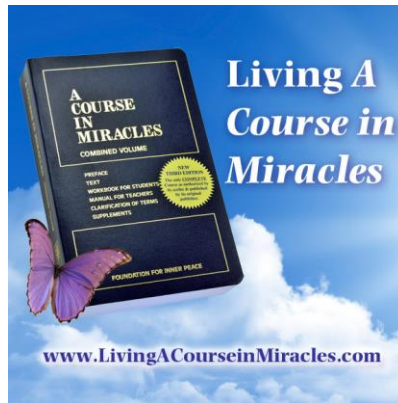


February 19, 2013



## *Stop Playing Small*

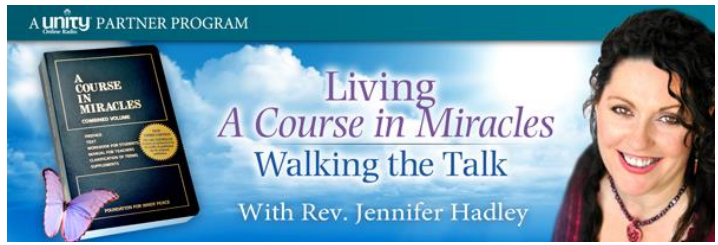


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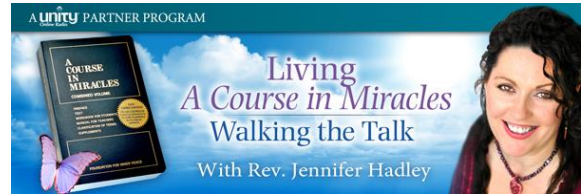
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**February 19, 2013**

## Stop Playing Small

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. 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      Good morning! Good morning, good morning! Ah! I love being with you and feeling your energy! **Yes, I do!** We're going to begin with a prayer, as we always do, blessing ourselves. Yes! Calling upon our own Higher Holy Spirit Self to assist us in remembering the truth of our Unity, that we are not lost, we are not forgotten. We **are** the living, loving presence of **life** that is Light!

### *Opening Prayer*

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Let us place our hand on our heart and be so grateful and so thankful that we can practice together, right now, transcending time and space, opening our hearts, opening our minds to the power and the presence of Love to heal us right now. Love is healing us right now.

So grateful and so thankful that we can say, "Yes!" to divine grace opening our awareness. Giving thanks right now, raising our vibration, raising our awareness, our attention by taking this holy breath and stepping into the Holy Instant, joining together in Love.

In grace and in gratitude, taking this holy breath and dedicating ourselves to remembering the truth that sets us free. We seek first the Kingdom, which **is** within. It's preinstalled. We're pre-approved, and now we're accepting that, we're allowing that, calling upon all of Heaven to assist us.

We are worthy. We are **worthy** of our divinity, we are **worthy** of our healing, we're **worthy** of our true nature. We're awakening to pristine awareness, forgetting any of the ways that we've been playing small, finding Freedom in our heart, and remembering to choose Love.

We bless the whole world. We share the benefits of our healing, our expansion, our awakening with everyone, because we're One with them.

In grace and gratitude, we let it be. And so, it is. Amen. Amen. Amen.  
Amen.

### *The Fantasy of Success in the World*

---

Ah! Well! Here we go! Yeah, I'm totally pumped for this day and our connecting right now in this moment. So grateful to gather together to be the two or more who are gathered together in the name of the Christ Presence, the Christ Light within us, dedicating ourselves to truly **finding** the Kingdom with in-- seeking it, finding it, because **that's** where it's installed. The treasure is within. That's what *A Course in Miracles* teaches us, so we're learning to really lean into our elder brother, Jesus, who is guiding us so sweetly and so carefully in *A Course in Miracles*. How blessed we are to have this teaching to assist us! That's how I feel!

You know, many times over the years--it hasn't happened to me in a long time, but I used to sit with the book and just weep! Weep, and weep and weep, **so grateful** to let go of the sadness that I **used** to feel, thinking that didn't have a clue! I didn't know how I was ever going to get out of the hell that I had made of my life. I had **no clue**! I really didn't.

