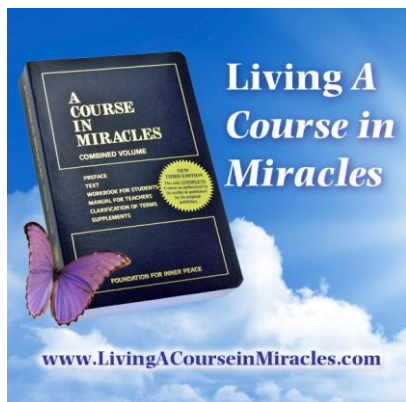


November 8, 2011



Finding Freedom



 *Jennifer Hadley*
your daily shot of spiritual espresso

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November 8, 2011

Finding Freedom

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.

Jennifer Hello, everybody! So good to be with you, and let's jump right to it with a prayer. I'm going to invite you to take a breath of gratitude with me and place your hand on your heart.

If you haven't heard me say this before, I've learned from Marci Shimoff, who got it from the HeartMath Institute people, that when we do this practice of simply tuning in, even without a prayer, even without a spoken prayer, focusing in on Peace and Harmony and our true identity as spiritual beings, placing our hand on our heart, taking these breaths of gratitude, we are literally boosting our immune system for the next six hours. So, boost your immune system with me. [laughs]

Opening Prayer

Oh! As we take another breath of gratitude, we give thanks for our life, our precious life. Sometimes we feel cursed to have this human experience, so right now, let us give thanks for our life and the opportunity to be the Love in our own life, to be the Peace and to be the Joy, to be the blessing.

What I know for each and every one of us is right now we're consciously Partnering UP with the Higher Holy Spirit Self and releasing any sense of limitation, lack, separation.

So grateful to take another breath of gratitude. This gratitude really is the vibration that multiplies the good. We're affirming that there is good in our life and giving thanks for it.

I invite you in this moment to just call to mind a blessing that you've received at any point in your life. You'd like to magnify and multiply that blessing. Another way to magnify it and multiply it is to share the benefits

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of it with everyone everywhere, remembering that you're One with them. So, let's do that together as part of our prayer here, our invocation.

So, we're accepting the responsibility that we have to be a blessing in the world. It's our ability to respond and we're cultivating it, opening our hearts and minds to the highest possibility for our life.

In grace and gratitude, we know that it's done. We let it be. And so, it is. Amen.

Mmm!

An Intention of Being a Healing Presence

And also, I'll just share with you that whenever I'm speaking or teaching, which I do a lot of, I always Partner Up and I always ask that the highest level of teaching move through **me**. So, I intend to speak into the highest point of listening of anyone who will hear my voice, because I know that it's not what I say that makes a difference in anyone's life, except my own. [laughs] What makes a difference is the **listening** that happens.

One of the things that I'm so grateful for is many of the people who participate in this radio show and listen, even if you're listening later, the energy is always with me at the time of the recording. Isn't that interesting? Because time and space are really an illusion.

So if there's the possibility of you listening to it later, I feel the energy of that, and I even can feel your questions and I speak into the highest point of listening that you will bring. I **always** notice that the higher the listening, the higher the **intention** in the listening, the more powerful the teaching is that comes through me, so I give thanks for that.

I say that in my classes all the time, that when -- sometimes the level of teaching that comes through, energetically it feels so dynamic. Like right now, I can feel it. Sometimes afterward, I'm **amazed**, because I always intend that something will come through for **me** that I will learn and I will have a healing, I will be activated.

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That's part of what I bring to every opportunity I have to speak, that I'm a healing presence and I'm a healing presence **because** of Love. Love is the healer. There is no other healer.

And so, many times we live in the illusion that the healer is **outside** of us. It's **always** within, and this is truly how we find Freedom, is we recognize that it's an inside job, as they say. [laughs]

Stop Waiting & Go First!

