

April 2, 2013



The Cost of Complaining



 *Jennifer Hadley*
your daily shot of spiritual espresso

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April 2, 2013

The Cost of Complaining

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Ah! Good morning! Good morning, good morning! Spring is springing away! [laughs] Although I keep talking to people who are getting snow and things like that, nonetheless, Spring is springing away. We've had our Easter, our resurrection.

I don't know about you, but I love Easter, and it was so **potent** in my energy field this year! It still is! Boy, I'm still feeling that strong resurrection energy, and that is what I'm going to share with you this morning. Today we're going to look at Lesson 69 in the *Workbook* and talk about "The Cost of Complaining" the cost of holding grievances, and see if we can get some inspiration and motivation to **let them go**, so we can be free!

Of course, we already **are** free, but we can be free in our **thinking**, in our mind, and no longer trapped and held captive by our grievances. Doesn't that sound good? Yeah! Alright!

We begin with a blessing.

Opening Prayer

I invite you to place your hand on your heart and take that breath of Love and gratitude with me. I'm so grateful and I'm so, so very, very, very thankful that we are together right now, transcending time and space, forgetting the illusion, remembering the truth that sets us free.

Taking this holy breath, we open our heart, we open our mind, to an awareness of the unprecedented, unlimited nature of our true identity, which **is** perfect Peace, which **is** perfect Harmony, which **is** Love. This is our true nature, this is our true identity, so we're releasing any

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identification with the false self, a limited self, a small and selfish self. We surrender that. We place that on the Holy Altar Fire of God's Love, and we open our hearts and minds to the power and the presence of the unprecedented Love that we **already** are.

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

The "Power" of Complaining

Yes! Sharing the benefits with everyone, because we're One with them. Our healing and our expansion, our awakening awareness is the one great thing that we get to share with everyone, because we're One with them.

This is one of the most powerful realizations I had. I had it in my late 20's, that -- and it's really exactly the same revelation and awareness that Jesus spoke of when He said, "If I be lifted up, I draw all unto Me." I had the realization that the only true gift I could give to the world was **my** awakening awareness, **my** willingness to stop complaining.

At the time I was living in Manhattan and working in the theatre. I worked at New York Shakespeare Festival with Joe Papp and friends, and it's true, there are many Jewish people working in the theatre. It's a wonderful place to work, and so I was, in that time, recognizing the **cost** of my complaining, the **cost** of my kvetching [laughs] and my whining, because I was a complainer, I was a

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whiner for a long, long time. I literally thought that my **power** to complain, to kvetch, to moan and groan, my power to take offense -- oh, yes! -- to take offense, that this was one of the great powers that I had, to upset others with my upset. Yes! Upset by the upset, that was one of the tools I had in my toolbox of "knuckleheadness".

I saw that I could upset people with my upset, and so I would use that, because I was immature, spiritually immature and small-minded, and I didn't know what it was costing me. Yes. And so, I lived in that suffering. "Suffer no more." That's my [laughs] that's my credo now. "Stop the suffering! Suffer no more!"

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And so, when I first came to *A Course in Miracles*, my favorite Lesson has always been “*Love holds no grievances.*” Lesson 68. “*Love holds no grievances.*” And I’m going to dip into that, but we’re really going to focus more on Lesson 69.

ACIM App, Facebook & Workshop

One of the things I’ve been doing is, I just got back, I was in Hawaii, Kauai, and I went there specifically to try and get a little space, a little energy space around myself in order to do some focused work. People kept saying, “Well, how was your retreat?” Well, it was a **work** retreat, so I got a lot of work done and that was good, and one of the pieces of work that I got done was recording the *A Course in Miracles* Workbook Lessons. I haven’t recorded them all, but I got 50 done, and so I’m happy about that, because I am in development mode.

