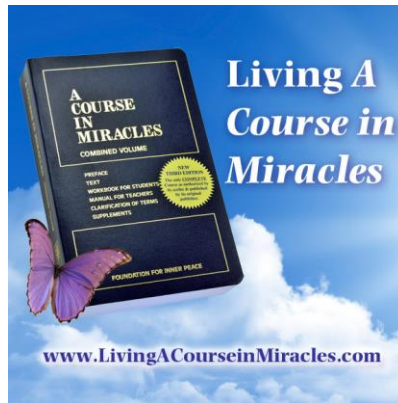


February 18, 2014



## Releasing Romantic Attachment

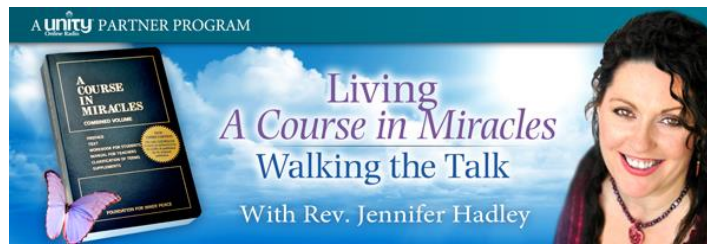


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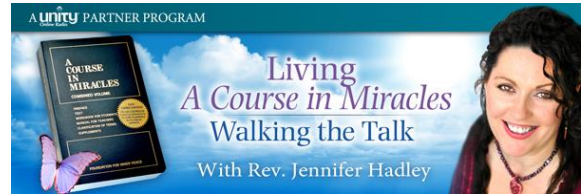
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*February 18, 2014*

## Releasing Romantic Attachment

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. Bonjour. Hello, hello. Are we not blessed? I feel very blessed, very blessed and very grateful and thankful to be joining with you in this moment. Thanks for showing up. I love that we get to use the radio show to transcend time and space. That's a wonderful blessing. Yes, it is. Yes, it is. So, let's take full advantage of it.

### *Opening Prayer*

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I invite you to join me. Place your hand on your heart and let's remember our true identity is Love. Love is the true identity of every brother and every sister, and this is what we are aspiring to remember in each and every moment.

Taking this breath of Love and gratitude with our hand on our heart, we are wholeheartedly declaring that we are available for the teachings of the Higher Holy Spirit Self. We are available to remember the truth that sets us free. This is our intention. This is our aspiration. This is our declaration of Love.

We gather together for this holy purpose and in grace and in gratitude, we share the benefits with everyone because we're One with them. In gratitude, we allow it to be, and so it is. Amen. Amen. Amen.

## *No False Idols*

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In case you don't know, I'm Jennifer Hadley and our topic this week is "Releasing Romantic Attachment." We're just a week, a few days after Valentine's Day, so it felt like a really good topic, "Releasing Romantic Attachment."

Romantic attachment can be so painful, so painful and for me, personally, I've definitely experienced it. I think most of us have. It is one of the most painful experiences I think that we can have, is when there's a sense of grasping and craving of another fellow human being and we have no control over that grasping, that craving. It seems to be obsessive, to be compulsive, and it's in our constant thinking, thinking over and over and over again about someone and obsessing about them, and it's definitely idolization, right?

*A Course in Miracles* teaches us not to have any false idols. It teaches us the pain and the suffering that is created when we have an idol. And so, releasing romantic attachment helps us in so many ways because when we have a false idol, when we have an idol before God, when we've turned a person into an idol, then it creates so much fuel for the ego. So much fuel for the ego and it creates a tremendous amount of suffering.

All of it really does serve a holy purpose because it brings to Light so much in our own mind if we are willing to work with the Holy Spirit. So, that's what we're going to work with here today, is allowing the Holy Spirit to unhook the attachment.

## *Special and Holy Relationship*

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Last week, we were talking about special relationship and holy relationship, and that the special relationship seems to offer shelter against the storm. And, that the illusion of the special relationship is, "You complete me, and I will be complete when I am with you and you are loving me and I am loving you."