Together we're cultivating the willingness to take responsibility and be the healing presence in our life. So often, especially as we're coming to the holidays here and the Thanksgiving holiday is one very common for many families to get together -- Christmas, Thanksgiving, Hanukkah, New Year's, even Halloween, this is the time of year when families are getting together, loved ones are getting together, and sometimes family and loved ones, not the same group. Right? [laughs]

What often can happen at this holiday times, as we well know, is the old grievances are revisited, and so I am inviting you to decide **now** that **you** are the one who's going to take responsibility for the grievances in your family, meaning **you** are going to be the one who is a healing presence in your own life. You're **not** abdicating that. You're not abdicating the spiritual authority in your own life. You're not saying it's up to someone else. **This** is how you find Freedom.

Very often in the difficult family situations and I -- oh! Lord knows, I used to do this! I used to think in my mind "I'm angry at that person, I'm resentful, I'm upset with them, and so they owe me. They owe me Love. They owe me kindness. They owe me patience. They owe me forgiveness. They owe me **something**, and I am not going to be loving or kind or appreciative or patient with them **until** they give me what they owe me!" I used to live in that space, particularly when it came to family, particularly when it came to friends.

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It's so interesting to me, as I awaken more to the truth of my life, the truth of Love that is our life, and I look at, "Wow! I waited and waited and waited and waited! I spent **so** much time waiting for someone else so that I could be loving, and I'm **not** waiting anymore."

One of the most healing awarenesses I have had in my life is that if I'd like to experience **more** Love, **more** Abundance, **more** Wholeness, **more** Prosperity, **more** of the unconditional spiritual qualities of life that are always live-streaming 24/7, then **it is up to me**. I **get** to go first. I **get** to go first! I don't **have** to wait for anyone. I don't **need** anyone's permission to be loving, patient, kind, forgiving, appreciative.

*I don't need anyone's
permission to
be loving, patient,
kind, forgiving,
appreciative.*

So, I stopped waiting, and it made a **huge** difference in every minute of every day of my life. I started to look at "This is **my** responsibility!"

Hold No Grievances

As I share all the time, forever it seemed like, for the first, I don't know, 40 years of my life, I really resented this idea of responsibility. There was a part of me that just didn't want to be responsible. I **really** didn't. It just felt onerous to me. It felt like a burden to be responsible.

This is why I share about it so much, because I see that in a lot of people, in a lot of relationships. As a Science of Mind Practitioner minister, I've done a lot of counselling. People would, over and over and over again, come to me for counselling because they were **so upset** about something that happened in one of their relationships, in a primary relationship -- it could be work relationship, it could be a friend, it could be a family member -- and they felt **so hurt** and they were holding a grudge, they were holding it in resentment.

They weren't able to forgive -- so they **thought**. They weren't **willing** to forgive is really more what it was like, and they would literally **refuse** to be loving and kind and patient, and they were suffering as a result of it. But they didn't **see** that the suffering they were experiencing was because of how they were holding the situation in their mind. They **thought** that it was because of what **happened** that they were suffering.

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This is where we bring illumination. This is what our New Thought teaching is about, is recognizing that it's about how we hold it in our mind.

My favorite Lesson in the *Workbook* is *Love Hold No Grievances*, Lesson 68. It's on my page 115. In Paragraph 3, it says,

“It is as sure that those who hold grievances will forget who they are, as it is certain that those who forgive will remember.”

Now, here we are, we're all spiritual seekers, we're on the spiritual path and we're intent on awakening to the fullness of our divinity and the divinity of **all** life, and many of us will travel great lengths to go to a workshop. We will spend a lot of money buying books, classes and workshops. We'll do all of these things, and we're reading, reading, reading, reading, listening to classes, et cetera, et cetera, et cetera, doing all of these works, hours and hours and hours and hours. Lots of time and money invested.

Make a Decision for Faith

We very often will invest our resources in **that**, in the pursuit of spiritual knowledge and understanding when, honest to God, we would get **so much more** Clarity about the truth of our divinity if we **simply** decided to stop being angry, and holding a grudge, and resenting and regretting, the unforgiveness, the criticism, the judgment, the opinions.

If we would make a commitment to **that**, we would **have** the insight that we have been seeking, that is seeking us. It's actually already preinstalled, but we can't find it, we can't find even the door to the Kingdom, as long as we're holding on to all this negativity and resentment.

“It is as sure that those who hold grievances will forget who they are,”

If you're holding any grievances, you won't remember who you are. You won't **forever**, until you let go of those grievances.

