



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

**Healing the T(error) Within  
with Jon Mundy**



*With Jennifer Hadley*



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# Healing the T(error) Within

*With Jon Mundy*

*July 19, 2016*

Jennifer Welcome to *Living A Course in Miracles*. This is our 10<sup>th</sup> series of doing these classes. And our topic this time is “Living the Miracle, Being Truly Helpful.” And there has been no better time than this to make a decision for all of us to put our whole attention on being truly helpful in this world and understanding what that means from *A Course in Miracles* perspective. We have one of my favorite *A Course in Miracles* teachers, Jon Mundy with us today. Welcome Jon.

Jon Happy to be with you.

Jennifer Jon’s topic is, “Healing the Terrorist Within.” If you’ve seen the way he’s written it, he’s got “Error” in parenthesis in the word “Terrorist.” So we’re going to get in to that. It’s an ideal topic for the time we’re living in. I’m going to start us off as I always do, with a prayer and a blessing. Then we’ll dive in deeply here.

## *Opening Prayer*

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I invite everyone to turn within and place your hand on your heart. Let’s truly be whole-hearted in this moment for *Living A Course in Miracles*, truly making it our life, our breath, our whole attention to the Holy Spirit. In this moment, we consciously Partner UP with the Higher Holy Spirit Self, our true identity is perfect Love, and we’re claiming that identification. We’re surrendering all false identification, all sense of being lost or separate, any sense of lack and limitation, any sense of not enough or unworthiness, all sense of blame, shame, regret and resentment. We’re allowing it to fall away. We’re giving the heavy lifting to the Holy Spirit.

We’re opening our heart and mind to hear the voice of the Holy Spirit in this class. We’re opening ourselves to be lifted and shifted. We’re opening ourselves to understand our eternal nature. We are grateful and thankful to correct all the errors, to have them be corrected. We are grateful and



thankful to be a healing presence in a fitful world. We truly share the benefits of our healing, our expansion, our awakening with everyone because we're One with them. In gratitude, we allow the healing to be, and so it is. Amen. Amen. Amen. Amen.

Yes!

### *Getting to Know Jon Mundy*

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So Jon Mundy, just so you know if you don't already know, there's a lot to say about Jon Mundy, so I'm going to be very brief here.

Jon has written many favorite books of *A Course in Miracles* students. He knew Helen Schucman personally. He has been working with *A Course in Miracles* for many decades. He is the publisher of *Miracles Magazine*, which is one of the most helpful *A Course in Miracles* publications that I know of. He's also the Executive Director of All Faiths Seminary International in New York City. He has tremendous amount of resources at [miraclemagazine.org](http://miraclemagazine.org). And his most recent book is *Eternal Life and A Course in Miracles*. I hope that we can talk about that some. I think that'll be very interesting to people. I've heard nothing but good things about that book. He's book, *Living A Course in Miracles*, same name as our class here, is truly a gift to the *A Course in Miracles* community. Greatly beloved, it's a wonderful book and I highly recommend it.

There's so many other resources that Jon have. I'm just scratching the surface here, so that we can get into the depths in our class. Welcome again, Jon. Thank you for joining us.

Jon            Sure.

### *The World is Insane*

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Jennifer      So healing the terrorist within, healing the error within. I think one of the most important questions on people's minds right now is we see so much terrorism in the world, so much explosion happening in the world. It's a very volatile time for many people.

For *A Course in Miracles* students, what is the single most helpful thing that we can do in viewing the world and just going through our day in order to bring more peace?



Jon Well, the simplest process which isn't a simple process but it's the main process that we have to engage in is to turn the side from out to in, and to look at the air-that's-in-me. Now the air-that's-in-me happens to be with my projections that I'm throwing out to the world. The condemnation is you know the *A Course in Miracles* says, "The memory of God comes to a quiet mind." Another place that talks about this says "to a peaceful mind." You can't remember God, you can't remember Eternity until you get to this quiet, peaceful place.

Which is why monks and nuns and mystics and others have often just realized that they had to retreat from the world, step aside to it. The world, *A Course in Miracles* says is insane. It's very, very blunt. It says, "*This is an insane world,*" right? So the question, do I want to be part of that insane world and where does insanity stop? You know, where does the war stop? The war stops inside me. It stops inside my mind. It stops with the projection. So I think probably 90% of all the talks that I do—oh, so I'll do it right now.

Let's go right into the first paragraph of Chapter 21. And the first three words in particular, they're also the sentence that appears twice in the *Course*. It's also on Chapter 13.

*"Projection makes perception."*

I know that's kind of a stopper. Whoa! "*Projection makes perception.*" So what in the world am I projecting? You know, am I projecting attack and blame and fault-finding? Am I seeing separation? Am I building walls or I'm building bridges, you know? What is it that's inside me? But it takes a lot of work. It really takes a lot of work to willingness to recognize that I'm insane. I mean, I'm insane insofar as I believe that attack is real and justify that war is real. I mean that war is justified. It's never justified. The *Course* says anger is—the word is never, it is never justified. There's never a time that it would be the right thing. This doesn't mean by the way that if somebody walk up on you on the street and started attacking your body and you wouldn't everything in your power to stop them doing it in defense of yourself.

Jennifer Right.

Jon But, the main problem is in the mind. And it's what the mind sees. There's a saying in Judaism that being insane is like having a "yenta" in your cap. A yenta you may know is a blabber mouth or a gossip monger, right? And



there's a similar, very similar concept interestingly enough in Buddhism, which is called a "shenpa." A shenpa is a little thought that's in the mind. It's kind of an irritant that works away at the mind, that gets caught, that gets stuck that starts like building a case for itself, and then it wants to throw that projection out on to the world.

