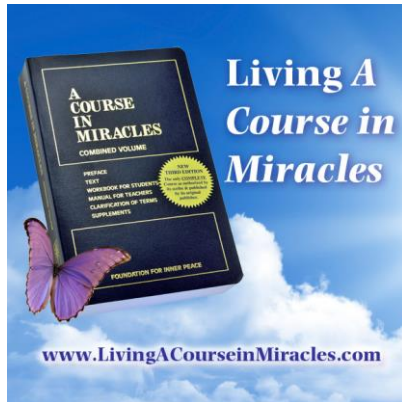


November 29, 2011



Self-Forgiveness



 Jennifer Hadley
your daily shot of spiritual espresso

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November 29, 2011

Self-Forgiveness

Welcome to *A Course in Miracles: 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 after our Thanksgiving holiday! Yesterday was also my birthday. November 28th is my birthday, and so I'm fresh from a day of mostly contemplation and self-care, which is a yummy, yummy thing! And so, I'm **happy** to be with you! I'm so happy to share!

Today we're going to talk about *Self-forgiveness*. It's very much on my mind. I'm teaching a class on the internet, on the phone, this Saturday, which you can actually participate in. It's on the [JenniferHadley.com Events](http://JenniferHadley.com/Events) page, if you're interested. It's the final segment in the [*Living A Course in Miracles*](#) class that I did this year. We're going to talk about self-forgiveness, and sometimes it comes in really handy after the holidays to do some deep self-forgiveness work!

I shared last week that I have ruined some Thanksgivings in my life, had some meltdowns and took everybody with me. I have, on more than one occasion, had to do a **lot** of self-forgiveness after Thanksgiving.

So, hopefully this will be helpful to you! We'll also help clear the runway for your holiday season.

Opening Prayer

We're going to start with a prayer, so I invite you to take a breath of Love and gratitude with me and place your hand on your heart and tune inward as we breathe deeply. So grateful and so thankful right now to consciously Partner UP with the Higher Holy Spirit Self, the Holy Spirit, the Higher Self, the Holy Self. We are in league with the Infinite. We are One with the One,

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now and forevermore, and we're opening our mind to a clearer perception of that than ever before.

We're opening our hearts and invoking Divine Grace and Divine Faith into our awareness, invoking Divine Grace into every nook and cranny of our lives, turning it over, surrendering, surrendering any attachments. Anything that we've been holding onto that no longer serves us, we are making a holy offering of it right now, in gratitude, offloading it.

We're intent on forgiving ourselves, so any debts we think we owe, any trespasses we need to release ourselves from the prison of holding resentment, holding regret, blame and shame, we're stepping into an awareness of our Freedom, our liberation, right here right now. We're going together.

In gratitude, we share the benefits with everyone, and we joyfully **let it be**. And so, it is. Amen. Amen. Amen. Amen.

Willingness to Remember the Truth

I'm going to point you to Lesson 107 in the *Workbook of A Course in Miracles*. It's my Page 192 and 193. It starts with,

"What can correct illusions but the truth?"

The truth sets us free. And, we **hear** that. We say, "Oh, **yes!** That's **true!** I **know** that. That feels familiar. That feels yummy. I love that! The truth sets me free!"

But, very often we don't actually understand it, and I can tell you, honestly, that I did not understand it **until** I started to employ it! When you feel trapped, when you feel the **burden** of resentment and regret, guilt and shame, **that** is the time to remember the truth sets you free.

Now, notice in that idea--

What can correct illusions but the truth?"

--and the next sentence,

"And what are errors but illusions that remain unrecognized for what they are?"

Later, on Page 193, there in italics, it says,

"Truth will correct all errors in my mind--"

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Now, you notice that it doesn't say anywhere in here that this is a **long** and arduous process, and the process is hidden from you, and you have to have the magic beans and the magic slippers, and you have to have special permission from guru in order to remember the truth and correct the illusions, and set yourself free.

Not at all! It's really very, very **simple**--our little willingness is **all** that's required. When we feel upset, this is the time to remember "The truth can set me free! I can choose Peace instead of this!"

