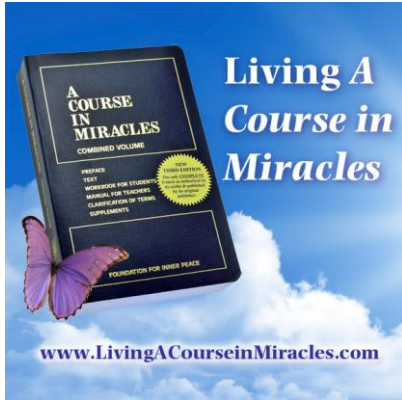


September 20, 2011



Inaugural Episode - Forgiveness & Relationships



 *Jennifer Hadley*
your daily shot of spiritual espresso

Copyright © 2011 by Reverend Jennifer Helen Hadley.

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

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

For more inspiration to live a life of love,
visit www.JenniferHadley.com.





Inaugural Episode - Forgiveness & Relationships	4
“The Disappearance of the Universe”	4
Opening Prayer.....	5
Hand On Your Heart	5
Cultivating the Desire	6
Physical Healing of the Heart	8
The Power of Your Mind.....	8
Love Is The Healer	9
Salvation Comes from Me	10
Join with Spirit for Physical Healing.....	11
Live as the Christ Consciousness	14
Live the Course	16
Love Holds No Grievances	17
Relationship Healing Through Forgiveness	19
The Course Sets Us Free.....	21
Opportunities of Love All the Time	23

September 20, 2011

Inaugural Episode - Forgiveness & Relationships

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

“The Disappearance of the Universe”

Jennifer Hello! Hello, beautiful! That’s how I introduce most things. “Hello, beautiful!” because we’re all beautiful. That’s our true nature.

This is our premiere episode, and I’m so excited because we’re going to have Gary Renard on the show. Gary Renard is a dear friend, and he’s also an amazing person, a wonderful teacher, and a beloved author. I’ll be introducing him in a little bit.

But for those of you who are *Course* students, you hopefully know well that Gary Renard wrote that wonderful book, *The Disappearance of the Universe*. I say all the time that *A Course in Miracles* is my favorite book, and *The Disappearance of the Universe* is the most important book I ever read, because it gave me an enthusiasm for *A Course in Miracles* that I didn’t have when I initially came to the *Course* itself.

I’m one of those people that, when I first started reading *A Course in Miracles*, it felt like dessert to me. It just felt super yummy. I was a theatre major in college, and I’ve always loved Shakespeare. I worked at the New York Shakespeare Festival for a long time, and I’m a big Shakespeare fan since I was a little girl, even. The iambic pentameter and the language of it **always** felt so familiar and sweet to me, and I loved that about *A Course in Miracles*.

But in *The Disappearance of the Universe*, Gary Renard, Arten and Pursah, they reveal to us things that feel hidden in *A Course in Miracles*.

***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

Disappearance brings to my attention, to our attention, how we can actually **live** the *Course*. That's what this radio show is about. That's what I'm dedicated to, actually living and applying the teachings.

One thing I'd like to share with you about me is I love to pray. I absolutely love to pray because, for me, prayer is when I'm saying "I'm going to really focus right now on my communion with the Spirit. I'm going to bring my mind **fully** to my heart and connect heart and mind to become totally congruent with Love."

So, let's dive in with a prayer. I know it's unusual, perhaps, to start a radio show with a prayer, but let's do that right now.

Opening Prayer

I invite you to place your hand on your heart and to take a breath of gratitude. We're literally breathing in Love, breathing out gratitude, and we're so grateful and so thankful right now that we can invoke into our awareness, the Higher Self, the Holy Self, the Holy Spirit Self.

We're invoking in to our mind right now an awareness of our divinity and the divinity of **all** life. We're invoking Divine Grace in to our life, in to our awareness, in to every nook and cranny of our being.

So grateful and so thankful to Partner UP with the Holy Spirit and to give the Holy Spirit the heavy lifting of all judgments, opinions, all regrets and resentments, all blame and shame, all doubt and worry.

What I know for Gary and myself in this radio show that we **are** the living, loving Voice of God, the Mind of God, revealing itself and so we're in tune with the Infinite. This is what I know for all of us, that our whole life is evidence of God's Love.

We're grateful and thankful right now to allow it to be, to know that it's done and to say, "And so, it is." Amen. Amen. Amen.

Doesn't that feel better? [laughs] I know it does for me.