And so, the special relationship is an affirmation that you're not already complete, you're incomplete, you're in lack, you're in limitation, something's missing, you're not enough, and all the suffering ensues from that.

Relationship is the greatest tool to undo the ego. And, when we turn the relationship over to the Holy Spirit, we only have to do it once, only one person in the relationship has to do it, the relationship will be made holy. Now, what happens is the ego gets attached to the form of the relationship, right? Because the ego is all about sustaining our belief in the illusion of form. That's what the ego's for, to support us in experiencing the world of form. We couldn't experience the world of form without the ego. Some people love the world of form, some people hate the world of form. To me, the world of form is an experience for our awakening.

### *Seeking Awakening and Enlightenment*

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And so, I think it can be in Joy, but we don't seek for pleasure, we seek for awakening, which is the greatest Joy of all. Why settle for pleasure when you can have unlimited Joy, unconditional Joy? The only reason you would settle for pleasure is because you don't believe it's possible to have that unlimited, unconditional Joy. And of course, it's done unto you as you believe.

We're shifting our belief system here. And, we're allowing ourselves to believe that it's possible for us to awaken, to attain enlightenment. And, people tell me all the time, "You know, I'm not so sure I really want to attain enlightenment." You know what I really sense around that is that people don't know what attaining enlightenment is, because Jesus attained the Christhood, He attained that awakened state while He was walking on the Earth. Buddha did that. Many other people have done it. And, they have a blissful experience in this world.

Now, many people are interested in having a blissful experience in this world but they're hesitant about attaining enlightenment. I think it's really just because we don't know what it is. Now, the craving, grasping romantic attachment is actually a vehicle for our waking up and for our attaining enlightenment, because the pain and the suffering that is caused by a romantic attachment of the ego motivates us and inspires us. It literally drives us into a healing mode.

## *Being Identified with The Ego*

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We either go down the road of being jealous and angry and hurt and resentful and making the meaning of it that we're not good enough, something's wrong with us and desperation.

I'm thinking now, in this moment of my dear friend Rhonda Britten, whose father killed her mother when they were separated and headed towards divorce, and he then killed himself. And, right before he shot and killed Rhonda's mother, Rhonda's father said to her, "You made me do this to you." So, identified with the ego was he that he literally felt that she had driven him to kill her. And then of course, because of his obsession and his suffering, he didn't want to live after he killed the one he loved, or so-called love, and so he killed himself. That's the extreme, obviously, the extreme.

But you know, many of us who have felt romantic attachment in an extreme way, have felt a craving and a desperation. "I don't want to live." *♪ I don't want to live if living is without you. ♪* Right? There are all these love songs about, "Oh, I just don't want to live without you. I can't breathe without you." What?

So, but I felt that way. I have felt that way and that's an indication that were identified with the ego and it's time to give the relationship to the Holy Spirit. Now, here's the thing that happens to a lot of us, is we understand intellectually. Yes, the craving, the desperation, the attachment does bring me a lot of suffering, but it also keeps me connected to that person. It keeps me energetically connected to that person.

I remember some comedian making a joke about Jodie Foster and David Hinckley, I think that was his name, the man who assassinated John Lennon. And the joke was, "Don't you think Jodie likes David just a little bit?" You know, something like that. I remember thinking, "That's how we feel when we have that kind of crazy, craving, grasping attachment." That the crazy, grasping, craving actually keeps our connection with that person.

Now, we're all One with each other, we're united in Love. So, the craving, the grasping, the needing, the desperation, the idolization actually obscures the clear, connected relationship. So, we're One with each other. We can't be separate from each other. But, in our human experience of walking around in a body, there's a great sense of separation. And, the ego will

fixate on things in form, that we have to have in order to feel fulfilled and happy, and that's the craziness of the ego.

### *Unhooking from Special Relationship*

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To me, it is the most challenging unhooking when there's an idealization of a person, a craving, a grasping, a desperate special relationship attachment to a person. That is the most difficult unhooking and yet, it brings the greatest benefit of all because that kind of attachment can only bring tremendous suffering.

