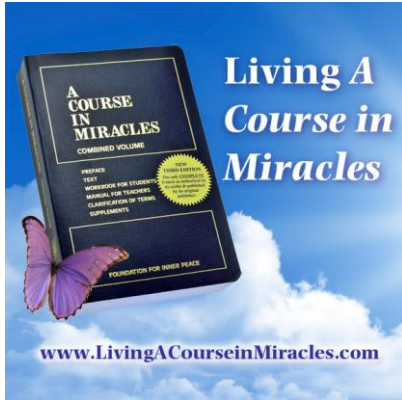


September 30, 2014



From Stress to Peace



 *Jennifer Hadley*
your daily shot of spiritual espresso

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September 30, 2014

From Stress to Peace

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.

Welcome and Introduction

Jennifer Hey there! So happy to be with you today! I'm still in Greece, and it's wonderful here! It's just coming to the evening time here. It's 8 a.m. in Los Angeles, where I usually have been calling in, until well, I guess about six months ago, now moving around.

I have a special guest today, and I am so happy to introduce her. Her name is Kandace Jones, and she is the author of a brand spanking new book called *From Stress to Peace*. Kandace and I have a unique connection. I'm so excited to share her with you today! She is a beautiful *A Course in Miracles* student and teacher, and we're going to learn more about that in just a minute. I want to say welcome to you, Kandace.

Kandace Thank you! Thank you so much for having me. I actually appreciate the opportunity.

Jennifer Me, too! I'm happy for the opportunity for us to connect, and to tell people about your beautiful book and your heart-centered teachings.

Speaking of heart-centered, we're going to do as we always do, and begin with a prayer.

Opening Prayer

I invite everyone to place their hand on your heart and take a breath of Love and gratitude with us.

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We open ourselves to the unlimited, to the unprecedented. Taking that breath of Love and gratitude, we're opening ourselves to a greater willingness, that willingness to choose again as we Partner UP with the Higher Holy Spirit Self.

In the name of God, Beloved I AM that I AM, we are willing to be our true selves. We're willing to release the identification with the small self, the selfish self, the stressed-out self, and to recognize that the Peace of God is already ours. It's pre-installed, and we're grateful to allow it to reveal itself in our awareness. I'm so grateful for this.

In grace and gratitude, we joyfully allow our expansion to continue throughout this radio show, throughout our lives, and we're sharing the benefits with all beings, because we're One with them. I'm so grateful to do that. Mmm! Yes!

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

Kandace Amen.

Jennifer Yeah! Amen.

Kandace's Journey to A Course in Miracles

So, for those who may not know you, Kandace, you have a blog that's a very popular blog called *Living in the Light*. Where could people sign up for that? Let's just tell them that right away, and we'll say it again in the end.

Kandace Sure. It's LivingintheLight.com.

Jennifer Yeah, there you go. LivingintheLight.com. We're going to learn here, you have a book that **just** came out. Your first book, *From Stress to Peace*, and it's about your personal journey-- *An Intimate Journal on the Journey from Living in Darkness to Living in the Light*. And, *A Course in Miracles* has been a very important part of that journey.

As you talk about in the book, you started in a place where you really-- I mean, you were down for the count. You were overwhelmed on every level. I think people can really appreciate that, that they are often feeling that way too. But you really were experiencing stress-- physically, emotionally, mentally on every single level-- financially, just everything seemed to be coming in on you.

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Kandace Yes, it was. It truly was. This was the culmination of a number of things. But, one of the things I think is so interesting, when I first found *A Course in Miracles*, and my husband and I were in a really, really low place in our marriage, and we weren't sure if we're going to stay together. During that time, we were both taking a course through Landmark Education. I don't know if you're familiar with them but—

Jennifer Sure.

Kandace We were taking—yeah, we were taking a course. We were both in different classes though. At the same time, we were introduced to *A Course in Miracles* by classmates. We shared what was happening in our marriage, and someone said to us in the class, “Hey! You should check out *A Course in Miracles*. It's all about forgiveness. You know, try it out!” So we did. This was in 2006.

We started doing the *Course* together, and we would read it on our own. We were living separately, as well, so we would both read it on our own and then we would call each other and do it over the phone, do the daily Lesson together.

