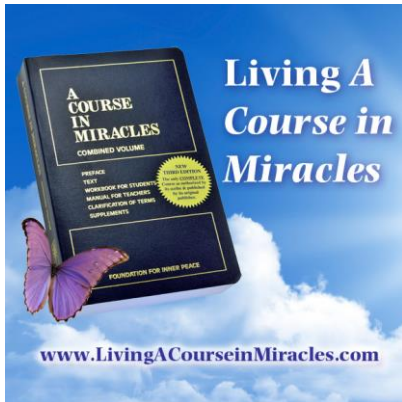


December 11, 2012



Peaceful Relationships Are Possible



 *Jennifer Hadley*
your daily shot of spiritual espresso

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Peaceful Relationships Are Possible

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.

Introduction

Jennifer Good morning! Good morning, good morning, good morning! I'm back in the USA, as the song says, after three weeks in Europe. That was really fun!

I would like to, just at the top of the show, first thing I'd like to say is, a couple weeks ago, I did a show live from Dublin with Lorna Byrne, who is one of my heroes. She's not an *A Course in Miracles* person, but she is one of my heroes. She's the author of *Angels in My Hair*. Our show together was **so** precious, but I got the time zone wrong. You can get the download, but it didn't go out **live**, so you can get it in the archive.

Remember that there's a couple ways to access the archive. You can go to Unity.FM and get the archive there, or you can go to iTunes and just search for Jennifer Hadley, and you'll find the Unity archive right there.

And, if you do so, in the archive, you'll see that there are a lot of great shows with folks like Ken Wapnick, Gary Renard, David Hoffmeister, Jon Mundy, Rhonda Britten, Regina Dawn Akers, Tama Kieves, I think Earl Purdy. I can't even remember them all now. There's lots and lots of good, free content for you if you just go. "Ask and it is given."

I really, really invite you to listen to the Lorna Byrne show. It meant **so** much to me to be able to do it with her.

I'm going to open us with a prayer, as I always do, and then I've got my special guest, Cindy Lora Renard, with us.

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Opening Prayer

Let's place our hand on our heart and take this breath of Love and gratitude together, and be so grateful and so thankful for the Love of God living through us and as us, right now. The Love of God **is** our true identity. We **are** the living, loving Presence of God in our own life in this world.

We **are** aligning right now. We Partner UP with the Higher Holy Spirit Self and we place our trust and faith in the I AM that I AM, in the Love of God that is omnipresent and omnipotent.

We're grateful and thankful right now to hand it all over, and to follow Divine Direction in our relationships, in our work, in the care of our body temple. In **all** areas of our life, we're following Divine Guidance. We are inspired and led to the most loving choices with grace and with gratitude

In Joy, we share the benefits of our healing and our expansion with everyone, because we are One with them. In gratitude we let it be. And so, it is. Amen! Amen. Amen. Amen.

Introduction -- Cindy Lora Renard

I'm so excited to introduce Cindy Lora Renard. First time on the show.

Hey, Cindy!

Cindy Hey, Jennifer! Thanks for having me on your show.

Jennifer Yeah. It's a great idea.

I'm just going to tell folks, Cindy, that I was over at your house a couple of -- well, I guess about a month ago, recording something with Gary. We were hanging out and talking, and you gave me a copy of your new CD, *Meditations for Couples*. I love the subtitle of your CD, *Awakening to Love's Presence through Partnership*. It's with you and your husband, Gary. Gary Renard.

Many of us know Gary. I say all the time that I think that *A Course in Miracles* is my favorite book, and that *The Disappearance of the Universe*, Gary's first book, is the most **important** book I ever read, because it verified that I wasn't a crazy person. [laughs] Because I was thinking so many of the things that are so clearly articulated in *The Disappearance of the Universe*, but I had never really talked about them with anyone, because I didn't want people to think I was crazy.

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It's interesting for me to say that, because at the time I read it I was a minister in Science of Mind, a Practitioner. But to me, there's just a level of Clarity in *The Disappearance of the Universe*. For many people, it is what I call the "decoder ring" for *A Course in Miracles*. Many people feel confused by *A Course in Miracles*, and *Disappearance* helps them understand it.

Music is Healing

You and Gary have been doing some wonderful things. You've been joining Gary in the workshops and the talks that he's been doing, and you two have made a music CD that you released. Was that last year, or was that earlier this year? I can't even remember now.

