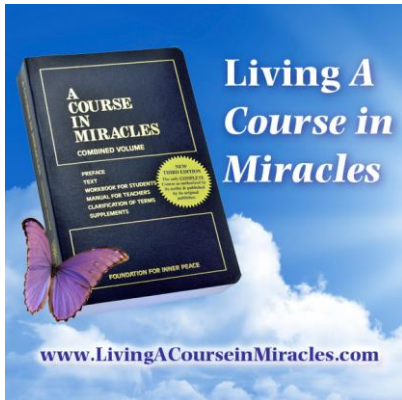


December 6, 2011



You Can Be Masterful at Walking Your Talk!





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

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December 6, 2011

You Can Be Masterful at Walking Your Talk!

Welcome to *Living 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! I **love** the opportunity to be with you by means of this radio show. I love that we live in this time where we can literally transcend time and space in order to be together. It's profoundly fulfilling. And, since all minds are joined, when we join together with a purpose of healing and transformation, transcendence, we're truly benefiting all of our brothers and sisters, all sentient beings. That is **so** wonderful, **so** purposeful!

I was sharing over the weekend that my answered prayer was to be able to live a life of service, to **really** be able to support myself in giving a life of service, or to allow the Divine to support me, allow life to support me, so that I could live a life of service. That's truly my heart's desire. I feel such Joy when there's a clean exchange where I can simply share from the heart.

This radio show affords me the opportunity to do that, so I'm grateful. I'm grateful for our partnership in it. As I say all the time, it is the quality of the listening that determines the quality of the show, and I always notice that, more and more people, are listening with such a **high** intention to be the Love in their lives.

Opening Prayer

Let's start with a prayer. I'm going to invite you to place your hand on your heart as I'm doing and take a breath of gratitude, just stepping ourselves in this high vibration of gratitude, giving thanks for our life. Even when it can

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feel difficult and challenging, there is such opportunity in that very moment, such opportunity for healing, and we're claiming it right now by giving thanks for our life, giving thanks that we're in fellowship together right now, and we're in fellowship with everyone else who's participating by listening, whenever they listen.

Oh! Another breath of gratitude, and we're consciously lifting our vibration up above any sense of separation, lack or limitation into the high vibration of Love and gratitude. We invoke the Higher Holy Spirit Self into our awareness, consciously remembering that we are **never** alone. We're always in Divine Partnership with **all** of life, and that in every single moment, there is Divine Guidance, Divine Inspiration, Divine Support and Love, fully and completely surrounding us. We literally **live** in a field of Love, intelligence, Beauty, healing, Wholeness, Harmony, Wisdom, Clarity, Purity.

In this moment, we're consciously choosing to remember our true identity **as** the perfect givers and receivers of Love, as Light Beings. We invoke Divine Grace into every nook and cranny of our awareness, and to every aspect of our being, shining the Light of Love, Divine Grace, truth into thoughts of the past, and simply aligning with Love and compassion right now. Breathing deeply, we step into the heart of Love fully, together.

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

Unity Radio Podcasts

Just while I'm thinking about it, I'm going to let you know that if you go to the Unity.fm website, you can get the link there to download the app for your smart phone. So, if you're like me, you have an iPhone, you have a smart phone, you can get the app for your phone, so you can listen to [Unity Radio](http://UnityRadio) through your phone. That's a nice thing to be able to do when you're in the car or wherever you are, you're standing in line at the bank.

Also, at iTunes, if you search for my name in iTunes, you can definitely find this show and other things that you can also download to your smart phone. There are podcasts, and podcast for this show, all that totally free, available with your smart phone. Just another way to transcend time and space.

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Intend to Live Masterfully

This week, we are talking about living masterfully, which is my passion. I have a yearlong course that I offer that starts every January, it's called [Masterful Living](#). It's quite an **amazing** experience to be in that class with everyone, people from all over the world, and it's powerfully transformative. Setting this intention to be masterful has been so profound for me.

One of the things that I do every year is I set an intention for the year. I set an intention for the year, and this year, my intention was to be of service. It has been an extraordinary year of being of service. I'm so grateful! So grateful to **live** my answered prayer, and to be able to give away so many classes and so many things to share and be in the flow of Prosperity and Abundance, in terms of the Wisdom that's pouring forth and being able to share it with the people I love, which basically is everyone in my life, everyone that I'm connected with.

