

February 24, 2015



Listen to the Holy Spirit

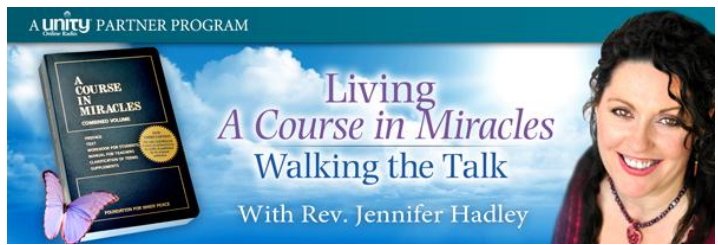


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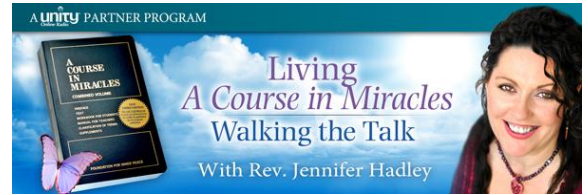
Published by JenniferHadley.com. Printed in the United States of America.

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February 24, 2015

Listening to the Holy Spirit

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.

Beginnings of the Search for Truth

Jennifer Good morning! I'm so happy to be with you as always. Thank you for joining me. Today I feel very blessed to have a guest, someone who to me is a treasure and we always have so much fun when we get to share together. So my guest today is Regina Dawn Akers. Welcome, Regina.

Regina Thank you, Jennifer. It's wonderful to be here again.

Jennifer Yeah, you've been a guest on the show a few times, so I'm mentioning that up front because I know anyone who listens to today's show will say, "Where can I get more of Regina?" So there are a couple more episodes from the past years. Regina has been a guest a number of times in the *Living A Course in Miracles* class series that we do.

Regina, I want to tell you right up front, you're going to want to write down her website, reginadawnakers.com. We'll spell it out for you as we go along but she offers just a plethora, a wealth of audios and all kinds of things. Regina, how long—when did you discover *A Course in Miracles*?

Regina Well, that would have been in the early 90s. I was searching for truth. My search for truth started before I discovered the *Course*. You know, being raised in a Christian tradition, I kind of assumed that the truth was going to be a Christian religion that have the right interpretation of the New

Testament. So I said this prayer. I prayed, I said, “Please let me find truth no matter what it is.” I said, “I don’t care what it is.” It didn’t have to meet any specific expectations from me. I just wanted to know what truth was.

Then I started out on this research project. I bought this wonderful book called *Religions of America*, where they go to the leaders of each religious group, including your Jehovah’s Witness, Seventh Day Adventist, Mormon, Catholic, Baptist, Methodist, just the entire gamut.

They interviewed them about their belief and the leaders quoted the Bible and show where their belief come from. I had seven translations of the Bible, and I went into that entire book looking for the one that I could discern was the true religion. At the end of that research project, which is you could imagine lasted many, many months, I just felt like the only thing I discovered was that none of them were.

I thought that I had failed, but in fact what had happened was a big undoing had occurred because I have had this belief it had to be a Christian religion and that the Bible was the Word of God, and it had to be the right interpretation of the Bible. Through this research project, all of that got undone, which left me open for something else.

Then sometime after that, maybe it was even a couple of years, in the time of God, that’s just a blink of an eye. I saw Marianne Williamson on *Oprah* in the early 90’s. As she spoke, I started hearing something. I went and bought her book, *A Return to Love*. I read *A Return to Love* twice. And then I decided to go to the source. She kept referring to this other book called *A Course in Miracles*. I went to it, and it was an interesting first experience of the *A Course in Miracles* because like many people, I really had difficulty understanding it. I know these words are English but they’re not saying a thing.

I also tried doing the Workbook and I don’t know how far I got, I think around 50-some lessons maybe. Maybe even 70-some lessons. At first, I could do the Workbook because Jesus was only asking for a couple of minutes of my time in the morning and in the evening. But at some point, when He starts asking you to remember something every half hour or every 15 minutes, I got really frustrated.

I remember even thinking, you know, “Doesn’t Jesus understand I have a job?” I really just ended up just abandoning the *Course*. I couldn’t understand the text. I didn’t have the commitment to the Workbook. I put

it in the drawer and forgot about it. I went on with my life. I adopted a daughter from China. I got—started really getting promoted at work.