Cindy Yeah. That was at the beginning of last year, 2011. It was a collection of some of our favorite popular songs. Then we each wrote an original song on there. Gary wrote one called "Lay with Me", and I wrote one, it's all about *A Course in Miracles*, called "Living the Dream". It was a fun CD that we did together.

Jennifer Yeah. You've been singing and performing together in the workshops that you've been doing around the world.

Cindy Yeah. I've been participating a little bit more now with Gary and it kind of seemed like a natural progression for me. I knew there would come a point where I would start to make myself a little more visible. We found that the music works really well mixed in with the teachings of *A Course in Miracles* in the workshops. It kind of brings a feeling aspect to the teachings as opposed to intellectualizing everything, which is great. There's a lot of teachings, so having the music in there kind of softens it up a little bit.

Jennifer Oh, yeah.

Cindy Yeah. The more intuitive nature.

Jennifer Music is so healing, and it does. It softens things up. It definitely helps us get into the heart.

Cindy Mm-hmm. Yeah.

Jennifer *A Course in Miracles* can be so intellectual, so anything we can do to get in the heart **really** assists our **understanding** of the message of *A Course in Miracles*.

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Cindy Yes. I look at music, also, as a way of helping the ego to relax, because people will find that Arten and Pursah, the teachers in Gary's books, have a chapter coming up in his next book, and it's all about ways to get the ego to relax, because the ego can **learn**, the ego can be educated.

One the ways I get my own ego to relax is through the use of music. I usually start off our workshops, actually, with a song to get everybody grounded and in touch with the Holy Spirit, and in a centered, heart-centered place. It seems to work really well to kind of start the day off.

Putting Spirit In Charge

Which is another point I'd love to make, is that it's actually a really great way to start off your day, finding some way to put the Holy Spirit in charge of your day. I say something like, "Holy Spirit, You be in charge of my day today. You be in charge of my thoughts and my actions, for I would follow You, certain that **Your** direction gives me Peace." Then I just let it go, and I remain in a mindful place throughout the day.

Being in a mindful place is kind of being in a meditative state. Not that you literally have to meditate all day, but it's being **mindful**. It's being kind of **aware** what the truth is periodically throughout the day, remembering that we're always connected with the Holy Spirit's Presence in our right minds.

It's important to remember to do that, not only when things **seem** to be going wrong, but when things are going right. You remember that no matter what happens, that you can always remember the basic truth underlying everything, which is that there's **nothing** to fear. That God IS, and that just because things are going wrong, it doesn't mean that we can't use the power of our minds to change our mind about what it is we're experiencing and what it is we're thinking.

What I love about *A Course in Miracles* is that it trains the mind to be in an automatic state of miracle readiness, as opposed to being in an automatic state of judgment, which ego just loves to judge constantly. But we can learn to train our minds so we're in an automatic state of forgiving.

That's what the *Meditations for Couples* CD that Gary and I did together, that's what they help people do. It helps -- it was really born out of our desire to **inspire** couples to use the challenges in the relationships as

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opportunities to grow and learn, as opposed to using it for the ego's purpose, which is to identify with the pain, guilt, and fear in the mind. It helps people to choose the strength of Christ within them by **remembering** the truth, **and** what everything is for, which is for forgiveness.

Deepen Connection Through Meditation

Each segment in the CD is a guided meditation which encourages each partner to identify and accept the **true** cause of what their suffering is, which is always in the mind, and then learning to see the other with the correct perception, or you could call it spiritual sight, which is really a right-minded way of thinking about the other person. You know, bringing the illusory nature of the problem to the truth and remembering their innocence, and ultimately remembering their connection with God.

The meditations are fairly short, but they're followed by a musical selection which I composed to help people deepen the experience of their connection with each other.

Jennifer Well, you know, what I love about this collection of meditations, Cindy, is first of all it would make the perfect Christmas gift for people. It's a great time to release it. Thank you for that.

I'm not in a romantic partnership. As my friend Laura in Ireland says, I'm an "unclaimed treasure." [laughs] But what I can see is, there are many folks who are *A Course in Miracles* students, or simply spiritual students -- because a lot of the listeners to this radio show, even though it's *A Course in Miracles*, a lot of them are New Thought students who haven't really studied *A Course in Miracles*. Or, their students of mine who haven't really studied *A Course in Miracles*.

