

February 4, 2014



Relationship Forgiveness



 *Jennifer Hadley*
your daily shot of spiritual espresso

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Relationship Forgiveness

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! Hello! I know a lot of folks are having a lot of snow. They certainly are in Unity Village today! Today, it's sunny and gorgeous in Los Angeles, as I sit down here to join you live on the broadcast. There's somebody swimming in the pool this morning in my apartment complex. [laughs]

Well, we've had just absolutely gorgeous weather, and it's just one of the things about L.A. Swimming pools, movie stars. Right? Yep! [laughs]

But none of that has anything to do with *A Course in Miracles*. It's all part of the illusion, so let's tune it! I invite you to join me. I'm going to bless us all.

I invite you to place your hand on your heart. We do this in remembrance of our willingness to be wholeheartedly for Love, and to release any sense of being disconnected.

Opening Prayer

We take that breath, that breath of Love and gratitude, and we open our heart and mind to the power and the presence of Perfect Love leading us, guiding us, inspiring us, motivating us, informing us, healing us. Love is the healer, and we are declaring ourselves **willing** to accept the healing that we're calling forth right now.

We join together in this moment in order to ignite the fire within, the fire within our heart, that heart flame, and to activate the Wisdom seed that is there planted in our heart, to water it, to grow it, and bring it to full realization of the truth that separation is an illusion. We accept the Atonement for ourselves, and we recognize that we are One.

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In grace and gratitude, we joyfully share the benefits of our healing and our expansion with everyone because we're One with them. In grace and gratitude, we let it be. And so, it is. Amen. Amen. Amen.

Healing Relationships

I'll take a sip of my tea, here. It's just after 8 o'clock in the morning here in Los Angeles. Ah! "Relationship Forgiveness." That is my topic this week. In case you don't know who I am, I am Jennifer Hadley. You're listening to *A Course in Miracles* on Unity Online Radio.

This month of February, for me, one of the focus is that remembrance of Love because of Valentine's Day. I know Valentine's Day is a trigger for a lot of people in so many ways. Doesn't it seem like a holiday designed by the ego [laughs] and to get everybody's stuff up?

One of the things that I teach in my classes, particularly in my yearlong [*Masterful Living Class*](#) -- which, by the way, we're just getting started. You can still join us and learn all about that at JenniferHadley.com. [*Masterful Living*](#) is my yearlong class where we really steep ourselves in these teachings, in these principles, and we actually focus on the practical application of **living** it. In that process of living it, it's really all focused, all year long, on undoing the ego and opening our hearts and minds to the Holy Spirit. That **is** the focus of our entire year, and it's quite miraculous what unfolds.

One of the things that we do is we focus a lot on healing relationship -- our relationship with ourselves and the unhealed hurts, resentments, and regrets from our relationship experiences of the past.

This month, I'm going to dedicate the whole month on the show to relationship and relationship healing. I did that two years ago. In February 2012, I did that on the show, as well. If you would like to, you can go to the archive. One of the easiest ways to look for this, if you go to iTunes and search for "Jennifer Hadley". You can find **all** the episodes of this radio show, 120 -- I think this is the 122nd episode. You can download them all for free.

Of course, on the site here, on Unity, you can also get them. If you scroll all the way back to February 2012, that whole month was on relationship and special relationship. I'll be talking some more about that this month.

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Relationships are Healing Opportunities

Relationship forgiveness is one of the things that is the biggest challenge for every single one of us having a human experience. Those relationship challenges to forgive are --ugh! It's really hard sometimes!

I love that *A Course in Miracles* is so straightforward, particularly in the *Text* -- at least, it **feels** that way to me, where it talks about the holy relationship and the special relationship. It says that relationship is the best tool that we have for our awakening.

Yet, one of the things that happens to many of us is, we **don't** know what anything is for, but we fake it, and we pretend that we **do** know what things are for, then we make meaning of our relationship experiences, and we assign the meaning that affirms our belief system.

