



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

How Choosing Helpfulness and  
Happiness Transformed My Life

With Lisa Natoli



*With Jennifer Hadley*



## Living A Course in Miracles With Jennifer Hadley

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# How Choosing Helpfulness and Happiness Transformed My Life

*With Lisa Natoli*

*July 23, 2016*

Jennifer      We have lift off. **Alright. I'm so happy to welcome you. I'm Jennifer Hadley.** This is part of the *Living A Course in Miracles* series. It's our 10<sup>th</sup> series. This one, our theme is, "**Living the Miracle, Being Truly Helpful.**"

When I tuned in, "**Who am I to invite as the teachers? Holy Spirit said loud and clear, Lisa Natoli.**" Lisa, I'm so happy to have you join us.

Lisa            Oh, thank you so much, Jennifer. **I'm thrilled to be here.**

Jennifer      Yeah, you were part of the series that we did in 2014. I think that might have been the 7<sup>th</sup> series. You and your husband co-founded the Teachers of God Foundation, which I know we'll talk about. It's [teachersofgod.org](http://teachersofgod.org), and Lisa and Bill have so many things there that you can partake of that will really support you living *A Course in Miracles*. So we'll talk more about that later. I encourage everybody to check that out. Lisa is also the author of a book *Gorgeous for God* that I know people love. I encourage people to check that out as well.

## *Opening Prayer*

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So let us begin as we always do with a prayer. I invite everyone place their hand on their heart, so that we can consciously affirm in this moment that we are wholeheartedly here to be truly helpful, that we are willing to live a miraculous life. We are grateful and thankful to open our heart and open our mind to the power and presence of Love living through us and as us. We are grateful and thankful to dedicate our conversation and our time together to knowing the Truth that sets us free.

What I know for each and every one of us is that all false beliefs, all false **identification is falling away with ease and grace. We're stepping into a living awareness of our living perfection and our wholeness. We're already as Holy as Holy can be, and we're willing to know it now for ourselves and for our brothers and sisters.**



We consciously share the benefits of our healing, our awakening, and our expansion with everyone because we're One with them. In gratitude, we allow it to be. We let it be, and so it is. Amen.

Lisa Amen.

Jennifer Amen. Amen. Amen.

### *Training the Mind*

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Yes! Lisa, did you pick the topic that is the same as your radio show which is *Living in Joy*, "How Choosing Helpfulness, and Happiness Transformed my Life." Spirit is giving me this question just to start us off with.

You know as I do that Joy is a spiritual quality. It's unconditional that our very nature is to be Joyful regardless of the circumstances, and that could be pretty hard to wrap our minds around because we think that things of this world make us happy or unhappy.

So just to point us in the right direction here, *Living in Joy*. How do people even wrap their mind around the possibility of living a Joyful life when the world seems so chaotic and crazy?

Lisa Yes, that's a great question. To me, everything revolves around Joy. I know every individual has their own particular gifts and abilities. For me, Joy is the One that keeps coming back to me. To answer your question, I think it's really about that word "choice." You have to choose for it, and that's why the title is, "How Choosing Helpfulness and Happiness Transformed My Life." So it's not happiness and helpfulness transformed my life. I truly believe that *A Course in Miracles* is first and foremost a mind training and it's based on Christian terminology. It's the message of Jesus. It's a psychology. It's about forgiveness.

There's so many beautiful elements in that book but for me as a teacher, it always comes back to the mind training. That you're really beginning to look at your thoughts, your beliefs, and your emotions. And you're choosing to see things differently. You're choosing for your true nature, and so that to me is a beginning point as we're in this moment.

I love that prayer, Jennifer. Every time you speak, it's just so opened my heart. While you were saying the prayer, I was thinking, there's nothing else to say, like that's it. Like we're really here and acknowledging the light



that we are. But what I know to be true is every single person has that awakening, that awareness of the light that they are but then they slipped, **and that's why you need mind training.** So choosing for Joy saying, **"That is my function, that's the thing I want to remember. I'm here to live in Love, to live in Joy, to be truly helpful."** To me, it really is about the word **"choosing."** Deliberately, consciously, actively and having an uncompromising choice.

Jennifer You know I wholeheartedly agree with you and what I had trained myself to do, **and I'm sure you have, is I have to train myself** to recognize that I used to in my past life, would you say, in my previous part of this life, I would consciously choose to be irritated. I would consciously choose to be annoyed. I would consciously choose to be upset over and over and over again. Yet in a certain sense, I had a veil in my mind to the fact that I was the one that was choosing it, and I would blame it on things that were happening.

Lisa I love it. For many years, the reason I chose this title because I had *A Course in Miracles* since 1992. I found it with Marianne Williamson's book *Return to Love*. I was living in New York, for the first 10 years, probably, I was going to *A Course in Miracles* group. I was studying it. I was doing the workbook lessons. **I was trying to learn it and not much was changing.** I'd have those brief moments of freedom in Joy, and I would always slide back into conflict. **I was always really curious about that because I'm somebody who was, in my mind, totally dedicated.**

You know I said I just want a piece of God. I just want to be here available for God's will. **I really, really, really just want to live in Joy, and yet I was in conflict all the time.** I even went in with a master teacher. I was at Endeavor Academy for 10 years, and that was an amazing experience for me. **I loved every second of it. I wouldn't change a thing. But I was still in conflict.**

What I love about the way I am as teacher now is I actually understand how people can say they want to live in Joy and to live in gratitude, yet they **can't.** **The turning point for me was—I remember my friend Max, and many people who know me as a teacher know Max. We've done many radio shows together. He's just a long-time friend of mine. He would listen to my stories in being conflict, and he would say, "Natoli, you want to be in conflict." I remember fighting with him. I would say, "No, I don't." "Yes, you do. That would be a big step for you. If you can at least admit that you**



want to be in a conflict, you love it. You love the confusion, just admit it.” I remember being speechless and I remember thinking he is right.

