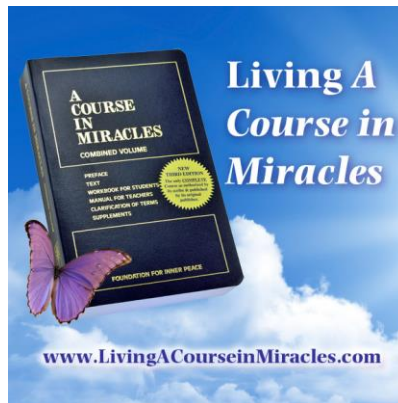


August 12, 2014



From Fear to Freedom

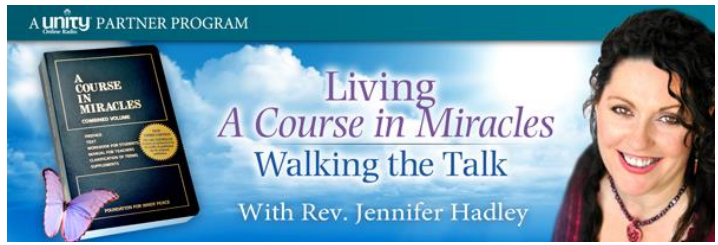


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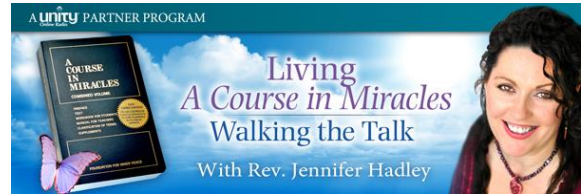
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August 12, 2014

From Fear to Freedom

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 Hey! Hey! Hey! So happy to be with you on this beautiful day. So grateful to dive deeply into this topic, *Fear to Freedom*. Yes! Everybody's stuff is up! Let's clear it out! Let's move on! Let's begin with a prayer.

Opening Prayer

I invite you to place your hand on your heart with me. Let's take this breath of Love and gratitude and go **deep** into that perfect Love that we are. Let us open ourselves to the Power of Love in our lives. We're washing ourselves clean with unconditional, unprecedented Love. Yes! This is our true nature, it's our true identity, and we're grateful and thankful that we **can** shift our mind from fear to Freedom.

So grateful and so thankful to open ourselves to a healing **right now**, in **this** moment. We're opening ourselves for a miraculous shift taking place in our heart, and in our mind, and we truly share the benefits with **everyone** because we're One with them.

We're grateful and we're thankful to **let it be!** And so, it is. Amen. Amen. Amen.

Clarity on Childhood Anger and Fear

Yes! Yes, yes, yes! As I was preparing for today's broadcast, I was reading in Chapter 18, in the Section 9, called *The Two Worlds*. I love this. It says here—this is in Paragraph 3, it talks about moving into that Divine Perception.

It says, "Yet God can bring you there, if you are willing to follow the Holy Spirit through seeming terror, trusting Him not to abandon you and leave you there. For it is not His purpose to frighten you, but only yours. You are severely tempted to abandon Him at the outside ring of fear, but He would lead you safely through and far beyond."

"...through the seeming terror..." Will we follow the Holy Spirit through the seeming terror?

Now, as I was contemplating this, what came into my awareness-- I love how the Higher Self, the Holy Self, the I AM Presence, the Holy Spirit, whatever name you give to it, leads me through the steps to Clarity. So, as I was contemplating about fear, earlier in my preparation, I recognized in my own life when I was little girl growing up, I **seemed** to be-- on the outside, by all appearances, I seem to be angry. I seem to be rebellious. Yeah, I may have brought all that karmic belief in with me into this lifetime, to be healed in this lifetime.

It was often met by my parents and my grandparents trying to control me, and making my frustrations, my confusion, my upset wrong or bad, and they wanted to control me and manipulate me, punish me, scare me, intimidate me. All those things that had worked for generations upon generations of raising children. The whole "children should be seen and not heard" and all the ways that many people were parented, did not work on me.