One of the wonderful things about the way we human beings are made, one of the key ingredients in this human experience, in the way the body is designed is, as *A Course in Miracles* tells us repeatedly, the body is for communication, and it is communication on all kinds of levels.

We've Forgotten We Can Be Free

So, when we feel upset, when we feel angry and resentful, regretful, embarrassed, shameful, guilty, we feel it in our body. There is **not a one** of us that doesn't! I call that the "Divine Alarm Clock". Our body goes off like a "Divine Alarm Clock", letting us **know** that we have **forgotten** that the truth will set us free.

You see, this is where the rub is--we can say "The truth sets us free. I **know** that! I **love** that!" **but** if we're **not** employing it on a **daily** basis, we must **not** really know it!

This is the thing that happens. This is my particular passion, is I realized that I had all this information about God, about Spirit, about the

nature of the Universe, the Law of Cause and Effect, and how things work, and the creative process, and all of these things that I was taught as a student of the Science of Mind, a Practitioner, a minister, studying the Fillmore's teachings in ministerial school, and I was a Unity student. I was part of the New York community, with Eric Butterworth for many years--that was my introduction to New Thought for many, many years walking on the Upper West Side. I lived at 98th and Broadway, and I used to walk down to Lincoln Center to be with Eric and Olga every Sunday. For **years** I

***"The truth can set me free!
I can choose Peace instead of
this!"***

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did that! That was my training, my early training, and I just ate it with a spoon, I loved it so much! It was so nourishing to me, and then finding Agape in Los Angeles and Reverend Michael Beckwith.

And so, I have been **studying** this material for a **very, very** long time. But, it wasn't until I started to **practice** it and truly **live** it, moment by moment and day by day, that I discovered--even though I had all the information, I didn't really **know** it!

If you **know** that the truth sets you free, **you will not hesitate** to liberate yourself every single time you feel trapped! You will **not** allow it to continue!

So, there's an **intellectual** understanding, and then there is the **embodiment**. Embodiment's not even my favorite word, but I think that's what we're doing when we're walking the talk--we're embodying it, we're living it, not just preaching it!

And, we all know the difference. We can feel, energetically, the difference when we hear someone who is telling us these truth principles and they **don't** live it. We can **feel** it! You know, they're **learning** to live it, and there's nothing wrong with that.

*When I feel upset,
I choose truth.
Truth sets me free.*

You know, I'm learning to live it, too! Believe me! Every day, I am learning to walk my talk and be more congruent with the truth. And, how do I do that? When I feel upset, I **choose** truth. Truth sets me free. So, **that's** how I work with it.

Ah! Let's just take a breath on that one and be so grateful that the truth sets us free, and we have access to the truth. It's really **not** hidden from us! It is for those who have eyes to see and ears to hear. It's **always** available to us--**if we are willing!** So, we cultivate our willingness, day in and day out.

Taking that breath of gratitude, we remember that truth will correct **all** errors in my mind.

It's a **huge** error when there's something that we haven't forgiven. It's a "mis-take". You know, some people in some religious communities--and to me, this is a fundamental difference between New Thought and religion is, in religion they have sin. In New Thought, we have error or mistake. And so, the **error** is when we don't Partner UP for that correction, and we

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allow ourselves to **continue** to feel disturbed, to continue to feel upset. Very often, if we allow that upset to continue, we get used to it and it becomes our **new** normal, and that can happen **very quickly**. That literally can begin to happen in a few days, that the upset becomes our new normal.

Self-Medicating to Numb Ourselves to Upset

One of the ways we can recognize that upset has become our normal is if we are self-medicating on a regular basis. I talk about this a lot, because people don't realize that they're self-medicating. They know it, but they don't **know** it--just like they know the truth sets them free, but they don't **know** it. So, that deep knowing is when you are **acting** upon what you **know**, you are embracing what you know. You are **using** it to make your life better.

Recognizing that you're self-medicating because the upset is something you have decided to tolerate is a habit that we can get into very quickly. I know a lot about self-medication! I did the research! I took the class! [laughs] and I've danced around self-medication all my life, as almost everyone has!