But, I didn't give up, and that was the topic of my Spiritual Espresso today. If you'd like to read that, you can find that at [JenniferHadley.com](http://JenniferHadley.com) on the blog page. I write a daily message, which you can subscribe to. It's totally free for you, if you're interested. I call it my "[Daily Spiritual Espresso](#)". It's my daily blog, and I also record a prayer every day, so you can get that by your e-mail. And then you get the "Click and Pray" in your e-mail.

There is this suffering that we seem to **endure**, even though it's of our own making. We **endure** it like we--instead of transcending it, instead of transmuting it, we--at least, I did for the very longest time. What I remember is, that in my teens and in my twenties, I had these --I'm in my fifties now--in my teens and in my twenties, I had these fantasies-- and

that's definitely what they were, they were fantasies. They weren't really aspirations. They were fantasies of my success-- career success, money success, romance success. These **fantasies** of what I could accomplish in the world. I didn't really **know** it at the time, but it was about getting some external validation **by** accomplishing things in the world. And so, I thought that that external validation would **heal** me, that it would fill me up.

And so, while I was pursuing those fantasies, one thing that happened to me was, I discovered New Thought. I discovered Unity, Unity Church in Manhattan, and I started attending services with Eric Butterworth. This was back in the 80s.

It was an interesting thing that happened to me, because right around the time that my dreams were coming true, I found New Thought-- the teachings of Eric Butterworth and Myrtle and Charles Fillmore, and the whole lineage of New Thought. I started attending those services.

I started reading books. I read *Out on a Limb* by Shirley MacLaine, which is such a classic. I keep thinking I'm going to go back and read it again, because it really inspired me.

Time for a sip of my tea. Here we go. My beautiful rainforest tea.

I read *Out on a Limb*, got very inspired by that. Started reading books by Shakti Gawain, got very inspired by her and her teachings. I did some long four-day intensives with her while I was living in Manhattan.

### *Exploring the Inner Kingdom*

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What fortunately happened was, my dreams came true. I began to achieve everything I wanted in the world, and **yet** I was still miserable! I was still unhappy. Tama Kieves and I have talked about this a lot. That was the **good** news, was I was quickly learning that accomplishing things in the world of effects is **not** the answer. It's the **inner** work. It's exploring the inner Kingdom and valuing that, recognizing that, more than anything else. **That's** what brings the healing.

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*Accomplishing things in the world of effects is **not** the answer.*

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And yet, when I began my spiritual studies, for a long, long time it was--I didn't know it for a long, long time but finally, after many years, I had the realization, "Oh, my goodness! My spiritual pathway, the way I'm doing this, it's a purely intellectual approach! I mean, yes, I'm more loving than I've ever been before. Yes, I'm more awake than I've ever been before. These things are true! I'm more patient, more compassionate, more kind, more loving, more generous than I've ever been before. All of that is true."

But, I **knew** that I was still missing the mark, and I really knew that I was missing the mark because I could tell that, even though I was having these spiritual a-ha's, I couldn't **hold** onto them. I would have some experience in prayer and meditation, maybe in a classroom, maybe at a church service, and I would have some big a-ha. Maybe in ministerial school, in Practitioner training, all the things that I did. But I didn't--I wasn't able to hold onto a lot of them. Do you ever have that? It just seems to slip right through your fingers, the awareness, the awakening? I had that experience again, and again, and again. And I thought, "Why can't I hold onto these awakening moments? They are so precious and so powerful, and yet they seem to slip right through my fingers, right through my awareness."

One of the other things that I noticed all the time was, I couldn't be **consistently** loving. I would bounce back and forth between being judgmental and being unkind, being rude, taking offense--oh, my goodness! I was the **queen** of taking offense. Righteousness! Ego, ego, ego! I used to take offense at so many things. Even taking offense at spiritual teachers and the way they taught. Oh, my gosh! I was critical and judgmental of everything and everyone!