Isn't it this incredible paradox of so many spiritual students seeking outside of themselves for the spiritual awakening? You know, people will travel halfway around the world to the guru, thinking the guru is going to have the magic key for them. No! It's **self**-liberation. That's the **only** kind of

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liberation there is, is **self**-liberation. Love is the healer. There is **no other** healer.

One of the things I love about the teachings of Jesus and healing is when people would come to him for a healing and/or have a healing experience around him, they would say, basically, "Thank you, Jesus, for my healing." And He would say, "Why thank **Me**? **Your** faith made you whole. **Your** faith made you whole."

But you see, He's that clear ringing bell, that high vibration, and so what happened is, basically, whoever has the highest vibration in the room, people are going to become entrained with it. **That's** why we go to hear someone who's clear. That's why we go to the bookstore and get a book written by somebody who's clear, is so that we can become entrained with that vibration of Clarity. But the **easiest** way to access it is through our own attention.

So, we'll never remember our true identity as long as we hold on to grievances.

It's **certain** that those who forgive will remember their true identity. It's certain, it's a given.

Learn How to Forgive

Now, what *A Course in Miracles* doesn't give us a lot Clarity on is exactly **how** to forgive. It's always telling us to forgive. Many, many people, because I teach forgiveness workshops and I've been teaching that for a **very** long time, well over a decade, and so people often come to my forgiveness classes and workshops and say, "Gosh! I've forgiven this so many times, but I just don't know why I can't stop thinking about it!"

*Forgiveness is
not just words.
That's what
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challenging.*

It's really just, at its core, there's still a grievance that you're holding. Forgiveness is **not** just words. **That's** what makes it so challenging.

I would like to invite you to go to my blog. I have a blog, I write a daily blog, I called it "[*My Spiritual Espresso*](#)", and I send it out every day by e-mail or you could see it at JenniferHadley.com on my website. From time to time

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there, I post a forgiveness letter, exercise. I will see if I can get that posted on the blog this week again.

For those of you who are participating in the [Living A Course in Miracles Class](#), the eight-week class, we have four classes left. This week, our topic is “Shifting the Habit of Self Criticism to Self-Appreciation” self-criticism to self-appreciation, and our teacher is Chris Cade. We're going to have two classes on that this week and it's totally free at [LivingACourseinMiracles.com](#).

Once you register for that, you just give your name and e-mail, you can get in there and you'll see the forgiveness letter in there, as well.

Let's set that intention, as we're going to go into break here. I'll just remind you that this is Reverend Jennifer Hadley and we're talking about walking the talk on Unity.FM Radio.

Thank you for tuning in for *Living Course in Miracles: Walking the Talk*. Here is your host Reverend Jennifer Hadley.

Release Grievances

I feel like my responsibility, my job, as a minister is to consistently be pointing out how it is that we hold on to the grievances. Or maybe that's just the thing that I feel obligated to, because **I** used to cultivate the grievances. I thought it was **my** job to hold on to them, because if I didn't hold on to them and harbor these grievances, then anyone could attack me. **That** was the way I thought about it, that somehow my holding on to the grievances **prevented** people from attacking me again.

So, of course, that's insanity, totally crazy thinking and we're letting that go! [laughs] And, we're letting it go together! So, we have to look at, “Do we value grievances? Do we **value** them?” And we have to become disciplined.

Right now, I'm just starting my [Living A Course in Miracles class](#). People every day are joining the class. It's a 7-week class of audios, and videos, and transcripts, and homework to support people in really getting to the nitty-gritty of releasing the grievances and the patterns that create the suffering in their life.

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The thing that I have found that creates **so** much distress for spiritual seekers is when they mentally think that because they **understand** spiritual principles and teachings that they **are living** them. That's why this show is called "Walking the Talk" and that's why the [Finding Freedom Spiritual Boot Camp](#) is really about focusing **in** on getting clear, "Where am I ruining my life? Where can I be the healer in my own life?" and making that commitment and building the discipline.

*Where am I
ruining my life?
Where can I be
the healer in
my own life?*

Because we can **say** [tech issue] day out and it just doesn't mean **anything** if we still think we're right about holding to the grievances. That's why I offer the forgiveness letter and the other teachings that I offer about really **how** to get into the nooks and crannies. It's **so** valuable!