If we come in to this human experience, this incarnation, with a belief system that we're here to heal -- so it

serves that holy purpose of we're going to heal this belief system that we bought into in a past incarnation, this lifetime we're going to heal it, so we literally have a script of our life that is very complex, but it's laid out in front of us to assist us

in doing that deep, deep healing and to have a holy relationship --what's going to happen is, things are going to come up that **seem** like a betrayal, that seem like a terrible hurt or a terrible disappointment.

*What is forgiveness?
The way I teach it,
forgiveness is the
release of the judgment.*

Then, we have the opportunity to either **increase** that belief in separation, increase that judgment, that whole belief system of the ego, **or** we have the chance, the opportunity, the Divine Appointment, to forgive.

What is forgiveness? The way I teach it, forgiveness is the release of the judgment. I've been teaching relationship workshops, particularly forgiveness workshops, for 14 years. What I learned right away in teaching those workshops is that the reason why people **seemed** to be unable to forgive is that they don't release the judgment.

I'm going to invite you right now to consider any relationship that you have where there is an old, unhealed hurt or resentment, and in a certain way, the older the better. But really, if you just focus on relationship

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unforgiveness that's going on in your life where you still feel any kind of upset. The stronger the better, so just call that into mind.

Forgiveness is Seeing Through the Illusion

Now, as *A Course in Miracles* student, you may have forgiven it, right? Haven't we don't that? Because I've had people come to me in counseling sessions -- because I've been a Spiritual Counselor for 14 years, also as a Science of Mind Practitioner trained in the Agape community with Michael Beckwith -- I've been counseling people a really long time, and couples. Counseling couples, marrying couples. In relationship, as *A Course in Miracles* student, as a **spiritual** student, very often we will say, "I forgive. I forgive that. I forgive you. I forgive myself," and **yet**, it still pains us.

If you have **any** kind of a relationship history or experience where you **believe** you have forgiven and it still bothers you, it still upsets you when you think about it -- or, maybe you've done that thing of going into denial of how you feel, and you actually aren't even **aware** of how you feel anymore, but you can admit, perhaps, to yourself that you don't feel peaceful, you feel resentful, you feel regretful, you feel guilt, or shame, or hurt -- think of **that** relationship.

Whenever there is that unhealed hurt, upset of any kind, then the forgiveness is **not** in your **heart**. It's more intellectual. I know **so** much about that from my own personal life experience. I think that's part of what led me to become a forgiveness teacher, was I had **so** much forgiveness work to do myself.

*Whenever there is
that unhealed hurt,
upset of any kind,
then the forgiveness
is not in your heart.
It's more intellectual.*

You teach **best** what you need to learn.

What I discovered in **teaching** forgiveness was that when people **said** they forgave, and it was purely intellectual -- it wasn't down in their heart. In their heart they had not forgiven -- then what was **really** going was that they were holding on to an opinion, they were holding on to a judgment, they were holding on a belief. Opinion, judgment, belief, **all** the same thing. All words for the very same thing. What all those words mean -- belief, judgment and opinion, is that **you** have made up a story that **you** believe to be true.

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But remember, if it **upsets** you it **can't** be true, because the truth doesn't upset us. It **liberates** us from the upset. The truth sets us **free**. We're never upset for the reason we think. We're **always** upset when we choose to judge, because judgment is the number one form of keeping separation alive in your mind.

As a spiritual student who's seeking to wake up, and to truly awaken, wouldn't it upset you tremendously -- whether you knew why or not -- wouldn't it upset you **tremendously** if **you** were giving yourself permission to energize thoughts of separation, through the practice of holding on to judgments, resentments, regrets, upset, hurt, fear, doubt, worry, all of those things?

True forgiveness, as *A Course in Miracles* teaches it, is the recognition that this is an illusion, and that the experience never really happened. Now, for many *A Course in Miracles* students and spiritual students, that thought is beyond their comprehension, even. They think, "I don't really **get** the illusion." I say, "Yeah, that's the truth. This is an illusion. It's a projection of our minds, so it never really happened. However, it's our experience for, I believe, a holy purpose. It's for our experience. It's in the script of our experience."