One of the things that I put out in my daily blog, my "Spiritual Espresso" today-- which you can read at [JenniferHadley.com](http://JenniferHadley.com) on the blog page, and you can sign up to subscribe to it every day. It's totally free, and it's just a reminder to pray and to do the inner work, and to not be satisfied with an intellectual pursuit.

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### *Fast from Complaining, Judgment, Comparing*

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But one of the things I share today was I'm a little bit late for the Lenten period, but this year, what about really--for 40 days, making a commitment to give up judging-- holding opinions and judgments; to give up comparison-- comparing yourself to anyone, and to give up

complaining. Giving up those three intense habits of negativity because remember, *A Course in Miracles* teaches us “All thought produces form at some level.” So, judgment, complaining, comparing can only bring us misery. So, why not give it up? You see what I’m saying?

**This** is the work that I find I was so reluctant to do, and so I literally was clinging to the ways that I was playing small, and I had moved into a place of real suffering around it, because I **knew**, in the back of my mind, I **knew** that I was settling. I knew that I was **coping** with my upsets, rather than going for true and lasting healing. I was **coping** with my unhappiness in my relationships, and the unhappiness in my finances. You know, I was having the “sieve effect” in everything. This is something I was talking about in my class last week called [\*Manifest from the Heart\*](#) which you can get the downloads, and the video, and all of that if you’d like. It’s still available, and I’ll be coming out with a CD for that, as well.

That “sieve effect” was **so** active in my life. I could manifest stuff for a while, but it just went and slipped right through my fingers. I couldn’t hold onto a happy relationship, financial abundance, spiritual awakening. **Everything** just seemed to slip right through me. I was like a walking, talking sieve. I could manifest for a little bit, and then it just--blah!

One of the other things that I was experiencing that was noticeably evidence that I was playing small in a big way was, I was constantly trying to **figure out how** to be a successful Practitioner, a successful minister, and to build a ministry. I was trying to figure out **how** to get it done, and it seemed so challenging. It seemed so challenging. One step forward and one step backward. It seemed **so hard!** Oh, my goodness, it seemed so hard! Marketing. Trying to figure out all of the stuff on the internet. Trying to figure out all the different pieces of it were so complicated, and so hard for me.

Then, what happened was I made the **decision** to stop focusing on all that stuff in the world, and to go inward and **really** focus on purifying my **own** heart, my own awareness, cultivating a pristine awareness. **Not** valuing any longer, the judgments, the opinions, the comparisons, the taking offense, all the ways that I valued my **own** story about things.

In **all** my relationships, in **all** my experiences. I stopped “giving to get” and everything began to turn around. I started experience the “Seek first the Kingdom, which **is** within, and all else being added unto me.”

Now, I have a growing, thriving ministry, and I don't try to figure out how it's going to happen anymore. Yes, there's a lot of work to it. There is a lot of work to it, but instead of managing, and coping, and settling, and feeling irritated, and frustrated, and like I'm missing all kinds of pieces that it **should** be different, and getting **really** angry and frustrated that I didn't have the help I needed, that I didn't have the resources I needed-- instead, I cultivated that pristine awareness, that loving heart, and everything began to be added unto me.

### *Light Workers Playing Small*

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And, it's so **miraculous** that I have to teach about it all the time! What I know is that I have talked to **so many** people over the last 20 years of my spiritual awakening journey, **so many** people who are Light Workers in this world. They are Light Workers by profession. They are Light Workers by their avocation. They're teachers. They're healers. They're massage therapists. They're Practitioners. They're ministers. They're all kinds of people, Light Workers form all over the world who yearn to share their gifts in the most profound ways, who yearn to share their gifts and talents in ways that are profoundly inspiring and healing-- not just for themselves, but for **anyone** who comes in contact with them. I have met so many Light Workers who yearn to make a living doing what they love and what their gifts and talents are, to share those.

