

**March 31, 2015**



## **A Year Without Fear, with Tama Kieves**



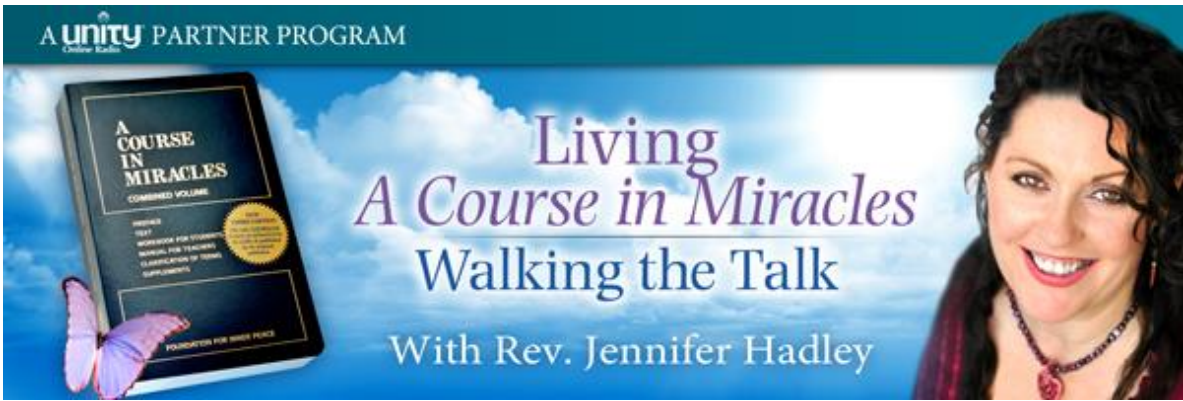
 *Jennifer Hadley*  
your daily shot of spiritual espresso

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March 31, 2018

# A Year Without Fear, With Tama Kieves

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the Course, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Ah! So happy to be with you today! We're in Easter week, coming up on Easter as I speak. I'm in Arizona for a week or two, here out in the desert, so going from England, where it's wet, to the desert in Arizona.

I have a wonderful guest here today with me, Tama Kieves. I'm going to introduce her in just a moment.

But we're going to do, as we **always** do, we're going to start with a blessing. I invite you to turn within.

## Opening Prayer

Mmm! We take a breath of Love and gratitude together, and I invite you to place your hand on your heart, and we remind ourselves that we're wholehearted, that we're here to live a life of Love, we're here to be truly helpful and that, as always, the Holy Spirit is going to guide us and lead us of what to say and what to do, so we don't have to worry about a thing.

We're so grateful that we're coming together for a Holy purpose. We're joining together in Love, in grace, in gratitude.

So grateful to open our hearts and minds to the beautiful spirit of Tama Kieves and these beautiful teachings of *A Course in Miracles*, so we join together and we're hearing the Voice of the Holy Spirit in each other. This is what I know.

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What I know is that we're coming together for the purpose of having a healing, and we're dedicating ourselves to that healing, to the Truth that sets us free.

We share the benefits of our healing, our awakening, our expansion, our Joy, and our loving hearts with everyone, because we're One with them.

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

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### *Introduction of Tama Kieves*

Ah! It's my pleasure to introduce Tama. I'm just going to tell you a little bit about her. Tama and I've known each other for a couple of years now. We met through the *Living A Course in Miracles* series.

I'll tell you how good God is. I'd heard Tama's name, over and over again from various people and different things, and someone was visiting from out of town and they were in Los Angeles, and they said, "Can I please have some time with you? I really feel it's important to get together with you." We managed to make it work. It was great.

When we sat down, one of the first thing she said was, "I'm so on fire! I just went to an event with Tama Kieves. Oh, my God! That woman rocks!" As soon as she said it to me, I said, "Ah! Tama Kieves. She is the person! I knew Spirit is going to give me one more name for the next *Living A Course in Miracles* series." and there it was, Tama Kieves.

I contacted Tama, not even **knowing** that she had been studying *A Course in Miracles* for decades. For decades! That's how Holy Spirit hooked me up with Tama Kieves.

What you're going to **love** about Tama and her work is she's all about Freedom, and Freedom from fear, and Freedom from ego domination. She has had such a great gamut of experience. She was an honor student at Harvard Law School, and she left a successful law practice with a prestigious corporate law firm. She was just moved to go and do her life's work, which is knowing herself as pure Spirit and sharing all the tools and tips that Spirit gives her for her liberation.

