is patient, generous and kind.** That's really our true nature. That's why it feels so good to be patient, generous and kind, especially when it just flows.

One of the keys to living a truly prosperous and abundant life is to really recognize what *A Course in Miracles* says is, "To have, give all to all."

In the class with Lisa Natoli, we we're talking about tithing as practice of giving. But if we're tithing in order to get something back, that's just another form of ego manipulation. Tithing is giving because you've already received and you're grateful and now you're sharing from the overflow. Tithing is usually a practice of wherever you are spiritually said from, you give back to it. It's like keep that pump primed, supporting that which is supporting you.



## *Practicing Heart Yoga*

---

It's the same thing in our relationships. We're not giving to get. We've already been giving and we have this overflow. But if you don't feel you can give from an overflow and giving frightens you because you're so identified with lack and limitation, then start with something that doesn't frighten you.

For instance, in relationship, sometimes what happens is, people feel like they've been hurt. They feel like they've been hurt and now they want to shut down and close their heart in order to keep it safe, but that doesn't keep things safe. It just doesn't. When we are in that space, because I definitely used to live in that space of feeling like, "Oh, I just can't—I can't go there. I need to protect myself. I need to have a wall up around me. I really—I can't be that open. I can't be authentic. I can't be transparent because I feel ugly and icky inside and I felt so hurt," I was very much with a wall around me and not wanting to be openhearted because it just felt too, too, too scary.

That's a very common thing among spiritual students. They're attracted to spirituality. They're attracted to loving spiritual community. They're attracted to having loving, spiritual friends. But because like attracts like, if they're coming from that place of being afraid and coming from the place of thinking that being openhearted and loving will get them hurt. They're going to attract people who are of a similar mindset. They're going to attract experiences that reflect where they are, not where they'd like to be.

If you are feeling that restriction in your heart and you see it operating in your relationships or your lack of loving relationships, truthfully, the pathway out of that kind of suffering in lack and limitation is to open your heart more fully and more completely and I've proven this to myself. The more openhearted I am, the less possibility of me being hurt.

One way you can think about it is like heart yoga. Heart yoga is the expressions of Love and compassion and kindness and generosity, patience that are helping you to be more flexible and more strong, more willing and more grateful. In that heart yoga, what you're doing is you're keeping your heart flexible by being compassionate, kind, patient and generous.



Now, think about someone who doesn't exercise and doesn't stretch and who has been living that way for a long time. What happens is their muscles get very tight, very, very tight. Right?

For instance, right now, I'm sitting Indian style, cross legged which is my favorite way to sit. That's the most comfortable way to sit for me. But there have been many places where I go and I see that people can't sit that way because their body is not flexible enough to do that and, of course, there are people who are way more flexible than I am, way more flexible than I am.

That flexibility of the heart, we can see that the reflections about flexibility just in the way people move, the way they hold their bodies, and how they can bend, can you easily reach that and touch your toes, do you need to bend your knees, do you need to squat to touch your toes, that kind of thing.

I know when I first started doing yoga, I was amazed how quickly I could really have a huge difference in my level of flexibility. I didn't start doing yoga probably until late 30s, early 40s and I have lot of tightness. I used to be a runner, work out with weights and things like that. I'd really lost a lot of flexibility just because of the kinds of exercises I was choosing and not doing enough stretching and things like that.

The same is true for us in our heart. If you think of someone who hasn't been very flexible in their body and very limited in their movement, well, if they have a situation where they are suddenly going to need to lift the greater weight or stretch further or something like that. They can get injured, right? Pull a muscle or something like that. It's the same thing with our heart. We can go into a situation where we don't have the flexibility in our heart to stand Love and compassion and kindness and generosity. Because our heart is not flexible, we seem to get hurt. But the hurt really comes from the meaning we're making of it, because we're not flexible.