I think part of my spiritual nature, if you will, was absolutely indomitable by someone else's ego, and even my own experience of ego. And so, I would rebel, and I would throw a fit-- or as my grandmother used to call it a "hissy fit." She's from the south.

When my father would say, "Jennifer, there's **no** need for you to get upset." in my child's mind, I thought, "Bull___! What are you talking about? Do I have to fill out an application that gets approved in order for me to be upset? No, it doesn't work that way! I'm upset, Dad! I need your help!"

But you know, in his approach, the loving thing to do was to **not let** me get upset, or to make it wrong, or bad, to try to **teach** me being upset is **not** acceptable. But, that didn't work for me, because that in my child's mind, the meaning that I made of it was, "Oh, you're not **listening** to me. You don't **understand** me. I'm not upset **enough! You're** not getting it, so I need to get **more** upset." So, I'd get more upset and more upset.

Really, I experienced a lot of unpleasantness in my childhood years, my teen years. I was not happy a lot of the time, and felt afraid a lot of the time, because I noticed that, personally, I was so emotionally volatile. It scared me. It terrified me. I noticed that I was really willing, at the drop of a hat, to go ballistic, or to say mean things to the people I loved. That terrified me! That **really** scared me.

I really felt, for a **long** time, well into adulthood, that my **best hope** for happiness was to try to control and manipulate everything **in my world**. Of course, I learned that that's not possible, it's not desirable, that the smartest wisest thing is to surrender trying to control everything and to give that control, if you will, that lead to the Higher Holy Spirit Self.

But that requires **trust**, and I did not have that. I could only trust in my own ability to know what was right and wrong, and that was my faculty of judgment which was **so** skewed, because I was **so afraid** all of the time, and felt so unworthy, so bad, so wrong and deranged, really. I really felt that there was something horribly, terribly wrong with me, that I was so out of control all the time and unpredictable, and unhappy, and judgmental.

I did not **understand** that all that fear was of my own making. I did **not** understand that. I really did not.

Fear is Believing the Untrue

Now, in Chapter 2 of the *Text, Fear and Conflict* Section, it is so clear. It is **so** crystal clear about fear. What it says is that fear is the evidence that you have chosen wrongly. What it really says is that you are **choosing** to judge, you're **choosing** to believe things that **are not true**, and you think your opinions are correct, you think your judgments are correct, and **that** is the cause of your fear.

Jesus says to us right here, at the beginning of the *Fear and Conflict* Section,

“Being afraid seems to be involuntary; something beyond your own control. Yet I have said already that only constructive acts should be involuntary. My control can take over everything that does not matter, while my guidance can direct everything that does, if you so choose. Fear cannot be controlled by me, but it can be self-controlled.”

So, we can control the fear.

It says, “Fear prevents me...” prevents Jesus” ...*from giving you my control.*”

When we allow ourselves to judge, and then we go into fear, **then** we are not able to align with Jesus, with the Higher Self, the Holy Self, the I AM Presence, with the perfect loving Mind of God that is our true identity.

It says, “Fear prevents me from giving you my control. The presence of fear shows that you have raised body thoughts to the level of the mind. This removes them from my control, and makes you feel personally responsible for them. This is an obvious confusion of levels.”

All healing is at the level of the mind. It's not at the level of the body. It's not it's the level of the world of effects. When we're trying to control things at the level of effect, we are going to **fail**.

Now, we might be able to manage, or control, or manipulate somebody with our emotions, right? We've all tried to do that with our loved ones, haven't we? Or with our coworkers, to try to manage control manipulate them with our emotions, with our feelings, with our attitudes and our moods and our behavior? We've tried all kinds of ways to control and manipulate things in the world of effects, but were not able to do that successfully, and get the results we **really** would like.

We might be able to control, manage, or manipulate somebody to, let's say, **do** something we'd like them to do. **But**, very often, the end goal that we have in mind is, that if people will do what **we** would like them to do, **then** we will be happy. If people would live the way **we** would like them to live, **then** we will be happy. “When I am able to control, manage, and manipulate the circumstances in my life, **then** I can make them **be** the way that will **make** me happy.”