I’m working with a beautiful designer, and we’re designing a *Living A Course in Miracles* [iPhone app](#), [iPad app](#), and I’m sure it’ll be available for the Android, as well. We’re going for the multi platforms, and it will be totally free. This is my gift that I’m putting together, and I’m very happy about it. I’ll be letting you know about that, I’ll be letting everybody know. One of the things you can do is, you can go to the Facebook page, [A Course in Miracles Pledge](#), if you search for that, [ACIM Pledge at Facebook](#), you can join us and I’ll certainly be announcing the free app there when it’s available, and I’m going to be taking your suggestions, what would you like? I’ll be putting out surveys around Facebook, and places like that, anybody who’s in my e-mail database.

Remember, one of the things you can get for free from me, if you haven’t already, is at [JenniferHadley.com](#) you can get my free workshop. This was a paid workshop. It was one of my favorites. People tell me all the time, still, it’s one of the favorites. It’s called [How to Get Over It!](#) Get over it! *How to Get Over It!* So if you’re having a challenge forgiving, get over it! [How to Get Over It!](#) is the download, free download for you, at [JenniferHadley.com](#).

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Love Holds No Grievances

“Love holds no grievances” is my favorite Lesson in the Workbook. It’s just so yummy and so clear. I’m going to dip into that, and then we’re going to go to Lesson 69. Lesson 68, “Love holds no grievances” begins with,

“You who were created by love like itself can hold no grievances and know your Self. To hold a grievance is to forget who you are. To hold a grievance is to see yourself as a body. To hold a grievance is to let the ego rule your mind and to condemn the body to death. Perhaps you do not yet fully realize just what holding grievances does to your mind.”

And that’s the thing we **don't realize**. If we had one little tiny smidge of a clue what grievances does to our mind, we would drop them like a hot potato in a New York instant, not even a minute -- a second.

That’s what I’m training my mind to do, so the very second that I start to feel any little tiny bit of upset, just a little smidge of irritation, frustration, annoyance, and I start moving in my mind to take offense -- “Well, how dare they!

Oh, I can’t believe --!” Oop! I notice **now**, because of doing my spiritual practice, day in and day out of releasing all grievances, releasing all judgments, all opinions, the more I practice the more success I have. It’s such an easy miraculous formula -- do the work and everything gets better right away.

I’ve realized that complaining, which is, of course, what a grievance is, complaining **ruins** my life! It ruins my life! It sucks the life out of my life, it sucks the intuition out of my intuition, it sucks the insight out, it sucks all the good out. It’s like getting a big giant ego vacuum and sucking all the Harmony, and the Peace, and the Wisdom, and the Clarity, and the Creativity, and the Freedom, and the Joy, all the connection to all those spiritual qualities [sucking sounds] right out of your life with a **single** complaint, **a single** grievance. It’s that powerful!

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Dark Clouds of Grievances Block the Light

If you can begin to think of a single complaint, a single grievance, a single opinion, even, as being a cloud, like -- what's that thing? That Stealth Bomber. Is that what that thing is called? Have you ever seen the Stealth Bomber? It looks like something Darth Vader made. It's ridiculously big and black and ominous, the Stealth Bomber is.

I've seen it many, many years ago, a long time ago. I saw it, it flew over us. I was at the Rose Parade on New Year's Day out in Pasadena which, by the way, if you can ever get yourself to the Rose Parade, Tournament of Roses Parade, in Pasadena, California on New Year's Day, go! Go, go, **go!** It's such an awesome thing, especially if you're like me. I love a parade! Parades are such a display of Unity. It always makes me weep. "Oh, look at them all moving together in formation. Oh, it's so beautiful!"

Every single tiny little complaint, every little taking offense, every little opinion is like a giant cloud, a Stealth Bomber, moving over you and hovering over you, blocking the Light of the world in you.

"Perhaps you do not yet fully realize just what holding grievances does to your mind. It seems to split you off from your Source and make you unlike Him."