True forgiveness is the recognition that this is an illusion, and that the experience never really happened.

I go to that Section, "What could you not accept, if you but knew, that everything that you experience was gently planned by One Whose only thought is your good."

That's Paragraph 18 in Lesson 135. We all quote it so often.

"What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good?"

Lesson 135, Paragraph 18.

That means that the **seeming** betrayal that you might be struggling to forgive was **gently planned** by One Whose only interest was your good. Therefore, doesn't it stand to reason that encoded into that betrayal experience is **some** benefit to you? Something that waters that Wisdom seed in your heart? Some Divine Opportunity?

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Now, stay with me. If you **reject** the betrayal, the experience, and you say in your mind, “That should **not** have happened. That should not have happened to **me**. I should not have done that to **them**. I should not have done that to myself.” If there’s any kind of a “should” in there -- “That should not have happened.” “That was wrong and bad.” and you hold to that opinion and that judgment, what you’re literally doing, it’s like you’re holding at bay the **good** that was encoded into that experience for you. You’re holding at bay the learning. You’re holding back. You’re **refusing** to accept all the benefits that are encoded, gently planned, into that experience, for **you** to harvest for your awakening.

That’s what I say, as long as we don’t **fully** forgive, as long as we hold on to any judgments, opinions, or beliefs about **what** something was **for**, that it shouldn’t have happened, then we are putting our judgments and opinions on it, and we can’t harvest the learning that’s encoded into it. We’re literally **refusing** it.

Then, what has to happen in our life? **Then**, we have to **recreate** a kind of experience like that in order to possibly accept the learning from **that** experience. And it goes on, and on, and on. This is why many people repeat the **same** kind of experiences with greater and greater intensity, because they’re refusing to release their judgments and opinions that “That shouldn’t have happened to **me**.” “I shouldn’t have done that.”

We just **completely** drag out our suffering, endlessly. How do we get out of that cycle? That’s what I’m going to talk about when we come back from this break.

I’m inviting you, during the break, to really get clear -- what are your judgments about that experience, about that situation? And, would you be willing, as a gift to yourself, to give them to the Holy Spirit for healing?

Learning to Allow Our Healing

We don’t know **how** to heal these experiences. What we **do** as spiritual students is we learn to **allow** them. We learn to allow our healing.

There is so much healing that’s available for us, if we’re willing to learn to **allow** it and stop trying to figure out to **make** it happen, stop trying to enforce our opinions, our judgments and our beliefs on everyone, stop telling everyone what they did to us, but to move into that place of

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connection with the One Who gently planned that experience **for our good**. When we're willing to connect with that One, so much healing is possible.

We're going to be doing a lot of forgiveness work this year in my [*Masterful Living Course*](#). Right now, you can join us in just a little portion of it. All of those details for all my classes, my upcoming retreat at the end of February, and my [*Spiritual Counseling Training and Certification*](#), all those are at my [Events](#) page at JenniferHadley.com. Check it out!

I'm Jennifer Hadley. You're listening to *A Course in Miracles* 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*.

Releasing Judgments, Opinions & Beliefs

We're back. I'm Jennifer Hadley, and our topic this week is "Relationship Forgiveness". Releasing the judgment and true forgiveness is what we're talking about here.

In *A Course in Miracles*, in the *Text* in Chapter 9, it talks about *The Holy Spirit's Plan of Forgiveness*. It says,

"To forgive is to overlook. Look, then, beyond error and do not let your perception rest upon it, for you will believe what your perception holds. Accept as true only what your brother is, if you would know yourself. Perceive what he is not and you cannot know what you are, because you see him falsely. Remember always that your Identity is shared, and that Its sharing is Its reality."

Let break this down. In Spirit, we're **One**. So, anything that we judge our brothers and sisters for we're going to believe about ourselves. That's what it's saying here.