As far as the world goes, you could say lots of wonderful things started happening. I'm not one of those people that had a crash-and-burn experience, I just became more and more successful and got more and more of what I wanted from the world.

At some point, around nine years later, I kind of felt like I had set a bunch of goals and I achieved them all. I was genuinely happy but yet you know not that full satisfied feeling and I just didn't know where to go next. I started asking, "Now what?" When I started asking, "Now what?" I started remembering that book, that blue book that I had stuck in the drawer nine years ago.

I took it out. And this time, when I started reading it, I can understand it. Something had shifted in nine years. I could now understand it. I also committed myself to the Workbook. From what I gather by talking to a lot of people, once I was committed this time, I was literally one of the most committed people ever. I went through the Workbook the way the Workbook is meant to be done. If you're supposed to remember something every half hour, for the most part I did. I might have missed a half hour every now and then but it was rare.

Something had just shifted. It wasn't anything that I did. All I can figure is it accords through grace, so there's a big difference between when I attempted the *Course* the first time, and then I'll say, when I was called to the *Course* the second time. Because, really, it showed up in my mind, I didn't go looking for it the second time.

Jennifer Mmm. You know I've never heard you talked about that part of your life's experience. As you were speaking, one of the things I realized, Regina, is I did not pray us in. You and I talked about that before the show started and it's funny because I don't think I've ever not prayed in, but that's the way it was supposed to go, so I know this is how it's supposed to go, of course.

Opening Prayer

I'm going to invite us all to stop and have a moment of prayer and rest in that beautiful feeling tone that I just got as Regina was sharing, the deep desire of her heart to know the truth.

So I place my hand on my heart. I invite everyone to do the same, and let us find in ourselves that deep desire of our heart to know the truth that truly is our liberation.

And as we take this breath, let us be grateful and thankful that the truth is pre-installed, that the truth is our destiny, it is our inheritance, it is our true nature. So we're grateful and thankful right now to Partner UP with the Higher Holy Spirit Self. To call the name of God, Beloved I AM that I AM and declare that we are willing to and worthy of the truth.

We're grateful and thankful to share the benefit of awakening, our expansion, our healing with everyone because we're One with them. So grateful to know that our conversation is blessed and that anyone who hears or participates in any way is uplifted and inspired by the truth.

In grace and gratitude, we allow it to be, and so it is. Amen. Amen, Amen.

Regina Amen.

Jennifer Hmm. Well—

Sincerely Yours

Regina Yeah, I agree with you. That's exactly the way it was supposed to be because, as you were praying the prayer after having started off the way we started off, what I realized is that I'm going to call every major turning point in my life. Right now I'm referring to the spiritual path and major shift.

Every one of them followed a prayer that had incredible sincerity, more sincerity than most prayers. Then there would be a shift, there would be a change in something. You know like I said, that first prayer was, "Please let me find the truth. I don't care what it is." That was a very, very, very sincere prayer and I just felt it in my heart.

When I did start *A Course in Miracles* the second time, which I just told you about how I went back to it in nine years. When I did start *A Course in Miracles* the second time, before starting it, I decided to say a prayer, and I wouldn't say the prayer started off with that same level of sincerity, it was more of a sense of routine.

If you're going to start something holy, maybe you should say a prayer first. Just now, we said a prayer before we had this holy discussion. It was

more of a sense of routine but as I went into the prayer, something came over me that was very, very sincere. I found myself surrendering my entire life. I said, “I will learn whatever you want me to learn. I will do whatever you want me to do, just make me useful for the rest of my life.”

My entire life, literally, began to shift. Again, then I was a professional woman in the world and just everything was different than it is now. After that, I started having visions and things like that. That had never happened before. So my whole life began to shift when I said that sincere prayer.

If we just fast-forward, as you know, I went to *A Course in Miracles*. You might say, I went to *A Course in Miracles*, I’m talking about that initial time and what I did was I went through the Workbook the way you’re supposed to do the Workbook. I also in the same period of time read the text twice in the *Manual for Teachers* twice. So that was my first experience of the *Course*, where the *Course* was the only thing I’m looking at.

After I finished the *Course* in that way, I was guided to move. Quit my job, move, and that was when I was guided to read the New Testament and let it be interpreted for me. I heard an inner voice and *NTI* was written. Of course, I’m telling of a quick summary.