We can actually undo all the suffering, but we have to be you willing, we have to be willing to recognize that there is a connection with this person, that is of the Spirit, that is eternal, that is Infinite, and that is in no way related to the body.

We have to give up the attachment of the body, the craving, grasping need to be with the person, to have them respond to us in a particular way, to think that we know what is best. We have to surrender all of that. And, that's our human journey to awakening anyway, is to consistently surrender what we think is best.

When we can surrender the special relationship to the Holy Spirit, we are making a massive increase in our healing. In the Section of Chapter 17: *Forgiveness and The Holy Relationship*, it's the name of that Chapter, it talks about the special relationship and the holy relationship. In Section III, *Shadows of The Past*, it talks about, "*The ego...*" This is Paragraph 6. "*The ego seeks to "resolve" its problems, not at their source, but where they were not made. And thus, it seeks to guarantee there will be no solution.*"

For us to unhook this unholy relationship, the only way we can really do it is to give it to the Holy Spirit, because the ego seeks to resolve the problem, not at the source where they were made but to guarantee there will be no solution.

If you're trying to resolve the pain and your suffering in your relationship by doing stuff in the world of form, writing letters, having conversations, giving gifts, trying to coerce, control, manipulate, do that dance around that person. And, it really doesn't matter whether this is a romantic attachment or a family attachment, a friend attachment, a work attachment, it's all the same, really. It's all special relationship. If you're

trying to control and manipulate and manage the circumstances of the relationship in order to heal the relationship, what you're doing is you're working in form. I call it, "pushing density, " to remind myself how laborious it is.

When I find myself laboring hard, laboring in vain, it's not going well, it's not coming out the way I wanted to, when I find myself pushing density, I stop, I step back, I turn it over to the Holy Spirit. The Holy Spirit is the Higher Self.

I'll just take a sip of my tea here.

The Holy Spirit is the Higher Self. In that, turning it over to the Holy Spirit, what we're literally doing is we're activating the highest possibility in the relationship.

The relationship has a holy purpose, that connection that we seem to have with that person, that energy that we feel towards that person can be used for good rather than our suffering, rather than the craving and the grasping. It can be used for good when we turn it over to the Holy Spirit. It's so powerful. So, we really are profoundly activating our healing when we turn things over to the Holy Spirit.

Now, the ego doesn't want to turn things over to the Holy Spirit because again, the ego believes that the craving and the grasping, and the trying to control and manipulate and work things out in the world of density and form, maintains the connection because it does maintain the specialness and that is the ego connection.

The greatest gift for us is to turn it over to the Holy Spirit. One person in the relationship turns the relationship over to the Holy Spirit and the Holy Spirit will immediately begin healing the relationship. Where does the Holy Spirit begin healing the relationship? In your mind. And because all minds are joined, when you're healed in your mind, the other person has a healing as well.

And, when we do this work of healing the special relationship and turning it over to the Holy Spirit, we have an opportunity to prove to ourselves that we are not a body, that we are pure Spirit, that we are limitless and Infinite, and not only that, but we can have a holy relationship, but it may not look the way the ego would like it to look. Many people resist turning their relationship over to the Holy Spirit because they don't want the relationship

to change form. They have a set idea because the ego has a set idea. But remember, the highest possibility is encoded to the script of your life. You can either activate it or you can settle for suffering and separation because that's all the ego knows how to give you.

Do you hear that music and that's time for me to take a break. I'm Jennifer. If you like help with any of these, go to JenniferHadley.com. I've got my *How to Get Over It* free workshop on the homepage of JenniferHadley.com. I've got daily inspiration and daily prayer, all of it's free. Go check it out JenniferHadley.com. You're listening to *A Course in Miracles* 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*.

### *Invitations*

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Jennifer      And, we're back. I like saying that. We're back.

You know, I'm getting ready to start this weekend, February 22<sup>nd</sup>, my first offering of *Spiritual Counseling Training and Certification*. If you've ever thought about becoming a spiritual counselor, I am now offering training and certification. I'm very excited about it. We've got a wonderful group of people coming together. It's not too late to join us. You can definitely join us. Those details are on my Events page at JenniferHadley.com.