Hand On Your Heart

Marci Shimoff taught me that piece about placing my hand on my heart. I did a tele-class called *Living A Course in Miracles*, and you can learn more about that at LivingACourseinMiracles.com. Gary Renard was one of the

A Course in Miracles Weekly Radio Show with Jennifer Hadley

teachers. It was an eight-week class, and we're getting ready to do the next one, Again, you can find out about it at LivingACourseinMiracles.com.

Marci Shimoff is one of the teachers last time, and she was sharing some of the things that she learned in writing her book, *Love For No Reason*. One of the things is that she got from the Heart Math Institute of People, placing your hand on your heart and holding it there, tuning in to the heart for just 90 seconds, will literally **boost** your immune system for six hours.

At the same time, it's so helpful to be aware, if you get angry or upset, it will literally depress your immune system for six hours. I would add to that that being angry and upset that would depress your immune system for six hours **unless** you call yourself back in to your heart.

I love putting my hand on my heart as a way of tuning in and consciously reminding myself that I'm a heart-centered person, and my life is a life of Love. I give you that. I share that with you, that if you're feeling upset, you're feeling distressed and you'd like to Partner UP with the Holy Spirit -- the Higher Self, the Holy Self because it's all One. Divinity is all one -- if you'd like to reconnect, just place your hand on your heart and take a breath of gratitude. For me, that first breath of gratitude is simply that I **remembered** to be grateful. I'm grateful to be grateful.

Cultivating the Desire

These little practices are how we live in *A Course in Miracles*, because it's one thing to read the book, it's one thing to read *Disappearance*, it's one thing to listen to Gary and myself, and it's a whole another thing to get in to where the rubber meets the road in the upsets, in the challenges, in the difficulties that we experience every day.

Having the little places where we can remember to remember that our life **is** a spiritual practice, that spiritual practice is not something we do for five minutes, or an hour, or whatever allotted of time per day. Our spiritual practice **is** our whole life. Our whole life.

As I've been training myself to do this through all the years and years of spiritual study, and seeking, and spiritual practice, I have found myself, I wake up in the middle of the night and I'm already in prayer. I was praying in my dreams.

***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

We can **be** that person who learns how to live in that prayer without ceasing. It takes our willingness. Our little willingness is all that's required, and putting our attention on it, which I call "cultivating the desire." We're grateful, so grateful that we **can**, indeed, live a life of Love.

Ah! Another breath of gratitude.

I'm going to introduce Gary here and bring him in to our conversation. For those of you who don't know -- because sometimes, people can be really in to *A Course in Miracles*, or just found *A Course in Miracles*, and they haven't yet discovered *The Disappearance of the Universe*. This is Gary's first book, *The Disappearance of the Universe*. It is a powerful book.

We can be that person who learns how to live in that prayer without ceasing. It takes our willingness.

I always tell new *Course* students, start with the *Teachers Manual*, and start with *The Disappearance of the Universe*. He so beautifully explains to us in this book what the *Course* is all about, and how to practically apply it to our lives. That's what Gary's whole life is about, and I think that's why we found each other, and why we enjoy each other, and why we're such good friends.

Let's bring him in! Gary, are you there?

Gary Hey Jennifer! How are you doing?

Jennifer I'm good! I want to say thank you, because Gary and I are in Los Angeles, so it is 8:00 a.m., and that's not a time that Gary's usually speaking.
[laughs]

Gary That is true. You really know how to hurt an old musician by getting me up at 8:00 a.m. to do an interview. You really do.

Jennifer [laughs] Well, I know that --

Gary I will say a couple of things, Jennifer. First of all, Jennifer, for those of you who don't know, is probably my favorite Reverend in the world, because she's just so real. She's just so true, and so many people feel that way about her. On top of that, she understands *A Course in Miracles*, and I appreciate that.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Physical Healing of the Heart

When you started out, I can't believe that you were talking about the heart, because I do that every night. I never discussed this with you, I never said this. I put my hand on my heart every night before I go to bed, before I go to sleep. I used to have what you would call arrhythmia, this unusual heartbeat where it doesn't really beat that true, and then after a few months of doing that, it went away. I actually **healed** my cardiac arrhythmia simply by putting my heart in my hand, literally, and it actually went away.

I want you to know that I can't believe you were talking about that, because you and I have never discussed this, and I actually did that.

Jennifer Do you think that boosting your immune system that way, or setting that intention, if you will, to be in your sleep time, focused in the heart, that that contributed to your healing?

Gary Absolutely! I think that the power of the mind is so strong that if you focus on a certain area of the body **with** the mind, that you can actually heal it.

Jennifer Now, one of the main *Course* topics is that the healing is always at the level of the mind.