She's the best-selling author of a great book, I highly recommend, called, *This Time I Dance!: Creating the Work You Love*. Then, her next book was *Inspired & Unstoppable: Wildly Succeeding in Your Life's Work*.

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Now, her latest book is all about *A Year Without Fear*. That's what it's called, *A Year Without Fear: 365 Days of Magnificence*.

Tama is all about helping you really live your very best life in the most **practical** way, which is why you know that when Tama and I had a wonderful opportunity to host her and her partner in my home a couple of years ago, finally, at like 2 o'clock in the morning, I said, "Tama, we have to stop talking and go to bed! We both have to get up early!"

We're going to blaze right through this radio show. Tama, when you hear the music, it's going to be time for us to take a break. We've got a couple of breaks coming up, but let's just jump in and get started.

Tama I can't blaze through to 2 o'clock in the morning with you again? [laughs]

Jennifer [laughs] Well, I hope we get to do that sometime soon, because that was a lot of fun.

Tama Yes!

Jennifer We're definitely soul mates. We're definitely on the same page.

Tama has done such a great work. She really is a best-selling author. She's been on TV, Oprah Radio, she's been featured in lots of publications.

Also, you'll also be interested in this, especially because we have so many people on the East Coast, she's on the faculty at the Omega Institute and the Kripalu Center, so she does regular events.

In fact, you have a class. Is it not starting today?

Tama You know it, girlfriend! Tomorrow, March 31<sup>st</sup>. I'm sorry, today! That **is** today!

Jennifer Yes! Today!

Tama [laughs] What am I talking about?

Jennifer Yeah.

Tama Yes, I do! I'm teaching *A Course in Miracles* live. I'm teaching it here live in Denver, and then we do it virtually, so anyone in the world can join us. You could join any time, so please do.

Jennifer Yeah, so listen up, because I know as we go through our conversation today, you're really going to be interested in taking a class with her.

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### *Tama's Shift From the "Safe Path"*

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There's just so much benefit that -- you know, it's that practical application that I am **all** 100% about. It's always helpful for people to hear, how did you get started with *A Course in Miracles*?

Tama Well, you know, I think I got started with *A Course in Miracles* because I was in **total** freaking **fear**! My life had really fallen apart but actually, of course, with the best thing that had ever happened, and I think you become much more open-minded. At least for me, you become much more open-minded spiritually when you're no longer holding on to your traditional security.

My whole life change happened because I had ended up in a career that I absolutely hated. I was absolutely miserable, like a lot of people are unfortunately. I had known, when I was younger, what I wanted to do. I'd always wanted to write. That was my big, big dream.

Many people know my story. I grew up in Brooklyn, New York to an Orthodox Jewish family, and my mother would always say, "You're going to write? You're going to starve!" And so, it was always that practicality just shoved at you.

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*I just felt so empty. I kept feeling like "There's got to be something else! There's got to be something more!"*

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And so, like many people, I ignored what I really, really loved, and I thought I was being practical and I took a "safe path". I went to Harvard Law School. I graduated with honors from Harvard Law School. I'm on partnership track in a major law firm, and I was **so unhappy** every single day! I would go into that law firm, and I would feel like everybody in my life was telling me this was major success, but I just felt so empty. I kept feeling like "There's got to be something else! There's **got** to be something more!"

Thank God, a friend of mine said something amazing. He said, "If you've been this successful in something you **don't** even love, what could you do with what you love?"

**That's** what began my whole wild journey. I walked out of that law firm to open my mind to finally listening to my heart and my soul. I had **not** been studying *A Course in Miracles* at that point. I had not even necessarily been in a spiritual perspective, **yet**. But at that moment, and in the coming years,

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because I had walked out of traditional security, I started gobbling everything spiritual and self-help.

The friend who introduced me to *A Course in Miracles* kept reading it to me, and I was so close-minded. I was so like, "Get that stuff away from me! Get that crap away from me! I'm not interested!" just because it scared me, it sounded religious and everything. Then he finally started teaching it to me without telling me what it was, and I was like, "Oh, my God! That's phenomenal! That's incredible!"

Jennifer [laughs]

Tama He made this deal with me like -- I thought -- he finally told me what it was, and then I made a deal with him that "I'm going to read that material, line by line, like a lawyer and I'm going to show you how ridiculous it is!" because this how open-minded I am, and I've been reading it ever since.

It blew me away, and it has been the source of comfort and strength that allowed me to do a major career transition like that, and become a best-selling author, and a teacher, and retreat Facilitator, and to now help thousands and thousands and thousands of people, all over, to find **their** calling and their dreams. So, I credit it with **everything**.