But because in this radio show each week we're talking about pure principle, which is the teaching of *A Course in Miracles*, and it really is very much the same as the Unity teachings, the Science of Mind teachings, all the New Thought teachings -- for many people who are listening who might have a spouse or a romantic partner that is not into spirituality -- because it's very common. Very, very common, in fact.

In *The Disappearance of the Universe*, Gary talks about his relationship with Karen and not being able to, not **feeling** -- not that he couldn't, but his perception was that he couldn't share with her a lot of what was going on

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for him, and the sadness that that caused him. Many people have that experience, and they're looking for ways to share with their partners, with their spouses, the spiritual expansion that they're feeling, that they're discovering, that they're longing for.

I really think that these meditations are a **perfect** way to do that. I really, sincerely mean that, because they are simple, they're not intimidating, and they are short. They're eight to ten minutes.

Cindy

Mm-hmm. Yeah. We designed them that way on purpose, because we do find that a lot of people -- I mean, it's difficult to sit still for a long time for a lot of people. It's actually not even necessary. You know, it really only takes a good five minutes to get in touch with the Holy Spirit. It doesn't have to take long. So, they're designed to be effective, yet short but sweet, and hopefully helpful.

Just to give people an idea of what -- there's eight different segments on there. The first one is called "Experiencing Intimacy". Then there's "Resolving Conflict", "Removing Stress and Anxiety", "Self-Forgiveness", "Co-Creating", "Allowing in Your Life Partner" and "Connecting With the Divine". Those are the different segments. We find that these particular areas are what people have the most trouble with in a relationship.

Part of building a holy relationship is not seeing another's interests as separate from your own.

I give spiritual guidance counseling sessions over the phone, and a lot of people come to me, most of the time, with issues with their partner that they're having. Gary and I sat down one day and just talked about this, what we can do. You know, "What can we do to help people, what can we do to inspire joining, with couples?" This just kind of came in. We just thought, "Oh, meditations. Meditations for couples." It kind of just started to flow and we said, "Yeah. That'd be great! Something that encourages couples. Something positive that they can do together, join with a common goal."

Which brings up another quick point I wanted to make about, part of building a holy relationship is not seeing another's interests as separate from your own.

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Jennifer Mm-hmm.

Cindy It's really, really -- we're all the same. Underneath we are all the same. It's really helpful to actually see the other, that everybody is after the same goal. Everybody wants to feel Love, and be loved, and be understood, and be accepted, and acknowledged. We all want that. We just go about it sometimes in different ways.

So, these meditations encourage that.

Jennifer Yeah. I have a whole bunch of questions for you. We're getting ready to go to a break shortly, and so I'm going to hold some of those questions.

Holy Versus Special Relationship

But I also wanted to point people to the whole conversation about holy relationship. In *A Course in Miracles* it talks about special relationship, which is an ego-based relationship, and transforming your relationship into a holy relationship, which is a Spirit-based relationship.

In the month of February in the archives -- *because* I mentioned the archives at the top of the show, if you look in the archives here at Unity.FM or at iTunes for the show, you'll see the month of February, I totally focused on relationship. We talked about holy relationship versus special relationship every single week.

I just want to give that definition for people to contemplate as we go into the break here. A special relationship -- *and* it's interesting, Cindy. This is how I describe it -- a special relationship has the basic premise that we're in this relationship because "You plus me equals shelter against the storm." So, it's creating this shelter and sense of separation against the rest of the world. Now, a special relationship can also be one that's angry and hostile and enemies.

But the holy relationship is one where our whole purpose is to have a greater understanding of the Oneness of all life, and that we are One with each other. We can ask the Holy Spirit, we can ask our Higher Self, to transform any relationship from ego-based to Spirit-based, and the process will immediately begin. And as long as we stay in it, it will continue.

We're going to continue right now into the break. I'm Jennifer Hadley, with guest Cindy Lora Renard. You're listening to *A Course in Miracles* on Unity.FM. We'll be right back.

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Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*. Get ready to focus on your intent to be the Love, be the Peace, through practical application, as we return to *A Course in Miracles: Living the Love, Walking the Talk*.

Healing Special Relationships

Jennifer I'm back with Cindy Lora Renard and we're talking about her CD that she made with her husband, Gary Renard, author of *The Disappearance of the Universe*. The CD is "*Meditations for Couples - Awakening to Love's Presence Through Partnership*."

Just before we went to break, we were talking about holy relationship versus special relationship. I'd love to just talk about that with you for a few minutes, Cindy, because it's a **journey**. It's a journey. I know you do the counseling with people, individuals. Do you do counseling with couples as well?