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Now, Abundance 101, Prosperity 101 teaching, what is it? It's that God is your Source in Infinite supply. Right? Don't worry, don't fret. God is your Source in Infinite supply. Right? So if we're going to move into true Abundance and Prosperity, an unlimited Niagara Falls of Abundance, we have to understand that there's only One source, only one supply. It doesn't come **from** people, it comes from God **through** people. Spiritual quality Abundance and Prosperity is omnipresent and omnipotent, and the least little judgment will **block** it from our experience.

You, literally, if you're going to hold onto a grievance, no matter how small it seems to be -- they spilled the coffee on my favorite dress when I was four years old. I never got over it -- seriously! It blocks the Light of the world **in** you. And it might seem so challenging to ever think of releasing the grievances and giving up the judgments and the opinions, the blame and the shame. "How am I ever going to do that?"

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Well, that was the subject of my [Spiritual Espresso](#), my daily writing today, the how and the now. The **how** is none of our business. That's what Michael Beckwith used to say. I love that. "The how is none of our business. It's not your business **how!**" And I have learned that to be true! It's such a good thing, you hear something, but if you don't **learn** it, you don't **know** it. It's just words, symbols bumping around in your brain.

"Love holds no grievances."

"For he who holds grievances --"

This is Paragraph 2,

"... denies he was created by love, and his Creator has become fearful to him in his dream of hate. Who can dream of hatred and not fear God?"

Complaints Block A Clear Connection to God

If you treasure one little grievance, you're not going to know God, and people tell me all the time, "I don't feel like I have a connection with God. I've been studying all these spiritual books and classes for decades, and yet I still don't feel connected to God." My simple question is, "Are you holding any grievances?" And they always respond with, "Uhhh, a couple of million." And so I say, "Well there you go."

Because our true spiritual nature, which is the I AM that I AM, which is the Kingdom, which is Love, is like a clear ringing bell. It's potent. It's **powerful**. It's **pure**. It's pristine. It's absolutely **pristine**, and if you're holding onto anything that blocks your pristine awareness -- like a grievance, like a complaint, like a "shoulda, woulda, coulda" -- of course you're not going to feel a clear connection to God. You don't **want** to! You want to hold onto your grievance and your complaint.

If you're holding onto anything that blocks your pristine awareness, like a complaint, of course you're not going to feel a clear connection to God.

But the good news is, you can put it down. How do you put it down? You cultivate the willingness to put it down, and this is what we're going to talk about in the next segment.

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It's time for me to go to a break. We're discussing "The Cost of Complaining". Are you working really hard to get ahead, to make something happen? Are you trying to **make** it happen in your life? You're working, working, working in the visible world of form, or doing what I call "pushing density" -- push, push, push. You're trying to make things happen by sending e-mails, and making phone calls, and getting in your car and driving all over town talking to people? That's the **hard** way to do it. You don't **have** to push density. But if you give yourself the right to complain, to moan, to kvetch, then you're going to be thinking pushing density is for you.

But at any point you can change your mind. You start working in the invisible, and that's what we're going to talk about after the break.

I'm Jennifer Hadley. You can go to JenniferHadley.com and learn more about me. Right now you're listening to Unity Online Radio, *A Course in Miracles: Walking the Talk, Living the Love*, and 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*.

Guaranteed Motivation

We're back, and we're talking about giving up our complaints. I know! Like I said in the beginning, I thought for a long time that they were my **power**, because I had **so much** evidence [laughs] that I could torture people, make them run and hide from my judgments and my opinions. Oh, my goodness! Oh, my goodness! Yeah, I'm not interested in doing **that** anymore. Not interested in doing that anymore.

And so, we're looking at the Lesson, "*Love holds no grievances,*" my favorite Lesson, #68, and then we're going to go to #69. I just want to say a couple things here that are so beautiful to me, because they're so true. The truth does set us free. It says here,

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

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I like certainty. I like when people give me a guarantee. I like that kind of certainty, and this is one of the things that I absolutely love about *A Course in Miracles*. *A Course in Miracles* is **filled** with guarantees. Jesus gives us guarantees all throughout.