We can begin to do a heart yoga and that's what I began to do is to look for opportunities to trade my judgments for patience, to trade my judgments for kindness, to trade my judgments for willingness, for generosity. Just to look for a few opportunities every day, so when I first started practicing this, I would go into judgment. I would start to complain in my mind. Then I would start to feel uncomfortable and irritated and frustrated, annoyed, agitated, anxious, any kind of upset like that. It could be feeling hurt or sad, taking offense, any of those. It doesn't really matter. Any kind of upset will



tell you that you're in judgment. That's why I call it the Divine alarm clock going off to let us know, "Oop! We've traveled into total identification with the ego and now we're suffering." Any kind of an upset is that total identification with the ego that leads to our suffering because the ego identification is always wanting of lack and limitation.

If you're feeling any kind of constriction in your life is because you're identified with the ego and you can change that identification pretty quickly if you're willing by just moving to gratitude, how can I extend Love, how can I be a little bit more patient, a little bit more kind, a little bit more generous, a little bit more compassionate, just increasing your flexibility a little bit more each day. It's not the Olympics. Just a little bit more each day goes a long, long way.

Remember, one of the things that I've been doing for many years now is I teach my *Finding Freedom Spiritual Boot Camp Class*. It's really a practical application of *A Course in Miracles* all day every day in these kinds of ways. To build that flexibility, to build that openheartedness, to build the spiritual practice that really works where you start to see that transformation in your life, transformation in your mind, transformation in your body, transformation in your relationships, transformation in your workplace, your career, your finances. Wherever there is constriction, a dedicated spiritual practice that is one that you can take with you throughout the day, so that you're changing your mind all day long. That's the thing that really transforms your life quickly.

Not only that, but it's amazing how you don't slide back and that's what I love about *A Course in Miracles* and this work that we're doing, is that practicing these tools and tips, you don't slide back, because you start to just naturally experience miraculous shifts and changes that feels so good. You just don't ever want to go back. You know you don't have to. Remember, the light of God can never fail. That's what we are. We are the light.

In our relationships, we can do this heart yoga of practicing patience and kindness, generosity, willingness, compassion. While we're dedicating ourselves to practicing those expressions of Love, because we can't do two opposite things at the same time, we naturally start to release our attachment to the judgments that cause our suffering.



## *Eliminating the Feeling of Vulnerability*

---

When we are not practicing judgment as much and letting the judgments go, moving into compassion, patience, generosity, kindness, then what happens is we are making our mind what *A Course in Miracles* calls, “miracle-minded.”

All miracles begin in the mind, and then because we've changed our mind, they express in form. Giving to get is what the ego does. What the Spirit does is it extends Love. This is what *A Course in Miracles* tells us that when we're identified with the Spirit, then we're extending Love. We don't have to give to get. We've already been given. This is what it means when it says when Jesus said, "Seek first the Kingdom," which is within, "and all else will be added unto you."

*A Course in Miracles* says that the body is the temple and the heart space is the altar. It says, "Take care of the temple, but don't lose sight of the altar." It says that there are so many things or so many riches of all kinds that you can have if you take all your false idols off of the altar.

In special relationship, where we are idolizing, it could be our dog. It could be another person. It could be our job. When our altar, our heart space is treasuring idols rather than Love itself, rather than our relationship with God, rather than our connection with Spirit, then those false idols are literally blocking the flow of Abundance, Prosperity, wholeness, healing, happiness, harmony, Joy, creativity, Wisdom, Freedom.

What's happening then, there's no heart-ill that happening, so we're getting into that place of being constricted. The more constricted we are the more vulnerable we are.

One of the things that *Course* says here is—oops, I just had it. Where did it go? Oh, boy. Here it is.

*"God is praised whenever any mind learns to be wholly helpful." Completely helpful. "This is impossible without being wholly harmless..." W-H-O-L-L-Y harmless "...because the two beliefs must coexist. The truly helpful are invulnerable, because they are not protecting their egos and so nothing can hurt them.*

*"God is praised whenever any mind learns to be wholly helpful. This is impossible without being wholly harmless because the two beliefs must coexist."*





In order to be wholly helpful, we have to be wholly harmless. In order to be completely helpful, truly helpful, we have to be truly or completely harmless. To be harmless means to have no judgments, no attack thoughts. That's what makes us invulnerable. All vulnerability comes from our attack thoughts. It does not matter who we're attacking, someone else or ourselves.