Cindy Not at this time, but I'm certainly open to that.

*If you're One with this
person*

Jennifer Mm-hmm. Yeah. I've been doing counseling with individuals and couples for a dozen years, and I can tell you it's really interesting. I have witnessed so many people, and so many people have shared with me, their experience of being in a

*and you're both eternal,
how do you actually
end a relationship?*

relationship that was just agony. Absolute agony, and people feeling like, "I've got to get out of this relationship. I want to end this relationship."

My counsel to them has been, "Okay. Let's just look at this for a second. If you're One with this person and you're both **eternal**, how do you actually **end** a relationship? I don't see that there actually is a way to do that. So, since you're going to be One with them for all eternity, the relationship is going to continue forever, how about we heal the relationship instead, by turning it over to the Higher Self, the Holy Self -- I say the Higher Holy Spirit Self, because many people, particularly *A Course in Miracles* students, will tend to think of the Holy Spirit as being separate from them, versus it is **their own** holiness -- so, we turn the relationship over. This is Chapter 17,

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The Healed Relationship. It tells us exactly what to do. I talked a lot about that last February in the radio show.

We turn the relationship over to the Holy Spirit and we have this incredible transformation. Now, sometimes it takes many, many years. Sometimes it happens very quickly. I've heard all kinds of experiences. I, personally, have had all kinds of experiences.

I'm going to ask you to be kind of candid, Cindy, and I didn't prepare you for this. I've know you since as long as I've known Gary, because I met you both on the same day. That was, I don't know, early 2007.

Cindy Okay. Yeah

Jennifer Yeah. So, I don't know how long you were dating then. Maybe 3 - 4 months?

Cindy Yeah. I think it was in 2007 that I met you, when Gary first moved out to Los Angeles. You were at Agape.

Jennifer No, it was before then. It was actually down in San Diego before he moved.

Cindy Oh! In San Diego. Yeah. I do remember that now. Yeah.

Jennifer At the church.

Cindy Yeah. We were -- *Gary* had just, I believe it was in 2007, soon after, that he moved out here. Yeah. So, that's right. We had been together for a very short time then. We hadn't been together for very long --

Jennifer Yeah, so when you --

Cindy -- *before* we met you. Mm-hmm.

Holy Relationships -- Work in Progress

Jennifer You first met Gary, and you had the recognition that you had a real connection, a very strong connection. In the beginning of your relationship, were there parts of it that felt special? Or did you just lock right into a holy relationship?

Cindy Well, I think building a holy relationship is a work in progress, because I couldn't sit here and honestly say that everything was all perfect all the time.

Jennifer No one can.

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Cindy Right. I mean, there's always -- *your* challenges come up. But I think what's important is to realize part of building the holy relationship is realizing that a holy relationship is a forgiving relationship.

So, it's by working through **any** issue, no matter how big or small that you're having with your partner, or whoever it is. Really paying attention and identifying the parts in you that come up that are from the ego mind that perpetuates the idea of sin, guilt and fear -- sin, the idea of being the thought of separation, and guilt and fear in the mind.

So, with a partner, it's all about recognizing those moments when you **feel** disturbed. Again, it can be something seemingly really minor that bothers you, or it could seem like something really big. But the point is to take **any** situation that feels disturbing to you and bring healing to it in that moment when you can.

I, personally, am a student of *A Course in Miracles*, so I use the *A Course in Miracles'* definition of true forgiveness to bring healing to my own relationships, including with Gary.

*A holy
relationship
is a
forgiving
relationship.*

But like I said, all relationships, they do take work. But they're important, because we can use our relationships, we can shift the meaning of our relationships to the Holy Spirit's purpose for them, which is to bring healing to ourselves, and to the parts of ourselves inside that are hurting or feeling pain, the parts inside that are identifying with the ego.

Part of building a holy relationship, part of that would be bringing all our **illusions** of ourselves and others to the truth, bringing the wrong mind to the right mind for correction, so we can see ourselves and others with correct perception.

Jennifer Mm-hmm.

Cindy We can see again with spiritual sight, which is really how you're thinking about the other person.

So, when I'm in relationship with Gary or with anybody, I'm mindful most of the time now about how it is I'm seeing that other person. I'm practicing, every day, seeing people as nothing less than God, as seeing the Christ in them, as seeing them as perfectly whole and complete. All of it.