Focus On What You'd Like

So for me, this teaching *Love Holds No Grievances* is such a beacon of light, because the promise is clear here.

"It is as sure that those who hold grievances will forget who they are, as it is certain that those who forgive will remember."

Because so often we, even as spiritual seekers, get into the trap of thinking that the spiritual Enlightenment will come from the outside. It will be **because** we took a class or **because** we read a book that we're going to become enlightened.

It's just [tech issue] the practices. That's why I offer a [Spiritual Boot Camp](#) to help people **develop** the practices to mentally train their mind to focus on what it is they'd **like** to experience or what they **like** to create.

My minister, Reverend Michael Beckwith -- I've been a part of the Agape community since early 1994, and I remember him saying, "You don't get what you **want**. You get what you **are**."

I think another way of saying that is, "You simply experience what you think."

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I remember speaking with someone who asked me how it was that I was able to be on this path of awakening and to have really transformed my life to the degree that I have.

I shared that when I was in my late 20's, I started meditating and I caught the vision in the meditation of myself as a being of Light, just pure Light, nothing else, and I made a decision at that time to do everything I could to move in that direction, and I thought, "Well, it will take many, many lifetimes for me to attain that, but I don't care. That's all I'm interested in."

*You simply
experience
what you
think.*

Choose Divine Guidance

Now, I definitely could've been more diligent. I could've been a better steward of my Divine Guidance and Inspiration, and that's one of the challenges that people [tech issue] the Divine Download Inspiration Guidance all of the time, and they **disregard** it. It's there all the time and they disregard it to the point where they **think** that they're not hearing it.

One of the things I notice is, as I become more and more pristine in my own thinking, I **choose** the Divine Guidance without questioning more and more. I also notice --I started noticing this quite a while ago, that the more pristine I became in my thinking, when people are around me and talking to me and asking me for guidance or Clarity, if they have a really strong prayer request, I will start getting the insight and guidance.

Generally, I either ask somebody's permission or I wait for them to ask me, but before I learned to be, I think, more respectful, I used to say things like, "Oh, you know what you should do?" or "You know what you could do?" [laughs] and I would kind of "should" on people.

You know, we're all learning and growing, but I would say, "Oh! You know, it would be a great idea?" and I would feel all this energy of this beautiful idea for this person. Very often, people would say to me, "Oh, I get that all the time, but yeah. You know, that really would be my dream come true if I did that, but yeah, no, I can't do that! There's too much involved in that. I don't know **how** to do that. I don't have the resources for that!" [tech issue]

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You don't have to know how to do it, and you don't have to have the resources. All you have to do is be **willing**. Are you **interested** in it? You know, you can say no to it, but are you **interested** in it? Are you willing?

Then, I say, "Give the heavy lifting to the Spirit. The "how" is not something we have to figure out. We don't. We just have to cultivate that willingness.

Cultivate the Right Motivation

Now, think of it this way -- can you **cultivate** the willingness to **hold** the highest possibility for your life at the **same** time while you're holding grievances? Can you both at the same time? No! Of course, you can't! Nobody can! That's why it says in this Lesson 68,

"Today we will try to find out how you would feel without them. If you succeed even by ever so little, there will never be a problem in motivation ever again."

To me, a lot of the opportunity that we have in our healing is to cultivate right motivation.

For those of you who have been listening to the [Living A Course in Miracles classes](#), the free classes at [LivingACourseinMiracles.com](#), then you know I often ask the teacher who's

teaching us that week what is the **motivation** for learning what they're sharing with us? Because if we don't have a clear motivation, we're not going to get on board. And it's our job to cultivate that motivation, so we have to be willing to see in it the **benefit** for ourselves.

One of the things I'm going to invite you to just think about right now, and place your hand on your heart and tune within if you will, think of an old resentment that you have related to your family. Because we're coming to the holidays, let's do some clearing for the holidays. Think of an old resentment.

Now, you don't have to keep thinking about it. Now just think of an old regret, a regret that you have about an experience with your family you still feel strongly.