### *Willingness to Follow Spirit's Voice*

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Jennifer I think one of the most important things that you share with people, and that's so inspiring about your life, Tama, is you had the **willingness** to find the courage to follow the Voice of the Holy Spirit, even though everything in the world made it seem crazy.

Tama Mm-hmm. Mm-hmm.

Jennifer It's just that **willingness**.

Tama You know, and sometimes -- you're absolutely right! It **is** the willingness, and I think Spirit is **so incredibly** insanely beautiful, because even when you **don't** have the willingness, you are **provided** with it. What I mean by that is, when I was practicing law, I secretly knew. You know how we all get those notches and those whispers? I had those whispers all along that were like, "You're meant to **write**. You're meant to write. That's what you're meant to do."

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But I **didn't** want to hear that. I was clutching onto what I **thought** was security, and what I thought was success, and what I thought was being practical and wise. I had to get so deeply, deeply unhappy that I didn't even want to live anymore. I would go every day and think, "Well, this is my life, and I don't fit here."

I think a lot of us who are spiritual feel that way, when you just start feeling like, "What's **wrong** with me?" Everybody else can have a 'normal life' or not to ask this deep questions. What's wrong with **me**?"

I think that willingness, initially, came to pure desperation, just pure desperation, pure fear, pure pain, because I didn't know what else to do. "I don't want to be here anymore." When you're desperate enough, and you're scared enough, I think, then, you get willing to say, "What the hell? What have I got to **lose**? Maybe I'll try this wacky idea. Maybe I **will** do what I really want to do with my life."

But I agree with you, Jennifer. It's totally -- I **really** deeply believe that the work is about cultivating that willingness, every single day, to listen to something original, and holy, and amazing in you, that asks you to do things that maybe you wouldn't have ever done, but knows a plan you **couldn't** know.

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*We are becoming  
something so much more  
than we could ever dream,  
because we're listening to a  
Voice that we can't even  
imagine.*

---

That's the **amazement** of this work, that's the astonishment of this work, that **we** are becoming something **so much** more than we could ever dream, because we're listening to a Voice that we can't even imagine.

Jennifer

This is one of the things that I'm remembering that we have in common, because we were both, right around the same time in our lives, we had the outer signs of success. We were **so** unhappy. The things of this world were **not** making us happy. We **had** a higher calling, we knew it, and we were **afraid** to make that leap and that choice.

But at the same time we, literally, both were feeling suicidal.

Right now, I think God is so freaking good, because the very fact that your class starts today, March 31<sup>st</sup> -- now, we could talk about later, because I

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know people listen to this on the download later, people can probably get into the class a little bit later and everything.

But you've got this book that's just coming out now, when it is -- I heard another spiritual teacher say, "This is the time. Right now, this time in our human experience, is the time that the Bible referred to as the time of the gnashing of teeth and the insanity breaking out, because this right now is when the ego knows it is being **dissolved**, it is being resolved back to its root source. We're not going to **need** it anymore, and so everybody's ego is making a last-ditch effort to keep control. "

Tama Oh! Is **that** what it is? [laughs]

Jennifer That's what it is, baby! Because everybody -- I don't know.

Tama I thought it was just **me**, baby! [laughs]

Jennifer No, it is! There's so much Light pouring into this dimension where we are right now to help us, actually, to **illuminate** everything that's not working in our lives so we can **offer** to the Holy Spirit.

Tama Absolutely.

Jennifer We don't have to figure it out. We do **not** have to figure out. We just have to offer it to the Holy Spirit, and be willing to be helpful and vigilant.

Tama Love it!

### *365 Days of Magnificence*

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Jennifer I **love** that you have created this book, *365 Days Without Fear*, because it's a companion piece to *A Course in Miracles*.

Tama Mm-hmm. It's called *A Year Without Fear: 365 Days of Magnificence*, and what they are is, they're five-minute daily mindset shifts.

It's because I found, in coaching -- I've coached **so** many people -- entrepreneurs, and artists, and visionaries, and thought leaders, and those of us finding our calling and living our calling, or **wanting** to have a calling. I've found, so many times -- I know you see this, also, because you teach and speak all over, that **so** many people wanted a change right now! This minute!

Jennifer Yes! Right!

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Tama “I’ve been out of balance for 40 years, but please fix me in five minutes! Please!” They would come in, or we were speaking on the phone or Skyping or whatever, and it would always be like, “I just want this change! I just want to do this!” or “I just want to feel okay.”

What I’ve noticed with coaching over time, and certainly in my own healing over time, **real** change for me never happened immediately, like big bursts.