I'll give you a good example. For several years, well, for 13 years, I was a pastor at a church in New York City. Directly across Carnegie Hall. 57<sup>th</sup> Street and 7<sup>th</sup> Avenue. And I will get there early every time to see to it that the volunteers were doing their jobs. It was actually a recital hall. It was a piano recital hall but on Sunday mornings it was a church, then in the afternoon there'd be piano recitals there.

So I will get there to see to it that everybody was doing what they're supposed to do. And if everything working smoothly, I would leave. I would go across the street, not the Carnegie Hall but the Carnegie Deli. And I would look over my notes for the morning's message.

One day I'm there, it was a u-shaped counter. I noticed that there was a man, and very few people around at that point. The man sitting directly across from me, it was a homeless man. You can tell the homeless folks. One of the reasons in this case you could tell is he was talking out loud to himself, you know? We all talk out loud to ourselves but sometimes homeless folks let it get to the tongue, so it actually comes out verbally until gets spewed out into the world.

Jennifer Yeah.

Jon Very, very interesting. If I get quiet and listen to this guy, I might be able to figure out what he's saying. Wouldn't it be interesting to see what this homeless person is saying? So a little sociological study. Anyhow, I didn't make it all but I got enough to know what was going on. And what he was doing was he was building a case for himself. He was defending himself. I don't know but like this is a speech he's going to give to a juror, to a brother, to a sister or a parent or somebody. He was building the case, right?

Jennifer Uh-hmm.

Jon That what a shenpa is, that's what a yenta, going around building a case against the world, against the outside. It's a defense. *A Course in Miracles* says, "That keeps us from being able to see." You can't see anything if all you



see is your projection, the thing that you're throwing into the world. So I'm working on a new book right now on Mysticism and *A Course in Miracles* because I wrote a book several years ago called "*What is Mysticism?*" And in the new book, I'm comparing some of the insights of the mystics with the *A Course in Miracles*.

Jennifer Nice.

### *The Course Versus Freud*

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Jon Oh, yeah. It's a tremendous amount of fun. Just sort of looking at what do the mystics—what were the mystics saying hundreds of years ago that the *Course* is saying right now? The difference between the *Course* and, well, what they were saying hundreds of years ago, it's really a lot the same, but the *Course* is 21<sup>st</sup> century. It's psychologically very sophisticated. I want—Ken Wapnick—why do you think—if you folks don't know by the way, Ken was the leading spokesman for *A Course in Miracles* from the get-go until he died in December, 2013. But he's still a leading spokesman. He wrote 35 books and he's got so many CDs and everything out there. It's wonderful to listen to.

So, I asked Ken why did we get this book in the latter quarter of the 20<sup>th</sup> century. Why not in the 19<sup>th</sup> century? For one thing, it wouldn't have been understandable in the 19<sup>th</sup> century. It wouldn't have been understandable because of the psychological jargon, Ken said that to me. He said that he wasn't sure why we got it now but it couldn't have happened until after Freud because it wasn't until Freud that we really had a really clear ego psychology. Freud understood this ego thing very, very well. The difference between Freud and the *Course* is that Freud understood it very well and was able to describe in some detail. His daughter Anna Freud went into even more detail in describing ego defense mechanisms. But he understood it very well but the problem is, is that Freud was an atheist. So being an atheist, he didn't see a door to get out. There was no door. He was trapped. He thought everybody was trapped inside this—he just got worst and he died with it. You know, so there was no solution.

The *Course* says now there's a solution, and the solution is that we learn how to see things in a whole different way through the eyes of Christ, the vision of Christ by listening to the guidance of the Holy Spirit, by coming to a peaceful mind. So it's for that reason that *A Course in Miracles* talks about





what it calls “reversal in thinking.” So quite a lot about on reversal. So reversal in thinking just literally means that we stop—firstly, we got to stop the projection. This is one of the similarities with mystics.

### *Of Mystics and Ordinary Individuals*

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Basic difference between a mystic and what I call an ordinary person is that the ordinary individual, which includes you and me and everybody else in the world, that basically we’re projectors. Basically, we’re making up the world. What happens with the mystic is that there’s someone who has learned how, for some reason, to be able to stop making up the world. If you can stop making up the world, then you just see it. You just see it without judgment, without condemnation, without evaluation. You know, there’s a line in the *Course* where it says, the ego analyzes, the Holy Spirit accepts. So it’s just a matter of accepting whatever it is you’re seeing without saying, “Isn’t that awful?” Or you can say, “That’s good.” So, really, it’s just a matter of completely suspending.

There’s a wonderful book by a mystic from the early part of the 20<sup>th</sup> century. The name is Robert Adams, it’s called *On Having No Head*. And he talks about an experience that he had. One day when he was just meditating, and he kind of open his eyes, and he had actually succeeded in stopping thinking. Now that’s incredible. That’s with meditation.

Yeah, really, another word is stop—stop projecting. If not projecting, you see things the way they really are. And the way things are, they’re fine. Everything is okay. God really is in charge. And seeing that God’s in charge, there’s another world which is God’s world or Heaven or Eternity. Different words we could use for that. Then you can see it that way, and when you can see it that way, when you let things be what they are, which is essentially what you’re doing.

### *Seeking Not to Make of Love an Enemy*

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You know my wife, Dolores, is not an active student of *A Course in Miracles*, and before we met completely outside of the *Course*. But by necessity, she had to sit and listen to me talk about it a lot. Her favorite passage on the *Course* is, “Let him be what he is, and seek not to make of Love an enemy.” When



our daughter Sarah, who is now married and just gave us a grandchild two months ago.