After *NTI* was written, it was when that next sincere prayer came because *NTI* ended up being published, and when I was sending the manuscript off to the publisher, that same level of sincerity that dropped over me and I found myself saying, “Thank you, thank you, thank you,” for letting me write *NTI* because, you know, it wasn’t just the experience of letting me write it but I have lots shifts and lots of Clarity, lots occurred to me to write *NTI*. I said, “Please don’t let it stop now.” I said, “Please send me something else to bring me higher into Love.”

Two weeks later and that’s when I met Laurent. You and I have talked about Laurent and how really that entire relationship was a huge purification for me.

Jennifer

Right.

Regina

So I went through now a year-and-a-half relationship with Laurent. A lot of purification occurred, a lot of false beliefs were let go of, and then at the end of that relationship, it was funny because when he was with me, it was so challenging. I had to be really inner focused all the time in order to act from Spirit instead of acting from ego.

When he left, it kind of got easy again, and I actually got kind of sloppy, and as if ego started coming back. When ego has been very, very weak, and then it comes to come back full strength, it hurts more than ever before, so I couldn't stand it. This led to my next really sincere prayer. I prayed, "Please send me something to take me to the next level."

That's when I started my inner teacher shift from what I called the Holy Spirit, which was absolute Clarity but had no personality attached to it. Like if you feel Jesus, the sense that it's Jesus. But when it's the Holy Spirit, it doesn't have a personality sense to it. It's very generic in that way.

What started to happen was that my inner teacher switched surprisingly to an Indian sage by the name of Ramana Maharshi, who I was not at all familiar with, which is why it was so shocking. I didn't even know who this person was. But it shifted and Ramana began teaching me things. It began really pointing me towards the true self and teaching me how to focus on the true self, which is a very appropriate next stage after purification. First, there's a letting go that happened, but once the letting go happens, there's a turning around that needs to happen and start looking at and realizing what we truly, truly are.

Prayer Without Ceasing

This morning—this is so funny. This morning, when I woke up, my very first thought was that it's time for me to start praying the next prayer. When I was in my contemplation time this morning, that thought came back like it was such an early thought. When I say I first woke up, I mean when I first opened my eyes. And because it was such an early thought, it was kind of also quickly forgotten.

Jennifer Uh-hmm.

Regina But during my contemplation time this morning, that came back, that it was time for me to start praying the next prayer like a guidance. The next prayer is, "I'm only to pray now for awakening."

Jennifer Uh-hmm.

Regina That felt like an assignment now this time, a little different than the way the other prayers came. They happened more spontaneous, but yet it feels it has that same authority, the same sincerity, and it has behind it the same

shift, and so I feel to accept that assignment and learn to make my life a prayer.

Jennifer Yes, prayer without ceasing.

Regina Yes.

Jennifer Hmm. Exactly. Yes, I have in one of my prayers, “To live my life as a joyful prayer of the heart.” Yeah.

Regina It seems that praying. . .

Jennifer Oh—yeah.

Regina Oh, go ahead.

Jennifer Well, I was just going to say, Regina, I know that what you’re offering is a message that’s of great nutritious value for many people because in it, first of all, I can say that my life is different but there are some similarities and they are the massive openings in my awareness and shifts in my life came from exactly that very sincere prayer to know God, to know myself as God, and to just not be distracted or allow anything else to become important.

And to please take from me all the attachments, the cravings, the yearnings, all the things that do not lift me up closer to that awareness. And just prayers of incredible gratitude that God is, that I can have an awareness of God. Just so grateful for that and having a deep desire for more and for more.

I know absolutely that that sincere prayer of the heart resounds around the Universe and it is met with a force of Love that’s unimaginable until you experience it. That force of Love will be like a fire that burns away everything that you really don’t want but think you do.

Purpose Break

Regina Yeah, well, you know this morning, as I said, the other prayers just happened, so this one is a little different, and it’s coming as a guidance, as an assignment. So one of the things I did this morning was I looked very honestly when I don’t pray. Because in a way, to a point, my entire life is a prayer, but what I notice is when I get, at night when I get physically tired, physically sleepy as it happens like in the last hour before I go to bed, at that point it’s like the prayer stops. It’s like I pick it up and I put it on the shelf, I get something to eat, I turn on the TV.

It's not like there's anything wrong with, you know, and this isn't a meal. This is a snack food.

Jennifer Right.