However, throughout the history of time, **no one** has ever been able to successfully do this, because our happiness is **not circumstantial**. It is **not** based on the world of effects. Our Joy, our Freedom, our Harmony, our Peace, our Love, our Wisdom, our Clarity, **all** the good things of life, our

Creativity-- every good thing in life, comes from the Spirit, and so it cannot be **gained** through trying to control, manage, or manipulate the circumstances.

When we're fearful, we have chosen **wrongly**. We've chosen to **believe** that opinion, that judgment. We've chosen to believe that we're **right**, and we **know**. But the reason why we feel afraid is because deep down we **know** that we **don't** know, and that's the real reason we're afraid. Because when we are trying to control, or manage, or judge the circumstances of our life, and we think that that is an **effective method** to live our life, then we are **setting up** ourselves to feel afraid, because it is choosing **that** judgment, **that** managing, **that** controlling, **that** manipulating that blocks the flow of Love in our life. It blocks the flow of Divine Insight and Wisdom.

The result is, we are **cut off** from our own holy purpose, **off** from that flow of Love, and we've done it by our own choice. We have done it willfully, convincing ourselves that this is the best choice, when, in fact, it is **least** best choice. The **best** choice is trust. The best choice is faith.

But when we think we know better all the time, we're going to experience suffering. The first experience of suffering is usually fear. It says here,

"When you are fearful, you have chosen wrongly."

Right before that it says,

"It is pointless to believe that controlling the outcome of misthought can result in healing." Again, controlling. *"When you are fearful, you have chosen wrongly."*

The Holy Spirit Will Lead Us Through Fear

That is why you feel responsible for it. You **must** change your mind, not your behavior. This is a matter of willingness. How many times do you think that changing your **behavior**, or trying to control somebody else's behavior-- whether they're drinking or they're not drinking, what they're eating, where they're going and what they're doing, where you're going, what you're doing, what you're eating, or not eating, or drinking, or all those things-- trying to change the behavior, rather than your mind? These are **all** the ways that the ego insidiously takes over **our will**.

But, we can choose to align our will with Divine Will. As it says here, Jesus says,

“My control can take over everything that does not matter, while my guidance can direct everything that does, if you so choose.”

There is a very simple prayer. “Jesus, please, take control over everything that does not matter, and guide me, and direct me, in everything that does.”

“Jesus take control over everything that does not matter, and guide me, and direct me in everything that does.”

Mmm! I feel my heart opening just saying that. Yes!

A little bit later in this Section on *Fear and Conflict*, it says here,

“The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice.”

What I’m suggesting here today is that we decide that we’re going to move through that valley of shadow, going to allow our elder brother, Jesus, the Higher Holy Spirit Self, to go with us. We’re going to follow the Holy Spirit through the **seeming** terror, trusting Him not to abandon us and leave us there. We’re going to give Jesus the authority to guide us, and direct us in everything that matters and allow ourselves to **know** the truth that sets us free.

The only way for us to do that is to consciously decide we’re **not** going to be judging anymore. We’re not going to be controlling and manipulating anymore. It requires such an incredible level of trust and faith.

And you know what? I know we’re up to the task. I **know** we’re ready and I’m so grateful that we’re doing it together.

I’m Jennifer Hadley, and you’re listening to *A Course in Miracles* at Unity online radio where we’re living the Love, we’re walking the talk We’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*.

Jennifer We’re back. I’m Jennifer Hadley, and we’re talking about eliminating fear and stepping into Freedom.

Our Healing Heals the World

Part of why it's on my mind these days is because I've redesigned my *Finding Freedom* class, my 7-week Spiritual Bootcamp class. In that class, I share exactly the tools that helped me to eliminate this terrorizing fear I used to feel. I used to act out **so much** from that fear.

Today, as I was contemplating earlier, I was thinking about some of the world situations. We just have the news that it looks like Robin Williams committed suicide, and we've got all kinds of conflict in the Middle East, and **so** many situations that seem out-of-control fear, where people are literally collapsing in fear, or they're attacking. They're acting out in high levels of fear.