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

That’s quite helpful, isn’t it? And then, in Paragraph 4, He says,

“If you succeed even by ever so little, there will never be a problem in motivation ever again.”

Now, one of the things that I know about most spiritual students is they are challenged with motivation -- we’re challenged to do our practice, we’re challenged to do the work, we’re challenged to forgive. Right? Other things become more shiny, more appealing, more alluring to us than the actual things that are helpful.

But Jesus promises us here that if we’re even just a little **tiny** bit successful, there will never be a question of motivation again, and so I’m here to tell you that it’s true.

Removing the Blocks to Recognize Our Light

In Lesson 69, it’s entitled, *“My grievances hide the light of the world in me.”*

Now think about this. How many people -- I bet you can count a lot of them pretty quickly -- how many people are looking for recognition for their talents, their gifts? How often in, maybe in your *A Course in Miracles* Study Group, you want to shine, you want to say like the little kid in class, “Oh! Oh! Call on me! I know that! I know that!”? Right?

I was like that, for sure, in many, many spiritual classes. “I want to shine. I want to be recognized. I want to be noticed.” And you’ll hear, in all those sentences, “Want. Want. Want.” Right? I was needing all kinds of recognition, et cetera et cetera.

If you’re feeling that wanting, that craving, that needing to be loved, to be recognized, to be appreciated, right? How many times have you held a grievance because nobody appreciated you, nobody recognized you? “I did all that work and nobody even noticed!” [laughs]

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I remember, when was it? Oh, it was about 12 years ago, I spearheaded an event at Agape, and there was a recognition of the event later, and Michael Beckwith was saying that it was one of the most powerful events ever done at Agape, and nobody ever thanked me. Nobody called me up to the stage during the event. He didn't thank me after the event. Nobody even mentioned my name.

At the time I thought, "Wow! This was my idea. I worked 40 hours, at least. I dropped everything to put on this event, and he's saying it's one of the best events ever. He's weeping, he's so moved by it. But nobody's calling out my name." And I thought at the time, "I guess this is where I am just grateful I was able to serve."

And I sat there in humility, in gratitude, with a tiny grievance, and I noticed, "This is my opportunity to move out of that wanting, that needing, that craving of recognition and to simply be here for God. This is how it happens. This is it. I could complain, but I'm going to take this as my healing. My healing, this is going to be it, right here."

*I could complain,
but I'm going to
take this as my
healing.*

So anyplace in your life where you've been holding a grievance or you've been complaining because people aren't recognizing you, people aren't appreciating you, it's time for you to recognize this is an opportunity to have a healing around the needing, and the wanting, and the craving for recognition. The Light of the world is **in** you. The Light is the **only** thing that deserves recognition, and you **are** that Light.

So if you're needing, wanting, craving recognition, that's the ego, and the ego deserves **no** such recognition. Yes, we can recognize that the ego was **operating** in order to **remove** it from our choice. But to affirm the ego and its value is exactly what we do when we start complaining about not getting recognition, not getting appreciation. "Nobody's noticing how fabulous I am." [laughs]

God doesn't miss a trick, and the most fabulous thing in the world for God to notice is your humility, your lack of needing and wanting and craving. Instead, your **willingness** to be wholly and completely satisfied with the Kingdom, which is within, because when we can be satisfied with the Kingdom which is within, then all else **will** be added unto us.

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It is a miraculous formula, and it is a great promise, and it is true, because the more I live in that place of recognizing that the Kingdom is within me -- no one outside of me needs to appreciate or recognize me, because there is nothing about my personality that needs recognition. There's nothing about my human experience that needs recognition. The only purpose here is for me to resolve and dissolve the sense of separation, the thoughts of lack and attack, and I am the only one that can truly recognize that, and value that, and appreciate that -- and when I do, everything is added unto me.