Jennifer Oh!

Jon Yeah, it's really fun. For the first time in my life I'm a grandfather.

Jennifer Wow!

Jon Yeah, it is. It's like a whole new adventure. It's going to be fun to go down this—we had people over for the Fourth of July, and I enjoyed walking around with him in my arms. She like Loves it.

Jennifer Yeah.

Jon But coming back to what we're talking about, so when our daughter was a teenager, and we're going through what I call the "terrible teens," it was just kind of a rough time...

Jennifer Uh-hmm.

Jon ...which it is for a lot of parents with a lot of kids. What she got was she says, "Let her be. Let our daughter be. Just let her be. Let her be what she is." That doesn't mean that you don't need correction for certain kinds of things but don't make of Love an enemy. That's the main thing, the Love is going to be there but if they get it. Even if you're correcting, they've got to know that you Love them, alright? If they know that you Love them even with the correction, usually they don't want to heart the correction, that's the main thing and that's the way you'll get through, alright? That was part of the experience that I had.

### *On the Late Great Ken Wapnick*

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Ken was really my major go to guy throughout the whole process of learning the *Course* and studying the *Course*. Sometimes Ken would hit me. Now what I mean by hit me is, he would say something that I've never ever felt as though he was attacking me. I've never felt as though it was an intent to hurt. It was really an attempt to say, "Look, brother, pay attention."

Jennifer Uh-hmm.

Jon When he would do that, I would pay attention because I knew it was going in the right direction.



Jennifer Yeah.

Jon For all of this, one of the first things we have to learn is how to stop not just the attack--I have a chapter in the book *Living A Course in Miracles*. Well, there's a section it said, "*Do not attack and do not defend.*" You don't attack and you don't defend either one. Either one, you know? What I'm talking about here is, again, not defending your body but not defending your silly ego. That's a good place to start. A good place to start is—well, what would you do if someone attacks you, that's verbally talking, though, alright?

Jennifer Uh-hmm.

Jon What you really need to do is rather than defend yourself, just look and listen and ask yourself a very important question which is, "Why is this person saying this?" Are they totally bonkers or they're just completely insane? Or maybe there's something of value here. Maybe I could learn something from this, my boss or my neighbor. Being a good husband, you're like you pay attention to your wife. I mean it's really, really true. They see things that other people don't see.

Jennifer Uh-hmm.

Jon And, they're willing to share with where another person be wouldn't be willing to share with you, right? So you just listen and then you ask yourself a very important question, which is, "Is there anything that I can do to change inside me to make this better?" There probably is. There's probably something you can be a more attentive, pay attention, do your part that you've been neglecting, that sort of thing.

Ken Wapnick had certain basic—when I did the series on *Miracles in Manhattan*, the entire text—I would listen to Ken. There's a commentary on each chapter on audio before I would give my own talk, and it was very, very helpful to do that. I started noticing that there were certain words and phrases that he kept over and over. If you've listen to his tapes very much, he always you'll be seeing that certain things that'd just—sometime I would really like to write something called like basic themes in Ken Wapnick's message, right?

### *Stop, Look and Listen*

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For example, one of the major themes is "look." Look. Remember what we tell kids when you go to our crossroad and getting...

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Jennifer I do.

Jon Look up, where are you going to stop? Then you look. Then you listen. Right?

Jennifer I use it all the time.

Jon Good.

Jennifer Just the way you talked to me about.

Jon You know you need to.

Jennifer Yes, it's essential.

Jon Yeah. Absolutely. You stop, what's going on? Just look. What's really happening here? Is there any—have I done anything wrong or is there—to upset the other person or... Then *A Course in Miracles* says, listen here, and he actually uses this phrase, “*Go the other way.*” Now by going the other way, rather than being defensive, rather than being attacking, I surrender. I just let it go. I Love peace of mind to come to me. I see what I can learn from whatever it is that's going on

That's the whole insanity that we're seeing in the world right now with the guns, the terrorism, that attack upon attack upon attack. It never works. It just exacerbates the situation, and one thing lead to another thing, and the next thing you know there's a bigger mass shooting than the one that happened before, right?

The world is going to continue to work that way in so far the ego is in charge. We should declare the ego is in charge in this world. But that doesn't mean that I have to let the ego be in charge of my mind. That's another major theme for Ken is choice. It's a major theme in the *Course*. We are always at choice every single second, every single moment, every single day. You can stop. Look, think about the choices you have to make here, and these chooses very simple, go for Peace.

A good example would be of insanity you have is road rage when driving a car, right? So somebody wants to cut in front of you. You know what you do is you hit the break and you let them go. You yield or have a yield. It doesn't make—so, you're off a second.

Jennifer Right.

Jon Not a big deal, you know?



- Jennifer Exactly.
- Jon I can keep running like this, so if you want to interrupt me and ask a question or so, you'll have to wait.
- Jennifer No. I think you're great.
- Jon Oh, thanks.
- Jennifer I'm going to—but since you've given me the opportunity, I'm going to point you back to the topic.
- Jon Sure.
- Jennifer Specifically because of the terrorist and the error in the topic. So healing the terrorist within. Because I can own—absolutely I can own that. When I was younger, I was a terrorist. I was a terrorist in my family, sometimes with my friends, sometimes in the workplace, in various relationships. If I didn't get my way because I was so identified with the ego, I learned that I could manage, control and manipulate people by terrorizing them in either subtle or overt ways.
- Jon At that time, did you feel great?
- Jennifer Oh, no. It was horrible. I would always feel like a complete loser. I would feel completely unworthy of Love. There's no other way you can feel ultimately is that you're bad and wrong. It's just evidence of your inability to be kind, to be controlling. I would set an intention to be loving, and then I would be cruel, literally. For me, I'm now extremely grateful for all of that experience because I have so much compassion. I have so much understanding. When I speak about it, people sometimes say, "I can't imagine you being cruel, Jennifer." But I'd say, "You don't have to imagine it but it's a fact. It's a fact that I was. If you feel badly about yourself, just know that you totally can overcome it. You can heal it. It can be transcended with the help of the Holy Spirit. Many people are manipulative, controlling and terrorizing with their family members even though they're spiritual students.
- Jon Sure. Well, that's what takes a lot to stop and to look inside. You've got to look inside you! To see, right, it's kind of about that the whole purpose of the *Course* is to make us go inside. Where does Jesus say the kingdom of Heaven is? Not your body but the mind. So this is about as I said earlier, getting back to mind control or controlling it. Who are we letting run this show? We're letting the ego run the show even when you're angry. You're