What I was saying at the beginning of the episode was that, I used to act-- on a childish level, I used to act that way. There wasn't that much difference in my throwing a hissy fit in the family, energetically, and what's happening on a national scale, where people are throwing missiles, and bombs, and doing those kinds of things. As a child, if I had had those weapons, I might have used them. Right?

The thing is that, a small number of people around the planet are acting out the fear. The way that we can contribute to the **healing** of that is to do our own healing work.

Choosing to Find the Better Way

This is a very personal sharing here. In my family, people used to be very sarcastic. They would be attacking and things like that. It was just the way we were. It was literally just how we were all taught to behave. That if you were upset, you might take it out on someone else. If you felt vulnerable, you would throw a fit. If you were not getting what you wanted, or you needed, you would become cold, and angry, or you would shut down, or you would become volatile-- you know, opposite ends of the spectrum. That's just what we **did** in my family. I don't think it was that unique. I think a lot of people are raised that way.

But, I reached a point in my life where, as I was moving into my late 20's and 30's, where I couldn't **stand** it anymore. **I** wanted to kill myself, because I didn't see any way **out** of the madness. Unlike Bill Thetford and

Helen Schucman, I didn't think there **was** a better way. I didn't know how to find a better way. There was **no** clue for me.

But, I didn't kill myself. I began to pray, I began to meditate. It took me a long time, because I didn't have someone to clearly explain it to me. But once I decided-- it took me a long time, but I **finally** got to a place where I decided, "I am going to **be** loving as my number one priority in my life. I am going to Partner UP, that's what I call it, with the Higher Holy Spirit Self, and I am going to call upon the Company of Heaven, the angels, the Ascended Masters, Jesus, Mother Mary, Quan Yin, my ancestors, anybody that would help me to make a loving choice. "

I made the determination that when there was fear, and there was terror, and there was tremendous temptation to go into controlling, and manipulating, and becoming argumentative, and attacking, and condemning, and judgmental, that I **was** going to do my very **best** to surrender all that thinking and all that behavior, all that miscreative behavior, **to** the Higher Self, to the Holy Spirit, to the masters, to **help me find** the Christ-Light in my heart, and live from there.

It was the hardest thing I ever did, to keep that commitment to the best of my ability. I fell down day after day, after day. I would fall off the wagon day after day, after day, but I would get back on **every** day. Every single day! No matter how many times I moved into judgment, and to complaining, and to attacking throughout the day, I would **always** get back on the wagon. I **made** that my number one commitment. And I really **did** exactly what it says here, which is I became willing to follow the Holy Spirit **through seeming terror**, trusting Him not to abandon and leave me there.

What I learned is that, when the **temptation** to collapse into judgment-- to collapse into attack, to collapse into thoughts of lack and limitation, to collapse into helplessness and worry, and doubt, and fear, and all those things-- was the very **most** tempting to me, that if I **could choose Love**, choose to hand it over to the Holy Spirit, choose to Partner UP, at those most **desperate** times, then those beliefs, and those patterns, and those habits, and those behaviors **would be healed**. I really began to lean into the invisible field of Love.

Learning to Discern Spiritual Versus Ego Guidance

Now, some people are very clairvoyant, and they can see Ascended Masters, and angels, and things like that. I don't really have that level of Clarity, in terms of **vision**. Some people can hear Divine Voices. I've heard Divine Voices a few times, but not frequently.

For me, what I do is I get a **sense** of things. I get a sense of what the guidance is. Now, it comes more as thoughts, or it comes as thoughts and feelings most of the time. I do get other kinds of insight and the intuition. But back then, it was just a feeling. It was just a feeling. In order to be successful in learning to really put Love first, I had to learn to trust the feeling that was not ego, that was Spirit, and I had to learn to discern the difference. I had to learn to be more and more obedient to the guidance in order to get more of it.

This is what Jesus is saying here.