I also want to mention that if you've thought at all about joining me in my yearlong *Masterful Living* class, it's taking my breath away this year. People are just expanding so much and we now have *Year 1, 2 and 3*. Three different sets of classes. People are really doing the deep work together in community and it's extraordinary.

It's a very affordable way to have a spiritual community online and we have weekly classes, weekly Community Calls, that's my yearlong *Masterful Living* class and we work a very clear curriculum to undo the ego and transform and heal.

I always refer to *A Course in Miracles* but it's not a class in *A Course in Miracles*, it's a class in *Living A Course in Miracles* and really undoing the ego

in a very fast-paced way. Working parts of the *Workbook*, and the *Text*, and in community.

And also, I have my *Masterful Living* retreat which is open to anyone in the class, not in the class. People are coming from all over and that starts on February 27<sup>th</sup>, four-day retreat in Northern California. If you'd like to come get some sunshine in California, we've got a lot of it these days. We've had the most spectacular weather while the rest of the country is really getting pounded.

I'm also going to be in Europe starting in mid-March. I'm going to be in England, and I'm going to be in Germany in May, and in Greece in September, and I think a couple side trips to Ireland, and France, and Italy. So, if you would like to invite me to come and teach in Europe, I'll be there a lot of the year this year.

### *Transforming to Holy Relationship*

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So, going back to the special relationship, the holy relationship and “Releasing Romantic Attachment.” That's my theme this month is relationship in honor of Valentine's Day, plus, you know, in the wintertime, sometimes we can get, we caught house fever and so it's a great time to do some work on our relationship. I love in—I'm just going to refer the intellectuals there. Chapter 17, Section III, *Shadows of the Past*, I love that Jesus makes—when I read this, I thought, “Oh, He's talking about Plato's Allegory of the Cave.”

So, talking about the shadow figures that if you're living in a special relationship, it's like living in a cave where you don't really see the light of day and you're just looking at shadow figures, not really seeing people in the true Light. And so, your perception of people is distorted if you're in a special relationship. When you're in that thick of it of romantic attachment, where you're really, really suffering, then you really are living among the shadows, at least that's how it felt to me.

My experiences of unhooking romantic attachment have been profoundly liberating for me, worth every bit of effort that I put into it, just absolutely opened up my entire life. My willingness to release the attachment opened up my mind and my heart, and my life to the Love of God, to having holy relationships in all my relationships.

Even in the relationships where there was this tremendous grasping, and attachment, and craving, now, I only experience the fullness of the holy relationship. And yes, those relationships transformed, but I'm not unhappy with the form they're in now. Indeed, I feel fulfilled and complete with the relationship.

That can only happen if we turn the relationship over to the holy relationship. As long as we're trying to work our will, we are saying, "You know, I think I'd really rather suffer. I think I'd really rather not know the truth that sets me free. I'd really rather live in the world that I have made and suffer there."

We can easily get into the specialness of suffering on top of the specialness of the relationship. So, it's like a specialness sandwich that is just eating you alive and at least, that's how it felt to me. It just felt like the worst kind of pain and suffering, that's special relationship.

Now, you can have a special relationship with your dog. You can have a special relationship with your body. You can have a special relationship with your career. We can make a special relationship out of anything and the ego will tempt us to do that over and over and over again.

## *Change*

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My encouragement to you here is to turn your whole life over to the Holy Spirit and say, "Make my whole life holy. Every relationship, every activity, everything." Now, that means there's going to be a lot of change. Ego doesn't like change. But, the Spirit doesn't mind change because the Spirit knows that we're eternal. And, nothing real can be threatened. Nothing real can be changed.

The only thing that can happen in change, when the Holy Spirit's in-charge, is that you will be more in tune with the power and the presence of Love that is your true nature.

In the section *Shadows of the Past*, the teaching here is very clear about letting go of the past, and letting go of thinking about what happened. So, this is an important part of unhooking the romantic attachment and releasing it because when there is a romantic attachment, there are often bright spots and bright moments.