Jennifer No.

Tama They happened because of small, consistent, steady **practice**. They just happen in small, consistent, steady practice. Small, consistent, steady changes over time, and I make my changes very small and very easy.

As you know, just like in *A Course in Miracles*, for me, the **real** change that I work with people on, all the time -- everybody always wants the steps. They’re like, “Just give me the eight steps to create the work I want.” “Give me the eight steps to **do**. I want to do what you did.”

For me, it’s **never** about the steps. It’s about the **thinking**. If I can shift your thinking into thinking limitlessly, to thinking bigger, to getting out of the way, to letting that Spirit, that genius, that original instinct that’s in you that can guide you anywhere and everywhere, **that’s** what my work is about.

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*It’s never about  
the steps.  
It’s about the  
thinking.*

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People have asked me for years, like, “Oh, my God! I **love** your books, but I just want something I could read every day, something that I could keep this in my mind every day.” Because, you know, you read something and then you forget it. You go back.

And so, that’s what *A Year Without Fear Is*, is that every single day, there’s a mindset shift. There’s something that you read that gets you back thinking with Love instead of fear.

Obviously, I’m steeped in *A Course in Miracles*. I’ve taught it for over 25 years. But I wanted to create something that would have that “languaging” but would also be much more mainstream, or much more **specific**, really more specific, like **details** of, instead of saying, “Think something loving today,” I give you specifics of -- an example might be, one day I’m going to ask you to think about every single success you’ve ever had, and every time

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you've ever been successful in your life, and to steep your mind and your soul in **that** and how that happened.

Because the whole message of *A Course in Miracles* is that one of the ways that we undo fear is that we think with Love, that we think with generosity, we think with creativity, we think with attention. So, every single day, I give you a specific way to **do that**, because if I can train your mind to be thinking with Love, and to start listening and asking those right questions, then your Spirit will take over, and the way you set your day is the way you're going to **live** that day, and then that day is going to change your life.

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*The way you set  
your day  
is the way you're  
going to live that day,  
and then that day  
is going to  
change your life.*

---

That's why I'm so excited about having this book out there.

Jennifer Well, this is the perfect space for us to move to our break. I'm excited about it, too.

I would like to let everybody know to go to Tama's website, [TamaKieves.com](http://TamaKieves.com). Check it out, because she does have a class starting today. It could be the perfect class for you. We'll talk some more about that when we come back.

I am Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio, where we're with Tama Kieves and we're living the Love, 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*.

### *Following Your Passion is Security*

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Jennifer Welcome back! I'm Jennifer Hadley, and today my guest is someone I do consider a friend, the beautiful, magnificent author, Tama Kieves. She's been a part of *Living A Course in Miracles* series, I think, three times now,

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and she's been a previous guest on the radio show, so you can look in the archives and get those downloads, because I know, at the end of the show, you're going to say, "Ooh! I'd like more Tama Kieves!"

You can also go to [TamaKieves.com](http://TamaKieves.com). Her book that we're talking about is *A Year Without Fear: 365 Days of Magnificence*. How would you like to live a life without fear?

Now, one of the things that Tama really helps people with is careers, and changing careers, because she was such a successful attorney, and then she changed careers to be an author which, that's like one of the craziest things in the world anybody would ever do.

Tama [laughs]

Jennifer She's done it, successfully, by following the Voice of the Holy Spirit, even though she didn't know what it was. She just didn't want to kill herself because she was so freaking unhappy.

I think one of the most **beautiful** things that you really help people do is, people are miserable and unhappy, like you were, like I was, because they **think** they're doing everything **right**, and they think they've created a life of security, but then what happens is --

In fact, I was just watching a video of Jim Carrey, where Jim Carrey's father was a funny, comedian-type guy, and he **wanted** to be an entertainer, apparently, but he didn't feel that he could have a life that was financially secure being an entertainer. So, he became an accountant.

Then, in his 40's, his father was terminated from the firm where he worked, so he followed the path of security, but it wasn't in the secure path. His son followed the path of insanity, to the ego, and it's become a path of financial and job security for him.

So, in a certain way, this is what you're teaching, that following your passion is how you get there. But nobody can do that without holding onto somebody's hand.

Tama Absolutely.

Jennifer So, they can hold onto yours.