For me, it's extremely helpful to have a focused intention, an overarching intention about my personal growth. So, really, this year, it was about seeing my whole life as an act of service.

For years, I have energized this idea that I got from Mohandas K. Gandhi, Mahatma Gandhi, which he said, "My life **is** my message." I **love** that thought.

The one that I energize is "My life **is** my ministry." For me, being a minister and living a life that **is** a ministry, a life that **is** of service is my Joy, because then I'm **in** the flow of giving and receiving **all of the time**.

For me, part of living masterfully is recognizing that I'm fully funded, all the time. My **nature** is to be prosperous and abundant. My nature **is** Wisdom, it **is** Clarity, it **is** Purity, it **is** Harmony, and that these spiritual qualities of life are the field in which we live.

Because, it **can** feel, at times, like those spiritual qualities elude us that we are **separate** from them. But we are **never** separate from them. We are **always** united with them.

***Part of living
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However, if we are thinking thoughts of, “I’m not good enough!” or “That one isn’t good enough!” or “I don’t **have!**” then we’re going to experience that.

What I notice right now is this quickening that we’re all experiencing. It is that the quickening in that we are seeing our thoughts made manifest with greater and greater speed. There is this sense that the veil is thinner, that the vibration is higher, and **we** are more available **to be** the highest expression of Love and Light.

In this life experience that we’re having, as the *Course* says, “All thought produces form at some level,” and when we’re experiencing that form that our thought has taken -- in the form of our experiences, in the form of our feelings, in the form of our relationships, and our finances -- when we’re experiencing the **form** our thought has taken, it’s the opportunity to **choose** wisely, to **choose** Love, to **choose** patience and kindness.

This is where we’re living right now, at a time when our thoughts are manifesting and demonstrating with **amazing** speed, so it’s our impetus right now, it’s our Divine Opportunity, to choose this day whom we will serve, God or the ego.

We’re going to take a break here. I’m Jennifer Hadley, and you’re listening to *Living A Course in Miracles: Walking the Talk*.

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

Mastering With the Gift of Self-Discipline

We’re back. I really appreciate you tuning in and sharing with me, joining our minds together in our awakened awareness of Love.

Walking this path of mastery, what I know right now is, what I was saying before, is that all thoughts produce form at some level, and we are seeing the **form** of our thoughts more quickly than ever before.

I mean, truly, I notice that if I have an appointment or a meeting, and I’m not feeling entirely up to it, and I think, “Oh, I wish I didn’t have to go to that meeting today,” it will be cancelled.

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I have learned that I have to be super, super careful with **every** single thought that I think. For me, the greatest gift that I had given myself in this life is to be disciplined in my thinking, and to consciously **release** the habits of thinking thoughts that do not serve me.

Now, what I know, because I've been the Science of Mind minister in the Agape Community since 2006, and a Practitioner since 2000, in these teachings for 26 years -- I started with Eric Butterworth back around '85, so I've been in this New Thought teaching for a long time -- we all know that the basic thought here is, "All is One" and our thoughts are creative, our thoughts create.

We all know that, and anyone of us that's been studying New Thought for any length of time could teach a little workshop on that, teach a little class on that. We probably do with our friends and our family and ourselves on a daily basis. I was a minister, I was a Practitioner, so I had the seal of approval. I had the badge. I took the class. I got the t-shirt. I got all of the stuff.

And **yet**, one day I literally realized, with absolute Clarity, that I gave myself permission, over and over again, day in and day out, to think thoughts that were destructive, to think thoughts that would create the circumstances and the form of my life that I **did not** truly want to see, and so I was not walking my talk. I was in a **living** contradiction.

I decided to become masterful. I decided to align with Wisdom. For me, I began to carry this intention to be immaculate, to be pristine, to be heart and mind congruent, so that every part of my being was aligned with Love at every moment of every day. As I've said a number of times, it kicked my butt, because I became **supremely** aware of just **how often** I would go into blame, and shame, and criticism, and resentment, judgment and opinion, fear, doubt, worry.