Regina It's not that there's anything wrong with eating a snack or watching TV, but this morning when I was looking with this Clarity that comes when you're in contemplation, I saw that what happens is that I put my prayer on a shelf daily at a certain time. I say, "That's okay, it's like I'm done for the day, and now I just want to relax. I need to look at where that's coming from, right?"

Jennifer Uh-hmm. Uh-hmm.

Regina What is it? What is it in me? Obviously, it's the mind. But what is it in me that thinks it need a break from purpose for an hour a day.

Jennifer Uh-hmm.

Regina To relax.

Jennifer Oh, yeah.

Regina It's interesting to be what some people might call 90% there, and yet I'm looking at the 10% holdout and saying, "Wait a minute, there's not room for that anymore." But now, how do we shift, you know? Because every time you have a conditioning like this conditioning to rest at night, but you have to take a break from purpose, and grab us a junk food and turn on the TV for an hour is very strong, actually. It's not a weak—

Jennifer I'm there with you.

Regina It's a very strong conditioning.

Jennifer It is. And right now there's a pull to take a break here.

Regina Oh, okay.

Jennifer It's time for us to take a break. I'm Jennifer Hadley. You're listening to *A Course in Miracles* on Unity online radio where my guest is Regina Dawn Akers, and 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*.

Notice to the Public

Jennifer Hello, hello. It's Jennifer Hadley. My guest today is Regina Dawn Akers. I would like to just point out a couple of things that we've referred to in the first part, because I know you're going to be interested in them. First of all, Regina's website is just her name dot com, and Regina Dawn Akers is A-K-E-R-S. Her books are—she called it *NTI*. But if you go looking for *NTI*, you may not find it, so *Holy Spirit's interpretation of the New Testament*. A beautiful powerful book that is helpful to so many. Then she's also talking about *The Teachings of Inner Ramana*, R-A-M-A-N-A. *The Teachings of Inner Ramana*.

I also want to mention that Regina and I are going to be in Baja, Mexico next week. We're doing a *Living A Course in Miracles* retreat together, along with Gary Renard and Jon Mundy and David Hoffmeister. I know we're going to have an awesome time and a miraculous time. We are broadcasting it on a livestream. You can go to Regina's website or anyone of those teachers' websites and find out about the livestreaming. You can certainly go to JenniferHadley.com and find out about the livestream. You can purchase the livestream for only \$97, and you get all the access to the live teachings and then also the videos later.

We're actually also going to separate the audios because sometimes you don't want to sit in front of the computer, you'd like to take that teaching with you and just in MP3 form. We're going to do that as well. So that's the *Living A Course in Miracles Baja Winter Getaway* retreat on livestream.

The Subtle Way

Regina, we were talking about, just before I had to interrupt you there before I went to the break, we were talking about the pull to disconnect that comes when we're tired.

Regina Yes. Take a break.

Jennifer Yeah, take a break. I don't know anyone who doesn't feel that. You know, I've actually been thinking about this myself because I love storytelling, so I like to watch stories. I like to watch movies and TV programs, my Netflix and things like that. I do know that the Holy Spirit is always teaching me through those things, and that's my intention is to receive a teaching and to be just in that receptive mode. But there is a great deal of what feels like

physical or human relief, pleasure in just sitting in front of the television with some food.

Regina Yeah, and as I mentioned, this came—this is coming as current guidance from me, and there probably is a time when it's not appropriate to get that subtle in looking at yourself. Everything happen in stages.

Jennifer Yeah.

Regina So there may be people who are listening who are at a different stage, and what I always recommend is that you be at whatever stage you're at fully. If you're not ready for the stage of getting that subtle and looking at the 10% of the day when you're taking a break and saying, "Okay, it's time to quit taking that break now." To start looking at it now would be inappropriate. In fact, what would happen is you're probably start feeling being filled with guilt.

Jennifer Exactly.

Regina Like your judgmental mind is going to look at it, and that's not my experience at all. My experience is coming from a completely different place. So that's one thing I want to emphasize is as I'm talking about right now is the experience of looking at that and realizing it is now time to not ever take a break, that I'm really referring to my guidance.

Jennifer Exactly.

Regina What happens now—and maybe somebody gets to that—maybe everybody gets to that guidance at some point, maybe. But we don't even know that for sure. I think it happens for everyone differently. What I always emphasize for everyone is that they learn to tune in and recognize their own guidance, what's right, what's really right for them right now.