My life and the life of people who are in class with me, because I heard their story so much, what we all see when we're practicing this is that when we give up the attack thoughts in our mind, then we are no longer being attacked. We don't feel vulnerable.

This is why I say the attacker always feels attacked. The judger always feels judged. The lover always feels beloved. If you in your relationships feel insecure, it might seem hard to believe, but it's 100% because of your attack thoughts.

Practicing the heart yoga of extending Love, compassion, patients, generosity and kindness will eliminate that feeling of vulnerability because in truth, we are not vulnerable. We're the living loving presence of God, how can we possibly be vulnerable? It's just not even possible. We're eternal. We're one with God eternally. The body seems to be quite vulnerable, but even the body is not vulnerable if the Spirit is strong. These things are hard to believe.

### *Sending Out Love*

---

In Chapter 2 which is one of my favorite part of the entire text. There's one of the most important sections I think in the entire *Course in Miracles* is entitled *Fear and Conflict*. It starts on page 28.

It says in there—it says that—where is it here?

It says, "*It's hard to recognize that thought and belief combine into a power surge that can literally move mountains.*"

This is Paragraph 9 of the Section VI, *Fear and Conflict*, in Chapter 2.

It says, "*It is hard to recognize that thought and belief combine into a power surge that can literally move mountains.*"

It says, "There are no idle thoughts." I-D-L-E. "All thinking produces form at some level." It's says in there in the *Fear and Conflict* Section that, "All of



the fear that we experienced, all of it is a result of judging.” All of it. All fear is the result of judgment because if we're sending attack thoughts and that's what judgment is out into the world, thinking that, "Oh, I can have these private thoughts, no one will know, and I can judge and attack my loved ones, my co-workers, my neighbors and they'll never know." We're completely deceiving ourselves. They will always know whether they can articulate it or not, but they always know. There's just no way they have a private thought when we all share the One mind.

This is one of the things that people—this is the hardest thing, as near as I can tell, for all human beings that I've ever met is to just not judge. This is the hardest thing. I know so many personally from my classes. Remember, I've had so many people in classes with me who would tell me the stories of their personal miracles that the healing comes when they are finally willing to see these judgments are not helpful to me. They're destroying my possibility for Love and happiness.

Over and over again, people who had very difficult relationships, particularly people who are in marriages where they actually despise their spouse or they feel disgusted by their spouse. Again and again and again, I've seen those marriages transform. Sometimes they transform in ways that are so beautiful and miraculous, it's like a fairytale, seriously. But it starts with One person in the relationship, making that commitment to heal their mind of all their attack thoughts.

Now, one of the most important things to understand about this is doing this practice does not cost you anything. You don't need anyone's coaching to do it. You don't need any special equipment to do it. You don't need any help to do it. You can get plenty of help from the invisible, of course. It just requires your willingness.

Now the thing is for most people, it is very, very challenging. In fact, more challenging than anything I know of to stay the *Course* because the ego is so tempting and the ego is so familiar, like I was saying yesterday in the difference between special and Holy relationship and how to call forth a Holy relationship.

What Jesus says to us in the *Course* is, most people, most people find it so challenging that they give up. That's literally what He says in that section. I'm just going back to it here in the healed relationship.



He says, *"The temptation of the ego becomes extremely intense with this shift in goals."*

Many relationships have been broken off at this point in the pursuit of the old goal, the ego goal, reestablish in another relationship.

He says, *"Don't give up, have faith. Have faith in God showing up in your partner and in yourself."*

Of course, this works with your children, works with your parents, works with your neighbor and your coworker, because it's all the same. It doesn't matter, the type of relationship.

Most people who really struggle with this, they have the belief that Love is conditional. They think that these things mean Love, but they don't. Love is our nature. Love is the ground of our being. Love is our essence. We can express Love or we can express fear. Love is never coercive. It's never manipulative.