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By doing that, it's sending a message to my **own** unconscious mind that **I** am that, that **I am** nothing less than God, that **I am** perfect, whole, and complete and innocent. You're not really guilty of anything.

What runs the whole world is this unconscious guilt that's in the mind, and I think a lot of people don't understand that it is that guilt that perpetuates the whole thought system that we've sinned and did something wrong. Again, by bringing those illusory thoughts -- because we're not really guilty of anything -- to the Light, by bringing that to the Light, that also helps us build holy relationship with people, because you're bringing your illusions to the truth, not the other way around.

*I am nothing less
than God,
that I am perfect,
whole,
and complete and
innocent.*

The *Course* does say that the truth is not **in** the dream, this whole dream of separation that we're dreaming right now, but it can be **heard** in the dream. Which leads me to -- I don't know if I have time here to maybe share a quick experience of inspiration I received.

Jennifer Yes. Please share that! I love this.

Jesus Never Left Us

Cindy Yeah. Gary and I were in Switzerland a couple months ago. We were outside of Zurich, and we were giving a workshop. Gary was on stage at the moment speaking, and I was sitting in the back, but I was getting ready to come onto the stage.

Gary had just been talking about how Jesus isn't coming back, He's not going to incarnate anymore, because 2000 years ago He became Enlightened, so He doesn't need to incarnate anymore. He was kind of talking about that, and I was sitting there, kind of just thinking.

Then, as soon as Gary said that, I felt this **amazing** rush of energy rush through my body. I got the goosebumps all over. When that happens, I feel like Spirit is there, is present. I'm getting more and more adept at hearing the Voice of the Holy Spirit, so I just sat there, and I didn't know what to do. My body started to shake. I thought, "This is strange."

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Then I started to get these words that were just flooding into my mind, and I didn't have to -- *there* was no effort to think at all about what was given to me. It was just words given to me, and it said -- *and* I felt that it was Jesus, because It said, "Well, tell the people that the reason I'm not coming back is that I never **left**. I live within **you**. Remember, that anybody that you meet on any given day, no matter who it is, treat them all as though they were Me. Not because I'm special in any way, but because you're all magnificent. And remember that any time you feel any pain or suffering in any form, it's the **thoughts** that cause you pain, and then decide for a new thought, and then thought by thought, remember the truth."

Then, that was it. My body just continued to shake. I thought, "Wow!" I went up on stage then, a minute later, and I was still kind of shaking. I had the goosebumps all over, and I actually just told the crowd. I said, "I just wanted to share this experience that I just had sitting in the room with you here, this message." What really, really stuck with me about that was that it was so **simple**.

*Any time you feel any
pain or suffering in
any form,
it's the thoughts that
cause you pain,
and then decide for
a new thought.*

Jennifer

Yes!

Cindy

And, so gentle. You know, the truth **is** simple.

Jennifer

Yes!

Cindy

Ego makes everything so complicated and wants to make our lives so hard and difficult. But this gentle loving message was right in alignment with the message of *A Course in Miracles*, which says the truth is simple. It doesn't mean it's always **easy** to undo the ego. It's **not** always easy. It's a challenge. But the truth itself is simple.

That experience just really reminded me a lot about what Jesus says in the *Course*. What He does in the *Workbook* of *A Course in Miracles* is He **does** say "Take it thought by thought," because He understands that people are not always going to be able to make a quick shift in their mind from ego to the Holy Spirit's interpretation of what's happening. He knows that people aren't going to be able to do that right away. So in the *Workbook*, He actually has us replace our ego thoughts with right-minded thoughts of the Holy Spirit, and He kind of does say "Take it thought by thought," which I

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thought it was really interesting that that's what I was given in that message.

Remove Thoughts of Separation

Jennifer Well, and it's so important, because many people feel overwhelmed, that it's too hard, and so they give up.

One of the things I teach in my classes, Cindy, is if you start where I started, where you've got 10,000 negative thoughts a day -- *because* that's what it felt like when I started. Overwhelming! 10,000 rough estimate just so mired in negativity.

But if you start from a place where you do feel overwhelmed by how many negative thoughts you're thinking, and you dedicate yourself to offering 10 of them to the Holy Spirit -- in other words, by making an offering -- I call it a holy offering, using the Buddhist practice of placing it on the Holy Altar and making an offering -- and you say, "I'm **not** interested in thinking this thought anymore. Please remove it from my mind. I don't **need** it anymore. It has no value to me. It's not a **true** thought. I'm **only** interested in the thoughts I think with God."