You know, I like to use the symbol of the *Stairway to Heaven*, and I don't know how many steps are on that stairway, let's just pretend like it has 51 steps. Whatever step you're on, you want to be on that step fully. When you're on that step fully, there's a miracle that descends and takes you to the next step. But to be looking--if you're on step 19, to be looking at step 32 and saying, "I should be doing that, too," is just going to cause a lot of guilt. It's not helpful.

Jennifer Right. Those "shoulds" are always the voice of the ego. Yeah.

Regina Yeah. But I did wake up with that guidance this morning. I did open my eyes and the first thought that I heard and was then quickly forgotten was it's time to start praying that next prayer, and the sense was praying without ceasing, without taking a break.

Then during my contemplation time, what occurred naturally was that I noticed that time when I really do take a break every day. I also noticed that as, you know, it's not like I can just say, "Okay, starting right now, I'm not going to do that anymore." What I noticed was that energy is actually a very strong pull just like it was very difficult to let go of some previous false belief like the "I am bad" belief, the belief in rejection, and the belief in betrayal, and many of these other things I've told you stories about. This is going to be another purification and that I need to be prepared for that. It may not be as easy as I think to go into 100%. You know, like the ego is much happier with a 90% than 100%.

Jennifer Yeah. I think that's really a helpful offering, Regina, to be just where you are and not compare. You know, compare and despair. Right? Compare always leads to despair, so don't go down that road. It's not just worth it. There's no value in it whatsoever. For some people—there had been definitely times in my life that being able to take a break and receive guidance from the Holy Spirit, but via a TV show or a movie, was deeply healing.

Regina Yes.

Jennifer There's no question about that. I know exactly what you're talking about. It's interesting to me because I've been getting much the same guidance to really look at all those different things. I'm feeling like I need to escape or I'd like to just tune out. My method of tuning out isn't to go into meditation.

Regina Right. Well, again, this isn't to say that TV is bad. . .

Jennifer No!

Regina . . . or that eating certain foods are bad, because there may still be definitely be times when we are guided to sit down and watch a television program or a movie or join in with the people we're with by eating the same desserts they're eating. It's not about that. It is about—that's why we have to get very, very subtle when we're going through any purification process because it's not about the form. It's about the content.

Jennifer Right.

Regina And the contents of that nightly habit is to take a break from this unceasing prayer.

Jennifer Right.

Regina That's what needs to be given up. At some point, you can lie to yourself. You might—you can say, "Okay, I still want to watch my nightly TV and eat my junk food but I won't take a break. Sometimes that's a lie, sometimes you have to actually, at least for a time, also change your physical habits.

Jennifer Right.

Regina Because the energy and the physical habits are connected, right?

Jennifer Yes, definitely.

Regina Yes. So in order to become free of the energy, at least for a time, you also have to change your physical habits. Maybe, there comes a time then when the physical habits, the physical act of watching TV for example is no longer related to taking a break. But if it is, then maybe for a time, the TV needs to be given up or at least the night TV.

One thing that I did happen to notice on Sunday, I drove my daughter to Colorado Springs and drove back on a snow storm. When I got home, even though it was only in the middle of the afternoon, the same tiredness was there that I often feel at night just before bedtime.

I took a break in the middle of the afternoon and I watched a movie. Again, nothing wrong with watching a movie, but it was that same energy of taking a break, and like you called it escaping. I remember the thought crossed my mind that this movie was my drug of choice.

Jennifer Yes.

Regina Some people might go into alcohol and get drunk. Some people might go into drugs to take their break, you know smoke pot to take their break. Some people, of course, dive into the food, which I have been certainly known to do. For me, it was diving into the movie. So it really was taking a break from unceasing prayer as if prayer, devotion, purpose was a burden. And you know, there is a part of our mind that thinks it is.

So what that means is when I fall into in energy into whatever way I escape, I escape from purpose. I am moving into listening to ego in that moment and believing I need a break.

Jennifer It's so helpful to hear you talk about it where—because what I hear is there's no shame, there's no blame, there's just you're observing it, you're noticing it, because you're interested in the purification, in the Clarity. So often when we talk about these things because I've had a real journey with self-medication, you know?