This lasted—I would say we got to Lesson 100-and-something, and we also were doing counselling, and some other things to get ourselves back on track. We were doing a yoga course, and breath work course--so, a lot of work to help heal the marriage.

So, we were in a great place, and so I put the book back on the shelf. I was like, “Oh, I'm good!” You know I'm, “We'll be **fine**. Our relationship is fine. I'm good to go.”

One of the patterns that I developed in my childhood is based on a number of circumstances, primarily, my relationship with my dad, which was very strained due to **his** relationship with my mom and how I viewed that. I blamed a lot on my dad, and really was seeking approval and Love out of myself. During that gleam that I had on him, that feeling that I had about my dad, I still hadn't let that go completely, but I was always trying to fill what I felt was a void inside.

But, now the marriage was healed, so I shifted to career. I was like, “My marriage is fine now. My career has to be great.” So, from 2007, when our marriage was really back on track, so to speak, then to 2012, which is when I had this breakdown that you were talking about, I poured myself

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into everything-- to work, to motherhood. You know, I had to be the perfect mother, had to be the perfect employee. I would compare myself in a **major** way, compare myself to others.

Then, Facebook was becoming big at this time, so I'm looking at friends' Facebook posts about how--the wonderful things they are doing with their children. They're going to museums, and they're doing all these things, and I'm like-- I can barely stay afloat right now, because I'm trying to give my all to everything.

That's why my body said, "You will have to--you have to slow down." I was diagnosed with depression, anxiety. I got pneumonia, the worst case of pneumonia that doctors have seen in anyone my age at the time. I stayed in the hospital for four days which, you know, is rare. They want to kick you out of the hospital as soon as possible, in my prior experience, so they kept me there and did not want me to leave until my blood pressure was stabilized and everything. It was serious!

This was my wakeup call, you know? Some would call it a breakdown, and sometimes I do refer to it as my "rock-bottom moment", but really it was wakeup call, and I'm **grateful** that it happened when it did, as it lead me back to where I needed to be.

Feeling Out of Balance

Jennifer Before we go any further into your experience of spiraling up after having gotten so low, as I was thinking about this, this afternoon, Spirit gave me this question to ask you-- along the way, did you get a lot of warning signs to change, to do things differently that you ignored?

Kandace Oh, yes! Regularly! One of those signs was--at work for example, I was working in a very high-stress environment, and I felt this pressure to stay up with what with everyone else was doing, even though most of the others I was working with were single or did not have children. That's just a different lifestyle than what I was dealing with. But instead I always felt this call within to **ask** for flexibility, to not-- to say "No" sometimes, when assignments were given, or someone was calling on me to do something that I knew was going to mean "I need to stay up late", "I need to wake up early in order to do it", "I need to work all weekend." There were a number of signs. I was relying so much on coffee, and caffeine, and food, and things to give me energy in order to continue going.

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Jennifer Ugh! That's important. Yeah.

Kandace Yeah.

Jennifer Yeah, I think that's really important, because people don't even **realize** that if they're relying on things like that to keep them going, that something is out of balance.

Kandace Right.

Jennifer Ultimately, they **will** have to, in a sense, **pay** for that or become balanced. They're going to get further and further out of balance. Using those kinds of methods to keep going, at some point you're going to have to pay for it, in some way.

Kandace Absolutely. And, I did.

Jennifer Yeah! Because if we're not in balance, it's because we're **spiritually** out of balance.

Kandace Right.

Jennifer So coffee is not the answer to spiritual imbalance. Food is not the answer to spiritual imbalance.

***If we're not in balance,
it's because we're spiritually
out of balance.***

There's nothing in the **world** that's the answer to spiritual imbalance. We don't always get that, you know? It takes a long time, sometimes, for some of us to realize that.

I wonder if you can tell us, Kandace, any more clarity on the ways that you were getting signals that other people might say, "Oh! I'm getting that signal too! I'm getting that message too! I'm getting that sign, too!" to come into balance **before** you went into crisis?

Kandace Sure! Right, right. Taking time for myself, I had a desire to just sometimes just spend time alone, just go to the store by myself, sit in a tea shop and just breathe. But, I didn't do it. I didn't do it, and I felt bad, actually. I would judge myself if I took even a moment for myself.