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Mastery of Choosing the Kingdom

Now, there is this old paradigm, if you will, this old belief system, that we can go to God and say, “Fix me. Heal me. Make me better. Take the fear out of my mind. Give me my stuff. Give me this that I want, and give me that that I want. Give me, give me, give me.” In each and every moment that we're saying, “Give me, give me, give me!” -- making God our messenger boy, making God a delivery service, making God do our bidding -- if that's our approach, we're going to create a lot of suffering in our life, because it's out of alignment with the truth of our being, which is we're here to **download** the Kingdom, to **represent** the Kingdom, not to send the Kingdom on a shopping errand. [laughs]

But you see, we've been **taught**. We've been taught these patterns of entitlement. We've been **taught** these patterns of expectation, and begging, and unworthiness and all of these different patterns. It is our responsibility - - it is our ability to **respond** -- to the Divine Impetus that is every moment, that we're cultivating when we decide to be masterful.

Taking a deep breath right now and recognizing that we **don't** have to figure out **how** to become masterful. We don't have to figure that out. Whew! But we **do** have to decide that's what we're interested in.

I believe that part of why we're having this human experience is that we had a deep desire to experience this process of creation, to be like our Creator, so that we could Love God **even more fully** by knowing ourselves as the Creator. The “*tiny, mad idea*” to me is that we could experience what it feels like to be the Creator by having this 3D experience where all of our thoughts are producing form.

We don't have to figure out how to become masterful. But we do have to decide that's what we're interested in.

Part of the Divine Experiment, if you will, is that we would think we were totally separate from God, and we would have the opportunity to **experience** the separation in the mind, which isn't real, so that we could see whom we would serve, what would we choose.

Some people in the *A Course in Miracles*, we all believe that we're being **punished**, in a sense, for **wanting** to be separate. I actually do not believe that that is true. I believe that we had this intention, collectively, to create

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an experience of separation that **isn't** real so we could **value** the Unity even more.

That's why I think in the *Course*, it says, it's "a tiny, mad idea" which we forgot to laugh. What happened was, we got into this sense of separation, and we began to **believe** it as real. We began to **choose**, to **value** the separation, to **value** the body in such a way that we got caught into a whirlpool of sensation and separation, and now, we're finding our way back.

The good news is that we're not **actually** separate, and that there **is** learning that we're sharing with the collective. Every time we make a choice for Love, it benefits **everyone**. All boats rise on this holy tide of Love that **we** are choosing.

You Cannot Master Fear

I'd like to point everyone to this Section in Chapter 2. It is called *Cause and Effect*. I think it's very valuable to read it over, and over, and over, and over, on a daily basis, until you **totally** understand it. Chapter 2, Section VII, *Cause and Effect*, Page 31. I'm actually going to jump to Paragraph 4, which is on Page 32. We're talking here about fear and mastery. It says,

"It has already been said that you believe you cannot control fear because you yourself made it, and your belief in it seems to render it out of your control."

Many of us when we feel afraid, we try to control it. I know I hear sometimes people who are coaches and counselors talking about learning good coping skills with fear. For me, personally, being able to **cope** with fear is not at all masterful. We are, instead, more interested in **healing**, transcendence, and right use of our mind. So, instead of trying to **control** the fear, we're looking at, "What does it really mean?" It says here,

"Yet any attempt to resolve the error through attempting the mastery of fear is useless."

If we're trying to **master** fear, we are engaged in a useless activity.

"In fact, it asserts the power of fear by the very assumption that it need be mastered."

If we're trying to **cope** with fear, **master** fear, **overcome** fear, we are affirming the **validity** of that experience.

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“The true resolution rests entirely on mastery through love.”

In Paragraph 5, it says,

“Fear is really nothing and love is everything. Whenever light enters darkness, the darkness is abolished. What you believe is true for you.”

The masterful person is aware that the darkness **has** no power.

Talking about mastery through choosing Love. Yes, I'm here. Can you not hear me? I am here. We're having technical difficulties this morning. Mercury is in retrograde, and we are talking about mastery.

In *A Course in Miracles* here on Page 30 in the *Text*, Chapter 2, it talks about --oh, Page 32, we're talking about attempting the mastery of fear is useless. There's absolutely **no point**. There's no point in trying to **master** fear.

The Key to Masterful Healing is Within

When we are experiencing darkness -- and we are coming up to the solstice here, so it feel, sometimes, like we are in the muck and the mire at this time of year. There is less sunlight. Many of us are affected by that, and we are **very** affected by the thought patterns related to the holidays and our family.