And yet, they feel stuck. They feel stymied, and **that** is what I'm sharing. How to get unstuck from **that** misery. That's what we're talking about today, and that's the focus of my three-week class that **begins** today. The three-week class is called [\*Stop Playing Small\*](#) and you can learn all about it at [JenniferHadley.com](http://JenniferHadley.com).

We're coming up to a break here, so while we're on the break you can go to [JenniferHadley.com](http://JenniferHadley.com), you can look at *Stop Playing Small* and you can also sign up for the "Daily Spiritual Espresso" on my blog page. How cool is that?

I'm Jennifer Hadley. You're listening to *A Course in Miracles*. We're living the Love, we're walking the talk, right here on Unity Online Radio. I'll be right back!

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*.

### *Instant Release of Laboring in Vain*

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This week we're talking about how to move out of playing small, and I was sharing my own journey. One of the things that helped me so much is *A Course in Miracles*. In Chapter 18, Section VII, it's called *I Need Do Nothing*. [laughs] This is one of the sections that a lot of people are challenged by. "I need do nothing? What?! I've got dishes to do! I've got bills to pay! I've got children to raise! Oh, my gosh! I need to do a lot of things today!"

Actually, "I need do nothing" means that it's already been given to you. You have no needs. All your needs are met in God. However, if you're trying to work on your own, separate from God, trying to work **your** will in the world, you're going to **believe** that there's a lot for you to **do**. But, when you're truly **be-ing** the living, loving Presence of God, **everything** works together for your good in such a profound and beautiful way, it's impossible to even comprehend it from the vantage point of, "I need to do this" and "I need to do that" I'm trying to work my will in the world.

That's one of the things that I discovered. It took me quite a while to get that figured out. Quite a while, and this is why you can't shut me up now! Because, to me, this is the **keys** to the Kingdom. We don't have to labor in vain. We don't have to labor **at all**! It **seems** like we do. The only labor really is to **recognize** that we have **misplaced** our **investment** of our heart. We have come to value that which **has** no value, and we have **forgotten** to value that which **is** valuable. It **is** the remembrance of Love. It **is** remembering that **this** connection, and **this** extension of Love, is the **only** thing that truly matters.

And, when we're in the free flow of Love, when we're truly in Love and inspiration, then there is an unprecedented flow of all-good. That is the spiritual law. We can activate it at **any** moment that we so choose. Or, we can continue to harvest the learning from laboring in vain. But, I think it's time to give that up. We have enough collective knowledge about laboring in vain, not one person's suffering can add to it anymore.

So, what I love is, it says here in this *I Need Do Nothing* Section, it's Paragraph 4 in Chapter 18, Section VII, it says here,

*“Release is given you the instant you desire it.”*

**What?!**

*“Release is given you the instant you desire it.”*

Here we are, begging for release, but we’re not actually **receiving** it a lot of the time. Right? That must be **because**, in our belief system, what we believe release **is**, is getting what we want in this world, thinking that that is the answer.

But it is **not** the answer. When we seek first the Kingdom, and value that which is truly valuable, which often requires us to forgive ourselves-- remember, *A Course in Miracles* tells us, “All forgiveness is self-forgiveness” so first we must forgive ourselves for chasing after false idols, for building our house on sinking sands, for being miserable, and asking God to save us, when we’re already saved! The **minute** that we value being loving more than being wealthy, or being healthy, or any other thing-- it’s just impossible to believe it until we make the mind shift.

**How** do we make the mind shift? Practice. Spiritual practice.

Now, check this out! Talk about stop playing small! My **goodness!** It says here-- and I’m still in Paragraph 4, Section VII, Chapter 18. The Section is called *I Need Do Nothing*. It says here,

*“Release is given you the instant you desire it.”*

Not “soon after”. The **instant!**

*“Many have spent a lifetime in preparation, and have indeed achieved their instants of success. This course does not attempt to teach more than they learned in time, but it does aim at saving time.”*

This is critical to understand about *A Course in Miracles*. *A Course in Miracles* is truly designed to help us save time. What does that mean? If we are learning from our “mis-takes”, what appear to be our “mis-takes”-- so, we invest in false beliefs, we invest in a false identity, we invest in thinking that we’re a body, we invest thinking that money is going to make us happy, or a relationship is going to make us happy, or having the perfect body will make us unhappy, or happy, or whatever it is--when we invest in all of those things, we’re **not** investing in the truth that sets us free.