There was that call, there was that nudge from within, "Take a break! Just sit! Just read. Turn off mommy-hood for a minute! Get a babysitter."

I didn't follow that nudge. I didn't follow it. I keep pushing through it, pushing, pushing, pushing myself.

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Jennifer I've heard that from many people, that they didn't do it because they would feel guilty if they took time for themselves.

Kandace Mm-hmm!

Depression is Feeling Unworthy

Jennifer What do you think that guilt is **really** about?

Kandace For me, it was I felt I was-- my worth was tied to success in these things, in motherhood, in work, in marriage, in all of these **external** things. I knew nothing of my worth, truly, and so I was **defined** by these things. If I didn't do them, I wouldn't be **worthy**. I wouldn't be viewed as successful.

For me, **everything** was tied to that, because I didn't feel good about myself. I was **very** insecure, extremely insecure.

Jennifer Okay. Wow! You know it's interesting that you were saying you felt guilty, and yet it also sounds like you just felt you just didn't--you weren't entitled, you didn't deserve it!

Kandace Right! Right!

Jennifer Yeah.

Kandace Right. A win combination for sure.

Jennifer Yeah! Yeah! I think that is **so common** with people. Probably on an intellectual level, you probably knew that that wasn't true.

Kandace I think I did, deep down, but I didn't have long enough to pause--

Jennifer Yeah. Yeah.

Kandace -- to even think about it, really, so it just became this endless cycle. I didn't pause. I didn't have moments of real clear thinking. I wasn't stepping back and observing. There was **no** observation of my thoughts, or what I was doing. I totally got away from all of the daily practices, all of the affirmations, and *A Course in Miracles* was on the shelf getting dusty. I wasn't a part of any type of spiritual community, consistently. Occasionally I would go, but I wasn't really connected with it. So yeah, it was just--

Jennifer Yes. Then things got worse and worse for you, more and more difficult.

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Kandace They did! They did, and there was a moment-- I start the book in a moment where I'm on the floor, literally bawling in a corner, trying to hide from my kids, from my husband, and just finally let it out.

I hadn't even been **crying**, really. I mean I would cry a little bit before bed, but even during the day there were many moments when tears would want to come out, in the middle of my workday, and I wouldn't let them release.

There were moments where I was angry, and just frustrated but still I kept this calm persona, because I felt like that's what I needed to do. And so, it eventually I just burst-- you know, just burst into tears and emotion. It seemingly came nowhere to those who were around me, but it really was this build-up from years, and years, and years of keeping it all in.

That was the moment --you know, my husband said to me, "I think you're depressed." That just broke me down even further, because this drive for perfection, and for trying to be approved of by others-- which was a pattern throughout my life-- now, to me, this was the **worst** thing that you could say about me! You know, I'm depressed, maybe I have to get on medication. I was like not I wasn't wanting to accept it, but at the same time when he said it, I **knew**. I knew that that's what it was, whether I want to put a label on it or not.

And so, during that period, I really had to **learn to accept** what is, which was a big lesson for me, because my pattern was "Push it away. Stuff it down. Get rid of it as fast as possible, but not **look** at it." You know, "Look at what's here, recognize what it is I'm feeling, and work through it from there." So, that was a major shift for me.

The only place I knew to turn when I was at this low point again was *A Course in Miracles*. So, I opened it. I opened it back up, and I remember looking at the early Lessons, not wanting to hear things like "I'm not a victim of the world I see" --

Jennifer Mmm! Right!

Kandace --because I **felt** like a victim at that time. Well, it's work! It's work problems, and I have two young kids, and I'm busy! **These** are all the reasons why I'm upset.

Now, we were buying a house at that time, and that was a stressful process of trying to coordinate that, the remodeling and things. So, I just blamed it,

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blamed it on these external things. But, the *Course* reminded me to look within, you know?

Jennifer

Exactly!

Kandace

Look within at the--yeah, my patterns of thinking, my ways of being.

Jennifer

Well, we're going to talk about Kandace's journey into *A Course in Miracles* and how that has helped her move from stress to Peace when we come back.