Gary Yes.

Jennifer Maybe you can share a little bit for folks who are thinking, "Gosh! I have a health issue. Maybe I could do that. How would that work for me? **Why** would that work for me?" What would you say to them?

The Power of Your Mind

Gary Well, I think that if you **focus** your mind on a certain area of the body, then what's going on is that you start to realize that your body is actually a projection that is coming from the mind. It's like, you start getting in touch with the **cause** instead of the effect. People think that the body is a cause, and it's not. It's the mind that is the cause, and the body is just an effect.

If you think of the body as a projection, then you can start to get in touch with your power because then you realize that, wow, any pain that you feel, any sickness that you feel, is not in the body. It's actually in the mind, and the body is just a projection that is **coming** from the mind.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

When you start to get in touch with that, now you're getting in touch with your power. Where if it's the body that is real, then it's like the tail wagging the dog. It's like, all of a sudden "Oh, the body is powerful." Well the body is **not** really the place where things are happening.

The place where things are happening is in the **mind**, and when you get in touch with that, then you're getting in touch with your power.

*It's the mind
that is the cause,
and the body is
just an effect.*

Jennifer This is the hardest thing, I think, for people to **truly** grasp. When we were hanging out yesterday on your sofa, we were talking about how people really resist that **total** responsibility, that every thought they are thinking is going to produce form at some level, and illness is form at some level. So, being able to accept responsibility, but not have any blame.

Gary Well, exactly! I do not want to imply any guilt here, because there's no guilt. We're totally innocent. Every one of us is totally innocent, and that's really part of what you want to have going on in your mind is decide that you're innocent.

If you say that you're guilty, then you're going to imply guilt, and then you're going to project that guilt onto your own body. But if you're totally innocent, it's a totally different story. It's like, we have to get in touch with our innocence. We really do.

Love Is The Healer

Jennifer Sometimes -- this is my thought around it, that there's a tendency, especially among New Thought students -- so, Unity is New Thought, and I come from Science of Mind, which is New Thought, and to me, *A Course in Miracles* really is New Thought. People who come from these teachings, they **can** go to that place of, "If I'm ill, I'm doing something wrong. There's something wrong" instead of, "If I'm ill, this is a call for Love, and it's not that I'm doing something wrong, per se. I don't need to think about it that way. All I need to do is apply Love, because Love is the healer."

Gary Yeah. Well you know Jennifer, I don't think that people should feel that they created their sickness because of the thoughts that they were having **here**. They actually decided to be sick before they ever came here. It's like, their whole lives were set up before they ever came here. Now, they want to

A Course in Miracles Weekly Radio Show with Jennifer Hadley

beat themselves up, and think that they're guilty because they're having all these terrible thoughts that made them sick. That's simply not true.

Salvation Comes from Me

My father died when he was 60 years old. Not because he was having these terrible thoughts. It was all set up before he came here. What **we** need to do is not change what's happening. What **we** need to do is change the way that we're looking at it. We need to change the way that we're thinking about it, because if we do that, then we can start thinking with the Holy Spirit instead of thinking with the ego.

Jennifer If we're in the victim mind, we'll be looking at the past life karma, the past life experience, the stuff that we brought in to heal, we'll look at it as though we're a victim of our past incarnations. But if we can look at our life and we realize that, "Oh, Love is the healer. I **am** created in and out of Love, so the opportunity I have is to be a healing presence of my own life," then we can unwind that victimhood, which is really just more part of, to me, past life karma.

Gary Well, I'm really glad that you said that, because it's like *A Course in Miracles* says. It says, "I'm not a victim of the world I see." We can start to get in touch with the fact that we have power. We're not victims. If you can do that, then you can start to get into a place, we can say, "Look, all of this is my creation."

*Salvation comes
from me.
It doesn't come from
somebody else.*

Just like the *Course* says, salvation comes from me. It doesn't come from somebody else. It doesn't come from Jesus, even though I love Jesus very much. It comes from you. You have to be like Him. To me, the Jesus at the *A Course in Miracles* is pointing us in the right direction. It's like He's saying, "Look this is what worked for Me. Maybe you should check it out. Maybe you should try it. And if you try it, maybe it'll work for you."

And, it's not the only way. This is not a religion. I'm not in to proselytizing. I don't tell people that this is the only way. It's **not** the only way. But I say, "Look! This is Jesus, and He's saying that if you check this out, maybe it will give you power."

A Course in Miracles Weekly Radio Show **with Jennifer Hadley**

That's what I try to do. I try to put people in touch with the Holy Spirit. I never try to tell people what to do.