### *Choosing Happiness and Helpfulness*

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He says, “Look, the second you really are done with the conflict, it will be gone. You won’t have it anymore,” and that is actually what happened for me. I chose for it. I really made this uncompromising decision. This was around 2010, I would say. I was living in Wisconsin. Still I was running a bed and breakfast there. And it was just this moment where I really saw—I see that I keep circling in the same loop and not much changes and I really wanted to see that change. I really wanted to see what this message of *A Course in Miracles* was.

I began choosing for Joy and happiness and helpfulness. The road really does open up. I mean, that’s the one thing I want to continually say to people, and this is why I love you so much, Jennifer, because you’re all about *Living A Course in Miracles*. Not just reading it, not just studying the words but you actually have to do what it says. You actually have to—

I know isn’t it but that’s the Truth, you actually have to forgive and even let it go or you actually have to love **One another**. **When you do that, that’s** when you see the entire world open up of miracles.

Jennifer      It’s true. Well said. You remind me—you’re telling us about your friendship with Max. You remind me that I used to love conflict, too, that I would pick this fights and arguments with people just to feel powerful. Just to feel like, “You know what, I can annoy people.” I have the power to annoy people, seriously. Joy is such a choice. Happiness is a choice, and it’s a living practice all day long. Are there any sort of cornerstones of the shift that you’ve made in your life? Like me, probably, continuing to make every day—

Lisa            Uh-hmm.

### *Kinds of Joy*

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Jennifer      Continuing to up-level every day, be more pristine every day, are there any cornerstones, any little sayings that you used that have helped you to flip the switch in your mind?



Lisa

Uh-hmm. That's a great question. I think the most important thing of all is time with God. I really think that time, it should be first thing is to be first thing in the morning, and developing a relationship with God. I don't have a religious background. I didn't even know about Jesus until I was probably 32, I think. I began to just say, "Okay, I don't know what that looks like. I don't want to have a reference for what other people think it looks like, but I do know how to just be quiet, and I think that's all it takes."

I think for anyone listening that you just rearrange your day. If you have a morning routine that you—for me I get up in the morning. I get a cup of coffee. I crawl back into bed and I have a journal I've been doing the artist's *Morning Pages* for 20 years now with Billy and Cameron. You know, just three longhand pages. I don't try to edit myself. It's the time where I'm connecting within. I'm connecting to the Love that I am. I'm listening.

To me, that's the most important thing. I would say this second thing, I don't know how to teach it or talk about it really but this is why it was important when I met you. First time I met you was back in Chicago. But you can try to be joyful. I can't explain the difference but some people make this choice that, "I'm just going to be happy." But that's the ego version of happy, like happiness what you are.

The mind training is about being so alert and vigilant and dedicated to watching your mind, your thoughts, the words that are coming out of your mouth, the stories that are running a track in your head, and the grievances, and the judgments. And being willing to let them go or just be even differently, and as you do that that Joy begins to come forth. Jesus describes it as the spark in the beginning. Just a light, a tiny little thing.

Many people that I know who have taken the programs or who I have met along the way, they're trying to be spiritual. They're trying to be helpful. They're giving. They're exhausted because that light just begins to shine through and you begin to have an experience but it's not a Joy that's of this world, it's not a Peace of this world. It is though you're simply allowing the blocks and the obstacles to the awareness that blocks presents to be removed.

Then there's a Joy that surpasses all understanding. It's just the giving and the extension is happening by itself. You're not exhausted. You don't feel tired. I don't really know how to explain that but you were the first One.





When I met you in Chicago that time, you were at the *A Course in Miracles* Conference, and I have never heard of you or seen you before. You gave a talk. I remember sitting there, just chilled up and down at how authentic and real you are. I thought, “Oh, my God. That’s it.” It’s just to be yourself without any idea of trying to be a spiritual teacher or trying to be loving or kind. You’re just yourself.

Jennifer Uh-hmm.

Lisa It’s juicy. It’s beautiful. It’s gorgeous. And I was just really thinking, “Oh, my God, like, that’s—that’s it!” You know just be yourself. Don’t try to be your version of what you think it looks like. I thank you with all my heart for the way you showed up in the world because it really is a light that’s so beautiful.

### *Being Spiritually Correct*

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Jennifer Well, thank you. You know, one of the things that was really hard for me and robs me of happiness as a spiritual student, **because I’m 56 now**, I started studying spirituality, got into it when I was 26, so 30 years ago. And for a very long time, Lisa, I was reading books, and taking classes, and going to church, new-thought churches, and all of that and studying, and I was always judging myself as not being loving enough. Not being spiritual enough in trying to be PC or SC, spiritually correct, you know?

I was always failing. In my private thoughts, in my private thoughts—so for instance, I might say, I might be looking at someone and saying, “Oh, yes, I have so much compassion for you.” Then internally I’d be thinking, “But it’s too bad you’re such an idiot because... Oh, my God! You’re such a loser. I can’t believe you. How did you even considered getting out of the house in that outfit?” What are you thinking? **Spirituality is not your problem, it’s your clothes.** Seriously, I just had all kinds of—I was just a cacophony of all kinds of things.

I yearned to be happy and I thought spirituality would take me there, but in Truth I was so intensely judgmental and I had such a deep sense that there was something terribly wrong with me. It was just a jumble of all these things. I thought spiritual teachers around me who I could feel were not being authentic. They were pretending to be more loving than they really were. They were pretending to be more awake than they really were. So **when I decided, “Okay, I’m going to do this thing. I’m going to wake up.**



I'm doing it. I don't know how to do it but I'm doing it and that's the only thing that I'm interested in."

Lisa Uh-hmm.

Jennifer What then started to happen was I started to realize I just have to start keeping it real.

Lisa Right. Lovely.

Jennifer I've got to be transparent. So that was a big healing for me because the more I was transparent, the more helpful it was to other people, you know? So I would just start **telling people**, "Hey, I have a real problem with my self-medication, you know? And this and this and this and this, and people would be like, "Oh, my God. I can't believe you're talking about that. Nobody talks about that." So for me, it was **part of being helpful**. Yeah.

Lisa Yeah, just yesterday, I was just teaching. We had *A Course in Miracles* group every Friday morning at our Unity Church in Amesbury Massachusetts, and we live stream it. **Just yesterday, I've been at it**, too, 25 years for me now. Just last week, I landed in crazy land and I talked about it. **I didn't go into the details 'cause I don't think they're necessary but...**

Jennifer Right.