As we're going into the break, I'd just like everybody to know that this week in *Living A Course in Miracles* we have two free classes. Two more free classes next week. This week our teacher is Regina Dawn Akers, my dear soul sister. We have two classes for you in "Allowing the Miracle" this week at LivingACourseinMiracles.com, where the classes are totally free for you. I invite you to go and check it out.

I'm Jennifer Hadley, and my guest this week is Kandace Jones, author of *From Stress to Peace*. You're listening to *A Course in Miracles* at Unity Online Radio, where we're living the Love and we're walking the talk, and 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*.

Perfect Timing of Finding Freedom

Jennifer

I'm Jennifer Hadley, and my guest this week is the author Kandace Jones. She's the author of *From Stress to Peace: An Intimate Journal on the Journey from Living in Darkness to Living in the Light*.

She's been telling us about her rock-bottom experience. Then, she took *A Course in Miracles* back down off the shelf and opened it. As she was saying just before the break, she had a lot of resistance to accepting responsibility. Boy, oh, boy! There's not one of us that doesn't understand that! We really-- it's **so** tempting to blame everything on the world. But, as you know, taking responsibility is the way **out** of being tortured.

So, you were having that initial reaction to picking up the *Course* again and looking at the Lessons again. Then what happened next, Kandace?

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Kandace Mm-hmm! I was in my counselor's office, I remember, and really had a shift. I really felt the desire to get **out** of this state of depression. Primarily, it was an ego-based intention, because I didn't want to be viewed as depressed, and I wanted to get that label off of me. Even though I didn't **have** to accept, but at the time I **did**, and so I really wanted to push it away and get out of that state as soon as possible, and I was willing to do whatever it took-- whatever it took!

So, I kind of said that inner prayer, like "Show me the way to get out of this state." and within the next week-- I was on Facebook, actually, and I saw an ad on the side, or on the sidebar that said *Spiritual Espresso*. I was like, "Oh! What's this?" Normally I would not have even looked that way, or seen it, but I did. I clicked on it, and it was one of your prayers, your daily prayers, and I was just, "Wow! I love this!" I noticed that you had a class that you were starting up, so I jumped right in, because I was ready to get out. I was like, "Okay! Signing up for this!" Then--

Jennifer That was the *Finding Freedom* class.

Kandace The *Finding Freedom* class. Exactly.

Jennifer Yes.

Kandace *Finding Freedom*, my *Spiritual Bootcamp*. It was perfect timing! That's what I needed! That's what I needed!

***Taking responsibility is the way
out of being tortured.***

Marianne Williamson and Michael Bernard Beckwith came-- that following week, they were back-to-back workshops. I live in D.C., so normally they're doing a lot of events and workshops and things in L.A. but the fact that they were in D.C. right at this time, where I'm, like, reaching out and saying, "I'm ready and willing".

While this is going on, as well-- after I attend the workshop with Michael Bernard Beckwith, I put into practice one of the things he shared, which was related to really calling in the vision, the highest vision, for your life. So, not **your** vision from ego, but the vision from your Higher Holy Spirit Self, as he would say.

Jennifer Right.

Kandace So, I did this practice. I get into meditation, I'm utilizing the questions that he recommended in this life visioning process, and so I said, "What is the

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highest vision for my life? What is—who do I need to become in order to bring this to fruition?”

I had no idea what was going to happen. What happened was this clear call to share my journey publicly, which was so against the way, the pattern that I had developed over time, which was really to **look** like everything is perfect on the outside and have the approval of others.

To me, being authentic and sharing-- sharing my journey out of depression, being honest about where I am, about how these patterns developed about, what I was releasing on a day-to-day basis, just--it was a little--I felt a little bit of fear arise, but then there was **more** of this feeling, this warmth that filled my body, and knowing this was exactly what I was supposed to do, and that would lead me to Freedom.

Jennifer Yes.

Kandace Really, to Freedom, to find my Freedom! Yeah.

Beginning to Live the Course

So, I poured myself in at that point. *Finding Freedom* helped me to stay on track, too, with the *Course*. Not just--what I had done before was read the Lessons-- well, being honest, read the Lesson. I was kind of applying them. Well, I was applying them primarily to my relationship with my husband, not really looking at **all** of my patterns and how they applied to everything else.