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Then think of something that you feel angry about related to your family, something you feel angry about. And now, something that you feel disappointed about.

Alright, so just quickly thinking of these things, the resentment, the hurt, the regret, the anger, the disappointment, now just mentally open your mind and ask your Higher Self to help you get clear. What percentage of the energy that you have to live your very best life are you investing in holding to those grievances? What percentage of your life -- your life energy, your time and attention, your experience of Joy and Love and Peace and Harmony, what percentage of your energy and attention are you investing in holding on to those grievances?

*You have to be
willing to trade
loving
thoughts for
the grievances.*

What difference would it make in your life if you could decide to let them go and give the heavy lifting to the Holy Spirit? You don't have to figure out **how** to have a healing. Love is the healer. You let Love in. You have to be **willing** to Love, so you have to be willing to trade loving thoughts for the grievances.

If you do want more support, you can still join our [*Finding Freedom Spiritual Bootcamp*](#) at JenniferHadley.com.

But is this motivation for you to realize that this is affecting your whole life, it's affecting every day, it's affecting the quality of **all** your relationships?

We're not listing here -- we didn't just list all your grievances, all the hurts, all the resentments, even all the anger and upset that you're still holding on to related to your family. We just took **four** memories.

Now, I've done an awful lot of workshops on healing this, and classes around the Freedom, and people find that with just 10 or 12 memories of upset that they're holding on to grievances, they're still holding on to, that they are investing somewhere between 60%-100% of their energy in that.

And then, people wonder **why** it is that they're playing so small in their life, why it is they can't seem to have a breakthrough in their career. They wonder why it is that they can't seem to have a breakthrough in their relationship, why it is that they are feeling so alone or left out.

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Be the Love of Your Life

Very often people will come to me and they say, "Oh, I really, I would like to have a romantic partnership. I'd like to get married and have a family. I'd like to really just be in a happy relationship with someone," and I ask them, well, what kind of a person would they like to have a relationship with? What are the qualities, the spiritual qualities, that they would like that person to embody? And so, they start saying, "Well, I'd like to someone who is really loving, someone who's kind, someone who's patient, someone who's generous, someone who's healthy and harmonious, and someone who has a sense of Joy, and fun, and play, and a good sense of humor. I'd like someone who is creative."

And I say, "And would that person think **you** are the perfect partner for them? Would that person say, 'Oh, **you** are the perfect partner for me, because I'm looking for someone who is like **you!**'? Almost invariably, the person says, "No. No, I am not the person for that person."

So, the thing is -- and that's a big eye-opener for them, so then they can start to see, "Oh, you know what? I need to be the Love of **my** life. **I** need to be the Love of my life!"

What I'm telling you is you **can** be the Love of your life. You **can** be the one who holds no grievances. You can be the one who's the bringer of Peace. You can be the one who walks in a room and everybody goes, "Oh! Thank God, they're here!" You can be **that** one. You have to decide that you would like to be the one that you Love. [laughs] You can decide that you are the Love of your life. You don't have to wait another minute! **Today** is the day!

So, here's how you cultivate that -- when you are in an experience with someone that you've been holding onto a grievance with, you can train your mind to say, "Ah! This is **my** opportunity to go first. I am going to go first! I'm going to be the Love of my life. I'm going to be the Love **in** my life, right here right now."

Then **that's** the moment when you say, "I'm not interested in this grievance anymore. I am interested in the Love. I choose Love, and Love chooses me, and today is the day. This is the moment where the rubber

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meets the road and I'm getting some traction in my life. I'm going to stop playing small right now. I am finding Freedom in my heart. That is the **only** place where it is. It **is** an inside job, and today I'm going to give the heavy lifting to the Holy Spirit. I don't have to figure out **how** to love this person, I **only** have to be willing. God, show me how to Love this person. I'm willing!"

According to **your** willingness, you will feel the Love move through you and **you** will have a healing, and you will be a loving presence in your life. And that other person, who knows what will happen with them? That's not **our** job. Our job is not to figure out how they're going to receive it, or if they'll receive it, or if they'll run away or be repulsed. That is **not** our job. It is **not** our job to be managing and coping with other people's feelings.