Lisa ...I had the same experience. People coming up to me and saying, "Oh, my God! That was your best class ever." Because people really want to know that **we're all in the same boat together**. It's not like I've arrived, and, oh, poor you, you're still sleeping in a dark dream of death and—it's like, no, I fall on these places, and the thing that helped me is what I shared yesterday is that I got a card from the mail from a friend of mine and it reminded me of the trip again. That's what I was saying, I said, "We need each other. We need each other to remind each other of the Truth when we land in these places." I call it "the great slide."

We have these moments where we think, "Okay, I've done all of the workbook lessons. I've been at this for 10 years. I've read the text. I had this awakening experience, then the Great Slide. To me, that's the work. That is precisely what it means to be here for the salvation of the world. It's not that we're arriving at a destination, and now I'm just like here and you're not, and I'm waiting for everyone to catch up and wake up. It's really that every single moment is revealing itself to me and I'm available for it. Like I'm here in this place—I have this teaching that comes from the 40-day



program that many people have told me is extremely helpful, and I call it that just happens.

What that means is that so much of our lives we wish things were different. Like we think like if you have done that differently, I wouldn't be in this situation or if I had done something differently, this won't be happening. But the Truth of the matter is it is happening. So you begin to say, "Okay, that's just happened," and you have like a happy, lightheartedness about it where it's like, "Okay, this is in front of me. This is what is mine to be present for and not try to change it. Let me change my mind about this thing instead of running a story about how it should have been different. Then seeing like how everything comes to support you now to bring you back to that center again.

### *Life is a Spiral*

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Jennifer      It's true. It's really true. You know, Lisa, one of the things I share with people is that our journey of, we could say rising in God or awakening awareness, however we term it, it's like a spiraling upwards. The thing about the spiral is we spiral up but then it seems like we're spiraling down again. It's like we're revisiting the things that we thought that we were just rising above but we're actually going back to get the dregs of it and clear that out and then doing that gives us the energy to rise up higher than we've ever risen before. So it's like a spiraling down, spiraling up. The continuous movement is progressive. We're progressively rising higher but inevitably, we seem to go back down, and then back up, and back down, and back up. There can be that sense that we've dipped down that somehow we failed or we've lost what we gained. But that's never the case. It's just an opportunity to strengthen our mind by revisiting things that we're letting go of.

Lisa            I love that.

Jennifer        Yeah, it's part of the journey. The other thing I get is you're talking, Lisa, is this major habit of the ego. It's one of the main things that the ego has to keep us feeling bad about ourselves. It's comparison.

Lisa            Right.

Jennifer        We have a year-long class called *Masterful Living* and we say, "Compare and despair." The ego is always trying to get us to compare ourselves. Am I



more spiritual than other people? Am I less spiritual than other people?  
Either way, we lose.

### *Helping Goes a Long Way*

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Lisa Right. Yes. Yes. And to me, like, I love that you say that because I feel like **there's a huge shift that's happening right now in the world, you know?** It is like a miracle that Jesus got *A Course in Miracles* into the world 50 years ago through Helen Schucman. He calls it a plan of teachers. He calls it, “A Great Awakening.” **He says that we are here to help him.** He says, “For all your questions, answer me this one question: ‘Are you ready yet to help me save the world?’”

**And it's been interesting for me just to see all the different teachers of *A Course in Miracles* and the different organizations and the different groups and how it's all changing now, like how we're all joining together in one space.** To not to try to get our own programs out but to just get the message of *A Course in Miracles* out, like to let go of the comparisons.

I think it was like two years ago I was at a wedding and James Twyman was there. **I didn't know him. I've heard of him. But he and I were waiting outside the bathroom.** He used the bathroom. He had heard of me also, and were standing outside the bathroom, and it was like instant Love. It was an amazing instant connection with him and then we stood there for like 20 minutes or 30 minutes outside this bathroom door waiting for what we thought someone was in there to come out. But there was no one was in there. We laughed when we found out that we were just standing outside this empty bathroom.

**Well, about 20 minutes later, someone said to me, “Oh, bad news, Lisa. You've got competition. Jimmy Twyman is doing a one year workbook audio program just like you.** And I immediately thought in my mind, **there's no competition in the mind of God. I have to help him.** I went to Bill, and I said, because we were both launching a similar program. I mean, he does a musical workbook lesson, I was doing a 10-minute audio thing. Neither of us had started recording.

**I went to Bill and I said, “We have to help him. We have to tell everyone we know to join his program.** Bill tells a story now because his first reaction was one of like, **“No, we don't.” I was just**—it was that unusual moment of like that comparison. Like we were just a brand-new organization, and I



love Bill so much because he sits on it. He does the work and it doesn't take him long. So he was sitting beside me up his table at this wedding and I was just waiting for him to say, "Yes, we do. You're right." And he did that within five minutes maybe. Bill said, "You're right. Let's help him."

In that moment, Jimmy came and sat down next to us and we said, "We're going to help you." We're going to tell everyone we know to join your one year online program and everything from that moment has been bigger. It's in the joining, like I really feel that Jesus is rejoicing right now because we're all now letting go of our own attachments of the outcomes, of letting go of our own agendas. And we're saying, "We are here to be truly helpful and to be available for this message to come into this world, letting go of everything of what we need in our own private little wants and needs. So it was just amazing to me. Then to join with you, you know, next year. It was like we're all coming together now. It's just a party now. There's no separate interest.

### *Spreading the Word*

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Jennifer

Yeah. It's interesting when I first started *Living A Course in Miracles*, these classes back in, I guess it was 2011. Some of the teachers that I approached, literally, some of *A Course in Miracles* teachers I approached wouldn't even have a conversation with me about it. The attitude they had a little bit was, "Who are you? This is ours. *A Course in Miracles* belongs to us. It doesn't belong to you." And I was like, "Hey, that's okay. I'm just trying to be helpful. No problem. I get it. That's cool. I'll come back maybe in a year. You'll want to play then?" And I did. They're like, "No, still don't want to play."