crazy because you're letting the ego run the show. There's a whole another way of looking at the world. It's very peaceful, it's very calming, it's very gentle, and people would respond, overly respond to that. It will just ooze out.

Jennifer That's a really good point because if someone is angry and hostile and feeling uncontrollable, in a moment of relative quiet, if they ask themselves, what is it that I really would like? What is it I really like? Would I like to feel good about myself? Would I like to feel peaceful? What is it I really, really like? Can you get there without being loving and kind?

Jon No. You've got to be loving and kind.

Jennifer Yeah. So that can be helpful.

### *Demonstration of Love*

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Jon There's a wonderful story. You may know of Ram Dass told I think in *Be Here Now* being in a—anyhow he tells—but I wonder whether it was his direct experience or he was relating it for somebody else. On a subway in Tokyo, and he sees a drunk man gets on to the train. That guy is really drunk, and he's kind of talking abusively and cursing and stuff like that. At the other end of the train there's a Judo master. The Judo master is thinking about taking this guy down before he hurts somebody, right? But before he gets a chance, an old man goes over and sits down to the drunk, next to the drunk, and starts to just gently rubbing his arm and talking to him. "You must have had a really hard day"? And the guy, the drunk, starts crying and said, "Yeah, I've no home, I have no wife and I have no girl and then nothing..." The next you know he's got his head on the guy's shoulder and he's crying. Totally changed the whole situation by demonstration of Love where the other guy was about to take him, do a Judo thing on him.

Jennifer Yeah.

Jon And knock him out.

Jennifer Being truly helpful. Being truly helpful.

Jon Right. Right. [unintelligible]

Jennifer If in looking at the world with all these various eruptions of violence and terrorism, people have been telling me there had been two common things that people have been saying that not many spiritual teachers are



addressing them, these things. The other thing is that they're really feeling frightened into that feeling that the world is getting worst. Going to hell in a hand basket.

Jon You know, if I could interrupt you, every once in a while I hear people say things like that. I don't think you didn't study history?

Jennifer Yeah. Exactly.

Jon You missed out, you missed out in History. Do you know what was going on 100 years ago right now?

Jennifer Exactly. Yeah.

Jon What? 100—there's a girl right now right now. You're in the middle of First World War. The world was at a war. It started in 1914 and then 1918. So right in the middle of the war. There were terrible things that were going on in this world, you know?

Jennifer Devastating human loss. Never seen before you say it.

Jon Right. Yeah, and you think this is bad. I mean, it's not to say that it is good but actually we've made a lot of progress. It may we have to think we're not making progress, but do you know that women still didn't have the right to vote 100 years ago? I mean that's an insane idea, right?

Jennifer Well—and also I always think of all the people who were put into mental institutions or ostracized for the very beliefs that many times we celebrate and completely accept now.

Jon Yeah. Right. Yeah. Yeah.

Jennifer And there was so much more to say. Yeah, there's a lot of progress.

Jon Right. A lot of progress largely to the right kinds of legislation, and things but just also because we learn. It's a very diverse world. You've got to live in a diverse world. It's okay. We can live with each other. You know, we live in—well, I don't live in, I live outside of but I work in New York City. It's probably the most diverse city in the world. On the whole, people learn how to get along pretty well. New York may have a bad reputation but it's not really. It doesn't deserve what they—everybody is a human being.

Jennifer Yeah.

Jon Yeah, just like every place else, you know?

Jennifer I lived in New York, 10 years, and people got along pretty darn well there.





Jon            They do.

### *Letting Go*

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Jennifer        They really do. They make an effort. It takes all kinds of people. Let me ask you, for people who are looking at the news and watching the news on a regular basis, which is not me, but what I do is I go to CNN periodically on my computer or look at a newspaper periodically. But I don't watch the news. I'm not a news hound. Sometimes I get my news the old-fashioned way, people just tell me about what happened. Sometimes I get my news from Facebook. But for people who are watching the news a lot, because that's a lot of people, and they are looking at the election coverage, they're looking at the terrorism in the world, and they are feeling frightened and upset by it. What can we offer-- as *A Course in Miracles* students, what can we offer to someone perhaps who's not a *Course* student. What solace can we offer? How can we be truly helpful and offer insight in a gentle way?

Jon            You know it's inside us. For example, not long ago, there's a man I would hope that you would meet someday. His name is Dr. Rod Chelberg. He's a medical doctor up in Maine who's in charge of four nursing homes and a hospice center. I just Love this guy. We became friends about five years or six years ago. He prays with his patients. He sees auras. He prays with the patients' families. He does kinds of—he has a way of just—I mean, he walks into the room, it's just like Peace came over to the place. It's just amazing how this happens.