If you do that only 10 times a day, which it's very simple to do, it takes 10-15 seconds, and you do it with sincerity, my experience is then the Higher Holy Spirit Self **will** remove them from your mind if you truly are not interested in them anymore.

At the end of the year, you've offloaded 3600 thoughts that you don't need. And, it's a 3-year plan. In 3 years, if you start with 10,000 negative thoughts, in 3 years you can be free! So, start today! You know, 10 a day. It's not even one an hour. But it just depends on your sincerity.

I also love, Cindy, what Jesus shared with you in that moment, is the reminder of "It's what you do the least of them, you do to Me," because there's only the **One**. We have this tendency to think our brothers and sisters are "less than" or "better than" but we're **not** "less than", we're **not** "better than". We're not even "equal to". We are **One with**, and that is the key to our awakening.

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Identify Judgments

Cindy Yes! Yes, exactly! And part of that is letting go of the attachment to this idea of separation, that we really are separate. And there really is only One mind, and we all share the same mind.

I think by, again, what will really help people in the relationships is, start **now**. Start practicing now and use every situation that comes up in your life as an opportunity to choose once again. Choose once again what you'd have yourself be.

You know, if something comes up throughout the day that disturbs you, really pay attention, and be mindful, and be aware of what the true cause of that is, which always comes back to the self.

Bringing that back to the self, really looking at it, identifying "What part of you is that disturbance coming from?" And usually the answer will be the ego. You know, if there's something disturbing to you, it's always the ego.

*If there's
something
disturbing to
you, it's always
the ego.*

Jennifer Yes.

Cindy Then you can just ask the Holy Spirit to look at it with you.

To look with the Holy Spirit really means to see it with correct perception. You know, it's a way of thinking about the other as the Holy Spirit would see it, not as the ego would judge it, but as the Holy Spirit would see it. Then after that, maybe it's helpful to identify even what the judgments are, the assumptions that you're making, that are coming up about yourself or the other person, bringing them to the surface.

Jennifer Mm-hmm.

Cindy It's not like really analyzing them, but just looking at them. And once you identify them, and the ego thoughts are brought to the surface, at least you can look at them, and see them, and then you can practice forgiveness from there. You can really forgive what the judgments were.

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And if you think about it, no one is really truly in the position to judge. In fact, we **can't** judge, as the *Course* says. In order to really truly judge you'd have to be aware of a **huge** amount of information about somebody, which is actually impossible to do.

Jennifer [laughs] I always say, "If you can't see through all directions of time and space yet, withhold your opinions and judgments."

Cindy Yeah.

Jennifer That really helped me a lot, because I just say, "Well, I can't see through all directions of time and space, so I don't know what anything is for. But I'm interested."

Cindy Mm-hmm.

Jennifer "I'd **like** to know what things are for."

Cindy Mm-hmm.

Remember to Laugh

Jennifer You know what I want to ask you -- we're going to be going to a break soon, but I want to ask you, do you and Gary have **fun** ways of working with this, with yourselves, where you -- I could see you looking at Gary, and he's making a choice that you might get ego-triggered, and you could just laugh and say, "Well, I don't know what anything is for!" and have fun with him, and be playful in that?

Cindy Yeah. Actually, that's exactly what I do. Sometimes I -- *you* brought up something very important, to remember to **laugh**. Really! That is **so, so important**, to **not** take everything so seriously. I have to honestly say, that's one of my tricks.

It's not really a trick, because, I mean, the *Course* flat out says this whole apparent tiny, mad idea thought of separation, that's how it came about. It says, "the Son of God remembered **not** to laugh."

So, what I tend to do is, I remember that the best I can in situations that trigger my ego, and I just remember to lighten up, and I kind of make a joke to myself. I just completely turn the situation around in my mind, and I don't necessarily tell anybody I'm doing this. This is just something that I do in my own mind, and joke with the Holy Spirit in my mind, and I just, yeah, make it kind of into a funny joke.

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- Jennifer I'm going to ask you to give us some specific examples when we come back from the break.
- Cindy Mm-hmm. Yeah.
- Jennifer I'm Jennifer Hadley. I'm here with Cindy Lora Renard. You're listening to *A Course in Miracles*, and we're walking the talk, we're living the Love, right here on Unity Online Radio. We'll be right back.