I had a few teachers who were really like, "Uh-uh. Not interested." I'm like, "I'm doing a pre-class of 10,000 people and you don't want to share anything?" "No, I do not." "Okay." And then other people, everybody who's been a part of this has—we've had such a good time. We had so much fun. One of the best things ever was, I know one of the—after the first time David Hoffmeister was in one of these classes. He did an event in San Francisco and a friend of mine had told his mother. "I just heard this guy, David Hoffmeister in Jennifer's class. Go. You've got to go hear me. He's going to be in your area."



So she went. She was sitting there, waiting for David to come out. She turned to the woman next to her and said, “How did you find out about David Hoffmeister? And that person said there, “Oh, I heard him in Jennifer Hadley’s class,” and I just thought, “Score.” This is exactly what I was hoping for is that more and more people would hear the voice of the teacher that talks to them.

Lisa Uh-hmm. Exactly.

Jennifer And I see more and more of that kind of thing happening. You and I have only done a couple *A Course in Miracles* conferences. I’ve done three, but I feel the energy shifting among the people and the teachers in the whole community. It feels like it’s definitely expanding and opening up. It’s beautiful.

Lisa Yeah, it is. And that’s exactly what we’re seeing right now. We’re seeing whole batches of people who had never of *A Course in Miracles* until now. That’s what I feel like I feel that we have so many people that have signed up for 20 and 30 and 40 years. Now there’s something is happening where a lot of people are hearing about it and they are living *A Course in Miracles*. That is now their first entry point. Like I think about how I first struggled for 25 years, and these guys are just stepping in and they’re hearing teachers like you, and teachers like me, and teachers like David and Gary Renard.

It’s like the message has changed now. The message really is about, “Okay, I’m here to be truly helpful. Like I’m here only for this purpose.” And that new people who were stepping in for the very first time going, “What is *A Course in Miracles*?” And we’re saying, “It’s a mind training. Just do what it says, commit to the one year to do the workbook lessons. It’s going to work with your own thought system and be amazed. Like be amazed how much your life changes. To me, I always love that sentence that, “Healing is joining.” Really, like, “Okay, I can’t do this alone.” What I was saying yesterday in our *A Course in Miracles* group, there’s not a single person who walks this earth, who got this alone. Not even Jesus.

Jesus, you know, it’s documented, his birth and the first 13 years of his life. We hear about his childhood. We hear about his early childhood, and then the lost years. The story stopped at the age of 13 and doesn’t pick up again until he’s 30 when he’s going into the desert for the 40 days, and then the three years of his public ministry.



Well, the lost years from 13 to 30 was the mind training of *A Course in Miracles*, like he was with teachers. He had teachers. He went and he was doing the training. So when I hear people get up sad or get frustrated at themselves because they think, “Well, I’m not there yet. I’ve done the workbook so many times. I’ve done the 40-day program five times. I’m still struggling. What’s wrong with me? And I think—no! You’re simply in the space where you are in this moment and it’s all perfect. Then Jesus finally came to that place where he made that decision that, “Okay, it’s time.” It’s time now in that uncompromising nature came through. To me, that’s the call right now.

### *Tithing Without Guilt*

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- Jennifer Yes. It is. It is. In this living in *A Course in Miracles*, like you said, doing the workbook lessons, taking it one moment at a time, one day at a time, really practicing it, not just reading it because reading it is not going to change your mind or change your lives. The actual meaning willingness to apply and live it is the only way. I know that you have other practices, and just in terms how you live your life. So for instance, you’re a tither.
- Lisa Uh-hmm. Yes.
- Jennifer Tithing is often misunderstood and you’re so clear about it in your 40-day—you have a 40-day program about Prosperity.
- Lisa Uh-hmm.
- Jennifer So I wonder if you could—‘cause that’s the key to happiness.
- Lisa Totally. Yeah.
- Jennifer You know, you can call it being a tither but it’s really being in the flow of giving and receiving.
- Lisa Yes. Yes.
- Jennifer I wonder if you can talk about that as a practice of Happiness and Joy?
- Lisa Yeah. Absolutely. Well, the 40-day program is not a program for Prosperity. We are working on another online program that we’re excited about. At the very end of the 40 days, I talk about my own experience with money and with tithing. What I love is that so many people have ideas of we shouldn’t be talking of worldly things. We shouldn’t talk about anything except spiritual ideas, so we shouldn’t be talking about money.



For me, I played that game for a long time and I was in poverty. You know I would had 10 years' worth of credit card debt. I kept saying it's not real. I kept thinking it's just going to go away. But, see, that's not doing the mind training, like that's hoping for magic.

Jennifer Right.

Lisa I was at our Unity Church and I have come to appoint in my life, I think this was in 2012, maybe. I had no job, no money, and 10 years' worth of credit card debt. Our church was offering Edwene Gaines' book, *The Four Spiritual Laws of Prosperity*, which talks about tithing. I have never even heard about it. As I have said, I didn't grow up in a church. And I just knew I had to do something dramatic. I need to be all in with something.

It was a five-week class and I just said I am going to do everything our minister says to do. No matter what she says, I'm doing it. For five weeks, I can do that. And it was tithe, 10% of every dollar and dime that comes in. Tithing is a spiritual practice. To me, where you're in the flow, where you're trusting in God, and you're not holding on anymore. So it's—and the term itself means 10. Tithe means 10. So you're giving 10% of every money that comes back into you in the acknowledgment that it came from God. And you're giving it wherever you're being spiritually fit.

It doesn't have to be a church or organization. It could be a waitress who reminded you of the Truth when you really were in a dark place. Or it can be—to you, Jennifer Hadley, like she's really helped me and I want to really tithe her. It can be to anyone who's being a light for you in the dark. To me, what it did was it really busted up every idea I had about money. And Bill, he tells a story, he was a lifelong tither 'cause he was in the church. When I said, "I'm tithing," he said, "I'm not." He didn't want to take the class at first, and he said, "Been there, done that. Bought the T-shirt."