Jennifer Hey, Gary--

Gary Not my job. Yeah?

Jennifer We're going to go to a break here, and I want to give people the number to call in and ask us a question. The number is 888-558-6489.

So, hold that thought Gary, and we'll come back in just two minutes.

Thank you for tuning in for *Living A Course in Miracles: Walking the Talk*.

Here is your host, Reverend Jennifer Hadley.

Join with Spirit for Physical Healing

Jennifer Hello, beautiful! We're back! We're with Gary Renard and we are talking about healing. We had announced the topic was relationships and, believe me, there's hardly a relationship that couldn't use some healing. I'm sure we'll get to that. But we've been talking about healing the physical, and we're going to take a call.

Michael is there. Michael, you're calling from the Los Angeles area?

Michael Yes. I'm in Southern California.

Jennifer And you have a question?

Michael Wow! I'm floored about where the show has gone. I'm delighted that we're talking about healing the physical.

My question is this -- I've recently come to a kind of a place in my prayerful practice where, after many years -- I'm 48 years old, and I have a physical condition that's in my family. My father had it. My brother had it. It's an immune thing. It's called common variable immunodeficiency, and it results in chronic, sort of belly infections. I have chronic, all my life, have battled with sort of lower belly infections. It's mild. It's like I have a lot of diarrhea, and then some fatigue when that flares up. I've always had it, and I've always just assumed that this was the way it was going to be, because it was genetic.

A Course in Miracles Weekly Radio Show **with Jennifer Hadley**

I had a healer friend of mine point out that there was some victim mentality in that, and if I believed that I had something that came to me through my genes and that there was no way around it, that that was kind of a victim perspective. I suddenly said, “Well geez! Maybe I can use my prayerfulness to heal this.”

One of the things that I bumped up against in trying to turn my willingness in to a willingness to heal this -- and it's funny. One of the things I've been doing intuitively is putting one hand on my heart and the other hand on my belly.

Jennifer I was going to stress that! Beautiful!

Michael That's just something that I started doing in the last week.

But here's my question. The question is this -- when I start to get motivated to turn towards healing different elements of my experience, I begin to feel like there's just not enough time in my prayerfulness to focus on everything. Am I supposed to sit in my practice and heal the belly, and heal the relationship stuff, and heal the reactivity stuff, and heal the enthusiasm for my work, and my writer's block stuff?

I just feel sort of fractured, and then I want shortcuts. Like, if I just heal coming from my heart at all times, shouldn't that just take care of everything?

Jennifer Yes! Yeah.

Michael [laughs]

Jennifer Next caller. [laughs]

Michael [laughs]

Jennifer I know Gary's going to share something.

Michael My belief tells me that, yes, I should be able to heal everything just by connecting to my heart. But then my negative head speaks, “Oh, but if you don't address everything, it'll --”

Jennifer Of course! Yeah! Yeah! Yes, so that's what you're healing. Gary, what do you want to share?

Gary I just wanted to add one thing, Michael. When you put your hand on your heart and your belly, don't forget the Holy Spirit. Picture the white Light of the Holy Spirit coming in to your mind, in to your heart, in to your belly.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Think of it as being a really bright Light of the Holy Spirit, because now you're connected. Now you're joined.

You can't do this on your own. You have to join with the Holy Spirit, and if you do that, now you're connected with the higher power. Now you're connected with something that's bigger than yourself.

When I do that, when I allow the bright Light of the Holy Spirit to come in to me, it's a different world. It's something that is beyond me that really means a lot to me, and it really makes a difference. So, I would highly recommend that.

Michael That's beautiful! What I get from that is just that the voice that tells me "Oh, I've got to attend to everything," is the voice that would say that I'm doing the healing.

Gary Right.

Michael So, I'd better not forget about this, and that, and this, and that, and this, and that. But that's just my human ego voice.

Gary If we do it with the Holy Spirit, it's a different dimension. It's something beyond ourselves, and we need that because we can't heal ourselves. It's like, can a sick mind heal itself? The answer is no. But if we have something bigger than ourselves to heal us, then it's possible.

Michael Right. Cool. Great!

Jennifer And in bringing in that white Light, what I do is bring it in through the top of the head so the crown chakra, and bring it in fill the whole head, and then in to the neck, and in to the torso, filling the **whole body** and all the main seven chakras, and then send it right down through into the earth and share it with the earth and **all** the many beings of the earth.

We actually, then, are **sharing** the healing, and sharing the benefits of our healing with everyone, which helps us remember that we're One with everyone. When we are consciously remembering that we're One with everyone, we **are** healing all illness, because all illness is a by-product of some sense of separation in some way.