I've tried a lot of different forms; cigarettes, drinking, eating, watching television, working, working out, smoking, and even probably—oh, definitely volunteering at church, and things like that. I've tried so many different forms of medication, self-medication. Doing the spiritual work, I can honestly say that there was—when I was first taking classes at Agape and things like that, I would literally stop on my way home from class and get a six-pack of beer and a pack of cigarettes, and go home and self-medicate because my mind was opening, my heart was opening, and I had to shut it down. I couldn't stand it.

Regina Yeah. That's exactly the energy I'm talking about.

Jennifer Uh-hmm.

Staying in Purpose

Regina We need to take a break from God. Take a break from purpose. What would want to do that but ego. So somehow when we slip into that energy, when we believe it, we need a break. We are in that moment in our own mind. We are in that moment believing ego, because our heart—in fact, that was another thing I looked at, and I often use the symbol of mind and heart. Mind being ego, head being ego, and heart being Spirit.

The heart, I have never once seen the heart need a break in that way. I mean, that exact energy, I don't know how to describe it but that exact energy that you would describe when you would have to get that six-pack of beer and cigarettes, you know, that energy, the heart doesn't do that. So we've flipped into the mind when we're needing to take that break.

One of the things I was talking to you about on the phone before we started the radio program was how important purpose, or spiritual aspiration, or true desire is. I happen to be reading the Bible this morning. I was reading the-- what they call, *The Sermon on the Mound*. It begins in Matthew Chapter 5, and goes through Matthew Chapter 7. Its three chapters in the Bible.

It's a very famous sermon. If somebody's never read the Bible and they sat down and read it, they're certainly going to recognize parts of it even if they've never read the Bible.

Jennifer Uh-hmm.

Regina Probably Jesus' most famous sermon.

Jennifer Absolutely.

Regina As I was reading that, what I really saw Him emphasizing is you need to stay in purpose all of the time. You need to Love God all of the time. You need to want truth all of the time. You really can't turn it off, you know? Of course, again, we're not talking about guilt here. We're just talking about if you really want awakening you have to move into the part of yourself, the part of your soul that is that call for awakening and quit running back to the part of yourself that is trying to escape from awakening.

Jennifer Yeah.

Regina And then stay in that part of your soul.

Jennifer No matter how strong the pull is, and I think we all know that it is, well, it's the most intense thing we deal with in our human experience is that pull of the ego and all temptation, et cetera. It's so intense. It could be in so many forms. It could be in the form of you just don't like that person. You just don't like him.

Regina Yeah. You're right. It could be in a lot of form.

Jennifer You just think—yeah, you just think Obama is wrong. You just think—whatever it is, you just think, “Oh, for God's sakes it's just. . .” “Come on!” You know you're just committed to that opinion or belief and it can show up like you just have to have chocolate. It can show up in so many—you know, you just have to tell that person how you feel, you know, because your minds are connected, so you have to tell him how you feel.

If the belief is so intense, it's more intense than gravity. And yet, when you sincerely desire to know the truth, it cannot hold you—

Regina It is that sincere staying in that heart that's going to make that desire then. In fact, there's a Christian singer named Francesca Battistelli, and she has this song about—I wish I could remember the whole name of it. Maybe I'll look for it on the break. “Growing Dim,” is part of the title. But that's what she talks about. She wants this and this and this, but when she thinks of

God, all of that grows dim because her Love for God is so much stronger. It makes all those other desires grow dim.

If we want to let go of whatever our habitual conditioning is that keeps us in ego. The best way to do to stay in focus on our Love of God, or our Love of truth, or our desire of truth, or our inner calling, or whatever, it just blows our heart wide open. Because when our heart is blown wide open, those ego temptations grow dim.

Jennifer It's true. It's so true and isn't that, to me, anyone whose hearing that, hold on to that because it can feel like you are being sucked down a tube sometimes by the ego. It feels like a whirlpool, it feels like quicksand. I know we'll talk about this more when we come back from the break. My guest today is Regina Dawn Akers. We're truly talking about *Living A Course in Miracles* and walking the talk here on Unity online radio. 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*.

Special Mentions

Jennifer Welcome back. I'm Jennifer Hadley. My guest today is Regina Dawn Akers. Just before we get started, I'm going to make a couple of announcements here. We're going to be offering—we are offering the *Living A Course in Miracles Baja Retreat* with Regina, and myself, and Jon Mundy, David Hoffmeister, Gary Renard, on a livestream. You can watch us on video livestream. Video livestream package, it's only \$97. Includes all the teachings and you get the videos whenever you feel like it, and you also get audio extractions of the videos so you can take those audios easily with you wherever you'd like to go.