When I went to introduce him, I read a passage from *A Course in Miracles* which was about Peace and understanding. First, you've got to get to this peaceful place like the memory of God comes to the quiet mind. So what Rod does, he meditates every morning, but in addition to meditating every morning, he used to go to church on Sunday mornings but he stopped because he found that he was getting all the people to come to him. "Doc, I got this pain..." He said it was happening so much that he—anyhow, he now meditates for two hours on Sunday morning. For two whole hours during church time, he meditates rather than going out and being with people. Very often, doesn't happen every week, very often on Monday morning, I will open up my email, and there'll be a description of what happened during his meditation, and they're just absolutely a [unintelligible] experiences that he's having.





So when I introduced him in the city, I just talked about he's—and it's true, when you're in his presence, it just automatically feels peaceful. He has a way—a lot of people—he was in charge of an ER room for 15 years before what he's doing now. One of the main things that he wanted to bring to the ER was Peace and quiet. He had this way of just saying, “No, everything is going to be okay. Look, I'm going to take care of you. We got to take some medicine here. We got to sew you up or whatever we're going to do but it's not going to hurt.” It's because it's in him. So because it's in him, as I said earlier, it kinds of exudes out and touches everybody. So he had the most peaceful ER room—ER rooms are far from peaceful but his are more peaceful than usual.

So that's true for our families. We have to be the symbol of Peace inside our families and our jobs and at work. I read an article that said that the best-run companies in America are the ones in which there's a sense of joviality and kidding amongst the employees. And you can imagine the worst-run companies in America is where there's a sense of hostility and anger among the employees, right?

Jennifer Uh-hmm.

Jon But if you take to it, you know what, and there's nobody else you can take, expect somebody else to be there. You've got to be there. And if you're there, the world will come into shape. It's really true if you—and under there's a rather interesting line in the *Course*, I'm sure you know it. The *Course* says, “*Whoever is saner at the time...*” Like say in a couple's argument.

*“Whoever is saner at the time, she really be the one to set the tone of bringing the energy down to the point where it can be soothing and smooth.”*

And you can do it. You just don't feed into it. The ego loves to feed into the insanity. It grabs a hold of it. Like road rage again, you know? Just somebody cut you off and all of a sudden, you attack, you hit your horn, you yell at him or whatever it is you're doing. That's just insane, and that doesn't have to happen.

I was going to New York recently to do a talk. It was on a Sunday to do *Miracles in Manhattan*. I'm in the middle lane. I looked at my rearview mirror and I could see there's a guy coming up on my right very fast. He got so fast and I'm gaining on the guy on the right. I could just tell that he's going to try to do a real quick pull in front of me and the—zoom!



Jennifer Uh-hmm.

Jon So, I could have sped up. If I had sped up, and then I'm in parallel with the car on the right, and he would not have been to turn that. But I thought the best thing to do is let Him do this. So I actually hit my brakes to slow down, so it would be easier for him to get in there and do that quick little "S."

Jennifer Right.

Jon Then go straight right through me. Let it go. Let it go. There's no reason to be offensive, attacking. It worked so far.

Jennifer Be helpful.

Jon Yeah, be helpful.

Jennifer Yeah.

Jon Yeah. Sure. I probably lost a whole second.

[laughing]

Big deal.

### *On Life and Death and Love*

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Jennifer You know, I would Love before we—we still got plenty of time here but I would really Love to take a little bit and talk about your latest book. Yeah, so I wonder if you could tell us a little bit about what inspired you to write that book and what you learned from the writing of it?

Jon Well, there were a couple of things that inspired me. One was I had a pretty profound death experience myself back in 1976. No, not pretty profound, it was very profound.

Jennifer Alright. Yeah.

Jon I thought that I was gone and it was a really horrific experience because I didn't want to let go. I was only 33 at the time. I thought that a horrible mistake had been made in that. I had been accidentally killed. It's not true. I wasn't. I had no mind, thing that 40 years later that I'd had a very powerful psychotropic drug. Very powerful psychotropic drugs which knock up the body so the body became paralyzed but the mind couldn't become paralyzed. So I just... Well, anyhow, I won't elaborate that but it was the most transforming experience of my life other than studying the



*Course*. Then there had been some recent books by Eben Alexander's *Proof of Heaven*, Anita Moorjani's *Dying to be Me*.

Jennifer Uh-hmm.

Jon A lot of really good books lately on near-death experiences. I say the first book that I wrote in 1973. It was called *Learning to Die*. [unintelligible] They actually came to listen to me do a talk on that book in 1973. Sometimes I think if I'd known who was sitting in front, you know? I was like a month away from my 30<sup>th</sup> birthday at that point. Thinking I was pretty cocky in terms of like I knew something—they knew so much more than I did. But thank goodness I didn't know. But they were very kind to me. Actually I was introduced to them afterwards. They were very, very kind. I'm going off point. But the point is now we have all these testimonies now, and then we've got what the *A Course in Miracles* says.

And *A Course in Miracles* actually does have a good-- sometimes it's actually quite literal in talking about what happens before we pass. Probably the most literal passage is Chapter 16, a section called, "Bridge to the Real World," where it talks about transitioning and what it's like to go to the transitioning process and the letting go process. This could be pretty smooth actually if you let it be. It could be frightening but I think one of the things that Dr. Chelberg does is he has a way of calming his patients down so that—Doc came in and he tells a story about this woman with polio who's very, very afraid of dying. He just kept reaching out, "It's all going to be fine. You're just going to go to sleep, and it's going to be very, very peaceful. Then you'll wake up but you just won't be here. You won't be in this body anymore." Of course, I sleep hardest about that.