If we're trying to do things, if we're doing things to make people happy, if we're doing things, so that people will like us, if we're doing things, so that people will treat us well, if we're doing things, so that people can stay with us and not abandon us. If we're doing anything like that, we are coming from the place of, "They don't like me. They don't need me. They don't want me. If I don't do these things, they will reject me. They will abandon me. I have to do these things to manipulate them, to stay with me, to love me, to like me, to appreciate me, to give me money, to be kind to me, to recognize me, to validate me, so that I'm not alone and desperate." Otherwise, **without them, I'm just going to feel lost. That's the special relationship. It provides the illusion of shelter from the storm.**

When we're in that codependent behavior of, "I'll do for you these things. I'll give you these things if you give me that," we're manipulating. We're trying to win somebody's attention and affection through manipulation and coercion. Since doing that is always an affirmation that otherwise we're unworthy. That is our belief. We're coming from a sense of deep unworthiness.

Whatever comes back to us, it has to reflect the nature of what we sent out. It's like a boomerang. It's going to come back to us with accumulated interest, increased energy, just exactly what Patricia was talking about the other day.



If we're sending out Love, patience, kindness, compassion, generosity, it's going to come back magnified and multiplied. If we're sending out irritation, frustration, manipulation, it's going to come back to us magnified. We decide what we're investing in.

Now, the really, really, really good news about God is that, fortunately, if we're sending out Love, it's going to be magnified and multiplied so much more than our negativity. Every choice for that heart yoga of kindness and compassion and generosity and willingness and patience is going to be magnified so much more than we send out that's judgmental and snarky and irritable and blaming and shaming and jealousy and all of that.

If we can just find a few places every day that we are increasing our kindness, generosity, patience, willingness, we are going to experience over the arc of just a few months, an amazing shift in our life.

### *Having Self-Love*

---

That's exactly what my *Finding Freedom Spiritual Boot Camp for Living A Course in Miracles* is all about is doing it together, making the commitment, holding each other's hands and step by step, moment by moment, just following the tools, tips and practices that I give you, so that you don't have a place where you just give up.

You might give up right now. You feel exhausted and you're like, "Oh, I'm just going to go into self-medication now. I can't take this anymore. Oh, I'm just going to have hissy fit." My grandmother was from the south. She would say, "Don't have a hissy fit." You know what, I used to have a hissy fits all the time.

One of the greatest gifts I ever gave myself in this whole life was I began to interrupt that pattern of having an angry attack, because I used to be like a wounded animal that would just attack anybody, anything, just like get everybody away from me, because I felt so vulnerable and so afraid. Now, I have so much more strength upon and it's increasing every day and I'm so grateful for that.

It has been the hardest thing I ever did in my life. It was really hard for me, too, because I didn't have the same kind of community that I now am dedicated to building to do it with at the level that I wanted to do it. A lot of times when I would say to my friends and people, "I just want to forgive



everything," my friends would be like, "Yeah." That's not me. But the more you live a life of Love, it's amazing how friends that used to say that all the time, they don't say that anymore because they're shifting and changing.

One of the things I saw in my family was that the more I became loving, compassion and kind and generous, patient, my whole family and the way they related to each other changed, huge changes in my family, my friendships, in the environments in which I've worked.

I think one of my favorite stories from last year, someone in my yearlong class, my *Masterful Living* Class said that they had been sitting next to this person at work for years, for years, and that that person had always been a complainer, a Grumpy Gus. As she went through the year in *Masterful Living*, and she changed so much not only did things changed with her partner and that things changed with her child and things changed with her body and all these other changes, but the person who sat next to her at work, now no longer a Grumpy Gus, they have fun together. They laugh together. They really enjoy working next to each other.

In talking with her, her relationships improved and I'll just say, "Well, are they doing the spiritual work with you? **No, I'm not doing the spiritual work with you—me.** I ask, "Well, are they reading any of the spiritual books that you're reading?" "No, they're not reading any spiritual books." "Are they listening to any of the spiritual—" "No, they're not doing anything like that at all." I say, "Well, are you teaching them?" "No. No, it's just I changed my mind and they are changing." That's what I saw in my relationships.

The temptation of the ego is always to make it outside of you. They're doing something wrong. They don't respect me. They are the problem.