You've been listening to *A Course in Miracles: Living the Love, 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 the discussion, visit us on Facebook at *A Course in Miracles Pledge*, where you can join with a community of like-minded people who've pledged to live *A Course in Miracles* every day, in every way. Now, back to *A Course in Miracles: Living the Love, Walking the Talk*.

Work In the Invisible

Jennifer I'm here with Cindy Lora Renard, and we're talking about her *Meditations for Couples* CD that she made with her husband, Gary Renard.

Just before I ask Cindy a couple more questions, I wanted to also let you know, everybody, that I have a free call that I am doing on this Saturday. I'm very excited about it. I do these from time to time. They are totally free. You can register for them. It's an opportunity to ask my questions on spiritual teaching and principle.

As you know, probably, I've been writing and sharing a lot about the time that we're in. Maybe Cindy and I can talk about this a little bit, too. It's an amazing time. Tomorrow, Wednesday, is the 12-12-12 gateway, and I don't know about you, but I am feeling tremendous energy already. We start with a New Moon here, Pacific time, just after midnight, and there really is extraordinary energy moving to assist us. I call it, like a rocket booster. I've been writing about it in my blog, which you can read about, at JenniferHadley.com.

*Discovering our
divinity that is the key
to our happiness, not
having more stuff.*

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The call on this Saturday is specifically focused about working in the invisible. So, instead of trying to manifest and demonstrate things by working in form, but changing our heart so that all of life corresponds to our loving heart, we can really learn to work in the invisible.

As you well know, I am not one who is a proponent of manifesting “stuff”, and the focus on manifestation, because I believe that the Kingdom is within, and it’s discovering our divinity that is the key to our happiness, not having more stuff.

But working in the invisible, we can shift our body temple, we can shift our relationships, we can shift our health, our wealth and everything. And it’s all about aligning with our holiness. “Seek ye first the Kingdom, which is within, and all these things shall be added unto you.”

What I share about, in all my classes and everything, is daily practical steps that we can take to **live** in this alignment, to offload those 10,000 negative thoughts, and to have **only** holy relationships.

Years ago, I said, “**Only** holy relationships.” All my relationships have been transformed. I do not have any unhappy relationships. None, anymore. It’s amazing! This really works!

You can register for my free call on Saturday at JenniferHadley.com, on the [Masterful Living](#) page. I invite you to share with friends. I’ve been doing a series. Last week it was “From Misery to Mastery”, because many people are experiencing this influx of Light as we’re preparing for the winter solstice, the end of the Mayan calendar. Really, I just feel the dawn of the Golden Age that we’re stepping into, as we’re all waking up together. Many people are experiencing this increase in Light as being very, very challenging.

Others are feeling it as being very, very supportive. I’m interested in talking about it with you. Please register for the free call at JenniferHadley.com on the [Masterful Living](#) page.

Alright! So, I’m here with Cindy Lora Renard, and we’re remembering to laugh in our relationships.

Be Willing to Find the Better Way

Cindy Yes. And I wanted to clarify that “remembering to laugh”, you know, you want to still come from a place of compassion. So, the idea is to, just in your mind, you’re just acknowledging that you don’t have to take everything so

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seriously. It's not about laughing at the other person, and literally going, "Ha ha ha! That didn't mean anything to me!"

That's not what I meant by remembering to laugh. It's really something you can do in your inner world, in your mind. You're just remembering not to take the tiny, mad idea, or the thought of separation, so seriously.

So, when something is disturbing to you, it's just about lightening up in your mind. Part of that, again, is making that shift in the moment in your mind. Making that shift to be in a place of **accepting** the Holy Spirit's Peace instead of the ego's judgment.

Jennifer Thank you. Yes.

Cindy Yeah.

Jennifer Exactly. And, it works every time, **if** we're willing.

Cindy Yes! Yes. It **does** take willingness. It does take some willingness to do this work and to say, "There has to be a better way."

I think everybody comes to the point, at some point, that says, "You know, there's got to be a better way." People really don't **have** to suffer. They can take control of how they're looking at things, how they choose to feel. All the power lies in the mind to do that.

Part of that is this stuff really takes practice just every day to do. Every day use every opportunity.

Jennifer Yes! Yeah, that's it.