"Perceive what he is not--"

So, that's your judgments,

"... and you cannot know what you are, because you see him falsely."

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So, as long as we judge **anyone**, we're literally not able to see the truth of ourselves as awakened beings, as truly masterful, fully realized beings. Every judgment that we hold on to is an **unforgiveness**. It is a false **belief**, and it is our perception, and only our perception. That's what judgments and opinions **are**. They are your perception, and **that** is the impediment to true forgiveness. As long as you believe your judgments and opinions, you are not able to perceive the truth. Because, remember, perception is projection, projection is perception, so all that you see in your human experience is the projection of your beliefs, your judgments, your opinions. That's **all** you can actually **perceive** in your human experience.

How we learn to see beyond the illusion, and to accept the Atonement for ourselves, is through that **willingness** to release the judgments and opinions, the beliefs. How we release them is we stop **investing** in them. We stop placing our precious energy and attention in them. **That** is our most challenging assignment, because it seems as though we're **right**, and it seems that way because we're identified with the ego.

The ego is a meaning-making machine. It really is. That's how, if we're identified with the ego, we operate in this world. We literally -- and this was how I use to feel -- we literally have the belief that our beliefs create our identity.

*As long as you
believe
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to perceive the truth.*

I know, for me, as I began waking up through my willingness **to** forgive, **to** extend Love, **to** extend compassion, to **release** the attachment to my judgments and my opinions, I began to see, and feel, and know, and hear more clearly, the truth, the Divine Plan, the plan of Love. I began to perceive **that** encoded into everything because I was willing to drop the meaning that I had made of things. I was willing to drop the perceptions and to really **practice** looking at things and saying, "I **don't** know what anything is for. But I'd **like** to!"

The more I practiced, "I don't know what anything is for," the more **clearly** I was able to start to see the truth. The more I committed to extending Love, the more I committed to extending Love, even when it felt

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so tempting to judge, the more that my mind begin to heal at a rapid, rapid pace.

That's the whole thing about *A Course in Miracles* is, it is a profoundly healing -- I mean, it's the **ultimate** healing program. What many people do is, they study it on an intellectual level **without** practical application. For me, this whole practice of releasing the judgments, releasing the opinions, releasing the belief systems, that is the **hardest** thing that any of us will ever, ever do.

That's why my classes are all about **that**. That's what everything I offer is about, is really learning how to do that with ease, with grace, with simplicity and with quickening.

Songs of Specialness

Right now, in our human experience, you're probably noticing that it is getting very intense. **Very, very** intense. Wintertime is a time to go within and to do an inner inventory, and see what are you holding on to and why? So, to do an inner clearing, to be in that hibernation mode and look inside your heart and mind. Are you holding on to resentments and regrets, hurt, blame and shame that really do not serve you?

Because I've got to tell you, so often, what I see in so many people is that -- and this was me. That's why I recognize it, because it **was** my experience -- that I got hurt in relationship. I got hurt in my primary relationships, in my family. I got hurt in friendships. I got hurt in romance and partnership. I got hurt in all of those things.

So then, my response was -- and I can still remember this, particularly when I was in my 20s, that I got hurt in my romantic relationship and I'd think, "He's a terrible person for hurting me and I'm never going to love again." Right?

Think of all those songs, right? "I can't live if living is without you." Right? There are so many songs. *Every Breath You Take*, *The Police* song. So many songs about, "I can't breathe without you," and just obsessive love songs, just over, and over, and over again, those songs of specialness. Right? Those songs of **intense** specialness are some of the most popular songs ever. Right? Why? It's such an ego **hook**.