Who's in charge of what we invest in? Who's in charge of what **you** invest in? **I'm** in charge of what **I** invest in. **You** are in charge of what **you** invest in.

No one can change your mind for you, so if you cling to false beliefs, investments in a false identity, investments in a false idol, then what better thing than for you to have the experience of suffering? That's the pain that's always pushing you, while the vision is always pulling you. You can decide to be **pushed** by the pain or **pulled** by the vision.

But ultimately, we'll all end up at the same place, which is remembering our true identity and the Atonement, which is the full realization that the separation never occurred, that it is, indeed, an illusion.

### *Remembering Brings Success*

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How do we undo the illusion? We value Unity. Unity **is** Love. Unification, Oneness, **is** Love. Love is our true identity.

*"This course does not attempt to teach more than they learned in time, but it does aim at saving time."*

When we align our free will with Divine will-- to recognize that Love is all that there is, God is all that there is, that we are not separate from our brothers and sisters, and we value what is true and what is real-- then **all** the pain and suffering of valuing what was false, falls away. We **remember** who we are. We **remember** Love, and the healing is instantaneous, according to our dedication, our willingness, our sincerity.

Now, we can repeat the same "mis-takes" over, and over, and over again, lifetime, after lifetime, after lifetime, and learn in a slow-drip method. "Oh! Tactical error! Tactical error! Tactical error!" You can call it "sin". You can call it "mis-take". Call it whatever you like. But it's just a tactical error. We're trying to get to happiness. "This doesn't work." "This doesn't work."

Think of Thomas Alva Edison inventing the light bulb. I forget--he tried **thousands** of things to find the filament that would work in the lightbulb. And, I think it was around 2000 tries, that one of his colleagues said to him, "Thomas, don't you feel like a **failure**? You've tried thousands of things. You still can't find the filament for the lightbulb. Why don't you give up?"

He said, “Oh, no. I’m not a failure at all. I have **successfully** eliminated 2000 things! That’s **success!** That’s success on an **epic** scale! I have eliminated thousands of things.” He knew, in his heart and mind, that he would find the thing that worked, and so he was eliminating the things that didn’t. You see, he also was teaching us not to give up.

Now, we’ve already eliminated so many things, knowing that that they don’t work, and that they cause our suffering. But, **how many of us** are still entrenched in repeating the **same** mistakes over, and over, and over again? The same errors over, and over, and over again? We **know** that controlling and manipulating our loved ones is not going to lead to intimacy, it’s not going to lead to more Love, more compassion, more patience, more kindness. Trying to control and manipulate our loved ones is a form of judgment, and it’s only going to create **more** distress, **more** of a sense of separation, **more** upset.

This is why I’m suggesting to you, as I did in the first segment of the show, to do a 40-day fast from judgments and opinions, comparing yourselves to others and complaining. Just give it a **big go** for 40 days. Hold yourself accountable. And instead of choosing those things--complaining, judgments and comparisons-- choose patience, kindness. Extend Love. See what a difference it makes. **Oh, my goodness!**

And, in the next 21 days, you can join me in my *Stop Playing Small* class. We start today. You will get the audio downloads. You will get the transcripts, **and** you will get the video of the livestream. So, if you’re listening to this--right now I’m live, but if you’re listening to this later, just remember, you can start right where you are! There’s no time and space. It’s all perfectly designed for us.