There are the obvious ways that we self-medicate, which it's just a way of turning off that "Divine Alarm Clock." But it doesn't actually turn the alarm clock **off**. What it does is, it makes us **numb** to hearing it, to feeling it.

It could be smoking. Smoking is a really good way to numb your feelings, and if you're a smoker you're not a sinner. If you're a smoker, it's just there's something about numbing your feelings that you **like**. And so, you can just notice, when is it you're most likely to reach for a cigarette, and go for it, really look for that **awareness** of, "Oh, I'm reaching for this cigarette because I just felt annoyed or frustrated!"

Another one is, of course, overeating. Many, many people don't recognize that they're overeating to stuff their feelings, and that it's really about distracting themselves with the pleasure of the taste of the food and the feel of the food. Then, also, that feeling of fullness that can just make us feel like passing out.

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These are really obvious, but there are also lots of subtle ways to self-medicate. It could be overworking. Cleaning-- people do that. They get obsessed about cleaning.

One of the favorite that many Light Workers medicate is they over-volunteer. They over-serve. What I can tell you is, I live a life of service. I really am dedicated to living a life of service. That is my Joy. That is my passion.

But, I could not do that without making the choice to be **very aware** at any time when I am self-medicating with volunteering, and I **do not** do that anymore! I **do not** do that anymore! But for quite a while, it was **very** attractive, **very** appealing, because you get **so much** positive feedback, and you can convince yourself that it's way better than eating too much ice cream, or drinking alcohol, or having random sex with a stranger, or all the ways that other people might choose to self-medicate. Surfing on the internet. You know, there are just so many ways that we can self-medicate.

It seems like over-volunteering is a healthier choice, and maybe it is, but it's still **affirming** that you've forgotten that truth sets you free.

Releasing the Habits of Self-judgment

One of the ways that we can **develop** that practice of self-forgiveness is realizing that there is **nothing to forgive**. This is a basic teaching of *A Course in Miracles*, is that ultimately, there **is** nothing to forgive. Whenever we are saying there is something to forgive, we're saying **that** was a sin, basically, and it needs to be forgiven. And so, we're going to the place, first, of judging whatever it was in order to forgive it.

True forgiveness, according to *A Course in Miracles*, I think of as nonjudgment. If we don't **judge** it in the first place, if we have compassion in the first place, if we are willing to be a nonjudgmental witness in the first place, then there is nothing to forgive.

Our practice of self-forgiveness begins with releasing ourselves from the **habit** of judging ourselves, and it's complicated. I'm going to talk a lot about this in depth in the workshop on Saturday. But, one of the things is, is we trap ourselves in cycles of blame. We do something that we know is not healthy. We give ourselves **permission** to do it--to overeat.

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For me, one of the things I used to do is, I'd say, "I'm not going to have **any** of those cookies. No, no, no! **None!**" And then the next thing I'd know, I'd eaten **eight** of them, and I'd think, "What happened to me? Where did I go?" Then I would feel full of remorse and recrimination. "Bad! Bad! Bad girl! You have no self-control! You break your promises! You can't keep your word!" and on and on, **so many** things to forgive out of that one thing!

Oh! Let's take a breath of gratitude.
We're coming into the break. I'm
Jennifer Hadley, and you're listening to
Living A Course in Miracles: Walking the
Talk on Unity Online Radio. We'll be right back!

***Ultimately, there is
nothing to forgive.***

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

Be Consistent in Seeking the Truth

We're back, and we're talking about *Self-forgiveness*. It's just so key! It's a baseline practice.

I hope you can see from what I'm sharing that there are many triggers throughout the day where we **can choose** to walk our talk by Partnering UP with the Higher Holy Spirit Self and **invoking** the truth into our awareness

So, if we're suffering we've **forgotten** the truth can set us free. To me, one of the most important things, and it talks about this in the *Teacher's Manual-constancy* is **key** to our spiritual practice. Remember that God is the same yesterday, and today, and tomorrow. It says, in Paragraph 6 in this Lesson 107,

"Truth does not come and go nor shift nor change, in this appearance now and then in that, evading capture and escaping grasp. It does not hide. It stands in open light, in obvious accessibility. It is impossible that anyone could seek it truly, and would not succeed."