If you think about the patterns that get ignited, the mental patterns that get ignited when we have **disappointing** family experiences over the holidays, and we go into judgment, we go into **fear** of judgment -- the mind goes traveling into disappointment and re-experiencing the old hurts, the old resentments, the old regrets, the old guilt, the old blame, the old shame -- all that gets stirred up when our families come together. Anything that's unresolved, unhealed, comes up **for healing**.

It's **so** important. Part of being masterful is recognizing that when we feel distressed, when the pot is stirred, it's **not** because we've done something wrong, and it's not because something bad is **happening** to us. We are **not** victims of circumstance, and we are **not** victims of the past. When there is a sense of turmoil and distress, we can **choose** to be masterful. We align with the Higher Self. The Higher Self **knows** the way.

When things are up for healing, this is **good** news! It's not **fun** news. It's not **pleasant** news. It might not be **joyful** news. But, what it is, is the

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opportunity to heal things, once and for all. The good news is **we don't** have to figure out **how** to heal. We don't have to figure it out!

This is the Higher Self. We give that responsibility, we give that sense of heavy lifting that the pain and the suffering can sometimes bring into our mind, we give all that heavy lifting to the Higher Self, the Holy Self, the Holy Spirit Self, and we choose Love. Love is the healer. This is being masterful. It's so **simple**.

And what we do as spiritual seekers, so often, is we are looking outside of ourselves for the healer, and we are looking to get a master formula in a book or class that will help us discover the key to our healing. Love is the healer. The key is **not** outside of us. The key is in the Kingdom, which is **within**, and when we seek **that** key of Love and Light within ourselves, **all else will** be added unto us.

For me, this path of mastery is about having the discipline -- the mental, emotional, physical, spiritual discipline -- to remember our true identity as Love and Light, and we can do this in fellowship. This is why I love to **share**, because every time I'm in the sharing, I am **remembering**. We teach what we need to learn, to be teaching and sharing. There's no point in trying to manage and cope with fear. Love is our healer.

In this moment, right now, we **can** choose Love. We don't have to figure out how. Simply, "I choose Love. I choose Love, and Love chooses me. I am awake and available to Love."

And I'm grateful and thankful to share the benefits with you, my sacred holy friend. We'll be right back in just a couple of minutes. You're listening to Jennifer Hadley, *Living A Course in Miracles: Walking the Talk* on Unity Online Radio.

You've been listening to *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 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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Mastering Fear By Aligning With Love

We're talking about being masterful, and not going into coping and managing with fear. These are the habits of self-medication, and they are very popular in trying to talk ourselves out of the fear. It's actually **not** that complicated. It's about **choosing** Love and **willingness** to choose Love.

The invitation I'm giving you today is to look at the next time you feel afraid. Maybe, right now, there **is** something that's giving you cause for anxiety, for worry. Remember, you're **never** upset for the reason you think you are. Just notice, in your mind, are you holding on to judgments and opinions? In other words, do you hold attack thoughts? Do you give **yourself** the right to attack others with your thoughts? Do you give yourself the right to attack yourself with your thoughts? If you do, the natural by-product of that is **fear**.

Being masterful is taking **dominion**. How do we do that? **We align with Love**. It's **so** simple. It's really in the moment. That's why when I do the prayers at the beginning and end of the show, I invite you to take breaths of gratitude with me, to place your hand on your heart with me, to get connected into the heart.

Mastery in Shining the Light

Many people who study *A Course in Miracles* can get very mental about it, and they're up in their mind, they're up in their heads and they're reciting things, thinking that they **know** them. People do that all the time. They get into this place of, they **think** that they **know** the teaching, just because they could mentally repeat it back to you, or because they've studied it, they've read it.

People will say, "Oh, yes! I **know** that you can't master fear, you can't cope with fear successfully, that Love is the healer. I **know** that." Really, what they're saying is, "I've **heard** that before. I've heard it before." It doesn't mean that they **know** it. Just hearing something doesn't mean you **know** it.

For years and years and years, I had studied and understood, so I thought, the Law of Cause and Effect. But, I was still making myself miserable by choosing thoughts of judgment, anger, and attack, and giving myself **permission** to attack myself and my loved ones, my friends, and neighbors

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with my thoughts, and then thinking that the fear that I felt, the anxiety that I felt about my finances, and my relationships, and my body, was all a result of the circumstances of my life.

Well, once I was really willing to become masterful, and release the attack thoughts, and no longer give myself **any** permission to attack **anyone** for **any** reason, including myself, **then** the fear begin to subside.