So, we’re trying--we’re **not** trying. We **are** saving time through doing our spiritual practice. Saving time repeating the same mistakes and errors over, and over and over again. Now, I love this! In Paragraph 4 of *I Need Do Nothing* Chapter 18, it says,

*“You may be attempting to follow a very long road to the goal you have accepted.”*

The goal is our awakening, valuing Love more than anything else.

*“You may be attempting to follow a very long road to the goal you have accepted. It is extremely difficult to reach Atonement--”*

Which is awakening,  
“... *by fighting against sin.*”

### *The Keys to Atonement*

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Do you find yourself doing that, fighting against sin? Fighting against temptation? Remember, *A Course in Miracles* teaches us that **all** temptation is of the body. All temptation is an **attempt** to make the body **real**. All healing is at the level of the mind. It's challenging to get this. But once you do, ca-ching, ca-ching, ca-ching! It's worth **everything** to you!

How many hours, and days, and weeks, and months, and years have you labored in vain, trying to change things in the **world**, when you could just change your mind about it, and have everything **line up** for your healing, for your good, for your happiness? “Seek first the Kingdom, which is within, and all else will be added unto you.”

Playing small is trying to work your will in the world and **still** suffering, and you **know** it, and you don't do anything different.

Oh, my goodness! Whew! Just feeling the energy of that.

*“It is extremely difficult to reach Atonement by fighting against sin. Enormous effort is expended in the attempt to make holy what is hated and despised. Nor is a lifetime of contemplation and long periods of meditation aimed at detachment from the body necessary.”*

**What?!** Jesus is telling us here, He's giving us the inside scoop, on saving time, waking up, healing the mind. True and lasting Peace and happiness **does not** require long periods of meditation aimed at detachment from the body! Right? How many of us have pursued these goals of meditation? They're really **ego** goals. Do you see that? **Being** loving. **Being** compassionate. **Giving up** complaining, and judgment, and comparison. **These** are the keys.

I'm inviting you--40 days. Make a **fast** of that which is causing your suffering. Be dedicated. Be vigilant. Be devoted. Instead of pretending that the things of this world can make you happy, recognize they **never have** for more than a moment! Lasting Peace. Lasting happiness. That's what we're going for.

Check this out! It says,

*“All such attempts will ultimately succeed because of their purpose.”*

So, ultimately you **can do** that slow-drip method of learning and awakening. **Ultimately**, you'll get there. It may take you **eons**, thousands of years, but you'll get there. Why go that way, the slow-drip method? Let's get some espresso happening! That's why I call my daily spiritual messages that I send, my daily blog of writing-- "spiritual espresso". That's the point of it! **We're waking up!** And, it's **not** painful to wake up quickly. It's actually--it's a liberation. It's a joy.

You know, I offer a yearlong class, and people are still joining it. You can still get in. It's called *Masterful Living* and people are waking up in that class. They're going, "Oh, my God! **I have been** the one who's causing all my suffering, and I was blaming it on other people! **Oh, my God!** I can actually do this!" They're doing the practices I give them in class, and the *Stop Playing Small*, the three weeks that begin together is part of that *Masterful Living* class. So, you can get a taste of *Masterful Living* in *Stop Playing Small* if you're interested.

*“All such attempts will ultimately succeed because of their purpose. Yet the means are tedious and very time consuming, for all of them look to the future for release from a state of present unworthiness and inadequacy.”*

**Holy smoke! This is huge!** You know, people read this, and they read **right** over it. They don't even **hear** what He is saying, because they are not willing to simply be loving, patient, kind, to **give up** the judgments, the opinions, the complaining, and the comparison.

Do yourself a favor--**don't delay!** Begin today. You **can** do this. It **is** shifting your mind, and that's what I'm here to help support you in doing it, because I'm doing it, too.

I'm Jennifer Hadley. You're listening to *A Course in Miracles*. We're right here on Unity Online Radio. We're living the Love, we're walking the talk, we're "gettin' 'er done" and 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 have 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*.