What a giant waste of time and energy complaining about not getting appreciation and recognition is. When we're wholly loving, completely loving, dedicated to that pristine, pure awareness, cultivating the Immaculate Heart and the pristine awareness, then I'm telling you, **no one** will fail to recognize you. **No one!** You **cannot** hide the Light of the world in yourself, **except** behind a grievance. But when you let those grievances go, the Light of world will be seen in you.

We Hide In the Illusion of Our Grievances

“My grievances hide the light of the world in me. No one can look upon what your grievances conceal. Because your grievances are hiding the light of the world in you, everyone stands in darkness, and you beside him.”

When we treasure our grievances, our complaints, the “shoulda, woulda, coulda” the thoughts of revenge, the whining and we think, “Nobody’s listening to me whine and complain! I must get **louder!** Waa! Waa! Waa! Waa! Waa!” we are dooming ourselves, literally dooming ourselves, to lack and limitation, to endless suffering, because unless we’re willing to change our mind about it, we’re going to keep suffering. Remember,

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

Check this out -- I’m going to take a sip of my tea here -- if you’re focused on complaining, obviously you’re not **forgiving**. What is true forgiveness? Well, according to *A Course in Miracles*, true forgiveness is the recognition that our life is an illusion, it’s a projection of our mind, and that we’re having this experience in order to see, and feel, and hear, and experience, in the physical realm, our thinking, so it’s projected out on the screen of our experience. “All thought produces form at some level.”

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In the first part of this episode, I was sharing about if you're complaining and holding onto grievances, then your life is going to be like pushing density. You're going to be trying, laboring in vain, to **make** things happen according to how you think they **should** be.

But if you're working in the invisible, you're not holding onto grievances. You're choosing forgiveness, you're choosing Love, you're working at the level of the mind, seeking first the Kingdom which is within, and all else will be added unto you.

Complaints Block Our Healing

So let's see if we can make this really practical, because you know I love to do that. I'm going to invite you to place your hand on your heart, and to turn within and take a breath here. Let's take that breath and let's literally consciously Partner UP with the Higher Holy Spirit Self.

That's what I call the Holy Spirit, the I AM that I AM, because we're not separate from the Holy Spirit. We don't need to deify the Holy Spirit. The Holy Spirit is our own Higher Intelligence. Just like Jesus says He is our own elder brother, He is not separate from us.

We're healing the thoughts of separation, so we consciously invoke Divine Grace into our awareness now. Divine Grace is always operating. The Kingdom is always within, but if we don't place our attention on it we might forget, and if we're holding a grievance then, for sure, we've forgotten that the Kingdom is within, because our grievances are usually about the past. The past is not within us, the past is nothing.

I'm going to invite you to think of the #1 thing that you give yourself permission to complain about, the #1 thing, the #1 grievance, whatever it is. It could be against yourself, it could be against something or someone in the world. Maybe it's against the president, maybe it's against your family, your boss, your spouse, your neighbor, your body. What's that #1 complaint against? What's the #1 grievance? Get it really clear in your mind.

*This grievance that
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This grievance that you hold blocks the Light of the world in you. It blocks the healing of your physical body, of your financial body, of your relationships, of everything in your life. You cannot treasure the grievance **and** seek first the Kingdom within. So if you're treasuring a grievance, you're probably going to be trying to make things happen in the world -- running to doctors' appointments, running to all kinds of appointments, and making phone calls, and Googling things on the internet trying to figure things out, because your capacity to have true insight, your capacity to connect to Divine Wisdom, Inspiration and Motivation is **blocked** by this Darth Vader-like Stealth Bomber-like grievance that is hovering over you and blocking the Light of the world.

"No one can look upon what your grievances conceal."