You have **guaranteed success if** you are willing to seek for truth **instead** of your own judgments and opinions. **That's** how you set yourself free--aligning with truth. When you are willing to make an offering, surrender,

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turn over the judgments and the opinions that are making you feel upset, if you can even be **grateful** that when you feel upset, it's **because** you're in judgment, you're in opinion, and you can **always** set yourself free with the truth.

But, you have to be willing to **entertain** the truth, and to **allow** it to have a home in your mind. So, if you're more interested in thinking, "No, he **is** a jerk! He **is** a jerk, and what he did is **jerky!**" If you're committed to that ,

you're committed to the upset, and start watching for that self-medication because when you feel upset, if you're not willing to **release** it to the truth, and feel whole again, then the self-

*If we're suffering we've
forgotten*

the truth can set us free.

medication is going to start, and it becomes a vicious circle, because then after the self-medication becomes the self-recrimination, and there's more upset from that. You're a "bad, bad person", and then you have self-medicate **that** upset, and it just feeds and feeds on itself. It is the **lie** that begets so many other lies.

But, you can just choose to walk your talk, and align with the Higher Holy Spirit Self, and say, "Oh! I am feeling upset now. I am judging myself as being bad and wrong. I think of myself as a sinner, as a loser, as a person who has no willpower, and who is living a life of constant regret, and I would like to set myself free from that, and I'd like some Divine Support!"

If you are willing to move into **constancy**, and to **be** committed--now, what that really means, to me, is it's not that you do it **perfectly** every day. It's that when you fall down you get back up. You don't stay down. Or, you stay down for shorter and shorter periods, and that's definitely doable and possible.

Healing Meditation to Trade Suffering for Healing

Then, here's the great thing--because all minds are joined together, you are **modeling** that for everyone in your family, for everyone in your community, everyone in your workplace, and all boats rise on this tide of Love that **you** are bringing forth for us to share in. That is one of the **keys**.

People who just jump into self-medication they don't understand the power of responsibility, taking responsibility. So, **if** you are holding anything

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against yourself, right now let us do a practice of releasing, right this very minute.

I'm going to invite you to take a breath with me, invoking Divine Grace into your heart. I invite you to place your hand on your heart, and just call into your mind the things that you harbor against yourself, the unforgiveness that you harbor, the regrets, the blame and the shame, if there is anything at all. Most people I encounter have quite a bit. You may have nothing, in which case you can just hold the space for everybody else!

Taking that breath of gratitude, if you can even just think of a top couple of things that most recur in your mind that you regret, that you blame yourself for--decisions, choices that you have made, actions that you've taken that have been a great learning to you. Maybe you've had to **repeat** that learning because you haven't forgiven yourself.

Call them into your mind and just consider, how much of your precious life do you invest on a daily basis in holding these resentments against yourself, these regrets, this guilt, this blame, this shame? How much of your precious life energy that you **could** invest in having great relationships, taking good care of your body, being a wonderful parent, a spouse, a lover, a friend, a teacher? Think of what it takes to hold these regrets day after day after day.

See if you can just open your mind for the Higher Holy Spirit Self to tell you, what is the self-medication that is **partnered** with this regret? What is this self-medication **habit** that is partnered with these regrets, this guilt, this blame, this shame?

Now, invite the Higher Holy Spirit Self to give you a glimpse of what it would **feel** like, what it would **look** like, to **release** the blame, the shame, the guilt, the resentment, the regret and the self-medication to be free of the whole shebang, the whole cycle and circle?

Many people who have deep resentments and regrets also **hide** because they're embarrassed, they're **ashamed** of the self-medication. They're ashamed of the drinking, the smoking, the eating, so they do it in secret, and then they're embarrassed of that secret. And so, they heap the shame on **top** of the blame, on **top** of the resentment, on **top** of the regret, on **top** of the guilt, and it becomes this multi-layered prison cell.

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We don't have to figure out **how** to release ourselves. We are One with the One! We are One with the Infinite Spirit, and in Spirit **all** things are possible! The truth sets us free! Truth **will** correct **all** errors in my mind.