### *The Heart Practice of Spirituality*

---

We're talking about saving time. Saving time and suffering, and instead choosing to "wake up now and smell the spiritual coffee" -- or the spiritual espresso, as I say!

We're looking at the section in Chapter 18, Section VII, *I Need Do Nothing* where Jesus is telling us, giving us some real clues on how to save time in our suffering.

I'm also sharing with you that I have this class starting tonight called [Stop Playing Small](#). it's a three-week class, and you get the videos, the audios, the downloads, the transcripts, and everything that goes with it. This is one of my all-time favorite classes. It's really designed for Light Workers and people who would like to make their **living** as a Light Worker.

It says here, in this *I Need Do Nothing* section, it's telling us that the old ways of meditating and trying to detach are **not** necessary, that the fastest way to save time is to extend Love. It says you **can** go the slow-drip method. You **will** get there eventually if you have a slow-drip spiritual practice. But, you can wake up much faster, and that's what the teaching of *A Course in Miracles* is when you **really** apply it, sincerely. **Sincerity** is the key. This is not an intellectual practice.

So, there is --well, it kind of feels tricky to me is, *A Course in Miracles* can seem so **intellectual**, but it's **not!** It's not, it's not, it's not! It's a **heart** practice. You have to live it in your heart, or it means nothing.

I know that people have told me, over and over again, "Oh, my God, Jennifer! I have been studying *A Course in Miracles* for 30 years!" --for 20, 15, 8, 10, 12 years. I've gotten so many e-mails, I've had so many people tell me, "I was studying this for **so** long! I **never** got this understanding of how to actually **live** it!" They were up in their heads with it.

Interestingly, I came to *A Course in Miracles* when I was **ready** to truly live it in my heart. **That's** when I **found** this teaching, and that's what I experienced, was it spoke directly to my heart. I was tired of the intellectual spiritual approach. I was tired of seeking but not finding. Instead of being a spiritual seeker, I wanted to be a spiritual **finder**, and that's what I got

from *A Course in Miracles*, was affirmation that what I was being guided to do, through my own guides, and my own intuition and inspiration, that this was the correct path, because all the things that I was being led and inspired to do were **in** *A Course in Miracles*. So, it came to **me** as a validation of my own insight.

And this is why I'm sharing it with you, because I would bet dollars to donuts that **you're** getting these same insights **every single day!** But if you're not feeling the incredible awakening happening in your heart and mind, you're pushing those insights away. People tell me all the time that they think they don't feel, or perceive, or hear their intuition. Not true! That's what I learned. I was getting these messages all the time, but I was not willing to **listen** to them, and hear them, so it **felt** like I wasn't getting them. But, I **was**. I was just denying them. I was not interested. **Now**, I'm truly interested.

### *Transforming Your Life Now*

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So, if you find yourself complaining, comparing and judging, **declare** for yourself, "I am **not** interested in that anymore! That is the path to hell. I've already **been** there. I'm not interested in that anymore. I am interested in appreciation, gratitude, blessing, Love, compassion, patience, kindness, generosity, extending harmoniously. This is what I'm interested in. I am not interested in judging, complaining, comparing anymore!"

40 days! Give it 40 days. For 40 days, give up trying to manage, control and manipulate your loved ones. If you love them, **Love** them! Managing, controlling, and manipulating them, because **you** think **you** know what's best for them, is **not helpful**. That's why it causes your suffering.

You can stop playing small at any moment that you choose. If you'd like my support with it, join our class. 21 days to *Stop Playing Small*. This will assist you in truly getting through that 40-day period to transform your **own** heart and mind, which **will** transform your life. **It works every time!**

It says here that the slow-drip method of most spiritual teachings will ultimately succeed because of their purpose. Their purpose is to remember the truth.