I love Charles Dickens and I just—I think he was completely—like Charles Dickens and William Shakespeare, certain authors, it feels like they are dictating directly from the Holy Spirit, right? Charles Dickens is the one who wrote *A Christmas Carol*, and right now, I'm watching a BBC production of *Little Dorrit*, many parts to it. The thing is just filled with special relationships. And, people, they are suffering because of their special relationships.

What happens in those special relationships is there's the strong, strong pull to treasure the memories of the past, the littlest things. In *Little Dorrit*, she picks up the button from the cuff of this man that she adores and that little button becomes her treasure and she keeps it wrapped up in this handkerchief. When she has her moments of craving and longing and attachment, she goes to the river and she opens and unfolds her handkerchief and she just looks at that little button. And haven't we all done things like that?

One of the things I noticed that is wonderful is right now, I'm preparing to go away for a long time. So, I'm going through everything in my house. Every single thing. Picking it up, looking at it and going, "Do I want this? Do I need this?" And so, I'm literally encountering all kinds of attachments that I'd long forgotten about because I hadn't put any energy into them and forever. But I'm encountering all kinds of attachments energetically and things that represent them in form. I'm really excited to completely release all my bedroom furniture, and as I'm doing that, I'm noticing, "Oh, I had relationships and that part of the relationship was experienced in this bed, in this room and memories and things like that." And, it can feel like having the object keeps that memory alive. Well, I don't want to live in the past. So, I am feeling, just feeling so wonderful about letting go of all these attachments that I had even forgotten that I had.

## Memories

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I'm not one who really looks back at memories anymore, but I sure remember when I had romantic craving, grasping and attachment and I was unhooking it, I was constantly looking back at the bright spots in the relationship, the painful spots in the relationship. All of that made me feel connected to those people that I was attached to. I have felt that way about lovers and friends and even, like I said, jobs and even places, right? That we've had attachment to places. So, we can apply this to all kinds of situations.

Those shadows, those memories, those attachments, it says here in Section III of Chapter 17, "*The shadow figures are the witnesses you bring with you to demonstrate he did what he did not.*" These are the things that keep our unforgiveness alive. Those memories, those shadows, the meaning that we've made of it.

It says here, "*Because you bring them, you will hear them. And you who keep them by your own selection do you not understand how they came into your mind and what their purpose is.*" I'm talking about these shadows, the meaning that we have made of things, the beliefs that we have. "*They represent the evil that you think was done to you. You bring them with you only that you may return evil for evil, hoping that their witness will enable you to think guiltily of another and not harm yourself. They speak so clearly for the separation that no one not obsessed with keeping separation could hear them.*"

If you're going over these memories of the past of any kind, whether they are happy memories or sad memories, essentially you are keeping separation alive and it becomes an obsession. "*It is those shadow figures that would make the ego holy in your sight and teach you what you do to keep it safe is really love.*" Right?

### *Handing it Over to The Holy Spirit*

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Going over and over and over the past, the good and the bad, so called, the happy and the sad does not heal anything. Handing it over to the Holy Spirit is what? Is the healer. Love is the healer.

*"The shadow figures always speak for vengeance and all relationships into which they enter are totally insane. Without exception, these relationships have as their purpose, the exclusion of the truth about the other and of yourself. This is why you see in both what is not there and make of both the slaves of vengeance. And why whatever reminds you of your past grievances attracts you and seems to go by the name of love, no matter how distorted the associations by which you arrive at the connection may be."*

Love is not that. Love is not craving. Love is not grasping. Love is not thoughts of vengeance. Love is not that, but it is to the ego. That's the distortion. The fastest way out is to simply give the whole lot to the Holy Spirit.

That's why I really—sometimes, I can remember saying to myself, looking at myself in the mirror when it was so challenging to unhook the attachments, looking at myself in the mirror and saying, "Wilt thou be made whole, Jennifer. Wilt thou be made whole, or will you continue to grasp and to grasp and to grasp." And, what I noticed is, I started to literally place that relationship on the altar.