So, right now, are you willing? Are you **willing**? Are you **willing**? Because there is a guilty pleasure in the self-medication. That's why it continues. Are you willing to give up **that** pleasure for the pleasure of being free, for the pleasure of loving fully, joyfully, gracefully, gratefully? For feeling masterful? For feeling healthy and harmonious, being prosperous and abundant? Shining the Light of Beauty and Wisdom and Clarity? Are you willing to **trade** the suffering for these things?

You may not believe it's **possible**, but you can **discover** that it is if you're **willing** to Partner UP right now. So, I invite you to literally-- either imagine yourself, or you can do this visibly. You've got your hand on your heart, eyes closed, and just pull out of your heart the belief that you're not good enough, that you should be punished for the wrongdoing, the blame, the self-recrimination, the shame, the guilt.

Just literally pull it out of
your heart and place it on
the altar. Think of God's
Altar right there in front

Truth will correct all errors in my mind.

of you. It's **always** right there. I think of there being a fire on the altar, a cool fire which can burn away that which no longer serves, so we're making a holy offering of it. Think of it as a fire puja, a fire cleansing. We're making a holy offering. Just pull these thoughts out of your heart. They don't have a place in your heart anymore.

What strengthens our practice and our ritual **so** beautifully, **so** powerfully, is when we **consciously share** the benefits with everyone, so anyone who has these particular thoughts of shame, and blame, and recrimination that they, too, are experiencing a healing, a dynamic multidimensional healing. This is for you to share.

We're giving the Holy Spirit the heavy lifting. We **do not** walk alone. We **always** walk in league with the Infinite. We don't have to figure out **how**. The ego mind will trap us in thinking we have to know how, what is the process. Just pull it right out, place it in that fire, cultivating the willingness to let it go forever, to have the truth now revealed in your heart. "Seek first

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the Kingdom, which is within, and all else will be added unto you.” We’re opening our heart and mind to this dynamic healing right now.

Taking another breath of gratitude, we do not **ask** for what we do not **have**. We merely ask for what **belongs** to us, that we may **recognize it as our own**.

We are grateful, and we are thankful right now to **accept** the gift of Love that **is** ours. This is our healing! We are grateful to receive it right now, sharing the benefits, receiving and sharing, receiving and sharing. So grateful to **accept** and to **allow** our healing right now, getting into all the nooks and crannies, all the “shoulda, woulda, coulda’s” right now.

In gratitude, we joyfully **let it be**. We **know** that it’s done. And so, it is. Amen. Amen. Amen.

Let’s take another breath of gratitude together.

Forgive Yourself for Being Inconsistent

Now, as you well know, it’s not that difficult to do a healing process like that. The challenge is to be **consistent**. Remember I said, here in Lesson 107, it’s Page 192 in the *Workbook*, Paragraph 5,

“When truth has come it harbors in its wings the gift of perfect constancy--”

Constancy is a quality of God, and the qualities, the spiritual qualities of life **are** constant. They are **always** available to us. You can think of the spiritual qualities of God as being truth, Beauty, Love, Harmony, Clarity, Wisdom, Freedom and there’s many more. But, they are **constant**. This is one of the basic natures of God, is to be constant. Constant, constant, constant. It does not change!

Now, one of my favorite Sections in the whole *A Course in Miracles* teaching is ***We do not walk alone.*** really the *Teacher’s Manual*, and what I share with people is to--if they’re going to start with *A Course in Miracles*, start with the *Manual for Teachers*. It’s very concise, and I think it’s less cryptic. It’s a great place to start and see if this teaching has something for you. I love it!

The 4th Chapter is “*What are the Characteristics of God’s Teachers?*” A teacher is described as someone who has, at any time, valued the Oneness of all life, and seen themselves as **not** separate from their brother and sister.

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The number one quality that the teacher must develop is the trust, the ability to trust. Trust and Faith. Number 2 is honesty.

“Honesty does not apply only to what you say. The term actually means consistency.”

So, when you are honest, you are consistent, and this is one of the most challenging things for **all** spiritual seekers is to be consistent. In cultivating this habit of self-forgiveness, the question is, “Are you **willing** to **value** the habit of consistency?”