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One of the things that I invite you to do, as a **loving** gift to yourself, is look at the songs that you listen to, the songs that you're drawn to, the songs that you love to sing along with in the car or listen to over, and over, and over again. Are they **sad** songs? Are they songs of **unforgiveness**? Are they songs of hurt and blame, resentment and regret? Every time you listen to that, and feel that resonance with that, is that actually **helping** you? Notice, **pay attention**. Does it help you to feel good about yourself when you listen to that song, when you sing along with that song? Does it help

One of the things that happen to many, many people when they're growing up is, as children that it can be very confusing, because our families teach us what Love is **mostly** according to the ego. If you're thought that being loving is being controlling, and being manipulative, and shaming, you're going to grow up thinking that's what Love is. You're going to attract people into your life through the script. The script is going to have people come into your life to help you heal that, by recreating it and giving you a chance to choose again, to look at it more deeply.

Go Beyond Willingness

If you hold those situations in resentment, and regret, and blame, and unforgiveness, then you can't harvest the Wisdom that was encoded into them, and so you are literally **doomed** to repeat them.

However -- and this is one of the main things that I teach in my yearlong [*Masterful Living Course*](#) -- we, as spiritual beings, we have the ability, we have the power, to work in the invisible and to shift that script, to turn it on a dime, as they say. It's just our decision. It's **just** our decision.

What I invite people to do in my class is, is to become **committed** to choosing Love. Not just willing. *A Course in Miracles* talks about a little willingness, right? Cultivating that little willingness in order to have healing. What I encourage people to do is to be **all-in**.

Now, to be all-in for Love is highly confrontive. It is **not** for the timid. [laughs] All your stuff will come up in your face. Right? And it's going to be very tempting to say, "I **can't** do this. I don't **want** to do this. They don't **deserve** my good opinion. They don't **deserve** my Love. They don't deserve my good forgiveness."

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But going back to what it says here in *The Holy Spirit's Plan of Forgiveness*, in Chapter 9, Section IV,

“Accept as true only what your brother is, if you would know yourself.”

The only way we can wake up is to recognize that our brothers and sisters are **One** with us, they **are** pure Love, just like we are, and every experience we have is gently planned by One Whose only interest is our **good**.

It takes **tremendous** willingness. That's why I say, go past willingness **into** commitment, dedication and devotion. You know what? That is **hard work**! It's **very** challenging.

For me, it was the hardest thing I ever did, was to really, in a committed, devoted, dedicated, way, in the relationships that they were the **most** challenging to me, to hold **myself** in that place of Love and nonjudgment.

The judgments would come up, and I'd **start** to energize them, and I would have to pull myself back. I was **so** interested in those judgments, **so** invested in those judgments, I felt like my whole life was about those judgments, that they were, literally -- without those judgments, I did not know my **identity**, because I was so identified with the **ego**. I thought those judgments were **necessary** to my happiness, to my safety, so the very thought of letting them go was painful to me.

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wake up
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and sisters
are One with us.*

In fact, the actual letting them go was, at first -- the first try is **excruciating** to extend Love and to give up those judgments and opinions. I was **so** attached to them.

Now, what it says here is,

“Look, then, beyond error and do not let your perception rest upon it, for you will believe what your perception holds.”

That's what the *Workbook* helps us to do. It helps us to look at our life, and the situations and circumstances, and say, “I don't know what anything is for. I **don't** know what anything is for. I'm **never** upset for the reason I think. “

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At first, we do that just by rote. That's one of the **great** things that *A Course in Miracles* tells us. "You don't have to **believe** this. Don't worry about believing it. Just keep doing it. Just keep doing it. Just keep exercising that willingness muscle."

I do believe, that at this time, there are a **lot** of us who can say, "I can go beyond willingness, and I can throw down the gauntlet and say 'I am committed to Love. **I am committed to Love.** My judgments and opinions do not serve me anymore, and I am interested in ridding my whole mind of that.'"

I don't know **how** to do that exactly, but I'm going to **allow** the Holy Spirit to do the heavy lifting, and I am going to simply become aware of every time I'm **tempted** to energize a judgment.

One of the **most** tempting places that we energize judgment is in that relationship unforgiveness. **Right there!** That is a **major** wound that we can heal with such speed. Because, believe me, I've had people come to me in relationship workshops that they had been holding on to things for **decades**, and they let them go in that day.