One of the great things about the system we have now is it's so easy for anyone. We have a free member site at LivingACourseinMiracles.com. Whenever you purchase any package of any kind, you always can just go right back to the members' site and look at it, re-download it. We really

make it easy for people to access the things they buy just because I know I'm one of those people. I can't remember how to access 40,000 different things but I can remember how to access one site. So we make it easy for everybody.

I also encourage you to go to reginadawnakers.com. She has so many wonderful free offerings and audios. She's constantly teaching. At the end, we're going to take a couple of minutes and talk some more about that. I also want to mention, and, Regina, you'll find this cool, last year, the Power of Love Ministry, which is the umbrella under which all the *Living A Course in Miracles* classes happen, under which this radio show happens in partnership with Unity is all funded by Power of Love Ministry, and that's a non-profit organization.

In the *Living A Course in Miracles* classes, which you participated in, Regina, we had people from 102 countries last year participating. I think that's astounding. Now, we have the *A Course in Miracles* app. It's out at iTunes for iPhone and iPad. It is the three books of *A Course in Miracles*. Easily accessible and searchable and you can also set up reminders. Its just released, we are still working out some bugs but I encourage you to go and get it. It's totally free for the download. It's called *A Course in Miracles App: ACIM Complete with Deluxe Features*.

We built in all the features that I myself wish to have as *A Course in Miracles* student to be able to highlight, and e-mail sections, and bookmark things. I love the Search function. I hope you'll all get it and share it and enjoy it for free.

Pull of the Ego

Before we were going to the break, Regina, we were talking about the pull of the ego. One thing I just like to mention is that—I've talked about this sometimes in classes, that that pull of the ego, it feels like it's actually feel—can feel like it's in your heart or in your belly, your third chakra--this is how I used to feel sometimes is I was slipping into self-medication, self-attack, and all that anger and upset.

Sometimes, I would think that there was like this little voice inside of me that was saying, "I tried. I really tried to be good. Tell them I tried. Let them know I did try but I just couldn't do it. I just wasn't strong enough but I did want to try."

Regina Yeah. One thing that you said that I would caution people to watch for, you said, “I tried to be good.” Whenever you get into that good or bad, you’re back in the ego again. You know what this guidance that I received this morning, even though it’s crystal clear, looking at that energy, letting me see that energy with a subtlety that I’ve never seen before, there was no judgment. There was no idea of, “You’re good,” if you don’t succumb to the energy, and “You’re bad,” if you do. I mean, that just had nothing to do with the Clarity.

Jennifer I’m so glad that you pointed that out.

Regina Pure helpfulness coming to me now showing me if I want awakening where I need to be turning my attention next. Period.

Jennifer Yeah. I love that. It reminds me. I had a conversation on the radio show, actually, with Robert Holden, who’s a wonderful *A Course in Miracles* teacher for a long time. On the radio show, we were talking about raising children in applying these teachings and sharing them with children, because he has two young children.

One of the things he said to them is—said to me, was that he and his wife don’t tell the children that they’re good or bad. . .

Regina Yeah.

Jennifer . . . because they’re inherently good.

Regina Right.

Jennifer And they’re not good when they do certain things.

Regina Right. Exactly. I totally support that. Yeah, I totally support that. So if we start looking at anything, you know, any part of the spiritual path, depends again, whatever step you’re on, your inner guidance is going to have you looking at something. That’s what it does until we awaken.

Let’s say you’re at a step where you got angry. You know, what you do is shout at people, you know, at your family members or whatever. It may be helping you look at that. It may be helping you to overcome that energy that causes you to get angry, and helping you to see those thoughts that you’re listening to when you get angry. But it’s not telling you you’re bad because you’re angry.

Now, simultaneously, the ego may be there to derail the whole thing by telling you you’re bad when you’re angry, and you’re good when you

don't. But that's the ego, that's not the Clarity. The Clarity has absolutely no judgment in it, only helpfulness.

Jennifer Indeed. Indeed. It can feel when you're starting out with this. It can feel that to be attentive to all these things is overwhelming. It can feel so burdensome to think, "Oh, I have to watch every thought and every word. How am I ever going to do that?" But that's one of the beauties of *A Course in Miracles* is it gently really or actually it kinds of shocks you in the beginning. "What?" But it really lets you know that there is value in looking at everything, and you can even look at not wanting to look at everything.