“My control can take over everything that does not matter, while my guidance can direct everything that does, if you so choose.”

But fear **prevents** Jesus from giving us His control. So, when we allow ourselves to try to go into judging, controlling, attacking, managing, manipulating, feeling guilty, and ashamed, and all of those things-- when we allow ourselves to entertain that stuff, then basically, Jesus has to just sit and wait until we're not interested in that anymore.

That's how I learned to really **say** to those feelings, and those behaviors, and those thought patterns of separation, to really be able to say, “Get thee behind me! I am **not** interested in that anymore. **I will not** act that out again! I am done with that.”

Like I said before, at the time that it's **most** tempting for us to fall into the old patterns of self-sabotage, and self-medication, and lack and attack-- when it's most tempting **is** the very moment when we can have the **greatest** amount of healing transformation **if we choose** to Partner UP and to **let** the Higher Holy Spirit Self, to let Jesus, guide us in that moment.

That is the most powerful moment, because when it's darkest, when it's most terrifying, when it's most tempting to manage, to control, to judge, to blame, to shame, to attack, to give in to thoughts of lack and limitation-- “Woe is me. I'm justified in my self-medication, because woe is me. **This** is all I have. This self-medication is **all I have**.” When that is the feeling, **that**

is the time when we can **rise** to new heights, if we but **choose** not to give in.

The Correction for Fear

The appearance is that fear is caused by circumstances, by conditions. This is what Jesus says.

“The correction of fear is your responsibility. When you ask for release from fear, you are implying that it is not.”

Right? When we ask for release from fear from heaven, from Spirit, we’re implying that fear was **created** by Spirit, and not **by our choices**. **We** can release ourselves from fear by saying, **“I choose Love**. These thoughts of lack, attack, control and manipulation, I am not interested in feeding them anymore. I’m not interested in feeding them anymore. I’m interested in allowing Divine Guidance to lead. I **don’t** know what anything is for. I’m **never** upset for the reason I think.”

Jesus says to us,

“When you ask for release from fear, you’re implying that it’s not.” Your responsibility. *“You should ask, instead, for help in the conditions that have brought the fear about. These conditions always entail a willingness to be separate.”*

The conditions that we **think** are causing our fear are founded in a willingness to be separate. When we choose to judge, control, manipulate, and energize thoughts of lack and attack, **we are** willing to be separate! Of course, we are!

What is the thing that's going to **make** us feel the most separate? Thoughts of judgment, thoughts of lack, thoughts of attack, trying to control and manipulate. No one who isn't interested in feeling separate would **ever** think thoughts of lack and attack. No one who isn't interested in separation would **not** judge, would **not** be trying to control and manipulate.

When we're in trust and faith, when we trust God, when we have faith in the Higher Holy Spirit Self, we don't control and manipulate. We don't do that anymore. We're **done** with that behavior. We're done with that thinking.

The conditions of fear always entail a willingness to be separate, because the conditions are a projection of our **mind**, and it is the willingness to be separate-- in our thinking, at the level of the mind-- that creates those conditions that **we** think are the cause of our fear.

It says next, Jesus says to us,

“You are much too tolerant of mind wandering and are passively condoning your mind's miscreations. The particular result does not matter, but the fundamental error does. The correction is always the same.”

Now see? To me, I find this **incredibly** comforting. There are so many comforting things in *A Course in Miracles*. How comforting is it to hear the correction is always the same? Right? We can just learn what the correction is and keep using that correction. That's the correction for fear! And, here it is.

“Before you choose to do anything, ask me if your choice is in accord with mine. If you are sure that it is, there will be no fear.”

“If you are sure that it is, there will be no fear.”

If you're **sure** that your choice is in accord with Jesus', there will **be no fear**. So, if your choice makes you feel afraid, if the options make you feel afraid, you're **not** in accord with your Teacher. The correction is always the same. Before you choose to do anything, **ask** and it is given. **Ask for Clarity**. “Show me, guide me,” and it is given.

“Fear is always a sign of strain, arising whenever what you want conflicts with what you do.”