But his years of tithing were guilt, like that he gave because of guilt and obligation. So when he saw me begin, he began looking at the book. One night I had once gone to bed and he was reading the book and he thought, "Yeah. Well, this way looks different than what I'm used to." And we've never looked back. Like we really can see how it's just a great powerful way where you get to look at your ideas.

Now the point where a lot of people get stuck that I have seen is they're giving to get. You can't give to get. You have to give completely with no attachments, like you're not trying to get anything out of it. It's just to





undo your fears around money, just to really see. **Okay, I'm holding on to this one area.** For me, whenever I hear someone who has any fear around money, I always suggest tithing. I always just say just choose an amount of time, five weeks, you know? Just try it. But be 100% about it. Like be 100% and acknowledge when that dollar comes in or that 100% comes in.

For me, someone sent me a 10,000-dollar check, it was in the first couple of weeks. It was somebody who have read *Gorgeous for God* and she'd been greatly helped—her mother had passed away. She sent me a 10,000-dollar **check in the first week of this class. I didn't think** it was real. I mean, I have never seen a check like that. Like, “Okay, this isn't my money. This is God's money. I gave \$1,000 back to Unity. I love it. I just think it's an exciting practice. It releases you from every fear. It shows you your hidden beliefs, it **does that. It's not in *A Course in Miracles***, and I recognize that, but it is something that changed my own life, so I always share about that.

Jennifer It is a life-changing practice. **It's amazing how it reduces fear through—people think that, you know, “Hey, I barely have enough money to live. How could I possibly give a percentage, any percentage, even 1% away when I don't have enough?” But the thing is saying, “I don't have enough to give anything away,” is just going to create more of that. But when we're grateful for what we have and we're supporting that which lifts us up, then we're saying, “I do have.”**

Lisa Uh-hmm. Exactly

Jennifer **And it just goes back to you're going to experience what you think about. You're going to experience what your beliefs are always, always, always.** That is obviously a teaching of *A Course in Miracles*. Tithing definitely changed my life, too.

Lisa For me, those five weeks, those first five weeks weren't even about the money. Even though I was giving the money, it was more about a decision, **and that's why I always use the word “choose.”** How choosing, helpfulness and happiness has transformed my life. I chose it. In a moment I said, “Okay, **this is the moment.**” I always encourage people to claim this moment right here, today, as your new beginning. **Maybe you've never tithe and maybe you've studying the Course for all these years and you're still in conflict.** The past is over, let it go. Start right where you are and **acknowledge I'm the child of God. Like I'm perfectly protected. I'm**



surrounded by God's Love. I'm not alone and this is the moment I began. I go forth from this place.

### *Course Correcting*

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I was loving your talk with Miranda Macpherson, and she uses a lot of the ideas that I often teach about when she was talking about, "Being the Presence of Love." **She was talking about what Jesus is saying, "Join me." Where do you abide? That's an idea I use a lot because I'm always—when I meet someone, I use the word location. What's your location? Like where are you located in the thoughts you're holding about yourself? So is your location in lack, in depravation, in sorrow, in conflict? Or is your location in Joy? And a miracle is a shift out of fear into Love. It only takes an instant. So Jesus is saying when he says, "Join with me," he's saying, "Come to the place where I am." So you have to actually move out of your location and you have to move forward. This is really about getting unstuck from those beliefs. To me, an action like giving the money and trusting that you can live in the new way. It's the fast way to get unstuck.**

Jennifer

Yes!

Lisa

Totally.

Jennifer

I'm so glad you said it that way. I'm so glad you said it that way, Lisa, 'cause these are the kinds of tips and tools that are really helpful to people. As I say all the time, studying *A Course in Miracles*, isn't that helpful for a lot of people? It just keeps them up in their head. Many people can just read the Course and underline every line of it and go, "Whoo! It's so good. It's so true." But if we're not applying it, it doesn't change our life.

Lisa

Uh-hmm. Exactly. Yeah. **There's so many parts in the Course if you look at it. It's take my hands, we walk to God. We walk. He talks a lot about your feet being on holy ground. Like he's actually, Jesus, is using the physical description of your humanness, of your body. Yesterday, I was talking about the story in the Bible about Joshua and the Wall of Jericho. Joshua was given the instruction that wherever your feet lands on, you will claim that land.**

The metaphysical description, the meaning of that, this is for all of us, we have to move into that space. We have to move out of the place where **we're standing before the wall, which is just all our beliefs and obstacles**



and allow ourselves to get into that vibration or that frequency or that feeling of I AM Abundance. I AM perfectly protected. That's your feet touching the ground. Your feet are now in that new location. You're now abiding in this place where you're feeling like, "As soon as you think I can do this, your feet have touched Holy ground. You are no longer in the old space of saying, "I can't because." You're saying, "I can because," "I will because," and you now are in that new location. You're abiding there. The only things to me now is being mindful and alert for when you slip back. Then get back to the center. When you slipped back again, get back to the center.

Jennifer

Yeah. Exactly. I call it course correction. It's all day long. All day long. I often say that when they sent a rocket to the Moon, you've got the Earth is turning, the Moon is turning. They both have gravitational pulls. All these factors are involved. It's not unlike our life. so if we are going to set our trajectory to live an awakened life, to live a truly helpful, beautiful, radiant loving life where there are so many things in the world that are shifting and changing, and we have all these multi-layers of false belief patterns bumping up against everybody else's false belief patterns, all these different things to consider. We must keep course correcting all day long, and the only way we can effectively do that is to keep our attention on where we'd like to be. Who we would like to be? How we'd like to be? So it requires a great desire to be loving.

Lisa

Uh-hmm. Yes. And I heard even that when the pilot is flying an airplane, it's a similar thing. They set the coordinate before they take off, like they are—the pilots are in the plane and they know exactly where they're going. You know they're going to start in Boston, and you're going to end in San Diego,

As they're flying, I'm told that the plane is never on center. Because of the wind, and the plane, it just naturally goes off center. But because the coordinate has been set for it, its destination to where it's going is constantly autocorrecting. It's constantly getting back on its center. And to me, that's the only practice that's needed, that we set the goal in the beginning. My goal is God. My goal is to remember who I am. Then all day long, I'm off-center, then I'm on-center. So slightly off then back on. Then I'm not beating myself up forward anymore. You're saying, "Hey, whoa! This is what it looks like. Excellent." And in that, there is my Joy.