### *Placing the Special Relationship on the Altar*

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For me, personally, one of the things that I teach in my classes is to create an altar as part of our spiritual practice, and that altar serves the function of being a place in our home to remind us of our spiritual practice. And so, when we see it, we remind ourselves consciously and unconsciously, that the focus of our life is pure Spirit. And so, you can, in many ways, place your relationship on the altar.

One of the ways to do it is if you have a photograph or an object, something that represents the relationship to you, to place it onto your altar. When you place that on the altar, let it represent your giving the relationship or perhaps it might be a problem that you think you have, place it on the altar and give it to the Holy Spirit. If you find yourself taking it off the altar and snatching it back to work and rework it again and again, literally go over, pick that object up. Maybe it's a piece of paper where you have written down your aspiration to hand your declaration, to hand the relationship over to the Holy Spirit, pick it up and place it on the altar again. Recommit yourself. I have had to do that at least, I'm talking about more than a hundred times a day. I've had to recommit, to leaving that special relationship on the altar and allowing it to be made holy.

I'm Jennifer Hadley and we're talking about *Releasing Romantic Attachment*, and any kind of attachment, really and giving it to the Holy Spirit. If you'd like help with that, there's lots of help. The *How to Get Over It* is a free workshop right on the homepage of JenniferHadley.com. We got daily support, classes, everything to help you if you'd like my help. Jennifer Hadley dot com.

It's time for my break. You're listening to *A Course in Miracles* at Unity Online Radio and I'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 comment about today's program or if you'd like to join the discussion, visit us on Facebook at *A Course in Miracles Pledge* where you can join with the community of like-minded people who have pledged to live *A Course in Miracles* every day in every way.

Now, back to *A Course in Miracles: Living the Love, Walking the Talk*.

### *Trusting the Holy Spirit*

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Jennifer Hey, hey, hey. We're unhooking romantic attachment, I love it, so that we can experience tremendous healing and Freedom. You know, the ego looks for so many ways to keep us entrenched in the ego mindset. So, every time that we affirm the craving, the grasping, the suffering, we're affirming our identification with the ego, but most people don't realize that. They don't realize at all. Vast majority of people have no idea that their thinking is the cause of their suffering.

This is how turning the relationships over to the Holy Spirit can bring us so much benefit. As it says and as I was talking about last week, one of the biggest tricks is to leave that relationship on the altar, to keep it there and to not snatch it back.

That's what Jesus tells us in this Chapter 17. That's what most of us do. We snatch it back. We take the relationship off the altar and we say, "Oh, no, no. I think I know best. Clearly the Holy Spirit does not know best, so I'm going to take it over. Yes, I am." It says, "*The temptation of the ego...*" This is Section V, *The Healed Relationship* in Chapter 17, "*The temptation of the ego becomes extremely intense with this shift in goals.*" And it says here, "*Many relationships have been broken off at this point and the pursuit of the old goal re-established in another relationship.*"

Many people will not have the faith to trust the Holy Spirit. "*Have faith in Him who answered you. He heard. Has He not been very explicit in His answer? You are not now wholly insane. Can you deny that the Holy Spirit has given you a most explicit statement? Now, He asks for faith a little longer, even in bewilderment. For this will go...*" Bewilderment will go. "... and you will see the justification for your faith emerge, to bring you shining conviction. Abandon Him not now nor your brother. This relationship has been reborn as holy."

And it says, "*A sense of aimlessness will come to haunt you and to remind you of all the ways you once sought for satisfaction and thought you found it.*" Right?

Isn't it thrilling when you think, "I'm going to do something for my loved one and they're going to enjoy it and they're going to see how fabulous I am. They're going to see how wonderful I am"? Do you know, that is an affirmation that you're not so fabulous, that you're not so wonderful? They can't see it. It's because you don't believe in it. And you are One with them.

So, if you would like to change your relationship from special to holy, it requires you to change your mind about the relationship. And you see, a special relationship is made, as I've said, to give the illusion of shelter against the storm. So, it affirms the storm. The special relationship is made to give you the illusion of filling the hole. It affirms that there is a hole and the hole is in you, that you are not good enough, that there is something wrong with you, that you are lacking. That hole can never be filled by the ego. It won't ever be filled by the ego. The ego keeps the hole alive.