“Fear is always a sign of strain, arising whenever what you want conflicts with what you do.”

If you **want** the Peace of God, but you choose to manage, control, manipulate, to collapse into thoughts of lack and limitation, what you're doing, what you're choosing, is **not** in alignment with what you **say** you **want**. You say you want Peace of God, but it's not what you're choosing.

“Fear is always a sign of strain, arising whenever what you want conflicts with what you do.”

I invite you, in this moment right now, to think of a situation in your life that causes you to feel afraid. The one that **really** brings up the most fear for you. Look inside there with an open mind, and take the hand of your

elder brother, Jesus, take the hand of the Holy Spirit, and say, “Guide me through this valley of shadow, this time of terror, and help **me** to understand where I am choosing what I do not want. I am interested in the eliminating that conflict from my mind. I am only interested in choosing the Peace of God.”

If you’re **really** interested in choosing the Peace of God, whatever the decision is, whatever the choice for you is, to experience the Peace of God, it will become clear to you in your mind, and you can choose that. How wonderful that we can say to Jesus, “Guide us. Guide and direct me in everything that matters.”

I’m Jennifer Hadley, and just as we’re going into this break, I’d like to let you know a couple of things that are coming up. The *Living A Course in Miracles* Greek retreat. *Finding Freedom* class at JenniferHadley.com. Check it out while we’re on the break.

I’m Jennifer Hadley. You’re listening to Unity online radio, *A Course in Miracles* where we’re living the Love, we’re walking the talk, and we’ll be right back.

You’ve been listening to *A Course in Miracles: Living the Love, Walking the Talk*, with Reverend Jennifer Hadley. If you have a question or 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*.

Removing Fear at the Level of the Mind

Jennifer Thanks for joining me. So happy to be talking about this, Freedom from fear! Yes! Transforming the fear. Because when I look at the world and I see the people that **are** acting out of fear, they **do not know** that there is a better way, that there **is** another way.

One of the things that I cannot make emphasis enough on, is that the way **out of fear** requires giving up the judgment. What it says in Paragraph 5 of this *Text*, the *Fear and Conflicts* Section in Chapter 2, it says,

“Whenever there is fear, it is because you have not made up your mind. Your mind is therefore split, and your behavior inevitably becomes erratic. Correcting at the behavioral level can shift the error from the first to the second type, but will not obliterate the fear.”

When we focus on trying to shift our **behavior**, rather than focusing on our mind, we are focusing on the **effect** rather than the **cause**. Now, it takes **great** willingness to be able to take the hand of the Holy Spirit, take the hand of Jesus, and walk through the terror, trusting Them to lead you to the other side.

And yet, it is what seems to be **required** of all of us if we're going to live a life without fear. There comes a point when we must really **choose** not to be managing, manipulating, avoiding, and we must **confront** the darkness in order to see that **it is not real**. It is made up of our **own** projections. The Holy Spirit cannot ask more than you're willing to do. That's what it says here.

It says, “It is possible to reach a state in which you bring your mind under my guidance without conscious effort, but this implies a willingness that you have not developed as yet.”

Right now, if you're experiencing fear, it takes conscious effort, and that conscious effort can seem **really** difficult. It can seem excruciating, because the ego will be screaming “No! No! No!” to choosing to be guided by the Holy Spirit and Jesus. That's where **you** get to decide who you're going to put in charge of your life, and of your healing.

The Radical Shift to Follow Spiritual Guidance

Many people are experiencing themselves, now, at a crossroads, because there's some kind of conflict that they're experiencing in their life that is letting them know that the old way won't work anymore. It might be some kind of an emotional challenge. It might be a relationship challenge. It might be a physical challenge. It might be a work-related or a financial challenge. Any kind of a challenge you can think of.

What it's doing is helping you to see you **can** do it differently than you've **ever** done it before. What about calling upon Jesus to guide you through it, turning it over and following that guidance? It's radical! It is so radical! It was so radical for me.