*Do not abdicate
your spiritual
authority to anyone
or anything else.*

Our responsibility is about cultivating the ability to respond to whatever is happening with Love. That is our Divine Opportunity in every single moment. **That's** the miracle, and you are the miracle in your life, you are the Love of your life. Do **not** abdicate your spiritual authority to anyone or anything else.

Ah! So, while we go into the break, I'm going to invite you to place your hands on your heart and start giving thanks. Count your blessings during the break.

This is Jennifer Hadley and we will be right back at Unity Online Radio.

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 the discussion, visit us on Facebook at *A Course in Miracles Pledge*, where you can join with the 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*.

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Be All-In In Every Moment

Ah! So, we're letting go of grievances today in order to find Freedom in our heart and in our mind and remember that, oh, my goodness -- we're the Love of our life. [laughs]

I think that that is a remarkable thought, that each one of us can be the Love of our life and stop looking outside of ourselves.

One of the greatest moments in my life was really when I first started to say "I'm all in! I don't want to hold **any** part of myself back anymore. I am interested in being a loving presence in every relationship, and I am willing to step up to that responsibility, and I am willing to give thanks for my opportunity to cultivate the ability to respond with Love in every moment!" because I **resisted** it for a long time.

Remember how I was saying that we get the guidance, we get the insight and inspiration, and we hear it over and over and over again before we finally accept it sometimes? Well, for me, that's what I kept getting over and over and over again is "You have to be all-in. The spiritual insight and awakening that you are seeking requires you to be all-in."

So now, what I would like to share with you, too, is it's not that I don't find myself having grievances. Every single day, there is at least one moment when a thought comes into my mind that's kind of [grinding-type sound] complaint, a grievance, a judgment. At **least** once a day!

Now, it used to be about every 10 seconds all day long. Every waking of my life was just an endless dream of judging, judging, judging, holding on to grievances. And now I can notice that there are hours in between having a judgmental thought.

I noticed, too, that there's a difference in the tonality of them. It used to be that every single of those litany of judgments and grievances, those opinions, was mostly what I think of it as very spicy, hot. You know, I **really** thought that I was right, and I **really** thought they were wrong.

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Cultivate Willingness

Now, when the judgments and opinions come into my mind, it's not very spicy. It's just a little like, "Oh, they are not so --" And then, I hear, I don't even get to the end of the thought before I think. "Really? Really, Jennifer? Is **that** what you want to put your intention in? Is **that** where you want to invest your precious life? I don't think so!"

And I just mentally place it on the altar and mentally give it to the Holy Spirit, and I say, "I'm not interested in this thought anymore. I'm **only** interested in the thoughts I think with God. I'm **only** interested in being a loving presence now."

The thing is, is I used to think that to get to this place where I am now would take me many, many lifetimes of study. I thought I would have to be a nun or some kind of ascetic, and I'm not! What I did have to do is, I had to **decide** that I would be **willing** on a moment-by-moment basis.

So, it **is** about cultivating the willingness, and you cultivate the willingness until you are **always** willing, until you're **always** willing. You don't have to **start** with "always willing". You **cultivate** that, and the biggest challenge that we have is where we **know** that we have to let go of the grievance in order to recognize our divinity, in order to have the spiritual healing that we'd like, in order to have the physical healing that we'd like, in order to have the mental and emotional healing that we'd like.

We **know** we have to let go of the grievances and we just don't **want** to! We don't have **any** willingness. We might have **fake** willingness, so we might be telling our friends and our loved ones that we forgive. But we **know** that we are not forgiving, because we're holding on to the grievance.

True forgiveness is releasing **all** grievances. All! All!

It's not easy. It is **not** easy! It's **intensely** challenging. It's intensely challenging, and there is no better use of our time and energy. It is the **best** investment.

*True
forgiveness
is releasing
all
grievances.*

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Change Your Belief System

In Lesson 78, which is called *Let Miracles Replace All Grievances* on page 139 in my book, it says,

"Perhaps it is not yet quite clear to you that each decision that you make is one between a grievance and a miracle."

That, I think, is really helpful to understand. So, you can hold to the grievances or you can have a miracle. Which would you choose?