Tama Yeah. One of the things I get asked all the time because, like you said, we're living in such flux, and the job market's changing, and the economy is changing, and the climate is changing, and everything is changing, and a

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lot of people who, let's say, **aren't** in *A Course in Miracles*, or even those of us who **are** in *A Course in Miracles* or any other spiritual path, there is the tendency to want to clutch on to security even more, like, "Oh, my God! There's so much change! Let me --"

That's a natural instinct. But what I want people to know, more than anything else, is that your **greatest** security in this lifetime is your passion. That your **greatest** security in this lifetime is your passion, because your greatest security in this lifetime is your **Love**, and your Love is your strength, it's your competitive edge, it's where you're creative, it's where you're alive.

Those of us studying *A Course in Miracles*, **we** know that our Love is when I'm listening to the Holy Spirit. It's when I'm listening to Spirit's Voice, when I'm **really**, truly listening Spirit's Voice. That's when I'm **more** secure than any other time, and it is such an incredible walk in this lifetime, because my whole career has been this way of-- you know, people will ask me like, "But did you ever feel fear?" It's like, "Oh, honey! Have you ever read any of my books? They're all about it! I was scared of this, and I was scared of that, and oh, my God, I was freaking out about this!" because those of us who are living an **inspired** life, we are going to the **edge** of uncertainty. We are changing the paradigm.

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*Your greatest security in this lifetime is your passion, because your greatest security in this lifetime is your Love.*

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For me, I grew up being very confident and successful in the traditional paradigm, and have walked **completely** the opposite path, because I **know**, now, there's something else, and it's a **much** deeper security.

It's not only **spiritual** security, as though that's not enough. I mean that, to me, that's **everything** at this point.

### *A Path of Undoing*

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But, my entire career unfolded that way, you know. I got to write the books I dreamed of. They **did** get picked up by the major publisher I've always dreamed of. I **did** get invited to speak at the places I've always wanted to

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speaking at, in completely, **completely** unconventional ways. It's **never** been the normal way. It's never been -- you know, my Type A mind wants to -- "Get out there, and **do** and **make** things happen!"

This is the path of **undoing**. It's the path of **undoing** the fear that's in the way, and **undoing** your conditioning, because so many of us, we don't even **know** we're in fear. We think we're in practicality. We think we're having good judgment. We think we're being rational.

*A Course in Miracles* is all about -- one of my favorite quotes in it, it says,

Jennifer

Mmm!

Tama

"Who you think you are is a belief to be undone." That, to me, is what this is all about. It's that we are shedding the layers, the false layers and the false limits that we all have, that we have all put on ourselves. We've gotten by, in a certain way. We've may do, we've made it work, but there's **so much more!**

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*"What you think you are is a belief to be undone."*

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What I'm always excited about, Jennifer, what I'm **so** excited about is, if my one lousy career change to change my life -- because that's **all** I was doing. I wasn't trying to save the world, or make anything happen, or do anything. I was just trying to breathe. You know? That's all I was trying to do, is figure out, "How can I be here?" If my one little change has now affected thousands, and thousands, and thousands of other people, and I know **your** change has affected thousands, and thousands, and thousands of other people, every one of us has this tiny little shifts, and every one of us has a gift, a talent, a dream, a passion, a way to Love, someone we need to love. Again, as we **do** that, that's how we heal everything. That's how this paradigm does shift, and it takes **so** much courage.

As you said, it takes that holding on to something deeper. That's why I write. That's why I write, that's why I teach, because we need, constantly, to have those messages of "There **is** another way, and it is the most secure thing you'll ever do with your whole life."

Jennifer

It takes a leap of faith, and that's what I love about your teachings, is your teachings are so clearly supporting people in listening to the Voice of the Holy Spirit.

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### *Recognizing Spirit's Call*

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Let me ask you, because sometimes people have a fantasy about what their passion is, and it's an ego-based fantasy. How do people know in their -- how do they really know the Holy Spirit is inviting you to live your calling, to be truly helpful? Because there's no question. Like when you sat down to write, were you thinking, "Oh, I would like to create a program so I could be on television and talk to Oprah, or speak at major events and be on radio."? Was that any of that in your mind?

Tama I always have twin motivation -- I'll definitely have those fantasies lurking, like I definitely have that ego going, "Ah! Wouldn't it be nice if everybody just adored me? Ooh!"

Jennifer [laughs]

Tama I definitely have that fantasy lurking around in background. But my own writing, like you said, I'm writing to save my life. I wrote the books I desperately needed to read, because I couldn't **find** them, because I'm very picky. I'm deeply, deeply called in this work, and this is the rest of my life.

But I really wanted to have material that combined both worlds, because I very much believe in being **in this** world but not **of** it, fully thriving in this world but not of it, not in the ways that have been traditional and conventional, using this higher power.