Regina Well, that's why I also like the symbol that I used earlier of the stairway to heaven. You know your job is to be on whatever step you're on now. Also, I think another symbol that people have used, maybe Ken Wapnick is the one who've used it, it was the peeling back of the layers of the onion. You'll be with whatever you know you're to be with now. You're looking at whatever you know you're to look at now and be there as fully as you can. The next stair, or the next layer of the onion, will come naturally.

We aren't doing this with the ego, we're doing this with grace. We don't have to go out there and find everything, going to pack everything. We just have to tune-in to what we know we need to be focusing on, to what we know we need to be paying attention to and do that to the best of our ability.

You know Peace Pilgrim? I don't know—I know some people know Peace Pilgrim. I don't know if everyone does but she was one of my inspirations. She said as she lived up to the highest light that she had, higher light was given.

She does the same with, "Do your best and naturally—naturally you will ascend." Naturally your best will get better. Naturally you'll start to see more subtleties. You just be where you're at, you know, the best that you can in a non-judgmental way, and everything else is going to unfold perfectly.

Jennifer It's true. It's true. I think, for me, the bottom line is I am not going to judge myself.

Regina Right. That's what I'm praying for.

Jennifer No more. No matter what I just did, no matter what I just said, no matter I'm feeling, I am not going to judge myself.

Regina I agree 100%.

Jennifer I have a very strong line on the sand on that one. Remember, I don't know, maybe six months ago, I had the thought, "Jennifer, really, how can you not judge yourself about that? Is this really helpful?" And I was like, "You go. I am not listening to you." I am not judging myself because Love is the healer, because Love is our true identity, so any form of judgment is going to interrupt with our connection with Divine and no good can come from it.

Regina Yeah. I agree.

Awakening Together

Jennifer Listen, we only have a couple of minutes left and I really would like to let people know what you're up to these days in the Sunday services. So how can they connect more with you, Regina, and what you're offering?

Regina Yeah. Well, I have two primary websites. One you've mentioned already, reginadawnakers.com. But also, I am a minister of an online church called Awakening Together. That website is called awakening-together.org. Both websites have different things to offer, so I recommend looking at both websites. If people really have a question, they're curious about something like how to get into our sanctuary, they can't figure it out for themselves, just use the contact form. Just send me an e-mail and I will respond.

I will be in Mexico next week, of course, so my response maybe delayed next week. But I will respond. Probably a couple of things I want to bring people's attention to, Awakening Together has an annual retreat. It will be this coming fall in Colorado Springs. If they go to either website, they can find information about that.

Usually, it's three retreats that are stackable so you can go to one, two, or all three retreats. The first retreat is a weekend retreat with Jan Frazier, followed by a week-long retreat with me, followed by another weekend retreat with Bentinho Massaro. The other thing I would want to bring people's attention to is that Awakening Together is having a fund-raising campaign right now. What we are doing is raising money to open a retreat center that would then be available to everyone to come and—I call it, "Be alone with God."

Sometimes there may be classes and workshops going on there but that's not this retreat center is about. This is providing a devotional place where people can go. There will be gardens. There will be walking. There will be devotional room, kind of chapel-like room. There will be somebody there cooking your meals and providing everything that you need so that you can come and be alone with God. I will also come out and talk to anyone who wants me to spend time with them.

If anybody is really interested in having that kind of a place available to all of us, I would ask them to consider donating to that retreat center campaign and you can find the information on either website about that as well.

Jennifer Beautiful. Oh, thank you, Regina. I'm so looking forward to seeing you in Baja in just days away. Again, anyone can join us on the livestream from Baja. I'll be doing the show from there next week.

Closing Prayer

I'm going to invite everyone to place their hand on their heart right now. We take a breath of Love and gratitude. We allow ourselves to know the deep desire of our heart. We open ourselves to the truth that sets us free.

We're grateful and thankful to share the benefits of our awakening and our healing with everyone because we're One with them. In grace and gratitude, we allow it to be. We let it be and so it is. Amen.

Thank you, Regina. I love you. I'll see you soon.

Regina Alright, I love you, too. Yeah, see you soon and thank you.

Jennifer Uh-hmm.

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.