Then, I was reading a little bit of the *Text* but not fully practicing it. Not fully **living** *A Course in Miracles*.

So, I was reading *A Course in Miracles* in the past, and reading all these other great teachers and great books that were really inspirational, in the moment I was reading them. But I was not taking that into my **living** practice. So, this time, with all of this support that came flooding in from that call to really make the shift this time, I did it! I went all-in! It's like, everything you said to do in *Finding Freedom*, I was **doing** it! I was doing it all! I was doing the *Course*, everything it says to do in the Lesson, every 15 minutes, “Say this,” I'm doing it!

This time, I made a radical--a **radical** shift occurred. Quickly, too! It wasn't something that took--I thought, initially, it was going to take a while. I really didn't know how long it was going to take. But I got on medication. I

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did end up getting on medication, even though I resisted it. I got on medication. I was off of it in three months. I was completely off of it. Cold turkey, too.

Jennifer Mm-hmm.

Kandace Just stopped taking it. I really felt like after the boot camp, after months of going back through the *Course*, after my counselling, after all of the other support, I just felt within the shift, and I realized it was **me**. It was my choice to choose a different thought, to replace those old thoughts of blame, of shame, of feeling guilt, of fear, doubt and all the insecurity. All of those feelings, I can actually **choose** to replace those with another thought, with the truth, too!

Jennifer What you're saying is so important.

Kandace And, that was powerful to me!

Jennifer Yes! what you're saying is **so** important, because I'm sure you know this from people talking with **you** and asking **you** for help and guidance. People ask me all the time, "What can I do? What can I do? What can I do?"

It really is exactly this --it's is becoming very vigilant in your thoughts, having a tremendous willingness, being willing to change your mind, and having practices that you really do **all day**.

Kandace Mm-hmm.

Jennifer Initially, it feels like a huge burden! "Oh! I don't have the time for this." "I can't do this." "I don't have the ability to be this dedicated."

But it's like--I just want to point out to everyone. Kandace was working like a **dog**. She had the ability to work late, and work weekends, and work, work, work, work! And really--but, in that same vein, somebody who's working that hard and doing that much for others, or to impress people in the world, or to somehow get validation, they **have** the **capacity** to really focus their mind and do a lot.

You can just turn and focus your mind, and work with the Holy Spirit. The Holy Spirit, if you're willing, **will** guide you **every step of the way!** All you have to do is really is just to say "Yes!" Just keep saying "Yes!" instead of saying, "I **can't** do it." Just say, "I **am** doing it!" Right, Kandace?

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Kandace That's right! Oh! That's so true! That's so true! I couldn't see the end at the time, but every time I wrote a post on my blog, it was like--it was Freedom. It was **one** step closer. Even though I couldn't **see** the end, I **knew** I was being guided. I started to **feel** that I'm truly being guided, and I know that this little step I take today of writing for 30 minutes, or saying this affirmation in place of that thought that just arose that I knew was going to bring me out of balance, those little steps.

Then I started to notice the things that would arise that **normally** would get a rise out of me, would get me frustrated, would get me into these old patterns of annoyance, and frustration and all of that-- it's just wasn't there. It

didn't come up! I was like, "Oh, he did that thing!" You know, my son is not listening to me, which is one of my triggers, and it just didn't get a rise out of me!

*The Holy Spirit, if you're
willing,
will guide you every step of
the way!*

Jennifer Yes!

Listening to & Following Guidance

Kandace I was able to **choose** quicker, choose the new thought quicker, in time so that my response didn't come out in the way that it would have in the past with that tone that doesn't bring Peace.

Jennifer You know, it's just an important point that you're making, and such a **great**--oh, just such a great--I can't even think of the word-- story, I guess. Because people can relate to how much you were suffering. You were in physical pain, emotional pain, mental pain. You really were down for the count, in a lot of ways, really, like at rock-bottom, really helpless, and you made up your mind to just reach **up**, up to Spirit, not knowing what to do. You were guided. You listened. You followed.

I tell this to people in the *Finding Freedom* Bootcamp class that you took on your way up, when you listened to the guidance, you took the class and, like you said, you did everything in the class.

Kandace Mm-hmm!