That's why I offer retreats and things like that. If you're interested in my retreat at the end of February, we're going to be doing some **very** deep forgiveness work, and a lot of self-forgiveness work. All those details are on my [Events](#) page at [JenniferHadley.com](#).

We're talking more about this, "Relationship Forgiveness," when I come back from the break. It's time for me to take that break right now. Please do check out [JenniferHadley.com](#), the [Events](#) page, and see what's coming up there, during the break. I am Jennifer Hadley, in name, and you're listening to *A Course in Miracles* on Unity Online Radio. I will be right back!

*You don't have to
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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 in the discussion, visit us on Facebook at *A Course in Miracles* Pledge,

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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*.

Who Am I Without the Judgments?

Hey! It's Jennifer Hadley! "Relationship Forgiveness" is the topic. I'm so excited! Gosh, I love talking about forgiveness, because I've changed my life! I used to be the poster girl for resentment and regret. [laughs] Yeah! I'm not kidding you. Judgment was my whole thing.

I remember having, so clearly, an epiphany of sorts where, in meditation one day, I really got this whole awareness, "Who am I without the judgments?" Spirit said, "Yeah, Jennifer, who **are** you without your judgments?" I said, "I'm **free**!" It was like, "Yeah! High five on that, girl!" That turned everything around for me. I realized, "Oh, my God! I can actually be **happy** without my judgments!"

But until I had that realization, which came through my willingness, my dedication and devotion to choosing Love, I thought that happiness **was** my judgments, and being **right** was my happiness. I **really**, seriously, was convinced that my happiness depended upon my ability to convince other people of my judgments, and to be right about everything. Yep.

That's what makes me so happy to have turned that around, and have had a realization of the truth, and to feel free from that, because I believed my judgments **were** my identity. I was constantly judging. ♪"Judge, judge, judge, judge, judge, judge, judge, judge, judge."♪

Now, when find myself going into judgment, I sing that little song to myself to make me laugh, and just immediately I release the judgment. My judgment song. [laughs]

Waking from Our Ego Identification

The Holy Spirit has a plan for forgiveness, and that plan is about us extending Love instead of judgment, and being **willing** to see beyond the meaning that we have made of everybody. That's, "I don't know what everybody is for. I've given everybody in this room the meaning I have made of it. I am assigning the meaning to everything, and that's what I'm doing."

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So, we relax our mind and say, “I’d like to know what things are really for. I’d like to know the holy **purpose** that has been gently planned and encoded into every aspect of my life.”

That is the thing that is the **treasure** at the end of the rainbow, right? Let’s move into that. After the storm there is a clearing, and we can find the treasure at the end of the rainbow.

Now, it says here in this Section, it’s my Page 169, Paragraph 4 in Chapter 9, Section IV of *The Holy Spirit’s Plan for Forgiveness*, it says,

“The ego, too, has a plan of forgiveness --”

Oh-ho-ho-ho!

“The ego, too, has a plan of forgiveness because you are asking for one, though not of the right teacher.”

This is the whole thing of, if you **say** you have forgiven but you are not at Peace, then that forgiveness is only in the **intellect**. It’s not in your heart, and you’re still holding the judgment, and the resentment, and the regret, in your heart, and you haven’t released it in your mind.

In fact, I want to just mention right now on my website, JenniferHadley.com, I have a free [How to Get Over It](#) forgiveness workshop, right there on the Home page. [How to Get Over It](#) right there on the Home page. That’s totally free for you, and it comes with a whole bunch of forgiveness tools. You just go there, put in your e-mail, and I just send you the stuff how to get it.

“The ego, too, has a plan of forgiveness because you are asking for one, though not of the right teacher. The ego’s plan, of course, makes no sense and will not work.”

The ego’s plan is you say, “I forgive,” and then you go, “Look at me! I forgave! I’m so much **better** than them. I forgave them! They hurt me, and I forgave them!” Right?