You see, one of the things that we’ve valued in the past is, we’ve valued the ability to change our minds, and to be inconsistent. So, when we are

***Are you willing to value
the habit of consistency?***

inconsistent, we are Faith-less. Do you see how that works? Trust and Faith are fundamental, and how we demonstrate that trust is we’re consistent, day in and day out. One of the things that we have to forgive ourselves for the **most** is being inconsistent.

So, do you see how all of this works together? It’s **so** powerful when we begin to cultivate the willingness. **Then** our mind can actually see. **Then** our ears can actually hear.

I’m Jennifer Hadley, and you’re listening to *Living A Course in Miracles: Walking the Talk* on Unity Online Radio. We’ll be right back after this short break.

You’ve been listening to *A Course in Miracles: Walking the Talk* with Reverend Jennifer Hadley. If you have a question or a comment about today’s program, or if you’d like to join in 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 *A Course in Miracles: Walking the Talk*.

There Are No Mistakes - All is for Our Learning

We’re back, and we’re talking about *Self-forgiveness*.

I’ve had to do so much self-forgiveness work in my life, and it’s absolutely **worth** it! It is **so worth it**, I cannot recommend enough that you **do not**

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delay! You **go for it! Go for it!** [laughs] Because you set yourself **free** in that self-forgiveness.

This is what's **so key** to understand about forgiveness, and I find that this is not often taught, and it seems hidden, so I talk about it quite a bit, because it's been **so valuable** to me. When we can forgive ourselves or anyone else, when we can basically **lay** the burden down, **lay** the judgment down, the burden of the judgment--and remember, I said before that the easiest path is to have nothing to forgive. True forgiveness is the full realization that there **is** nothing to forgive-- and to move into that space.

What you start to realize is that everything that's happened in your life that might **seem** like a sin or a mistake that needs to be forgiven is **there** for your **learning**-- there is something **in it** for you to **learn**. There is something **in it** for you to **heal**. There's something **in** it for you, and as long as you **hold** it in judgment that it should **not** have happened-- **that's** the basic thing of things that need to be forgiven. There's this sense that it should **not** have happened. "This should **not** have happened **to me!** It is a **sin!**"

When we hold things in our mind that way, then we can't actually harvest the learning that is encoded into them.

We're denying it, and we are saying, "Oh, no! **I** am the one

who gets to decide whether or not this **should** have happened! There **is no** Divine Plan here! There **is no** Divine Script!"

Remember, *A Course in Miracles* tells us that the script has already been written, and so we're thinking, "This **should not** have happened! This **should not** be in my script! God has made a **big mistake** by **allowing** this to happen to me!" Then, we get mad at God, and then we feel guilty about **that**, you see, and it just cycles back in on us.

So, if we can move into that space of anytime we realize, "Oh, you know what? I **still** have a resentment about that! I **still** feel upset by that! I must be holding a judgment, **still**, about that, and the truth can set me free! Love is the healer. Truth is the healer."

If you can, in that moment, develop the **habit** of constancy, consistency, willingness out of Love for **yourself**, and holding in your mind that you are

*True forgiveness is the full
realization
that there is nothing to forgive.*

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not only invoking a healing for yourself but you are sharing the benefits with all of your brothers and sisters, that all humanity would be set free, as well, and **in that** spirit you place your hand on your heart, you close your eyes for 30 seconds, a minute, invoke the Higher Holy Spirit Self, and make a holy offering of that judgment, that opinion, that blame, that sense of resentment or regret, and set yourself **free** and open yourself to harvest the learning encoded into that experience so that you **do not** have to repeat it!

Have you noticed? Look around your life. **Where** are you repeating the same things over and over again, the same lessons? “I thought I learned that lesson!” How many times have you said that? How many times have you heard your fellow travelers say, “I thought I learned that lesson!” If you are holding judgments about **anything**, you have **not** learned that lesson because you are still thinking in your mind, “It **should not** have happened.”