*When we are
consciously
remembering that
we're One with
everyone,
we are healing all
illness.*

A Course in Miracles Weekly Radio Show with Jennifer Hadley

That's why the constantly going back to the Oneness of all life and cultivating the **willingness** to **truly** understand the Oneness of all life, is going to heal **everything**.

You remind me, too --

Michael Very beautiful, Jennifer.

Live as the Christ Consciousness

Jennifer You remind, too, that when I first started taking classes at Agape in the 90s, mid 90s, and I was taking classes knowing that I was planning on becoming a licensed practitioner, and then probably going in to ministerial school which I did both of those -- when I first started taking the classes at Agape, and they were teaching us the five stages of the prayer treatment and I was learning about prayer, what I came to immediately was the highest aspiration I can have is to have a full and total realization of the Christ consciousness. Because that is my true nature and obliterating any sense that I'm **not** that is really what my life is about.

So, I started praying every day, and I would do that even before I got out of bed in the morning. I trained myself that, first thing in to mind is I would come in to my awareness of, "Oh, here I am in the third-dimension human life." I would say, "My life is the Life of God. I live **as** the Christ Consciousness, demonstrating Love, and compassion, and non-judgment, and forgiveness." I started to just list the spiritual qualities that I wanted to be able to **reveal** that day in my life.

If I can have a full and total realization of the Christ Consciousness, then everything else will be added unto me.

I'm **so** glad that I had the Wisdom, because it's **exactly** what you're saying, Michael. That for me, I had the thought, "If I can have a full and total realization of the Christ Consciousness, then everything else will be added unto me." It is that, "Seek first the Kingdom."

You're totally on to it, and the ego mind will tell you that, "I don't have enough time to have a realization of the Christ Consciousness." That just binds you to time, and we are **not** time bound. That is an illusion. Time has **no** power. It's **meaningless**. It **really** is meaningless, **unless** we give it

A Course in Miracles Weekly Radio Show with Jennifer Hadley

meaning. If we want to be bound by time, then we'll think we don't have enough time.

Michael Wow, that's very helpful.

Jennifer And we're healing the habit of being time bound.

Michael Yeah. Just great! Well, thank you, both.

Gary Thank you, Michael.

I think people can probably see why Reverend Jennifer is my favorite Reverend in the world, because of the way that she expresses herself. And I really do appreciate it.

If I was going to add anything, I would say that I think that the Voice of *A Course in Miracles*, to me personally, is just something that amazes me. I really feel **grateful** for the *Course*, because I really would not be on the spiritual path that I'm on if it wasn't for the *Course*. I think that Reverend Jennifer appreciates that, also.

Jennifer Yeah. I remember saying to you, one night years ago, Gary, we were, I think, driving in the car, and I said, "I love *A Course in Miracles* so much that I could literally tear the pages out and eat them." [laughs] Because, to me, it's so--

Gary [laughs] That's right! I remember that! I remember you saying that!

Jennifer It so captures the Voice for the Holy Spirit. It's rare that you can find a text that has that level of high Clarity, that vibrational Clarity, that when you read it, it ignites that within **you** which is vibrating at that same level.

There have been **so** many times that I have been sitting with *A Course in Miracles* and I just start sobbing with tears of gratitude, because I feel like I have found my best friend again. After feeling lost and feeling separated, I have found my best friend again.

Gary Yeah, well, Jennifer you appreciate Agape, and I appreciate Agape also. But you also have your own service that you should probably tell people about.

Jennifer That's true. We have services on Sunday morning. Michael, who just called in, is a part of that. He's part of our wonderful musical team. We are called Project Service LA and you can learn about us at ProjectServiceLA.org. But you can also learn about us through JenniferHadley.com, which is my website. On the [Events](#) page, you can read about that there.

***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

- Gary I highly recommend people to go to your service. In fact, Cindy and I, my wife Cindy -- if you don't know, maybe you're just getting to know me, and you don't realize that I'm married to this wonderful woman named Cindy, who is a great musical artist, as well as a counselor and therapist -- we've both been to Jennifer's services on Sunday morning, and we've even done music there. We just love her. So, I would highly recommend that.
- Jennifer Oh, thank you, Gary! We have a good time. We have a good time, and the focus of our services on Sunday morning are nonjudgment, living in non-judgment and releasing the habits of fear.

Live the Course

I'm going to steer us back to the topic of relationships because, for me, I did *A Course in Miracles* Study Group on the phone for four years and relationship was **the most** popular topic. We talked about it over, and over, and over again. The relationships that we have **constantly** provide us with an opportunity to walk our talk.