Right now, at the time of the holidays, a lot of old resentments, hurts, disappointments, upsets are getting reactivated, and the thought is, "Oh, no! Here we go again! I'm being hijacked by these challenging relationships. I'm being hijacked by the unhealed stuff!" But, there is a **more** masterful way to look at it. There's a more masterful way to perceive it.

Think of it this way. If you have an old wound that got infected, there is something in there that is stuck in there that needs to be pulled out, like a piece of shrapnel, some sand, some dirt, and so you're having a systemic infection -- your whole system is infected in some way, your whole system is, in some way, ill. It's being infected by that one piece of grit, dirt, error, foreign substance that is **not** your true nature -- do you want to be able to cover it up? Do you want to be able to cope and manage it? Do you want to self-medicate it? Is that masterful? No!

Once I was really willing to become masterful, and no longer give myself any permission to attack anyone for any reason, including myself, then the fear begin to subside.

What's masterful is to say, "Okay, you know what? Let's shine a light in there, see what it is, and pluck it out!" Then, the **real** healing, the permanent, lasting healing, can happen, which will benefit the whole system, not just that **area** that's infected. The whole system! Now, we'll have **all** of the resources of the system to live a life of Wholeness and Harmony and Love.

But you see, many people aren't willing to **do this work**. They are **not** willing to give up their attack thoughts.

That is why I share so frequently, so often. That is why I create classes that act like a spiritual circle, a container, where everyone is doing the same work, so we can do it together. We spiral up together, because it is not **easy** to do this work. We get triggered **all** day, **every** day.

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But when there is a community-- and that's what's so beautiful about *A Course in Miracles*, is we're a community. But be on the lookout for when you think **you** know something just because you're **familiar** with those words, just because you're familiar with that thought.

Mastery to Change Your Mind

If you aren't living it, if you are walking that talk, then the truth of the matter, is you don't actually **know** it and **understand** it, which **doesn't** mean that you're bad or wrong. It means that you haven't gone all the way with it, and there is something **more** for you.

For me, I understood the *Law of Cause and Effect*, **or so I thought**. But I **didn't**, because I wasn't **living** it.

Right now, I'm going to just go to the section on *Fear and Conflict*, which I love so much, and immediately precedes the section on *Cause and Effect*. We're in Chapter 2 here. *Fear and Conflict* is Section VI, and *Cause and Effect* is Section VII. In Paragraph 3 of *Fear and Conflict*, which is on Page 29, Paragraph 3. It says,

"It is pointless to believe that controlling the outcome of misthought can result in healing. When you are fearful, you have chosen wrongly. That is why you feel responsible for it. You must change your mind, not your behavior, and this is a matter of willingness."

If you are managing and coping with your experience of fear, if you are trying to change the **circumstances** of your life in order to **feel** better, then **you** have forgotten that the root cause is your **thinking**.

It's not necessarily that your **thinking** caused the illness. It's not necessarily that your thinking caused the bankruptcy. It's not necessarily that your thinking caused the divorce. Because sometimes these things are there to **help us** overcome a thought pattern that we have had for **lifetimes**, lifetimes, and lifetimes. It might not be a thought that you started thinking in **this** lifetime. It might be a pattern that you've had for a very long time.

What we're doing here in *Walking the Talk, Living A Course in Miracles*, is we're getting out of the need to **figure it out**. We **don't** have to figure it out. **We choose Love. Love is the healer.**

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Right in this moment, when there's a feeling of distress, **how** can you **choose** Love and embody Love? **Be the Love**. Your willingness is all that's required. You **don't** have to figure it out.

Closing Prayer

I'm inviting you to place your hand on your heart once again with me and take a deep, deep breath of gratitude.

So grateful and so thankful that we **can** give any feeling of heavy lifting to the Higher Holy Spirit Self.

So grateful and so thankful that it is our nature to be inspired, to be in Spirit.

So grateful and so thankful that Divine Grace is **always** available to us, and we are, in this moment, **choosing** Love, **choosing** the loving thought, the grateful thought.

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

Thank you, everyone! Thank you, thank you!

If you'd like more, check out JenniferHadley.com. We're going to be masterful all year together in 2012.

I love you! Have a great, great week!

Thank you for tuning in to *Living A Course in Miracles: Walking the Talk* with Reverend Jennifer Hadley. Join us every Tuesday morning at 10 a.m. Central time 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

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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.