I remember talking with Regina Dawn-Akers about this on the radio show couple years ago. I'm just coming up to finishing the third year of the radio show. Isn't that amazing? There's almost 150 episodes of the radio show. I think next week actually is 150. How cool is that?

I had Regina on a couple years ago, and she talked about when she was making this decision to follow this guidance that the Holy Spirit was giving her, that Jesus was giving her, the Higher Self-- whatever you want to call it-- that it was **so** terrifying to her that over, and over, and over again, the **only** way she could handle it was, she would go to the bed, get under the covers, crawl up in the fetal position with the covers over her head, just trying to deal with the **terrors!** But she did. She moved through it.

I can relate to that. Believe me, I can relate to that. So many times, I've been brought to my knees in terror, in fear, in humility, and surrender. Thank God, I learned to do that, and say, "I am surrendering! I'm surrendering! I'm surrendering! I'm surrendering! This is beyond **my** ability. I have to follow Divine Guidance. I have to turn it over."

There is not one time in my life-- I'm telling you this my friend-- that I truly turned it over to the Higher Holy Spirit Self, to the Divine Guidance, that it didn't go better than if I tried to manage and control it myself. There is not **one time** when it didn't go better for me.

It says here,

"There is no strain in doing God's Will as soon as you recognize that it is also your own."

God's Will **is** your will. There is only One Will. This is the message of *A Course in Miracles*. Divine Will **is** our will because there's only One. The ego, the will of the ego, is **not** God's Will. It is not our will, because the ego is **no thing**. It is not real.

"The lesson here is quite simple, but particularly apt to be overlooked. I will therefore repeat it, urging you to listen. Only your mind can produce fear. It does so whenever it is conflicted in what it wants, producing inevitable strain because wanting and doing are discordant. This can be corrected only by accepting a unified goal.

The first corrective step in undoing the error is to know first that the conflict is an expression of fear. Say to yourself that you must somehow have chosen not to love, or the fear could not have arisen."

Atonement is the Remedy for Fear

All fear is the byproduct of choosing **not** to Love, **willfully** choosing not to Love. That's the cause of **all** fear, and **that** is within our control. We can choose to Love always, every time.

“Fear arises from lack of Love. The only remedy for lack of Love is perfect Love. Perfect Love is the Atonement.”

So, we're choosing the Atonement **for ourselves**. Yes! **Yes, yes, yes!**

This Section ends with,

“There are no idle thoughts. All thinking produces form at some level.”

Form is that feeling of fear. So, let's have a healing. Let us **learn** to seek help from One who can help us and to live in that space.

Just as I'm closing out here, I'd like to mention that we still have a couple of spots left in the Greek retreat in September, first week of September, with Gary Renard, myself and Maria Felipe, who was my guest last week. Patricia Black from Ireland. We're going to have a **wonderful** time in Greece. The entire first week of retreat on the Greek island of Andros. It's so lovely there. We're going to do some deep healing, and we're going to have lots of play and fun.

The next *Living A Course in Miracles* series is coming! It will be announced at LivingACourseinMiracles.com very shortly. Membership at LivingACourseinMiracles.com is free. Join us right away, if you're interested in the free classes.

Finding Freedom, my seven-week spiritual boot camp, where I lead you through the exact steps that brought me **so** much Freedom and eliminated the causes of fear in my life. If you'd like to walk through that bootcamp class with me, check it out at JenniferHadley.com.

Closing prayer

Alright. I invite you to place your hand on your heart right now and take a breath of Love and gratitude with me as we Partner UP with the Higher Holy Spirit Self. We call upon our elder brother, Jesus, and we say, “You guide us, You lead us, You decide for us.”

We're grateful and thankful to let the **truth set us free**. We're choosing the Atonement for ourselves.

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

I love you! Thank you for being my Prayer Partner this week. Mwah!

Thank you for tuning in to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Join us every Tuesday morning at 10 a.m. Central for more tools and insights into how to express your beliefs from moment to moment every day in every way. *A Course in Miracles: Living the Love, Walking the Talk* only on Unity Online Radio, the voice of an awakening world.

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