One of our biggest fears, "the" biggest fear is we're going to die. Well, we all know we're all going to die. I mean nobody goes beyond 100 years or so. But actually what the *Course* is saying it's trying to help us understand what life is. And it says very directly, "Life does not begin with a birth of a body. Life does not end with a death of a body." So if it doesn't start with the birth of one, it doesn't end with the death of one, well then, what is life? Well, one of the things that the *Course* says life is—by the way, every religion in the world says that God is Love. There's no religion that doesn't say that. The *Course* says that, too, but it also says that God is life.

Jennifer Life.



Jon            Alright? Life. God is life, right? And again, life is in the mind and life is of the mind. So if it's in the mind and others—so what happens when the body goes, the body goes but the mind can't go. I think that the first thing that's going to happen to all of us when we're going to die is there's going to be this thought. And the thought is, "We'll I'm still here." I don't mean in the body.

Jennifer      Right.

Jon            But the mind is still here. The mind is still active and it sits in a different place. It's going to go to this transition. Actually in Chapter 16 there it says—it talks about the transition as slow but faster than it is in this world. By that I mean, when we come into this world we come in as babies, right? Just like with our new grandson, just by holding him and looking at him. Now, he's pretty verbal, right? So he's just—the eyes are all over and looking around and slowly, slowly taking in this world. We move from child—from infancy to early childhood where we begin to develop words because words then become the anchors, the concrete, you know, the way we get a hold of the world. Right? Then we get a name and then we're starting to create an identity and relationships with things and how those relationships work, et cetera. But the main thing is just understanding that God is life. The *Course* says you're alive. You've always been alive. You've always been alive. You cannot. It's impossible to die. It's impossible to die because you're a part of God. God can't die, alright?

But it's interesting. There's a medieval mystic who said, "Those who die before they die don't die when they die." So the idea is to die now. Even if you can die now, you don't have to go through the fear of dying. So dying now just means letting go of all your stuff.

Jennifer      Yes.

Jon            Of thinking that, first of all, that you are somebody. I'll tell you in terms of *A Course in Miracles* you're thinking that you're somebody special. The *Course* is really showing us that nobody is special. We're all exactly the same. God has no favorite children. There are no doctors in Heaven, there are no lieutenants, there are no captains, and there are no accreditations. Yeah, there's no superiority or inferiority or anything like that. There's no different colors of skins or anything like that. We come up with this segregation and separating things in the world, which is all just part of the insanity of this world, alright?



So, God is Love and God is life. And the more alive you are, the more in Love you are. The more in Love you are, the more alive you are, so this whole thing is just about being alive and Love. I mean, in Love with everything, you know what the *Course* says.

Jennifer Yes.

Jon Yeah, if you're in Love with everything, it will bring out what happens in a mystical experience. It's the mystic that's in Love with the grass that's growing in the yard, the leaves on the trees. It doesn't make any difference what it is, you're loving it. Which is why probably the highest experience that we think about having in this world is falling in Love. You're probably thinking about romantic Love at the moment but there's a lot—it's so clear that our daughter has so fallen in Love with this baby. It's just wonderful. Wonderful to see the big smiles on her face when she looks at the baby's face.

But I remember the first time I fell in Love with a high school sweetheart. I just tumbled head over heels. It was like nothing—I had no experience like this but I Love my parents. I Love growing up on a farm but this was wholly new. This was a connection that reached—I thought we were One. I really do, I mean I really thought that we were—there was One soul kind of connection thing that was going on there.

The way the *Course* talks about that is in terms of being able to see the innocence in everything we see. If you can see—it's easy on a baby. Very easy to see it with our baby but to be able to see it in everything. Same thing I felt with my wife many, many years later. The thing that pulled me in was I saw the innocence. The innocence of those, you know?

I had the good fortune of teaching inside the Sing Sing Prison and Bedford, that's the largest women's prison. Actually it's the only maximum security prison for women in New York State. Some of my students had done some pretty incredibly horrific things. Like in Sing Sing, you have to have a minimum of three years sentence. So three years to life, alright? We teachers were not to ask our students what their crimes were. We were told in our orientation, "You do not talk." If somebody—if they go on to tell you, that's their business but you don't go asking.

Jennifer Right.



Jon            Alright? So the consequence was that I didn't know my students' crimes, and I got to know some of those incredible people. But it was getting to know them kind of eyeball-to-eyeball like straight across.

Jennifer      Uh-hmm.

Jon            And you could see the innocence and you can see the whole in these guys, and women, that have made this humungous mistakes. But still it was there, and that's the way God sees you and me and everyone else by the way. God doesn't see the sin, that's very clear in the *Course*. God sees the wholeness. What else can God see except wholeness, right? God being whole. This is where the Christian Church in particular got really twisted around, by looking at and finding sin in the world rather than seeing salvation and innocence and wholeness. Well, again I'm running on so...

### *Seeing the Innocence in Ourselves*

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Jennifer      Well, you bring me to a question. How do we see the innocence in ourselves?

Jon            Yes, that's a very good question because that's the big One. You know it may be easier to see it in an animal or a child or your loved one or something than seeing it in yourself. So again, we have to stop. This isn't easy but what we have to do is to forgive ourselves. Sometimes it's a lot easier to forgive somebody else than to forgive yourself or—

Jennifer      Oh, yeah. Absolutely.

Jon            Yeah. Absolutely. But that's what the forgiveness process is. All forgiveness is actually self-forgiveness. What you're forgiving yourself for is you're seeing the problem out there. When you're forgiving yourself, you're seeing your problem in a brother. Now you're forgiving yourself for seeing a problem inside yourself. You've got to bring yourself back to that wholeness.