Your grievances conceal the Light of the world **in** you, not just from others, but from yourself. You have no clear perception of yourself if you allow yourself to entertain grievances about anyone, including yourself. Without clear perception, what are you going to see?

You're **only** going to see your judgments and opinions. You can't shift anything if all you're looking at is the false judgments and opinions that you're cultivating and treasuring. Nothing's ever going to change unless you change your mind. How can it?

*Your grievances conceal
the Light of the
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but from yourself.*

It says here, in Paragraph 5 of Lesson 69,

"From where you stand, you can see no reason to believe there is a brilliant light hidden by the clouds."

The clouds are your judgments and opinions, your grievances and your complaints.

"The clouds seem to be the only reality. They seem to be all there is to see. Therefore, you do not attempt to go through them and past them, which is the only way in which you would be really convinced of their lack of substance. We will make this attempt today."

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You Cannot Fail - You're Already There

We're really working on gettin' 'er done, aren't we? I mean, that's the purpose of this radio show, is to assist in getting it done. That's all I'm interested in, because I've had such miraculous results employing these teachings of *A Course in Miracles*, such miraculous results. I can't tell you, I can't even begin to list the number of extraordinary miraculous experiences shifts and changes in every area of my life as a result of simply practicing Lesson 68 and 69, the awareness that "*Love holds no grievances*" and "*My grievances hide the light of the world in me.*"

I got really tired of hiding the Light of the world in me and working so hard in the world of form, pushing density. The cost of complaining, I couldn't **afford** it anymore. I couldn't **bear** it anymore. It was **too** expensive, and so I decided to get 'er done!

Get 'er done! Let's get 'er done! Let's clean up the mind.

And so, for me, I really, really treasure these two statements. It's about the Immaculate Heart and the pristine awareness. It really is.

Open your heart and free your mind. How do you do this? We don't know how to do this, but we know what we **can** do, and it works because we have a promise here. In Lesson 69, Paragraph 7, it says, "You cannot fail -- you cannot **fail!** -- because your will is God's Will."

So when we do this practice of giving up our grievances, which gives us more bandwidth to **share** Love, to be compassionate, to **be** patient, to **be** kind, to **be** generous, to **be** thoughtful, to **be** appreciative, caring, all the things that we would like to be, that we cannot fail. We cannot fail!

*When we do this
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One of the biggest tragedies in the world is, I speak to so many spiritual students, what is their biggest grief? That they are not able to be more loving. That's the biggest grief for most spiritual students, that they **know** better but they **don't do** better, that they give themselves permission to hold onto grievances, and complaints, and judgments, and thoughts of lack and attack, and they pour their precious energy into them, self-destructing, self-sabotaging, and they feel they cannot seem to stop.

But they **can** stop. They can stop. The thing is, when we're identified with the false self, with the small self, with the selfish self, we **don't** know who we are. We **don't** know our capacity. You just look at anyone who's totally identified with the ego, they're clueless! They're clueless.

So here's the thing -- you know exactly when and where and how you're identified with the ego. Being identified with the ego equals being clueless, it equals being deprived, it equals the ultimate failure.

Being identified with your True Self, which already **is** the Immaculate Heart, it already **is** the pristine awareness. Anything less than the Immaculate Heart, the pristine awareness, is a **total** illusion that you have to energize with your thinking, and your actions, and your choices in order to experience. This is **why** you cannot fail, because you're already there. You're already there!

That's why we love *The Wizard of Oz*, because in *The Wizard of Oz*, Dorothy at the end of the story, she realizes, "Oh! I already have the power! I have it all!"

What does the Tin Man learn? What does the Scarecrow learn? What does the Lion learn? They already **have** it! Right? The Lion already has courage, he doesn't **need** someone to **give** it to him. The Tin Man doesn't **need** someone to give him a heart, he already **is** a loving person. The Scarecrow already **has** intelligence. You see?

We're each one of the characters, and I would invite you, just now, to look at the characters in *The Wizard of Oz* and see which one are you most identified with?