Jennifer Yes! Yes! Yes! Yeah, think about that plane or the rocket or whatever but the plane is a really good metaphor. The plane, the wind is coming. All of a sudden then there's this huge amount of wind, they're turbulent. So the plane isn't thinking, or the pilot isn't thinking. "Oh, my God, I'm so stupid. I'm having..."

Lisa I'm so guilty.

Jennifer I'm so guilty, I'm so ashamed that the plane is bouncing because of the wind or the storm or the—no, it's just like, yeah, this is part of life. We're navigating this. We're clear, we're going where we're going. It's going to be a little bumpy for a while but it won't last forever.

Lisa Yeah. Exactly. Sometimes it actually stood on the ground for a while because of snow or rain or thunderstorms in life. All of these and above all these are very helpful because we are so used of having an idea that it's supposed to look a certain way, and it never does. So if we can just let go of that idea and say, "Okay, this is what it looks like and be happy in that no matter what has—it's like, you know, loving what is. No matter what happens, I'm going to be present for it. I'm not going to think this is bad and this is good. It's all good.

### *Really Living a Course in Miracles*

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Jennifer It's all good. All good in God's neighborhood. Indeed. Now, we haven't talked about this but you have mentioned when I asked you if you would like to be a part of this series, and I asked you what you would like to have as your topic and talk about. You said that you've been having an experience of *Living A Course in Miracles* more faithfully or more—I don't remember exactly how you described it. I think you just said, "Really Living *A Course in Miracles*, and you said that you were losing weight.

Lisa Yup.

Jennifer And that you would like to share that with us. So what's been going on?

Lisa Well, I'd like to have all my food rules. First of all, like I have life-long food rules, and self-sabotage, body image and trying to fix my behavior. I've tried everything, you know? I wasn't planning on talking about this today but I'm glad you brought it up because people are constantly saying to me now, "What are you doing? You look different."



To me, really it's just about letting go of every idea of how it is supposed to look and starting to just be conscious. To me, that's what it is like I am making different food choices. Again, I have no food rules but its being present for things now. It's not going on auto pilot anymore, which is how I've lived most of my life.

The other thing that's really changed for me is, I can't tell you for how many years. I would just say it's not real, like I can do this because it's not real. It's an illusion. That's a tricky one because it becomes suddenly in a place where you're saying, "Okay, that's—that's a game. That's a child's game. I'm not going to do that anymore. Jesus didn't do that. Like Jesus was so present when he walked this earth."

I can't really describe what happened, like I didn't—I haven't been dieting. I haven't been trying to change anything. It just started to change by itself, and I think that's exactly what Jesus says what the *A Course in Miracles* will do. Like when you let go of trying to make something happen, it happens on its own.

Jennifer I'm loving this conversation. I'm interested. I think I know what you mean but can you give an example of some food rules.

Lisa Well, the first thing is I pretty much just begin to see like I want to eat smaller portions. I want to eat healthy. But even that, like even saying it, it doesn't sound right. I started really to see like how much of my focus was on the body and on food and on trying to improve my appearance. *A Course in Miracles* is about like really beginning to become aware of the hidden beliefs. I didn't realize like I'm trying to change something for a future outcome. What if I could just love myself? What if I could just, in this moment be so truly alive?

Not exercise anymore, like I don't go to the gym. Like kids, you know? Kids just play, they run, they're active, they don't finish the food on their plate because they want to go outside and play like they're totally connected. And I began to live in that way, you know? I think if there was a food rule for me personally, we bought a Vitamix for Christmas last year. I said to Bill, "It's like a 600-dollar blender." If anybody doesn't know what Vitamix is, it's like buying a car. A car for the kitchen. To me, it's the best purchase I've ever made. I love it because we're just eating fresh now. I love eating local. I love just...



I went to this long time just feeling like I'm only eating for just to sustain the body somehow like proteins and carbs. I don't eat sugar. Now it's just like coming much more from a centered place. From that centered place, new actions come forth. Bill, he is like looking amazing. Like he's completely transformed his own body. I'm not even trying. But every morning he does planks, and he's doing sit-ups, and he's—but not—I don't know, I can't explain it. I would like to be able to explain it except that it just came from a decision of, "I can't keep living the way I'm living. This way isn't working." To me, that's a choice. I'm going to make new choices now. I'm going to move forward from this place and you begin to see that this is a new life.

### *Fun in Discovery*

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- Jennifer      You know it's such a journey and it's important to respect it. Our life experiences, a journey of learning and growth and understanding and having self-compassion. One of the things that I did was a few years ago I was traveling quite a bit and I just decided to let the rules go and I just eat whatever I felt like eating and do whatever I felt like doing. I was more sedentary and I did—I was a lot more sedentary just because I used to exercise quite a bit. I did gain weight. I got to my heaviest weight.
- Then I look at and I was like, "Ooh!" Then I realized, "Wait a minute. I don't want to go back to exercising the way I was." Motivating myself by the ego. And I realized that the ego had been driving my workout. And I love to workout. I mean I authentically love to workout. I enjoy exercising. I enjoy moving around and being physical even though, there's no question about it, I'm a "roundie." I'm a rounds person. You know, I'm just soft and round. I've run a marathon. I run the New York Marathon once and I used to run 40 miles a week, or whatever. But I'm not built to be an athlete. I once had a boyfriend who said, "You're built for comfort. Not speed."
- Lisa            Yes.
- Jennifer      And that's me. When I realized that I've been motivated by the ego for my exercising, I said, "Oh, that's going to go. That just has to go." And if I end up being larger and more round, so be it because I just can't let the ego drive my practice of living. That was a big letting go and I had to look at, am I judging myself now because I'm heavier? How is that going to work?
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I've come down from that weight but still—it's still a journey everyday just to look at am I eating this because I authentically feel like this is the most loving supportive thing for me, to eat? Or am I eating because there's food in front of me? Or because I'm feeling a little anxious or I'm feeling exhausted, I want to comfort myself? What's really going on?