*“Yet, the means are tedious and very time consuming, for all of them look to the future for release from a state of present unworthiness and inadequacy.”*

What *A Course in Miracles* is saying, claim it **now!** Don't look to slowly undo it and claim it in the future. Do it **now!** Time is an illusion. It says here,

*“Your way will be different, not in purpose but in means. “*

### *Remember You Need Do Nothing*

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The **means** to get there. Remember, *A Course in Miracles* tells us, “You don't actually value the **purpose** if you deny the means to get there.” The purpose of our life is to Love, to join together, to remember our divinity, and to recognize the Atonement, which is the full realization that the separation never occurred.

*“Your way will be different, not in purpose but in means. “*

The means is the undoing.

*“A holy relationship is a means of saving time. One instant spent together with your brother restores the universe to both of you. You are prepared.”*

You're prepared! Don't think you don't have what it takes!

*“You are prepared. Now you need but to remember you need do nothing.”*

**What?!**

*“...you need do nothing.”*

I love that! And, it's true! And when you're willing to **actually live** that way, then you will begin to believe it's true!

*“It would be far more profitable now merely to concentrate on this than to consider what you should do.”*

Right? How much time do you spend trying to figure out what you should do? You're only trying to figure out what you **should** do because you're not actually willing to listen to what Spirit is **guiding** you to.

*“You need do nothing.” “Be still and listen.”*

And not in that meditative-- trying to clear your mind and aimed at detachment from the body. It's not **necessary** to do that kind of meditation. Simply value the voice of Love. You hear it all the time! “Don't

say that.” “Don’t do that.” “Stop trying to control and manipulate!” “Stop judging.” “Be patient.”

You hear that Voice all day long. Do you follow it? If you do, I know you’re having incredible success.

So, you can stop playing small. You certainly don’t need my help, but our class begins tonight. Three weeks, 21 days, to stop playing small, to get a leg up, to get a real clue. It says here, and I love this so much,

*“Here is the ultimate release which everyone will one day find in his own way, at his own time....”*

*“You are not making use of the course if you insist on using means which have served others well, neglecting what was made for you. Save time for me by only this one preparation, and practice doing nothing else. “I need do nothing” is a statement of allegiance, a truly undivided loyalty. Believe it for just one instant, and you will accomplish more than is given to a century of contemplation, or of struggle against temptation.”*

### **What?!**

*“Believe it for just one instant, and you will accomplish more than is given to a century of contemplation, or of struggle against temptation. To do anything involves the body.”*

If you think you need to do anything, then you’re engaging in identification with the body. **Hello!** When you’re **willing to get** this, you **will** get it, because it’s **already in** you. It’s already the truth that sets you free.

*“To do anything involves the body.” “I need do nothing.”*

*“And if you recognize you need do nothing, you have withdrawn the body’s value from your mind. Here is the quick and open door through which you slip past centuries of effort, and escape from time. This is the way in which sin loses all attraction right now. For here is time denied, and past and future gone. Who needs do nothing has no need for time.”*

**Wow! Wow!** It’s incredibly simple. All we have to do is be willing. Remember that? My little willingness is all that’s required.

### *Closing Prayer*

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Let’s place our hand on our heart. It’s time for our closing blessing. Whew! We’re waking up together, aren’t we? **I love it!**

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We place our hand on our heart to remember that we're not just paying lip service to this teaching. We're paying **heart** service. We're investing our **heart**. We're becoming wholehearted for Love. Yes!

We take this holy breath and we Partner UP with the Higher Holy Spirit Self and we say, "I'm willing to understand I need do nothing. I'm willing to accept the Atonement for myself. I'm willing to extend Love."

In grace and gratitude, I share the benefits with everyone, because I'm one with them.

We let it be. We **allow** it to be. And so, it is. Amen. Amen. Amen.

I'm Jennifer Hadley. You're listening to *A Course in Miracles*. I'll be back here next week.

Don't forget! There's a whole lot of audio in the archive at iTunes. Search for Jennifer Hadley at iTunes. If you find anything you like, it's all free! Please, write a review.

I love you! Thank you! Have a beautiful week!

### *Closing Prayer*

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We take our breath of Love and gratitude here.

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

God bless you! Have a great rest of your week! Mwah!