You know what? Just start to become aware of where you would choose the grievance. Just start to **choose** that, to be aware of where you would hold on to the grievance, where you would deny the miracle, where you would actually rather make yourself feel sick and angry and hurt and resentful.

Let me just say, this is so important to understand, it's **not** because you're spiritually stupid, it's not because you're a loser or a jerk that you're holding on to the grievances. It simply that you **value** them. The **mind** is valuing them. The ego mind thought system values grievances above everything else, because grievances are **means** of separation. They are the means of placing that veil in the mind of separation.

*You can hold
to the
grievances or
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Which would
you choose?*

Every time we choose a grievance, we're saying, "I value separation more than I value unification." Grievances are the **weapon**. They are the tool to keep the separation in place.

So, we don't have to figure out what it is that we value about that particular grievance. This is what I mean by giving the Holy Spirit the heavy lifting. We **don't** have to become spiritual detectives to figure it all out, but we do have to be willing to **let it go**, because the ego will say, "Wait, wait, wait! Before you let it go -- oh, you **can't** just let it go! No, first, you have to do the detective work. First, **you** have to gather all the evidence and understand, 'Where did this come from? How did this happen to me? I'm a victim! This thought came from somewhere, I need to know who to blame! Who's responsible for it so I can assign that blame? I need to know these details before I can let it go!'"

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That is just old B.S. -- “old belief system”! The ego thought system will **convince** us that we need to know all that information before we can let it go, but we do **not**!

Ernest Holmes, the founder of *Science of Mind*, said, “The only time that it takes to have a healing is the time that it takes to have a realization.” How long does it take to have a realization? It **doesn't** take time, does it? It just takes willingness. You know why? Because the realization is the miracle. It is remembering our true identity.

So if we're holding on to a grievance, we will forget our true identity. If we let go of a grievance, we will remember. It's **really** that simple.

So that's why we gather like this, and that's how we let it go. Very simple! You **have** to be willing. You **have** to be willing. That's your **only** real first step.

And, what is the willingness **for**? It's the willingness to **be** the Love that you are. It's the willingness to **be** the Love that you are, so let miracles replace **all** grievances.

*If we're
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Don't Worry How, Just Allow

Now, there is the thought, too, that some grievances are bigger than others. And you know why it seems like some grievances are bigger than others? It's because sometimes we can take one grievance, like “My family doesn't get me!” and then on top of that, we build a mountain of grievances. And so, it can be that something like, “My sister stole my husband!” Alright? Now, **that** seems like a mother of a grievance! Right? Doesn't it seem like, “Oh, my God! My sister stole my husband!” Right? Was that bigger than “My brother stole my husband!”? No! Just kidding.

We can **think** that that's **so** huge, and what it is, is there are so many grievances that we pile on top of that. That's **part** of what makes it feel so huge.

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The other thing that makes it feel so huge is that most people get very, very attached to their spouse, and so there are thousands of attachments in that relationship with the sister, with the spouse, and so in order to let the grievance go, it's about unhooking them all.

But the thing is, is you don't have to figure out **how** to unhook them all. You just have to be willing to let the whole thing go.

Please, let's take that into our prayer, whatever the grievance is, to release the idea of big or small.

Let's take a breath of gratitude here right now.

Finding Freedom Boot Camp

I'm going to remind you, too, that you can be my daily Prayer Partner. I record a [new prayer every day](#) and you can get all the details at [JenniferHadley.com](#).

And if you would like support the kind of support that I offer in my [Finding Freedom Spiritual Boot Camp](#) class, join us! We're starting now. It's the perfect time! All the details are at [JenniferHadley.com](#). You can watch the videos, and just you'll know if it's right for you. You will **absolutely** know.

Closing Prayer

We take a breath of gratitude together, hand on our heart, and we're opening minds and our heart to remember that our true identity is Love, and there is no big or small in God. There is simply Love healing us right now.

So, we're making a holy offering of any grievance we've ever had right now, giving it to the Holy Spirit and saying "Yes!" to Love.

We share the benefits with everyone, because we're One with them. In gratitude, we let it be. And so, it is. Amen.

Thank you, everyone for your deep listening. Have a great week! I Love you! I thank God for you. Keep walking your talk and give the heavy lifting to the Holy Spirit.