I was constantly looking for books, or works, or teachings that combine, "How **do** I walk in this life? I **do** want to succeed, or I **do** want to write a book, or I **do** want to get out there, but I don't want to do -- but I want to do it from an inspired way. I want to do it from listening to God's Voice." And so, I was always looking for **that**, so that's why I write. So, you're right.

By the way, I may even start off with ego sometimes, Like, "Oh! Would it be nice when somebody just thought this was -- If this were the one, this is the thing that took off?" I mean, I will definitely have that junk going on, but the beautiful thing is, I'm safeguarded from myself because I'm not allowed to be creative from that place. When I write from that place, I'm not any good. It doesn't work. It doesn't go anywhere.

Jennifer Yeah. Yeah.

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Tama I can only touch the depth when I'm listening to that other voice, when I personally am listening to that voice, I touch that depth. That's what people have related to in my writings, is that "Oh, my God! I can't believe you said that! How did you **know**?" It's like, "Well, **I didn't** know. That's exactly what **I** needed to hear, so I'm glad it's what you need to hear."

### *Spirit's Voice or Ego's voice?*

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But, I think you were asking me a question, though, about "How do you know the Holy Spirit?"

Jennifer Yeah! How do you know whether or not you're in that place of ego fantasy? Because you're right. If you **were** writing from the ego fantasy, you'd be giving of your energy to **get** something, to get -- yeah, it's understandable, who **doesn't** want to be appreciated? That's a natural thing that we have as part -- and it's an egoist thing. Yes, I'd like to be adored, I'd like to be appreciated, I'd like to be financially supported, and all of that. But if we're doing things because **that's** our motivation, then we're living from ego.

How do you really know, how do you figure it out?

Tama That's a great question. I'm going to address it on two levels, because when you were saying, how do you know -- like you were starting to ask me, "How do you **know** that this calling that you have is from the Spirit rather than your ego, or whatever.?"

The first thing I want to say is that, very often -- because people will say, "I **want** my calling, and I don't hear it, and I don't know what I love, and I don't know what I'm supposed to do!" For **most** of us, I really don't think that we get a direct calling, as in, you know, "Sarah, go forth and plant tulips! Thou shall be a florist." You know? I mean, I don't think that we -- most of us don't get a calling that way.

For me, the way that this works is that you get called, moment by moment. They're just tiny little steps, moment by moment. And so, sometimes it won't even **be** something specific. Like, when I first left law, the only thing I knew I wanted to do was write poems. You know? And so, it's like, "Oh, my God! Where the heck is that going to go?" or "What am I going to do with my life?" But it was the only thing that kept coming.

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Then, as I was writing poetry, I started writing this poetic essays about career transition, because I was so unhappy and so miserable, and thinking, “Oh, my God! Am I the only person doing this?”

Then, poetic essays started making me realize I wanted to write a book, and then as I was writing a book, I realized I wanted to get around other creative, supportive people, because I was scared out of my mind. So, I started a support group, and then that led to teaching, and then teaching led to people who were asking me, “Would you ever coach me? Would you ever help me do my life’s work?”

My point in that is that, one thing leads to another, leads to another, leads to another. **That’s** the way Spirit works. It’s not that you get one definitive path, like, “Okay, here’s your path, and here’s the five steps.” It might even be, “Here’s your calling today -- forgive your sister, forgive your husband, clear your mind, forgive yourself. You’re attacking yourself for those thighs.” [laughs] Like, “So what? You ate a bag of Doritos! So what?” It’s just like, “Forgive that thought! Forgive that energy, so that I can speak to you, so that I can let something come through you.”

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*One thing leads to  
another,  
leads to another,  
leads to another.  
That’s the way  
Spirit works*

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So, again, a lot of times people are blocking a calling because they’re thinking it has be a certain way, that it’s going to be one big thing, when I think Spirit speaks to us in incremental tiny, little, beautiful steps which, again, is why I wrote *A Year Without Fear*, because I wanted 365 days of practice that you **listen** to. “What the Spirit asking me today? What is Spirit asking me today? What is Spirit asking me today?”

But to go back to your point about how you know which voice it is, is it the Holy Spirit or is it the ego? Because we **do** have many different motivations, and especially -- I see this a lot in the self-help industry, I’m sure you do, too, where there are so much stuff about “Find your place, find your passion. You can make a seven-figure income in three seconds if you find your passion. Just follow my program.”

Jennifer Mm-hmm.