But it's possible. That's what the whole *Course* is about in the sense that this is our workbook, this is our textbook, and this is a study. You know, it doesn't happen just like that because this reversal in thinking, that has to happen in the mind. It really kind of a slow reversal. You know for people that hang in there with the *Course*, it's not just the *Course*, you can do it through meditation. By hanging there with meditation, right? Or by hanging in at any process. I just wrote a paper on them and *A Course in*



*Miracles*, writing all the similarities. There in the *Course* have a lot in common, especially in terms of stopping the mind. Stopping the insanity of the mind.

Once you can stop, that's for you to get quiet to see if the memory of God comes to you with a quiet mind. We can do that but you've got to deliberately kind of work at it. You've got to deliberately choose. That's why this is *A Course in Miracles*. [unintelligible] workbook. But you can do it, that's the good news. You begin to see as you hang in there.

Here's the way you know you're succeeding in the *Course*. You know you're succeeding in the *Course* when you just Love everything, much more patient than you used to. Something that would have frustrated you or annoyed you, didn't happen. Like somebody cutting you off the road, just didn't happen. You just let things be what they are. As you do the *Course*, you should become—find yourself becoming more and more and more aware. More and more and more aware. So as you become more and more aware, less and less and less likely that you're going to do some hurtful things to yourself, that you'll feel guilty about. It's less likely you're going to get caught in an addiction.

Jennifer It's true.

Jon It's very unlikely you're going to get caught with an obsessive compulsive behavior. All kinds of things are just going to start falling away, including by the way weight. I mean that literally, you know, because you won't be abusing your body in that way.

Jennifer Uh-hmm.

Jon You know, you don't like yourself, getting fat. Coming to an even place with that or more peaceful place. You know, folks are very overweight, not really happy with themselves. But you learn to be more hap—as you get to be more happy with yourself. Then you're not going to need the food to provide that satisfaction. You can get just directly by being more connected to God. That's really an incredibly something to surprise us.

Jennifer You become oriented towards looking for the loving choice and finding that loving choice, and that then only the loving choice feels good anymore.

Jon Exactly.

Jennifer Whether it's caring for your body or caring for someone else or being in traffic like you were talking about, your mind is tuned to the loving choice.





The thing is so when we're starting out with this, it really requires a tremendous amount of willingness. It requires a real—a profound desire to find a better way.

Jon That's right. I'm working on a paper right now for this next that book I'm working on about mysticism and the *Course*. There's a chapter that's called, "The Attraction of Guilt and the Attraction of God."

Jennifer Uh-hmm.

Jon It's interesting because the *Course* actually uses those two phrases quite a bit, "the attraction of guilt," alright? And the attraction of God. So, both of them, think of them there's attraction. It'll be like a magnet. Like a pull. Something is pulling you or guilt has a way of pulling us down. You know, it's like, say, you're with an alcoholic. So the alcoholic drinks because the feeling guilty which makes them guiltier, so they drink some more so that—despite this magnetic pull that's just ruining their lives. It could be other things, alcohols or drugs or overeating again or whatever we did, we're overreacting.

But then it's the mystics. If you study—I'm listening to a series of tapes right now in the history of mysticism, and I just got into a section of a medieval female mystics, and a lot of them they talked about in their poetry like Hadewijch and Juliana Norwich, Therese of Avila and so many of them. It's a Love of God—they are being seduced, looks like.

Jennifer Yes.

Jon Union was the One. Union was the whole. Going back to God. It was not something that's happening anyplace except in our own mind, alright?

Jennifer Uh-hmm.

Jon But then they write just sometimes I'd say erotic found in some kinds of music. Hadewijch also wrote music. And their Love stories but their Love stories to God, to the—

Jennifer Uh-hmm.

Jon Alright? So which way do you want to be pulled? You know you're going to let this ego thing pull you down into inside of the ego, and this other thing will pull you up toward home and back to our God again. Got to make that switch.





Jennifer      Yeah. It's flipping that switch and being willing to realize that when you're identified with the ego, you think that getting your way will make you happy. But everyone, particularly any adult of any real age, they know they had countless number of experiences. When they got their way, but it did not make them happy. Also, being able to realize in those moments when you're trying to get your way or force your way or it doesn't feel peaceful to say, "Okay, let me relax. Let me be guided by the Holy Spirit. It's amazing what a difference it makes.

Jon            Oh, what difference it makes!

Jennifer      ...to a whole different life. You know, Jon, we're just about here at time.

Jon            Okay.

### *More "Mundane" Things*

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Jennifer      And I want to make sure that we include in the class, you're in Colorado, and you've got a number of events coming up right away. Why don't you just mention some of those and anything else that you'd like to share with people about your resources?

Jon            Well, I guess in Forest, Colorado is tomorrow. Wednesday I'll be in Boulder, Yeah, at the Columbine, doing a talk in the evening. Then on Saturday, in Grand Junction for a workshop there. Then in Delta, which is south of Grand Junction. A couple of days after that, in Pueblo. The main thing is right now is just have folks look at the website where the schedule is [miraclesmagazine.org](http://miraclesmagazine.org).

The main thing right now is to have that, the new book, *Eternal Life and A Course in Miracle, Miracles in Manhattan series* which is on YouTube. I'll be in New York City, you can come and sit there and be in the class which is a lot of fun.

Jennifer      Yeah, your next one is September 11<sup>th</sup>?

Jon            September 11, yeah or 9-11.

Jennifer      I want to let people know that at *Living A Course in Miracles*, we have our own Amazon bookstore. So we've got some of Jon's many books there including *Eternal Life and A Course in Miracles* and also *Living A Course in Miracles*. Some of his favorites is—also another recent book is the *Perfect Happiness. Lesson 101: Perfect Happiness* book. So Jon is a great resource.