Now, I remember one time I had a client come to me for counseling. In the counseling session, we came to some agreements about what they desired for their life and the commitments that they wished to make to themselves. They wrote them out in their journal what their commitments were to themselves. Very excited about that, just feel the life changing possibility of it, I'm making these commitments to myself. Today is the day. I'm so excited.

Then, they come back a month later for a counseling session and I say, "So what has been like for you living inside those commitments that you made to yourself a month ago?" They look at me and they say, "What?" I say,



"The commitments that you made. You decided to make to yourself about your life last time you were here?" They say, "Oh. Uh, hmm. I don't remember those." "Look on your journal, go back to the day you were here last, and see if you can find it." They did. They said, "Oh, yeah. I completely forgot about that." I said, "Okay. What's been happening in the last month?" What did they tell me story of? Betrayal after betrayal.

I just said, "Do you see that in a sense you let yourself down? You betrayed yourself. You betrayed your agreement to yourself. Then what's reflected back to you in your life? Betrayal."

We don't keep our agreements with ourselves. What does that mean? We don't feel worthy. We don't love ourselves. We don't honor ourselves. That's self-Love. Honoring our agreements, keeping our agreements. People who love themselves, do not have problems keeping their agreements with themselves.

It's interesting. A lot of times people will say to me things like, "Don't forget to take care of yourself. Hey, don't forget to take care of yourself." I just think, "Yeah, I'm not forgetting that." That is my priority because I am supporting thousands of people in doing their spiritual practice. I have to take care of myself first. That's my top priority. If it weren't my top priority, who would want to listen to me? I wouldn't be walking the talk and living the Love. But people say that to me because it's not their priority, so they're **thinking I'm** like them, that I'm not loving myself and taking care of myself. We all think that people are like us.

Honoring ourselves, honoring our agreements with ourselves, it dramatically changes how people show up in our lives, to honor us, to keep their agreements with us.

Many times when we're really upset that someone betrayed us, that someone did something to undermine us, if we look at it closely, we had clues not to trust their ego. They gave us clues because that's how Spirit works. We're not clueless.

Usually, when we're so angry and hurt and upset that we can't forgive something or someone, it's ourselves that we can't forgive because we had clues and we ignored them. We didn't want to see them. We didn't want to know them, so we ignored them. We betrayed ourselves by not listening to our intuition by not recognizing. We betrayed ourselves by not loving



ourselves, and then like attracts like. We attract people who don't love us either and who don't love themselves.

Anything we're upset with outside of ourselves, there's—if it's upsetting to us, it's because it's reflecting something that's going on inside of us. There are all kinds of things that are happening in the world that are really gnarly looking, really seeming to be mean and hurtful and aggressive and attacking, but even when it happens to us, it won't upset us unless it's a reflection of something unhealed in us.

All the upset that we are carrying and were projecting outwards towards other people, if we could just say, "Oh, this upset is triggering something in my mind, so that it can be healed. I can go to gratitude first and recognize that all things work together for my good. Applying that in my relationship and giving thanks for the awareness that I'm irritated or upset and giving thanks that the trigger has happened, so that this upset, this trigger, this pattern, whatever it is, can be brought to the light and healed." That gratitude changed my life. I know it can change yours. I've seen it with so many people who are willing to practice this.

### *Upcoming Spiritual Events*

---

Here's the practice that—I'm going to give you the practice that works for me. I just want to mention before I do that, that I've mentioned my *Finding Freedom Spiritual Boot Camp* for truly living *A Course in Miracles*, we're starting one in a couple of weeks in August and I'm doing a preview class about that tomorrow and it's called *Stop Blocking the Miracle*. Stop Blocking the Miracle. Three things you can do now to act your miraculous life of Love. I'll be telling you about my *Finding Freedom Boot Camp* if that interests you.

Also, if this self-Love issue is something that's really a challenge for you, as it is for many people, I am doing a weeklong retreat focused on *Self-Love and Extreme Pampering* in Thailand. *Self-Love and Extreme Pampering* in Thailand. It's a weeklong retreat in Thailand because that's a beautiful place. I found a beautiful resort for us to go to.