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Tama I mean, you see this junk where you realize -- it's not junk. I will take that back. Oh! The judgment there of just -- we see a lot of the mixing of motivation, sometimes, and it's very easy to get that mixed up.

For me, my biggest, biggest tip that way, when people ask me, how do I know the difference? One is a Voice of Peace. One is a Voice of Peace. The Holy Spirit's Voice, for me, will always feel peaceful. It will always just feel like, "Ah! Yeah! That's it."

It's not always necessarily passionate, you know? If I'm hearing a voice that says, "Forgive my sister," I don't go, "Whoo-hoo!" You know? It's usually, like, "Oh, crap!" But I know it's **real**, because it said with so much Love, and there's liquid honey in my bones when I hear that Voice, and there's strength, and there's knowing, and there's surrender, like, "Yeah. I want to listen to this Voice, and this Voice only, for the rest of my life." **That's** what we listen to.

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*I want to listen to  
this Voice,  
and this Voice only,  
for the rest of my  
life."*

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Jennifer Beautifully said, and very clear, and I concur. That's exactly what I know to be true, as well.

We are having the privilege of connecting with Tama Kieves. You're listening to *A Course in Miracles Online Radio* at Unity FM. I am Jennifer Hadley. I am going to be right back with Tama Kieves.

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 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*.

### *Upcoming Classes & App*

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Jennifer Welcome back! I'm Jennifer Hadley, and I want to let you know about a couple of things coming up. Actually, today, March 31<sup>st</sup> is the last day to enroll in my yearlong Masterful Living Course. If you've thought about

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joining in my yearlong class, today is the last day to join. You can always join us next year. The details are on the Events page at [JenniferHadley.com](http://JenniferHadley.com).

It's about a 2-hour class. It was the first class that we did in my *Masterful Living Class* this year. You can have it on a Love offering basis when you make a donation to the Power of Love Ministry, which supports this radio show. It also supports the *A Course in Miracles* app, which is free for you at iTunes. If you are an iPhone user or an iPad user, you can go to iTunes and look for the *A Course in Miracles* app, ACIM Complete with Deluxe features. That's the name of it. It's got a long name, and it's free. That's how you recognize it's the app that Power of Love Ministry built.

I built it exactly how I wished to use it, so it's got the search functions, and the reminder functions, and all those functions some people wish that -- you do have to have Wi-Fi to use it which, for some people, is the downside. It's a much bigger app if you have it all on your phone. It is one.

But I love that search function. That's one of my favorite things, and you can also easily post quotes from it to your Facebook page, or tweet them, or e-mail them to yourself or friends. It got a lot of really nice features in it, so please take advantage of it, because it costs you nothing. It's totally free. And, if you like it, please share with people in your Study Group. Let them know about it.

Also, starting April 9<sup>th</sup> watch your e-mails, because I'm going to be announcing the next *Living A Course in Miracles* series which starts on April 9<sup>th</sup>. We've got a great line up of teachers, including some of the usual suspects. Dove Fishman is back, Regina Dawn Akers is back. We've got the wonderful Jon Mundy. We also have some new folks for you. We have Jimmy Twyman. James Twyman has never done *Living A Course in Miracles* yet, and he has got all these wonderful things to tell us about. And more and more, and our topic this time is "Loving Yourself Free" because we've had enough of imprisonment. Now it's time for our liberation and our Freedom.

Alright, just a reminder, too, if you'd like to make a contribution to support the radio show, you can go to [PowerofLoveMinistry.net](http://PowerofLoveMinistry.net) and make a tax-deductible contribution there, and we welcome it.

Tama, you'll be amazed in this -- Power of Love Ministry is the nonprofit organization I founded that supports all these efforts, including the free

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classes and the app and everything, and the radio show. Last year, we had people from 102 countries participating! Isn't that amazing?

Tama That's the power of Love!

Jennifer Yeah! I tell you, it really blows my hair back, and so I'm grateful for that.

Alright! So, back to author Tama Kieves. How would you like to live a year without fear? That's what we're talking about. This is the whole subject of Tama's book. *A Year Without Fear* is the title, *365 Days of Magnificence*. It's practical application and exercises.

Tama has been *A Course in Miracles* student for over 25 years, and so she is steeped in *A Course in Miracles*.

She also is starting a class. Will you tell us a little bit about your class that starts today?