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Jennifer When we actually dedicate ourselves to doing those things, **that's** what makes the difference, and Spirit just gets up under us. It is **miraculous** how much healing can happen. I know, people have told me that they've taken *Finding Freedom* from a place of "If this doesn't work, I'm going to kill myself at the end." Literally, very sincerely, like, "I'm just--this is the last thing I'm going to try."

But they actually go in, and they do the steps in the Bootcamp, and it works! The same is true for the *Course*. Of course, people don't need my class. They don't need **anyone**. They've got the Holy Spirit, and the *Workbook*, and they can just work that day by day. But, like you said, many people **read** the Lessons without actually **doing** them.

Kandace Oh, yes! I was **one** of them. Absolutely! Then, wondering why I don't feel the shift, you know? Or, why it didn't last? Because I may feel the shift in the moment, but it didn't **last**. And like that earlier time, when I did it in 2006, I read through it, but it didn't stick, because I didn't make it my way of being, really. I didn't know **how**, really. I didn't know **how**.

So, being open to the guidance that comes in unexpected ways. Because I was a Type 2, that liked to do things by myself. "I can figure it out. I'm in control. I can do this." I didn't really want to ask for help, didn't want to accept help from others.

But the way that--when I asked for help this time, it came in many forms. It came through inner guidance, it came through teachers that were sent to me, it came through books I was guided to read, and all kinds of things. Things that people **said** to me, you know, **repeatedly**, from different people I would hear it, or from different places. I was like, "Okay! This is a message for me right now."

Jennifer Exactly!

Kandace It was amazing. Yeah. Mm-hmm.

Jennifer Yeah. The Holy Spirit is always speaking to us.

Kandace Mm-hmm.!

Jennifer Now as you were doing the *Finding Freedom* Bootcamp, working the Lessons of *A Course in Miracles* again, were there certain Lessons in the *Workbook* that really stood out to you, that really spoke out to you in this journey to Peace?

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Kandace Yes. I mean, the one that--there were a number of them, for sure, but the one I would say that I wrote down, I put up right by my computer, and it was “*I am as God created me.*” That, for me, remembering that was **so** key, because this whole pattern, this whole pattern that had developed throughout my life of really seeking approval, and everything really making myself look good from all the external things that I had, that statement told me, “Right now, right here as I was created, I’m already whole. I **am** as God created me. Nothing can change that, whether I lose my job, whether my husband leaves me. None of those things can change that.”

It just really dropped in deeply for me. It was something that I still—I still use that. I love it.

Jennifer Yes! That’s beautiful. It says so much in that one statement about the illusory nature of our life, and our eternal perfection, and Wholeness in God.

Kandace Mm-hmm.!

Jennifer “*I am as God created me.*” Mmm!

Well, I’m Jennifer Hadley, and you’re listening to Kandace Jones. She’s my guest this week. She’s the author of *From Stress to Peace*. I encourage you to check out her beautiful book.

Also, this week, just a reminder that we have Regina Dawn Akers teaching a class with me this week at LivingACourseinMiracles.com. Two free classes for you this week. If you haven’t joined us, check it out at LivingACourseinMiracles.com.

Right now, you’re listening to Unity Online Radio, where we’re talking about *A Course in Miracles*, 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 in the discussion, visit us on Facebook at *A Course in Miracles Pledge* where you can join with a community of like-minded people who have pledged to live *A Course in Miracles* every day, in every way. Now back to *A Course in Miracles: Living the Love, Walking the Talk*.

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Staying in the Truth Daily

Jennifer We're back. I'm Jennifer Hadley, and my guest this week is author, Kandace Jones. She has a new book out, *From Stress to Peace*. It's about her personal journey from stress to Peace. She's been telling us how *A Course in Miracles* was instrumental in that. She's also been saying how my *Finding Freedom Spiritual Bootcamp* class was very helpful to her, as well. I just want to everybody to know that I just launched a new and improved version of my *Finding Freedom Spiritual Bootcamp*. I used to offer it a couple of times a year, and now you can join it at **any time**. I added a lot to it, so it's much more extensive than when you took it, Kandace.

Kandace Wow!

Jennifer Yeah! People from all over the world have been able to take that class and use it to really have that bootcamp experience, though you can go your own pace. You don't have to do it with the intensity that Kandace did. That's what worked for **her**.