My retreats are intended to be deeply healing and transformational, so that you go back home feeling forever changed. Also, going back home feeling that you have resources and practical things that you can do and apply and that you feel equip to do it, and you do not feel on your own anymore. I'm



doing this Self-Love retreat in Thailand to entice you, to entice your ego to say, "Yes! Let's do that." To entice your Spirit to say, "Oh, yes! Let's have beautiful healing in a beautiful place with beautiful people." That's one of the things I tried to do with all my events is really have them in a beautiful place to entice you to come and get away and give yourself a gift.

We're going to be practicing this heart yoga in so many events I have coming up this year. The *Spiritual Counseling Training Intensive* is huge heart opener. It's open to anyone. Anyone can come to my *Spiritual Counseling Training Intensive*.

The next one is in England in early September. We got the early bird price expiring very shortly. Then the next one is in Thailand, the week before the Self-Love retreat. I'm sure some people will come to the *Spiritual Counseling Training Intensive* in Thailand, and then stay for this *Self-Love and Extreme Pampering* retreat.

But for those who might not be able to take such a long time off, I've got a *Living A Course in Miracles* retreat in North Carolina, October 7<sup>th</sup> to 10<sup>th</sup>, that's Columbus Day Weekend. Then, I also have a *Forgiveness* retreat the following weekend which is, I think, October 14<sup>th</sup> to 16<sup>th</sup>, something like that. That's also in North Carolina.

If this deep forgiveness issues, the deep wounds are something that you're really struggling with, come and do the deep work. It's amazing how much healing can happen when we come together to do the work together. We give ourselves permission to really have a deep healing. I love that about this work.

### *Having a True Healing and Sharing the Benefits with Everyone*

---

The tool that has worked so well for me, and this is one of the things that I teach in Finding Freedom, is when you feel any kind of irritation or upset, you don't have to know the root cause of it in order to heal it at the level of the root cause.

Remember I said earlier in the series that if you're trying to make sense of something, if you're trying to understand something, if you're trying to figure it out, you are identified with the ego. The ego doesn't understand things. It will only find a way to look at it based on the past which is not true understanding. The ego can only make sense of things based on the





past and what is in the past where there were interpretations and meanings and decisions made that are pure judgment.

The ego is only going to look at your life experiences and try and find the judgments that make the most sense to its sensibility of lack and limitation. You have an experience in a relationship where you feel hurt, it's because you have a fundamental ego belief of not good enough, bad, wrong, stupid, ugly, whatever it is. The ego's only going to find a way to make sense if it's based on those filters of those beliefs that you have and that understanding is not helpful because it's not true understanding, it's not liberating.

Remember, the Truth will set you free. Now, the thing about the Spirit is, the Spirit always knows the Truth and only the Truth. If we're interested in knowing the Truth that sets us free, let's not go to the ego. When we're trying to understand it, when we're trying to analyze it, we're identified with the ego. The ego analyzes what the Spirit knows and understands.

All we have to do is go to the Holy Spirit, go to the Higher Self, the I AM Presence, the company of heaven, the angels and say, "I'm feeling upset by this. I know what that means that I must not be thinking clearly. I'm interested in being at Peace. I'm going to give all the heavy lifting to the Holy Spirit to make sense of this."

The shorthand of that is really, "I'm not interested in the past anymore. I'm not interested in seeing right now in terms of the past. I'm not willing to be upset anymore. I'm giving the heavy lifting to the Holy Spirit. I'm not interested in feeling upset anymore. I'm interested in knowing the Love, the Peace, the **Joy that is my true nature. It's really that. I'm not interested in** the past anymore. I am only interested in the yoga of the heart, more Peace, more Love, more Joy. Holy Spirit, show me the way. Whatever I need to know, make it plain. I am willing. I'm willing to know the Truth that sets me free and I'm willing to share the benefits with everyone because I'm **One with them. Let all minds share the healing that I'm calling forth and** accepting for myself right now. I accept it on behalf of everyone."

This is another way of doing exactly what Patricia was talking about the other day. We can have a healing and share the benefits with everyone. That is being truly helpful.