That's the focus of our radio show here. It's Living *A Course in Miracles: Walking the Talk*. Walking the talk in relationship, I think, is the hardest thing including our relationship with our self, Walking the talk.

*The relationships that we
have constantly
provide us with an
opportunity
to walk our talk.*

- Gary That's so true.
- Jennifer So many spiritual seekers, so many spiritual students, they **read** the books. They read *The Disappearance of the Universe*. They read *A Course in Miracles*, *Science of Mind*. They read The Fillmore's, and Emilie Cady, and all these wonderful, wonderful books. They understand **intellectually** things like "All healing is at the level of the mind." They **understand** that.
- I have had *A Course in Miracles* students say to me, "I've been studying *A Course in Miracles* for 30 years, and I don't think **you** understand it." Then they proceed to attack me. I say, "Well, have you read the Lesson *Love holds no grievances?* In 30 years --
- Gary Number 68. I know it.

***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

- Jennifer [laughs] -- in 30 years, have you gotten to Lesson 68? And so, I **understand** that, even though we can study this material for years, and years, and years, sometimes the study of it actually gets in the way of us **living** it. Because intellectually, we think we **know** it. But if we're not applying it, then we don't really know it.
- Gary Jennifer, the most difficult thing for people to understand about *A Course in Miracles* is that the things that they don't like about other people are actually what the *Course* would call the "secret sins" and the "hidden hates" that they actually have about **themselves**. That's the hardest thing to understand, because people don't know that they're **projecting**. If they knew they were projecting, they'd probably stop doing it. But they don't **know** they're projecting. They just think that they're **right**.
- I get these nasty e-mails, like you, from angry people who don't understand that they're projecting. And if they understood it, then they'd be doing *A Course in Miracles*, because then they'd stop doing it, and they'd start realizing, "Well, maybe I should start thinking with the Holy Spirit instead of thinking with the ego."
- Jennifer Yeah. There is a tendency, and I've done this myself, I have sat in a room -- not recently, but for years, I would sit in a room with a spiritual teacher and I would think, "Well **they're** not so spiritual. **They're** not so hot," **never, ever** realizing that what I was doing with each and every one of those thoughts was, **I** was creating more of a sense of separation in my own mind. I was taking myself **further away** from the Love of God as being experienced **in my** life, in **my** being.

Love Holds No Grievances

I love, *Love holds no grievances* starts with.

"You who were created by love like itself can hold no grievances and know your Self."

If we're holding on to grievances, we don't know our Self, so how can we know our brothers and sisters?

- Gary Well, that's brilliant observation. I used to joke -- it started out as a joke. I used to say, "I could really do *A Course in Miracles* perfectly if I could just give up the world." [laughs]

***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

Jennifer [laughs]

Gary Now, I'm not joking. It's like that's the **only** way I can do *A Course in Miracles* perfectly. I have to give up the world, and I don't know if I'm ready to do that. So, it's kind of like a decision you have to make.

Jennifer It's true. I remember when I was applying to ministerial school, I think it was maybe 2001 or 2002, I was doing a lot of contemplation and meditation in preparation for writing the essays and things that needed to be written for my application. What came in to my mind was that, really, I was on this track to purify, to cleanse and purify my mind. This was before I discovered *A Course in Miracles*.

What came in to my mind was -- and now, I recognize it as the Voice of the Holy Spirit, the Voice of the Higher Self, saying, "What happens if you give up all your judgments and opinions, and you don't recognize yourself? Who will you be without your judgments and opinions?"

*Who will you be
without your
judgments and
opinions?*

Maybe that was even the voice of the ego. What I **saw** was, I was either going to **choose** to release **all** that attachment to my judgments and opinions, and that **as my identity** -- I was going to release that, and instead say, "My identity is pure Spirit. And if I am not able to recognize myself, if I just go up in a puff of smoke, if I just disappear in to a ball of light, if I have to give up a sense of my **own self** in order to know God, so be it."

I remember, that was just such a powerful, powerful life-changing moment for me to say, "I don't care. I don't **need** what separation offers anymore."

Gary That is beautiful, Jennifer.

Jennifer We're at break time. We'll come back in just a couple of minutes and we'll hear more with Gary Renard.

You've been listening to *Living A Course in Miracles: Walking the Talk* with Reverend Jennifer Hadley. If you have a question or comment about today's program, or if you'd like to join in the discussion, visit us on Facebook at "*A Course in Miracles Pledge*" where you can join with a community of like-minded people who have pledged to live *A Course in Miracles* every day, in every way. Now, back to *Living A Course in Miracles: Walking the Talk*.