Lisa

Exactly. Yes. Exactly. This week I went and bought a hula hoop and I was with a girl friend of mine. We did—she's a friend of mine. She's a travel writer. She writes for *National Geographic* and the *New York Times* and the *Washington Post*. We take a yearly one week holiday. We went to Brittany, France last year and walked on this canal. We decided this year that she was going to come here.

I just thought that we would just go for coffees and work and—but she found all these awesome trails like she said, “Lisa, you have been the best spot of every place I have ever gone.” We would work in the morning, you know, she's a freelance writer. Then we would have lunch, we'll find an awesome place for lunch. And her big thing is about discovery, you know, just letting every day be fun. Just be a day full of wonder, a day of fitness, of being active.

Then we would go find these trails along the ocean, in the forest. Every afternoon we would go walking, so it didn't feel like exercise. It felt like, “Oh, wow! I'm living my life. I'm having fun.” And we were walking in Portsmouth, New Hampshire and I saw a hula hoop and I said, “Oh, my God, I used to love hula hooping. “So let's buy it. Buy it.” Okay, so I brought this hula hoop. So I've been hula hooping this week. Just going out on the front lawn. I don't know. It's been amazing to me because there's no outcome anymore. It just feels better to me to live in this way. I think you nailed it when you said, “Why am I eating this?” You know, become conscious, “Do I really like this? Do I really want this?”

Jennifer

Yeah, you know when—here's the thing. So being willing to just be present in the moment, to what's really going on. So much of our spiritual practice stems from just that willingness to actually be aware of what we're thinking. Be aware of what we're feeling. Be aware of what the motivations are. And are we being motivated by the ego? Are we being inspired by the Spirit? What's actually the thing that we're focused on in the moment? And the ego's always trying to get us to look away. Look away, look away. Look at the past. Look at the future. So, like you said, be choosing what you're



eating now because of what the result you would like in the future. And every self-help, fitness, food thing, every diet is motivated from that future.

Lisa Uh-hmm.

Jennifer Not now.

### *Worldly Things*

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Lisa What do you have exactly? To me, this category goes along with the money category. You know, its like, “Oh, we don’t talk about food, we don’t talk about money, we don’t talk about sex, we don’t talk about those because they’re worldly. But to me, these are exactly the things we need to look at because these are the thoughts and the beliefs that are driving me so that are causing the conflict. So you begin to be willing. I love your story, Jennifer, what you said when you made that decision to be authentic and transparent and real. It was just that decision when you said, “I’m just going to be myself now,” and that’s how it’s been for me. It’s really like, “Okay. Wow.” I don’t want to have my spiritual life in this category, and the rest over here that I’m keeping hidden from everybody. I want to look at everything. I want to look at all of my body image ideas and food and money and every idea that I used to say, “I’m not going to look at that because that’s not spiritual.” Now, everything gets included, so it can be looked at, so that it can be forgiven, so that it can be released. That’s freedom. That’s the freedom that we’re looking for.

Jennifer Yes! Yes, it is. I’m glad you mentioned the sex because that’s something I talk about in my classes as well because I think you know that’s something that is really important for us to talk about as spiritual beings. Because there’s a lot of our lives that are influenced by our sexuality, by how we think of ourselves sexually. It doesn’t matter what’s actually happening in our sex life, whether we’re celibate, abstinence, or promiscuous, or whatever it is that’s going on, our thoughts about ourselves as sexual beings are very much tied to our spiritual practice and the way we’re living spiritually.

Lisa Yes.

Jennifer And there’s no need to separate what our food choices, our sexuality, or anything from our spiritual life. In fact, the only way that we can truly be successful as spiritual people is to have it all be part of our spiritual life.





Lisa Exactly.

Jennifer We're about at time here. I wonder in terms of being happy and living in Joy, do you have anything that you could share with us about sexuality and your sex life?

Lisa Well—ha!

Jennifer Anything that you've learned that's helpful to you and having a spiritual aspect to your sex life 'cause you're married.

Lisa I'm sure Bill—I know Bill is downstairs—I know Bill is downstairs listening, and I'm sure he's laughing his head off right now. The sex is off the charts. I'll just say that for all the world to hear. Actually I have found total freedom on where I am in life. It really has been amazing because for the longest time, I had ideas of, you know, I'm not supposed to do certain things and—or ideas—and I went through a phase of celibacy and then I went through a phase of, you know, I'm going to be like Jesus. I'm owning it like he's my model and I'm only going to eat what Jesus ate. I'm only going to live like Jesus lived. It's like every idol must go, and finally to come into this place where it's like I get to be myself. I get to—I love my life. I really do. I love how simple it is. I love that it's all just One expression now of Love. It's not like, well, now I'm being a spiritual teacher, and here's my life. The whole thing is One, you know. Jesus talks about that.

He talks about how everything will become One. There's an integration that happens where you're living now from this place and you're—everything that you do whether you're cooking or driving a car or having sex or paying your bills or working your job or raising your children, it's living the message. It's not that now I'm not being spiritual in checking Facebook, you know? It's like, "Where am I?" Where's my mind when I'm doing these things, remembering my brother, remembering myself? To me it's all about the mind training. Always coming back to remembering, "Okay, where am I in this experience right now?" It's amazing because it really is a transformation and people begin to experience this. I give thanks that you asked the question.

Jennifer Yeah. Yeah. It's when our mind is letting go of the judgments and opinions, we're in the flow of Love like never before and everything becomes more joyful. Everything becomes—everything can be delightful. We can change our mind about everything. We can change our mind about doing the



dishes. We can change our mind about things that we just couldn't stand before.

Everything can really be transformed by the healing of our mind, and our whole experience is different. You're living that. You're a living example of that. I appreciate your authenticity as well because people—we've had enough of spiritual teachers who pretend that they're happier. They pretend. They pretend. Then that just sends the message to the world that no one can actually attain this. No one can attain the Joy and the happiness. Or it is only really, really special people who have some magical quality that I don't have. You know, I don't like--

Lisa Can I say—

Jennifer Yeah.