You know, Frank Baum who wrote those stories was a true mystic. Those are mystical stories. Right? I went to see *Oz the Great and Powerful* movie with my goddaughter, and it's just beautiful. It's great! It's full of good fun stuff. I enjoyed it. I recommend it.

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Have confidence in God today. You cannot fail because your will is God's Will. That is the truth of it.

But if you're identified with the small self, the false self, the selfish self, you won't know who you really are. That's why your grievances and complaints, your whining, hides the Light of the world in you.

What would you rather see? Your pristine awareness, your Immaculate Heart, or the person who's too fat, too stupid, too ugly, too selfish, too foolish, too whatever that you've labeled yourself? You notice that the ego is always labeling. **Those** are complaints, **those** are grievances. Notice how tempting it is to label. Right?

Each of these little things are what we choose **instead** of our magnificence, **instead** of our abundance, **instead** of healing the body. Instead of -- but we don't **have** to. We really don't have to. We can have amazing healing, and it begins today. It truly begins today.

Tools to Help Change Your Mind

One of the things I'd like to share with you, this came through on the break to share with you, if you've been listening to me for a while -- and, by the way, all of the episodes of this show are available at iTunes. You can get them for free. If you go to iTunes and search for Jennifer Hadley, that's me, you will find a load, a boatload of free stuff. I invite you to go and get your free downloads.

And also, there's tons of free stuff at JenniferHadley.com if you go to my website, tons of free helpful stuff like, particularly, the free workshop, right there on the [Home](#) page, [How to Get Over It!](#)

And it's not too late to join me in my [7-week Spiritual Boot Camp class](#). We're changing our minds. We're cultivating our pristine awareness. We're cultivating the Immaculate Heart and we're gettin' 'er done! If you'd like to join us, people are joining all the time, we're just getting started. You'll get all the pieces -- all the classes, all the videos, all the downloads, the transcripts, everything, the Workbook, everything. It's just -- you just follow along the steps, you'll be amazed at the healing that can happen.

A Course in Miracles Weekly Radio Show **with Jennifer Hadley**

There Need Not Be A Cost to Healing

So one of the things I'd like to share with you here, we've just got a couple minutes left, I always recommend that people read the *Trust* Section, it's actually called *Development of Trust* in the *Manual For Teachers*. It's Page 10 and 11 in my copy of *A Course in Miracles Manual For Teachers, Development of Trust*, it's Chapter 4, Section A, and in here it says that we have to give up everything that's not truly valuable. And so we can either give it up willingly, or it will **seem** to be taken from us. It says, right in the beginning here, that we have to go through a "*period of undoing*".

"This need not be painful, but it usually is so experienced. It seems as if things are being taken away, and it is rarely understood initially that their lack of value is merely being recognized."

I call it "the process of elimination on the way to illumination". So if you would like to gently, peacefully cultivate the remembrance of your pristine awareness and your Immaculate Heart, you **can**, and so it's you **willingly** give up your grievances and complaints, and you start to recognize what has true value and what does not. This you **can** do. **How** do you do it? The easiest way to do it is to clear the clutter in your mind by **willingly** giving up the need for appreciation, recognition, the need or the wanting to hold onto grievances and complaints.

Complaining makes you a crap magnet. Praising, appreciating, being grateful, makes you a Love magnet. What will you choose today? Will you be a crap magnet or a Love magnet? Every minute of every day, you decide.

Closing Prayer

Let's place our hand on our heart right now and take that holy breath of Love and gratitude, and be so grateful and so thankful that we **cannot** fail, that we **can** change our mind, that the pristine awareness and the Immaculate Heart of Love is our true nature and our true identity.

We give thanks for this, and we share the benefits with everyone, because we are One with them.

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

I'm Jennifer Hadley. You've been listening to *A Course in Miracles* on Unity Online Radio, and I'll be with you again next week! Have a great week!