During the three months, you have access to all videos online, and the Workbook, and all the downloadable classes that you can take with you. You also, each week for that three months you get an open spiritual counseling call with me, and those calls are **really** deep and really healing each and every week. I invite you to go to JenniferHadley.com. Take a look at *Finding Freedom Bootcamp Class* and see if it's right for you. I always say if its right for you, right now, you'll **know** it. You'll **know** that it's right for you. We do have all kinds of payment plans, so anybody who feels called to take it can find a way to take it.

We were talking about Kandace's digging into the *Workbook*, working the Lessons, and how life changing that was for her, and that particular Lesson, "*I am as God created me.*"

You obviously-- you've completed the *Workbook* now. Are you still going through the Lessons?

Kandace I do! I do! I return to them. I actually have been a part of a group that reads through the *Course* together once a week for two hours. I just think it's nice to stay in it, to remind yourself of the Lessons, of the truth that lies there. Keeps me on track, for sure.

Jennifer Absolutely. No question about that.

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Kandace I don't want to leave it dusty on the shelf anymore. I know what happened when I did that last time.

Jennifer Yeah.

Kandace There's a balance, too, because--oh, go ahead.

Jennifer Well, I was going to say your relationship with your husband, is he still doing *A Course in Miracles*, too, with you?

Kandace He's not. No.

Jennifer Okay. Mm-hmm.

Kandace He's not, but he really--for him, it really--he really got it. Even the other day, we went to dinner. We were celebrating the launch of the book. We've been through some serious challenges in our relationship, and I talk about that more openly in the book. But, what he really got--he really believed that his big lesson in this lifetime was really forgiveness, and he really got that.

I remember the moment when we were going through the *Course* together, and he turns to "*What is Forgiveness?*" in the *Course*, and he just starts reading it, and tears start streaming from my face, and it's just like-- he really got forgiveness.

Jennifer Mmm!

Kandace I don't know, he just lives from that place. He doesn't read it on a regular basis, but the truth that we learned from it flows from his lips freely, which is beautiful! Grateful for him.

Jennifer Yeah. That is beautiful. Yeah, forgiveness is our function. It is the key, and when we get that, everything shifts in our life—

***Forgiveness is our
function***

Kandace Oh, yeah!

Jennifer --when we're practicing forgiveness.

Now, let me ask you-- because right now is a time of having **such** intensity for many people. Many people are having their version of that rock-bottom experience. Many people are feeling just like, "I just can't go on this way anymore! Something is going to change! Something got to give!" and they **know** that it is Spirit. They **know** that it's spiritual practice, and yet many people are still in resistance.

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What would you say to that person, Kandace?

Kandace I would say, start small. Start small. Many people that come to me start with is start with a five-minute meditation time, five-minute quiet time, whatever you want to call it, every day. Five minutes normally, even if you feel super stressed and have a lot going on, five minutes--I haven't met anyone that five minutes feels overwhelming for.

So, when you start there, and start tracking yourself in doing that, then adding small things over time whether it's your daily readings, *A Course in Miracles* or some other text, like a daily practice, adding that in, adding in some other practices, gratitude, et cetera.

But slowly building up, because I think it feels overwhelming at first, when you feel like there's so much you need to do. Whenever I dig in a little deeper, why does it feel like too much? Well, it's, "Oh, I need to meditate for 20 minutes, and I need to do this, and I've got to read my Lessons in the *Course*, and I've got to go outside in nature and spend an hour outside." They have this whole list of things in their mind about what they need to do to get back on track. And so, starting with the baby steps that you can commit to **every day, even** if it's seven days. "Seven days, I'm going to do five minutes a day, and slowly building up from there, celebrating the small wins along the way."

Spiritual Practice Saves Time

Jennifer One of the things I say is, if you don't have five minutes a day, you don't have an **interest** in it, you know? Really! I mean, let's not kid ourselves.

Kandace Right!

Jennifer If you don't have five minutes a day, you just purely are not interested.

Kandace Mm-hmm.

Jennifer You know, one of the other things I say to people all the time, too, Kandace, particularly to people who feel they don't have time, is that you have to--we all have to learn at some point that spiritual practice **saves** time. It saves **so much time**. Just I mean—

Kandace Yes!