Lisa I was just going to say my favorite workbook lesson is Lesson 100. It talks about Joy. And it says, "God's will for you is perfect happiness," and I began to really say, Okay, so what's makes me happy? What are the things? Like I like nice things, you know, I'm a tourist girl, I like nice things. Remember, someone once saying that they would sleep on a—they didn't need a bed. They would sleep on the floor. I would sleep on the floor, too. I have slept on the floor actually like I have gone camping. It's like, "Okay, here's your tent, and here's your sleeping bag. I'm like, "Yay! Perfect." But I choose to stay in a nice place. You know I make—I just say, "Okay, wow!" Like I don't have to limit myself to just what's given to me. I get to be totally present for whatever is happening. God's will for me is perfect happiness.

I take a lot of classes online. I love learning. I love studying. I have mentors that are non-*A Course in Miracles* mentors like my Number 1 mentor is Brandon Broussard. Some people would think, "Well, that's not very familiar, like she's taking this worldly online courses." I love them! You know in becoming a Unity minister, I'm already ordained in three different places, but I love Unity. To me, it is all just about this is your life. You are here and your Joy heals all sorrow and despair. Find what makes you happy. You know, there's like that quote that the world needs more of—what is it like? Find the thing you love because the world needs more of that like it needs you and your Joy, and in your spontaneity, in your fullest expression on your creativity. That's how I want to live.



## *Lisa's Gifts*

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- Jennifer      **Yes! Yes, that's how you're living. I know it. Well, we are at time here. I would love to just go back to the beginning and I would love to tell people some of the free things that you have offered on your website, Lisa, and how people can connect with you, and then we'll pray out.**
- Lisa            Thank you so much. Well, this has been a blast to be with you. I'm grateful just to let people know that there is a solution that **you don't have to suffer.** We have a nonprofit organization, my husband Bill and I, called the Teachers of God Foundation. We offer online programs and live events. The most popular one is the **40-day program. It's totally free. It's online. It's offered three times a year. January 1<sup>st</sup>, May 1<sup>st</sup>, and September 1<sup>st</sup>.** So the next one is a month away.
- It's a fast track through *A Course in Miracles*. To me, I call it an activation like **it's**—it really is just taking the main themes of *A Course in Miracles*. My goal as a teacher is to activate someone, to feel that excitement, someone **who'll dedicate their life** to this. To go by the book, you know, make the commitment to the workbook. Has an amazing community on Facebook. **It's an incredible Facebook private page.** We also have a six-month mastery program called *Living in Purpose*.
- My personal favorite online program which no one knows about, I really **don't talk about it very much but I did a one year program for anyone who** needs additional support getting through the workbook lessons of *A Course in Miracles*, that one is called ACIM 365. Every single day for every single lesson, I do a 10-minute audio. The audios has been transcribed, so you can **read about it if audio is not your preference. You'll get an email every single day.** I love it. I absolutely love that program. **It's my favorite** because I get **letters from people who say I've tried to do the workbook or I have done the workbook,** and somehow this year everything changed in just making a new commitment. I got through, I did all 365. I get all these messages from people that tell me they finished.
- That's all on the Teachers of God website, which is [teachersofgod.org](http://teachersofgod.org).** We have a Friday morning *A Course in Miracles* group, which is live stream. That link is also there. I have my own personal website which is [lisanatoli.com](http://lisanatoli.com). **That's a brand-new website.** My own personal website got hacked a few years ago, which was perfect. I lost every bit of content, **years'** worth of blogs.



Jennifer Oh!

Lisa This was good because it was like a whole new start for me where I just want to share myself, you know, just really finding people who are ready to live in Love and make a decision to serve the great awakening. This is an incredible community of people who are here walking the path. Thank you, Jennifer, for all that you do. I hear about you on a regular basis. So many people have taken your programs. Very grateful.

### *Catching the Joyful Bug*

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Jennifer **Yes. We live in a blessed time and I'm so glad that we're blessing each other and so many are blessing us by participating with us. We got prayer partners all over the place. I just asked, while we were in our class, I asked Tina, who does the awesome customer service for Power of Love Ministry, she's our customer service goddess. We've got 40 people from 40 countries in *Living A Course in Miracles* this time.**

Lisa Wow!

Jennifer Yeah, 40 countries.

Lisa I love that.

Jennifer **More than 7500 people so far, so I'm inviting people to post a link at Facebook and to share the links with their friends and let people know all these classes are free. The downloads are free. The transcripts are free. The replays are free. It's all free and more to come. So, thank you, thank you, Lisa. I've been looking forward so much to joining with you. I'm going to bless us with a prayer and close us out.**

Lisa Thank you.

### *Closing Prayer*

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Jennifer Once again I invite everyone to take your hand and place it on your heart. **We do this to symbolize that we're interested in really being wholehearted, all in for God. *Gorgeous for God* as Lisa said in her book.**

So grateful right now to open our hearts and open our minds to the power of Love living as us. **We're grateful and thankful that Love is our true nature. It's our essence. We're already as perfect as we can be, so we're**



consciously joining together with the Holy Spirit to remember and recognize our Wholeness, our perfection.

We're grateful and thankful to be willing to know and to live the Joy, Joy that is unconditional. It's not based on the circumstances of our life. Joy is our true essence and nature. We're willing to discover that, to live that, to shineth forth, and to be a living example of it. We're willing to let go of all attachments we have, to living in pain or sadness, or misery or unhappiness.

We're letting all limiting thoughts fall away. We're allowing the Holy Spirit to do the heavy lifting and figuring out how we're going to have a healing. We are willing to have a healing. We are having a healing. It's happening now. We choose it. We're grateful for it. We bless Lisa and know that her life and Bill's life is a life of Love. We're claiming it for ourselves and sharing the benefits with everyone.

In gratitude, we allow our healing, our expansion, our Joy to simply be. We let it be, and so it is. Amen. Amen. Amen.

- Lisa            **Amen. Wow, you're a master at those prayers. I love it.**
- Jennifer        I love you and thanks for joining us.
- Lisa            Absolutely. This is a blast.
- Jennifer        God bless you, everyone. God bless you, Lisa.
- Lisa            Thank you. Bye-bye.