Also, I think it's important to mention, too, if people are interested in studying to be a minister.

Jon Oh, that's right. Sure. We have an intensive training program. We have three tracks of studying. One of which is the traditional one which is studying and compare the religions. But a few years ago, three or four years ago, we opened up another track specific to *A Course in Miracles* students because they were asking for it and there was this demand. So, we saw through to create this track. And then we have the Rabbinical track which a rabbi runs.

So the classes meet one Sunday or one Saturday afternoon rather, I mean one whole day Saturday. Second Saturday of the month in New York City or all in YouTube again, or you can live stream, you can be in the classroom, either one. There's a whole series but the main thing, yeah, they would be to go to that website which is [allfaithseminary.org](http://allfaithseminary.org). Check out what—so when I say intensive, it's a one-year training program, and you become ordained at the end of that. We usually use one of the churches on Park Avenue for the ordination process. You are not—I want to emphasize *A Course in Miracles* minister, once you finish this, you are an interfaith minister. So that's not leave that door much grip. Your sort of a special license taking the *Course* but you're not. You've also got to study all the other world faith lessons. We got to learn how to respect those as well. Sure.

Jennifer And *Miracles Magazine* which people can subscribe to mail to your house. [Miraclesmagazine.org](http://Miraclesmagazine.org), that's a great resource. That thing is chockfull, every issue. I highly recommend that. Are you still doing that you send a free magazine?

Jon If somebody ask for one.

Jennifer If somebody ask for one.

Jon Yeah. You got to read at least a free sample and we'll send one up to you. I might add that we're beginning to change things a little bit. The magazine is now also available online. It's cheaper online, no surprise. I pay the expense in printing and mailing, so if you still want you can get it by mail. You can get the hardcopy or you can get it electronically.

Jennifer Yes, so people can look at it. If you haven't seen it before, you can look at it online.



- Jon            Yeah, that's right.
- Jennifer      Yeah, that's great, wonderful. Oh, I didn't realize that. That's beautiful.
- Jon            Yeah, well, it's just that the way the world is going, we've got to go with it.
- Jennifer      That is for sure. If people like to look at them on their devices and not carry that all around. Absolutely.
- Jon            Right.
- Jennifer      I'm so old-fashioned. I really am. I've got—I just like to hold the book.
- Jon            That works for you that way, right? There seem to be all kinds of connecting to the internet.
- Jennifer      Yeah, that's true. But when it comes to books I like to hold them in my hand and turn the pages and write something with my pens and--
- Jon            Oh, I do, too. That's right.
- Jennifer      I've been camping in Vermont and I just lost—well, no loss in God but I was sharing recently that rain came in the tent and my journal got completely soaked. My *A Course in Miracles* book got somewhat wet but it survived pretty well. That thing has been through a lot. Fallen apart but—but, yeah, I'm glad to know that the magazine is available online. That's a great resource. So I really encourage people to go to [miraclesmagazine.org](http://miraclesmagazine.org) and check that out. You won't be disappointed with any of Jon's books, so I highly encourage you to check those out. They're such a helpful resource to any *A Course in Miracles* students at any level of study. And also, of course, expanding into—I Love the research on Eternal Life and near death, and that's a wonderful gift to the community as well.
- So we have done this thing and we kicked off the *Living A Course in Miracles* 10<sup>th</sup> series. I'm very excited we have some wonderful classes coming up. Tomorrow, I'll have the Homework Class. That's what I call it, the Homework Class.
- So I'm going to take Jon's topic, Healing the Terrorist Within, Healing That Error In Our Thinking. We'll see what Spirit has to say in the Homework Class tomorrow. Now, remember, all these classes are totally free. They are free for the downloading, free for the replaying. And we will be posting the transcript. We'll get them down as quickly as we can. And I encourage you since it's all free, to please share with your friends, your study group folks. Forward the emails on to others. Let's really widen this circle of people who



are interested in being truly helpful and living the miracle. Not just talking about it, but *Living A Course in Miracles* and being truly helpful. Being truly helpful in this world is being peaceful person. Being a loving beneficial presence and consciously accepting the Atonement which is, of course, recognizing there is no separation and there never was and there never could be.

Jon No.

Jennifer Well, Jon, I'm going to close this out with a prayer like I always do. I thank you so much for sharing. Sharing of yourself, your life and even your family.

Jon Right.

Jennifer And I'm so grateful that you've joined us again.

Jon That's right. I do.

### *Closing Prayer*

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Jennifer Yeah. Yeah. So I invite everyone to place their hand on their heart again. And we take this breath of Love and gratitude and we find within ourselves that aspect of our awareness, that Truth about ourselves that Jon was saying that it is within, the kingdom that is within, the Holy Altar. And the place in our heart, in our mind where we are truly willing to be truly helpful. We contact that. We open ourselves to the Higher Holy Spirit Self, to that Higher Love that is always leading us, guiding us and forming us, teaching us, shepherding us in each and every moment. We put the Holy Spirit in charge. We are grateful and thankful that we can be truly helpful, and we dedicate our lives to *Living A Course in Miracles*, to being a loving presence, to being a miraculous presence, and sharing the benefits of our healing, of our awakening. Sharing the benefits of our willingness with everyone because we're One with them. So grateful to surrender all attachment to being right and allowing ourselves to simply be loving. In gratitude, we let it be, and so it is. Amen. Amen. Amen.

Thank you, Jon.

Jon Thank you, Jennifer.

Jennifer God bless you.

Jon You there and Peace to you.



Jennifer      Bye, everybody. Be with you tomorrow.