***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

Relationship Healing Through Forgiveness

Jennifer We're back. This is Reverend Jennifer Hadley, and my guest is Gary Renard. I'm going to invite you to call in and ask us a question. The number is 888-558-6489.

Gary Renard is the author of *The Disappearance of the Universe*, which is the most important book I've ever read, and I just love it. I love Gary.

We're going to tune in more to relationships. I know for you, Gary, your big introduction to *A Course in Miracles* came when you were living in Maine with your wife, Karen. You had so many opportunities to practice in your relationship with Karen, your relationship with yourself, and your relationship with other *A Course in Miracles* students in your Study Group.

What was it that you said to me yesterday about what Ken Wapnick said to you? He's our guest next week.

Gary You know Ken?

Jennifer [laughs]

Gary I'm just kidding.

Actually, I'm having lunch tomorrow with my former wife Karen and her boyfriend, Dave, and my current wife. Cindy and I are actually having lunch with them tomorrow. That is a miracle in itself.

Not that I want to give physical things any power, but I mean, man! It's like without *A Course in Miracles*, that would not be possible. It would not be possible for me, and my former wife, and my current wife to get together with her boyfriend. It's, like, impossible! But this is the kind of stuff that happens if you learn how to practice forgiveness.

My former wife, Karen, has been doing the *Workbook* with Ken Wapnick's *Journey Through the Workbook*, and she understands it so much more deeper than she would have without Ken.

Now, we're getting in together and it's like, I mean, Jesus! It's like, incredible that these kinds of things could actually happen, and the only way that it could possibly happen is through forgiveness. I'm talking about the kind of forgiveness that you learn from *A Course in Miracles*, which is

A Course in Miracles Weekly Radio Show with Jennifer Hadley

the kind of forgiveness where you're coming from a place of cause instead of effect. It's just amazing!

Jennifer Now, I remember us having dinner a couple of times when you were in the thick of your divorce proceedings with Karen. I know it was one of the most challenging times of your life. But I remember, too, that you were **so committed to living** the teachings of *A Course in Miracles*, and it was kicking your butt.

Gary It sure was. It was probably one of the biggest challenges of my life, because we weren't just married for a little while. We were married for, like, 25 years.

Jennifer Yeah.

Gary Yeah. And when you're with someone for 25 years and then all of a sudden you split up, it's almost like the same process that you go through with the death of a loved one. It's like, maybe it starts off with anger. Then, hopefully, it turns in to other phases. Eventually, it ends up with the acceptance. But it takes a while.

I think this happened with Karen and I, instead of a period of years, it happened in a period of months. After maybe three months, we were able to talk to each other as friends.

Jennifer Now, how long had you been married when you had that first experience of Arten and Pursah? How long had you been married?

Gary Well, that was 18 years ago, so we were married for about seven years at that time. Well, maybe a little bit more. But, it was in Maine at a time when I did not want to be in Maine, because I hated Maine and Maine hated me, and so we both had this mutual hate.

Jennifer [laughs]

Gary It was like, I didn't belong there and it took me a while to figure out why I was there. And, eventually --

Jennifer Why is that? Why were you there?

Gary I figured out that the reason that I was there was because that's where Arten and Pursah were supposed to show up

Jennifer You know, you and I lived in Maine at the same time, because I was living there, 90, 91, 92, 93, 94.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

- Gary I knew you were a “Maine-iac”.
- Jennifer [laughs] Yeah. And for me, in a certain way, just being there in the Maine woods and being out of the city -- because you came from Boston, I came from Manhattan, and being there and having this more isolated, more time alone, was hugely healing for me spiritually, because I had to be with my thoughts **so much more**, because there were so many fewer distractions.
- Gary Yeah, I think that you and I went through a very similar process. When I went there from Boston area -- the Boston area is very fast, to me. It's like, trying to drive in Boston is like trying to drive in L.A. It's crazy.
- Jennifer Yeah, it is crazy.
- Gary I went to Maine, and all of a sudden it was slow, and easy, and laidback. I really don't think that I could have had the conversations that I had with Arten and Pursah, that you see in my first book, if I didn't go to Maine. I don't think that those conversations could have happened in Massachusetts. It's like, Maine is close to Massachusetts, maybe just an hour and a half drive, but it's a totally different world. It's like a completely different world.
- When I got up there, and started to experience the slow life, that's the only way that I could have possibly had those conversations with my teachers.
- Jennifer Now, you had that first conversation in December '91?
- Gary '92.
- Jennifer '92. And when did you first pick up *A Course in Miracles*? Because you hadn't heard of it before they told you about it.