At the end of Chapter 5 on Page 90, there's a beautiful prayer that you can also use. It says this—regarding this prayer.



*"Say this to yourself as sincerely as you can, remembering that the Holy Spirit will respond fully to your slightest invitation."*

And it says—here's what you say:

*"I must have decided wrongly, because I am not at Peace. I made the decision myself, but I can also decide otherwise. I want to decide otherwise, because I want to be at Peace. I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I will let Him. I choose to let Him, by allowing Him to decide for God for me."*

What's critical about that prayer is this part. *"The Holy Spirit will undo all the consequences of my wrong decision."*

If I made a decision to look at things with judgment and I'm upset, I can only be upset when I'm in judgment. If I'm upset, it means I decided wrongly. It means I'm judging and I can give all the consequences of my judgment to the Holy Spirit for healing and the Holy Spirit will undo all the consequences. You won't believe it until you start doing it.

Holy Spirit, help me now. I'm not interested in seeing the past anymore. I'm interested in the Truth that sets me free. I am here to be a loving presence, to be truly helpful and that's all I'm interested in. Show me, teach me, guide me, I'm willing now. I share the benefits with my healing and my **expansion and my Clarity and my life of Love with everyone because I'm One with them.** Make it so now. I'm allowing my healing now. I celebrate my healing now.

You can literally to anchor it in, celebrate the healing because the healing happens at the level of the mind and then it shows up in form. If it doesn't show up in form for a day, a week, a month, a year, do not doubt the healing has happened.

Because whenever there's doubt, it just means you don't trust yourself. The light of God can never fail and the light of God is what you are. You can be the fulcrum point of healing in your family. You and only you. You are the One. You're the One you've been waiting for. You are the Love of your life and let's say, "Yes," to that together.

**I'm going to speak a word of prayer here in just a moment and I'm just getting to tell you, if this class series has been helpful to you, if you had found it exciting and invigorating, please tell other people that they can**



receive it as well. We're not taking it down. It's going to be available. It's not going anywhere.

You may also really enjoy my *Stop Playing Small Series*. That was another series of classes that we did in the fall of 2015, and that's available for free right now on the events page at [JenniferHadley.com](http://JenniferHadley.com). All the events that I've been talking about are also available at the events page on [JenniferHadley.com](http://JenniferHadley.com).

You can also find there the links to my radio show, my *Course in Miracles* radio show. We've got almost 250 episodes in the archive now. They're all available for free. We're transcribing them now. Those transcripts will be available. Remember, too, that the transcripts for these classes will be available soon.

Every day, I write inspiration and I record a prayer and I offer that for free. It's part of my offering practice. I invite you. You can sign up for that at any point for my daily inspiration. I call it my Spiritual Espresso and my Daily Prayer. You can also get the podcast of my Daily Prayer. That makes it easy for you to receive them. You can get the podcast of my radio show.

You also can get my free *Forgiveness Workshop* called *How to Get Over It* which is free on the home page at [JenniferHadley.com](http://JenniferHadley.com).

If you're interested in my support, my *Finding Freedom Class* is going to be starting soon and you can join that class. It's a paid class and it has a Workbook and it has 50 videos and all kinds of different components to give you. Powerful support to make these changes and to not give up.

## *Closing Prayer*

---

I invite you to place your hand on your heart right now and take this breath of Love and gratitude with me.

So grateful and so thankful. So grateful, so thankful that we are saying, "Yes," to the highest possibility of Love. We are saying, "Yes," to being that fulcrum point of healing in all of our relationships. We're saying, "Yes," to relationship transformation and Holy relationship. We're saying, "Yes," to the light within.

We are grateful and thankful that our healing we share with everyone. We call upon the Higher Holy Spirit Self to do the heavy lifting, to walk with us



and talk with us in each and every moment. So grateful that we're never alone. We're always led and guided. We are willing to listen now.

In gratitude, we allow our healing to be. In gratitude, we know it's done. We accept it as done, and so it is. Amen. Amen, Amen, Amen.

I hope you'll join me tomorrow in the *Stop Blocking the Miracle* Class. That's the last class of the series. I love you. God bless you. Mwah!