So, give it all to the Holy Spirit and have a healing and then, you will feel fulfilled and all your relationships will be holy, which means they'll all be satisfying, they'll all be fulfilling, they'll all be radiant and beautiful. Instead of investing your precious time and energy in the grasping, in the craving, in trying to make yourself feel good enough, you can actually extend Love and experience Love, and have even more healing.

### *Path of Healing*

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Giving up the romantic attachment, handing it over to the Holy Spirit, promotes your healing in every way in your life. I'm not kidding you, it promotes healing in your finances, in your physical body, in your mental body, in your emotional body, in your ability to be creative and share your gifts and talents in the world, everything.

Giving up the romantic attachments is a profound path of healing. However, it can also be intensely challenging. It's worth it. Do not give up and go revert to craving another special relationship. Allow yourself to feel cradled in the arms of Love itself.

For my personal perspective, really truly, it brings great benefit to invoke the Ascended Masters and the angels and to say, "Hold me in this place of not giving up. Help me to be strong. Help me to remember the truth that sets me free."

For me personally, spiritual practice and prayer are the tools that kept me in a space of not giving up. Every time, I felt like returning to grasping or I felt my mind turn back to the craving, I would literally just go into prayer over and over and over again. "I'm not interested in craving and grasping and suffering anymore. I am interested in my liberation. I am interested in a holy relationship with all of life." And so, I surrender thinking I have one clue how to make it happen. I give it all the heavy lifting to the Holy Spirit.

It's very challenging. It's so worth it though because you get your sense of Wholeness back. Instead of feeling like there's a hole in you, you feel that sense of deep Wholeness emerged. The hole gets filled because the hole is just part of the illusion. If you keep energizing the hole, you'll experience more lack and more limitation. And, if you're energizing lack and limitation in your relationship, you can experience it everywhere else in your life because it's what you're focused on.

It is a profound act of faith, and strength, and courage to give your relationships to the Holy Spirit. It's not easy. I don't pretend that it is easy. It's the hardest thing I ever did and it's brought me the greatest benefit. If only I had known this when I was younger, if only somebody had taught me this when I was a teenager. Oh, my God, how profound would that be? Yes, yes, yes.

This is why *A Course in Miracles* tells us that our relationships are a great vehicle for our healing. Nothing is more healing than our relationships. Yes.

*It says here, "As you begin to recognize and accept the gifts you have so freely given to your brother, you will also accept the effects of the holy instant and use them to correct all your mistakes and free you from their results. And learning this, you will have also learned how to release all the Sonship and offer it in gladness and thanksgiving to the Holy Spirit Who gave you your release and who would extend it through you."*

You bring everyone benefit when you choose to turn your relationship over to the Holy Spirit. Have faith. *"You will see the justification for your faith emerge to bring you shining conviction."* Don't abandon now. Stay in faith. Remember, the ego will tell you that the grasping and the craving is your connection, but it's not. Your connection is Infinite and eternal and it cannot be undone by the body or the ego. Don't settle for a temporary time-based connection. Go for eternity.

### *Closing Prayer*

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I invite you now to place your hand on your heart and take a breath of Love and gratitude with me and let us remember that we are perfect Love. We always have been and we always will be. So, right now, we are affirming our willingness to remember the truth that sets us free and to know our Freedom.

In grace and gratitude, we share the benefits with everyone because we're One with them. In grace and gratitude, we allow it to be, and so it is. Amen. Amen. Amen.

What a blessing. Thank you, God. Amen. Amen.

Alright. Well, you have a great rest of your week. I'm Jennifer Hadley. You've been listening to *A Course in Miracles* on Unity Online Radio. I love you. See you next week.

Thank you for tuning in to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley.

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While there, we invite you to visit Jennifer's blog, where you can join with the community of like-minded people, who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support, as you come to walk your talk and live *A Course in Miracles* every day, in every way.