The Course Sets Us Free

- Gary No, they told me about it at the end of their second visit. I went, and I picked up my first copy of *A Course in Miracles*, and I looked at it, and it might as well have been written in a foreign language.
- Jennifer [laughs]
- Gary It made absolutely no sense whatsoever to me. I read it through as fast as I could, which was the wrong to do it, and then I put it on my bookshelf, which so many people do.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

After seven or eight visits, which took about a year -- after seven or eight visits from my teachers, I went back, and I looked at *A Course in Miracles* again, and it made sense to me. I thought, "Oh my God, this made no sense to me before. Now it makes sense to me."

And I started to get excited about it, because I realized if it could do that for **me**, then it could do that probably for anybody. That's when I started to get turned on to the whole thing.

Jennifer In terms of relationship, how did you start to notice your relationship with your self changing?

Gary Well, I started to get in touch with my innocence. I've touched on this before, but it is like, "Wow! I'm not guilty. I've really done nothing. I've done nothing wrong."

*That is such Freedom to
get in touch with your
innocence and realize
that you've done
nothing wrong.*

And that is such Freedom to get in touch with your innocence and realize that you've done nothing wrong. Wow, it's such a freeing kind of a thing.

Jennifer Mm-hmm.

Gary I think that, in a way, the *Course* set me free, because it made me realize that I've done nothing wrong, that I'm a good person. I even, actually, when I did the *Workbook*, I started to actually feel physiological changes going on in my body. I actually started to get more healthy when I did the *Workbook*, and it was like, "Wow! This is powerful!"

I really think that the *Workbook* of *A Course in Miracles* is the most powerful thing that I've ever done, because it actually resulted in all these changes going on.

Jennifer Right. And it's not -- it's really not anything else. It's **you** doing **your** work. It's **me**, doing **my** work. That's what makes **all** the difference. "Every thought produces form at some level."

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Opportunities of Love All the Time

For both of us, the **form** of our life has **dramatically** changed. Not because we **moved** things around in form, not because we **did** all of these things, but because we changed the way we think about our lives.

We both went from being, I would say, disappointed, angry, hostile, egotistical people who had a lot of resentments -- Maine hated you. You hated Maine -- to being felt -- I mean, I know you do, as I do, I feel **loved** all the time.

Gary Right. Yeah.

Jennifer And I **see** the opportunity to be loving all the time. I used to see the opportunity to be loving, and I used to say so often, "I don't **feel** like it."

Gary That's true.

Jennifer I would **feel** the call to be loving. I would **hear** the Voice of the Holy Spirit, the Higher Self, saying, "**Be** compassionate. **Be** loving here." and I'd think, "I don't feel like it. They don't deserve it."

Now, what I **know** is, "**I** deserve it. **I** deserve it. **Everyone** deserves it."

Gary That's beautiful, Jennifer.

I do have to add one thing. I used to hate Maine. But I don't anymore.

Jennifer [laughs] I know you don't. I know you don't.

Gary I love Maine. I used to hate God.

Jennifer Right.

Gary When I was in my 20's, and my father died, this woman came out to me and said, "Oh, your father's with God now, and God's taking care of him." Do you know what I said to that very nice Christian woman? I said two words, the first word began with "F".

Jennifer Oh! This is going to be your final thought. We are closing here, so.

Gary The second word was "God". You know what? Today, I think that I can honestly say that I Love God, and that's how I want to end this interview. Because I want people to know that **I really, really Love God.**

***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

Jennifer Thank you, Gary. Thank you! Thank you! Thank you!
Well, I Love you, and I Love all our listeners. I Love God.
Thank you, everyone! Have a great week! We'll see you next week with
Ken Wapnick.

This has been “Living *A Course in Miracles*, Walking the Talk” with Reverend Jennifer Hadley.

Thank you for tuning in to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Join us every Tuesday morning at 10 a.m. Central for more tools and insights into how to express your beliefs from moment to moment, every day, in every way. *Living A Course in Miracles: Walking the Talk* only on Unity Online Radio, the voice of an awakening world.

This program is brought to you in part by JenniferHadley.com, a global resource providing tools, insight, and support for those seeking to live *A Course in Miracles* every day, in every way. Online at www.JenniferHadley.com.

While there, we invite you to visit Jennifer's blog, where you can join with the community of like-minded people who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support as you come to walk your talk and live *A Course in Miracles* every day, in every way.