But we know that that doesn’t work because we still feel the resentment, we still feel the hurt, we still feel the wound. Then what happens is, we’re **energizing** that wound by holding on to that judgment, continuing to energize it -- what they **did** to me, what they shouldn’t have done to me,

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what they **should** have done, what they **didn't** do. All that stuff, we keep energizing it, and energizing it, and energizing it.

It's kind of like this -- it's adding power to it every time you energize it, every time you talk about it. Right? One of the things that has happened in our culture is, we have become so enamored of speaking about our wounding, over and, over, and over again. Sometimes we're trying to process it in order to **come** to that place of nonjudgment, but very often we're just **affirming** our beliefs. We're not doing **any** processing or healing at all. We're, somehow, trying to get other people's respect, or other people's understanding or compassion. We're keeping that specialness of our wound alive, so we've become identified, then, with the wounding and the suffering. That's another form of ego identification. All of that prevents us from waking up to our true identity.

Keeping our Attention on the Healing

It's really about becoming clear, how are you investing your thought, your energy, your beliefs, your time, your focus? This is why so many people experience such profound and miraculous healing in my yearlong [Masterful Living class](#), is because we keep our attention on the healing for the whole year. We just keep it there, and keep it there, and keep it there, and keep it there, and keep it there. For some people, they can't handle that. They are **not** ready to go there. It doesn't work for them, so they drop out.

But what I'm telling you is -- of course, you don't need my class. You don't need me. I'm telling you **how** to do it. **Keep your attention** on being Love, and focus on **extending** Love, genuinely, from your heart, not intellectually.

For many spiritual students, the intellect, the ego, is running their spiritual practice and their spiritual studies. If you don't bring it into your heart, if you're not **truly** extending Love -- Love, Love, Love! -- and it's **just** intellectual, you're **not** going to experience the healing, and then you are going to start to feel confused and worried that there is something wrong with you, that you don't have what it takes, that you can't do this, that you're clueless, you're missing a clue. It's simply that you haven't pulled it into your heart.

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“By following its plan you will merely place yourself in an impossible situation, to which the ego always leads you.”

You know you're **there** when you feel upset.

“The ego's plan is to have you see error clearly first, and then overlook it.”

Okay? So this is an important thing to understand. If your practice of forgiveness is saying, “They’ve done me wrong, and they shouldn’t have, and I’m so hurt, but I’m going to rise above it and forgive them,” then you’re in the ego’s plan of forgiveness.

The Holy Spirit’s Plan of Forgiveness is to **relax** that ego-mind and say, “I’m never upset for the reason I think. I don’t know what anything is for.

Everything has been gently planned by One Whose only interest is my good, so I am releasing **all** the meaning that I have made of this, and I’m accepting the good that’s encoded in this experience. There **is nothing** to forgive, there is nothing to judge, and therefore I don’t need to energize any judgment or to release it. I **am** releasing **all** judgment,” versus energizing the judgment, and then saying, “I forgive.” **That’s** the ego’s plan. And as it says,

“Yet, how can you overlook what you have made real?”

This is **deep work**, and I’m so glad we’re doing it together!

Remember, you can get all the past episodes of this show, for free, at the [Unity online website](#), or at iTunes. Just search of Jennifer Hadley at iTunes. Tons of free stuff there for you. We’ve got [A Course in Miracles Pledge](#) page at Facebook. You can find my page at Facebook, as well. Come join me at Facebook. And check me out at [JenniferHadley.com](#). I’m always giving away free stuff, like the [How to Get Over It](#) workshop, on the homepage.

Closing Prayer

Let’s place our hand on our heart and take that breath of Love and gratitude right now, and let us wholeheartedly align with the Holy Spirit, and say, “I am **willing** to know the holy purpose of everything, and to accept my good.”

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

In grace and gratitude, I **allow**. I allow the Holy Spirit to do the heavy lifting. I let it be. And so, it is. Amen. Amen. Amen. Amen.

I'll be with you again next week. I love and appreciate you! Thanks for joining me today!

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.