You know, you remind me, Cindy, that I tell a story, which I'm not going to tell now, but of an experience I had with my mother when she was ill, and I missed an opportunity to be loving and kind with her, because I was in fear and judgment. It was such a teacher to me. I don't ever want to miss an opportunity to be loving and kind anymore. Yeah.

We can really live that way. It may seem daunting, but we just **decide** again, and again, and again that that's what we're doing. We Partner UP with the Higher Holy Spirit Self, and it transpires.

We've only got about five minutes left here, Cindy. I want to ask you, one of the meditations on your *Meditations for Couples* CD is called "Allowing in Your Life Partner". One of the things I teach about is allowance and allowing. I'd just love to hear what you have to share about that.

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Cindy Yeah. Well, Gary and I wanted to include something on the CD for people that **aren't** in a romantic relationship but would **like** to be.

Accept Without Judgment

Part of this meditation is about accepting where you are now, that it's okay to be where you are now, that just because you're not in a relationship with somebody doesn't mean that there's something you're doing wrong. It's about moving into a right-minded place. It's a way about thinking of where you are now that really brings in -- *letting go* of resistance, in other words. It helps people to let go of a resistance that might be keeping them from being **open** to receiving a romantic partner.

So, this meditation just sort of is a way for people to **look** at their situation without judgment and accepting, saying, "Hey! It's okay where I am now." Because it encourages being peaceful, too, where you are now.

Because when you're feeling that, when you're exuding that Peace, no matter what's going on, that **is** attractive to people. People are attracted to confidence. They're attracted to security. When someone is secure with themselves, and they're really joyful, and they're peaceful, it's like being a magnet to others, where you may even start to feel like people are approaching you more, because they're drawn to the Light in you.

So that's what this meditation does. It just, sort of, helps people to let go of resistance of feeling that they're in a "lack-ful" place because they're not with a partner, and shift it to being in a place where it's perfectly okay where you are.

Jennifer Beautiful!

Cindy Mm-hmm. In turn, that brings in, that's part of the **allowing** part. You're just allowing whatever is in that moment to be without the judgment attached to it.

Jennifer Beautiful!

Relationships Are a Joyful Process

And you know what else, Cindy? I want to share -- and you can tell other people about this, too. As I was listening to this CD, what occurred to me is I can listen to these meditations for couples, and as a single woman who is

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available for partnership, I can imagine my husband sitting with me, or my partner sitting with me, and that we're doing this together.

So, it's like calling his energy in to sit with me, even though -- *because* there's no time and space, and we know that. We know that we're already connected. So, people can do that, as well.

Cindy Absolutely! Even though the meditations are designed for -- *they* say, "Yes, join with your partner" and the partner is supposed to be sitting kind of right beside you, if your partner is not there, or you want to imagine -- *you* can actually substitute anybody in your mind. Instead of a romantic partner, you can really -- *the* content in the meditations can be applied to most relationships. Yeah, so your partner doesn't have to literally have to be there, because everything is in the mind anyway, and you can still do the work of it.

But I do recommend, if you **are** in partnership with someone and they are physically present, that you do them together, because I think it will be even more effective, and that's the purpose, to join with each other in that space. Then, because you can share, part of this is being able to share what your experiences are after the meditation's complete, and you can kind of sit and just talk about it and share what came up for you.

Jennifer Beautiful.

Cindy It's part of the joyful process. Yeah.

Jennifer I love it!

Alright! Well, we're at time here. Just really quick, because we only have just a few seconds, Cindy, what is the website where people can go and order the CD?

Cindy Yeah. There's three different websites that you can go to. The first one would be FearlessBooks.com. D. Patrick Miller is the publisher of the CD and that can be found at FearlessBooks.com.

Jennifer We're almost out of time.

Cindy CindyLora.com, and then GaryRenard.com. Those are the three websites.

Jennifer Okay. Beautiful!

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Closing Prayer

I'm going to invite everyone to place their hand on their heart. We're going to close with a prayer here. What I know for each and every one of us, as we take this holy breath, the Breath of God, that we are in a Divine Partnership with ourselves, that we're in a Divine Partnership with **all** of life.

What I know is that Love **is** the healer, and we are healed **right now**. We're calling it forth. We're accepting it. We're allowing it. We're receiving it. **We are it!**

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

Thank you, Cindy!

Cindy Thanks, Jennifer! It was great! Great to be on your show.

Jennifer Yeah. God bless you.

Cindy Thanks for having me!

Jennifer Thank you, everyone!

Cindy Thank you!

Jennifer Have a great day!