Jennifer Don't you notice that?

Kandace Yes! Absolutely! Absolutely!

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Jennifer Yeah, it's like regarding tithing. My grandfather had a saying, "The money you give to the church costs you nothing." That was his tithing philosophy, which I love.

Kandace I love that!

Jennifer Yeah, and the time you give to God doesn't take away from anything else you might do. It **only** takes away from investing time and energy into going around and around and around, like a hamster on a wheel, with the same things.

Kandace Yes.

Jennifer So, spiritual practice puts you in the flow of Love, which makes **everything** go easier. It avoids car accidents, and all kinds of breakdowns, and financial hassles and struggles and loss and all kinds of things.

Kandace Yes. Absolutely! And it allows you to just be **present** with what is, just accepting what is, without the need to push it away. Because when you're in a centered place, then when the things come up-- even if the car accident does happen, or whatever occurs, you're able to just sit with it,

"What am I to learn from this? What am I to see here? How can I respond from a peaceful, calm place in the midst of all of this?" It's hard to do that when you **don't** have a daily practice. You can't even--it's hard to even to get to that place.

Jennifer Yes. Exactly. Now we're finishing up here, Kandace. I'd just like to remind people your website is [LivingintheLight](#).

Do you have any free offerings there for people that they can take advantage to help get them started?

Kandace I do! If you go to [LivingintheLight.com](#), there is, on the right-hand side, there's a free gift. Actually, the first chapter of *From Stress to Peace*, the book *From Stress to Peace*, is available. So definitely check that out.

Then I've got a newsletter, as well, that comes out at least once a month. I'm sharing some tips from moving from stress to peace. The blog as well, posting there regularly. So, there's always videos on YouTube. You can check out Living in the Light TV on YouTube, and there are some videos there to help you get back on track.

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Jennifer Excellent! Thank you so much, Kandace. Again, her book is *From Stress to Peace: An Intimate Journal on the Journey From Living in Darkness to Living in the Light*. It's Kandace with a "K". Kandace Jones.

I'm going to pray us out here, and before I do, I would like to mention again that at LivingACourseinMiracles.com this week we have two classes. Regina Dawn Akers and I are teaching a class this week, and we've got two more classes next week. All these classes at LivingACourseinMiracles.com are totally free.

Our theme in this series of classes is "Allowing the Miracle." So many of us, we open our minds, and then we turn away from actually **allowing** the miracle to take place in our minds. So, it's been a wonderful series, and Regina is one of my favorite teachers. I dearly love her. I **know** we're going to have an awesome class this week, so I invite you to register. The classes are free, but you do have to register in order to participate.

Then if you **are** interested in my [Finding Freedom Spiritual Bootcamp](#) class that Kandace found to be so helpful on her journey back to Peace, you can learn all about that on JenniferHadley.com. That's my ongoing [Finding Freedom Bootcamp class](#). You can join me at any time. Now is the perfect time. Fall is the perfect time to get in spiritual shape.

Let me mention, too, that I have a year-long class, my *Masterful Living Class*, my year-long class, for people really interested in deepening their commitment, becoming more devoted, and truly being on that path of awakening, activating their awakening.

Then the *Finding Freedom Bootcamp* is the **perfect** way to prepare yourself for my year-long *Masterful Living* class. *Finding Freedom* is all about clearing the clutter!

Closing Prayer

So, let's take a breath of Love and gratitude together and be grateful for Kandace's precious life, and her sharing, and her journey from stress to peace. Thank you, Kandace.

Kandace Thank you so much for having me!

Jennifer And, with our hand on our heart, we give thanks for our **own** precious journey. We give thanks that the Higher Holy Spirit Self is always walking

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with us. Jesus, our elder brother, always talking with us, that we're **never** alone. We're always guided and led by the Spirit.

In grace and gratitude, we open our hearts and minds to **receive** the fullness of that guidance, the fullness of Divine Love, awake and alive in our heart and in our mind, and we're so grateful that we **can**, and we do, share the benefits of our healing and our expansion with **everyone**, because we're One with them. In grace and gratitude, we allow it to be. And so, it is. Amen. Amen. Amen.

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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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.