It doesn't mean you have to **like** it. I've had so many things happen to me that I do not like, and I wish had not

“I thought I learned that lesson!”

happened. But, I have come to recognize that there's learning encoded into every one of them, and I'd like to receive that learning, and share the benefits of that learning with everyone, so **no one** has to go through that experience again! I **love** being able to share with my brothers and sisters!

So, we constantly have to surrender our opinions and judgments. Many times, spiritual seekers will say, “Oh, my God! Do I have to surrender **again?**” It's never **not** about surrender. Anything that we would keep apart from God, anything that we would have for ourselves and not share-- including a judgment or opinion, where we're going to harbor something that's negative, a blame or a shame-- yeah! We've got to surrender that in order to experience the Freedom of truth.

The truth **is** that the Law of Cause and Effect has **no** days off! The truth is that there **is** a holy plan for our life, and that holy plan includes feeling upset when we harbor judgments, regrets and resentments.

There's this idea that it's not easy to forgive ourselves, and that is **not true!** It can be **very easy** to forgive ourselves. It **can** be! It can be! Our **willingness** determines the ease and the grace.

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Cultivate the Discipline to Be Constant

That's why you'll notice in my prayers, in the process I invoke Divine Grace. Sometimes I say, "Give the heavy lifting to the Holy Spirit." Why? Because there is the **perception** that it's hard. It's not **true**, but there's a perception, and people cling to it, so we give the heavy lifting to the Holy Spirit.

It helps us. By saying those words, it helps us **remember** that we are not alone, and that the Holy Spirit can work through all directions of time and space, and there **is nothing heavy** to the Holy Spirit. Truly, in the mind of the Infinite, one **judgment** is not bigger than another, one opinion is not more **powerful** than another.

But, one judgment can be the basic fundamental start of a whole train of thought, and we can get on that train, and we can bring a lot of people with us on that train, we can store a lot of cargo on that train, and we can haul that train the rest of our lives-- and many people do, and they are **our** teaches.

We can be our **own** teacher, and we can liberate by saying, "Okay. I think I've **learned** that lesson, what it's like to haul around that judgment train, and I'm going to trade that for the Freedom train! **Yes, I am!** I am interested in liberation."

To me, this is the thing that I offer is, I offer the insight and the awareness that I have used as motivation for my liberation. For me it has been to use my precious mind to cultivate the **discipline to be constant**, to **not allow** myself to feel miserable.

You see, many of us have learned that feeling miserable and being upset gets a lot of attention, and we'd rather have negative attention than **no** attention at all. Negative attention lets us know we're alive. It validates our being. But, that is the ego way, and at some point, we will all grow tired of that. The more of us that grow tired of it more quickly, and we share the benefits with everyone, **all** boats rise on this holy tide of Love.

So, the question is, **are you willing? Are you willing** to be at the lead of this pack, this movement of Love and liberation?

Another thing that I--one of my little sayings that I say to myself when there is a temptation to hold onto a judgment or an opinion, I say, "Nope! It's a process of elimination on the way to illumination."

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So, remember this--that **you** are the Light. **You** are the Light that lighteth up every man, woman and child. **You** are the Light of the world! **That** Light is in your heart, in your loving heart. Your judgments and your opinions hide the Light of the world in **you!** The Light cannot be seen **by** you, but it's already there. The full access to the truth is already there. It's all preinstalled. So, "...choose ye this day whom ye will serve--" God or mammon. Mammon is the ego.

Let's take a breath of gratitude here and place our hand on our heart once again as we come to this closing prayer.

Cultivate the discipline to be constant.

I do invite you, at JenniferHadley.com you can be my [Prayer Partner](#). You can sign up for the [Self-forgiveness workshop](#). Free downloads. Hours and hours and hours of free stuff, all at JenniferHadley.com to support you in the elimination revealing your illumination.

Closing Prayer

We take a breath of gratitude together, hand on our heart, and we remember that we are One with the One, that we are Divinely Appointed to life a life of Love and to share the benefits with everyone.

So grateful and so thankful that the truth sets us free, today and every day. We develop the habit of constancy, and **we are grateful!**

I love you! Thank you for being my Prayer Partner! We **are** the Love that lights up the world!

Have a great week, everybody! Thank you!