### *Tama's Class of Applying the Course*

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Tama Absolutely! Absolutely! As you said, I've taught *A Course in Miracles* for 25 years! It is the source of **everything** good in my life. The way that I like to teach it is, like you said, very practical applications. And so, for me, it's not just teaching the principle, or reading from the *Workbook*, or the concept, but it's really -- I like to dig in there and get in there, like, "Okay! Let's talk about our lives! How do we **apply** this? Okay, we all know that I want to live in Love instead of fear, but how do I **do** that? How do I let go of this judgment about my boss? How do I feel safe when I don't? Right? It's very, very personal.

What's been really, really awesome, and the technology is amazing. I've taught, like I said, I've taught it for 25 years, and so starting a series of a live event here in Denver, Colorado, which I've done for years, where people join us, and it's this amazing circle, and people share their real stories and their real struggles, and what's really going on.

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*We all know that  
I want to live in  
Love  
instead of fear,  
but how do I do  
that?*

---

But now we've done it virtually, and we've been doing this for a year, where you can join us from anywhere in the world, and you're part of this group. You get the recordings, and you get to interact with me, and ask

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questions if you want, or share what's going on for you. It's just been a phenomenal way to do it. It's eight weeks. It's \$97 if you're doing it virtually, and you get to keep the recordings forever, and there's really cool meditations that I do.

It's just a great experience, and it's a **great** way of really committing to your life of, "How do I **live** this?" There's so many amazing teachers out there. We're all different voices, we're all different accesses, and it's just finding what does it for you, what makes **you** get to that place within you, where you can live a life that you're meant to live.

Yes, I'm real excited about starting that, and I've been **thrilled** about the response to *A Year Without Fear*. I've just been blown away by that. I mean, people are using it every single day. I mean, people who are not in *A Course in Miracles* are using it every single day.

It's not -- and, actually, *A Year Without Fear*, it's a lot of *A Course in Miracles* but it's **really** about finding your calling. It's **really** about listening to that voice inside you every single day, in every aspect of your life, not just career, but in "How do I love my husband more? How do I show up for my child more? How do I --?" There are just fun different writings that way.

What is the appropriate to read one, or something?

### *Making the Mindshift*

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Jennifer      I was just going to ask you, because it's all about this five-minute mindset shifts that -- and that's what we **need** throughout our day is, "Okay, I'm unhappy. I'm feeling upset, or irritated, or frustrated, or even just tired right now. I need a mindset shift. Then what do I do?" Please, give us an example.

Tama          I'll give you an example. I'm just trying to think here. I'm just actually going to read that yesterday's, March 30<sup>th</sup>, actually.

Jennifer      Okay.

Tama          This one -- and they all covered different topics. This one just says, "*You do not have to make a decision before you're ready. When you're ready, the decision will make itself. Ambiguity is not weakness. Forcing something is not clarity. The right decision is already within you. You are clearing away any resistance to this answer. Today, I know the right decision is already within me.*"

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That's what I would have you be with for that day, and just -- because, for me, so much of what this is about is, if we're not consciously programming our mind with a loving thought or a loving perspective, **then** our minds are running rampant with fear, and then our minds running rampant with agony and, you know, "I've got to make a decision! I've got to do this! I've got to do this! Why can't I make it?" You know, that kind of thing, and so every day, I just want to give you different thought, different way in, just a different -- it's like, if that incredible, loving creative Voice was speaking to you, I believe this is what it would say.

Jennifer I love that! I love that! You know what? It perfectly applies to me in the situation I'm working with right now, because someone doesn't like one of my policies for the ministry. And so, I said, "You know, let me take that into consideration." I feel like they're pushing me to make a decision, but I know Spirit is going to give me the answer when it gives me the answer. Why would I push?

Tama Exactly.

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*Only the ego wants to  
know something.*

Jennifer There's no pushing. Only the ego wants to know something. The Spirit already knows **everything**.

*The Spirit already  
knows everything.*

Tama Exactly. And we live in a culture that we're taught that going faster, being more direct, being more aggressive, is what's right, or being clear is what's right, instead of being honest about, it's not weakness to be ambiguous. It's honesty. It's waiting until I'm told, and not even until I'm **told**. For me, a lot of times, Jennifer, it's that my mind isn't there yet. I couldn't have accepted the answer one second before it came.

So, it's almost like I'm being seasoned, or I'm being awakened to that possibility, and enough shifts or enough things need to happen where I **understand** the answer. Because I think Spirit could've given me a million answers before, and it's like, I wouldn't have gotten it. Spirit could've saved me a lot of time and said, "Don't date that guy!" And then I wouldn't have been open. You know?

And so, that's what I want to do is, every single day give you the dignity and legitimacy of having a path in which you're listening to this other Voice inside you that has so much Wisdom and genius. That's what we're here to do.

## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

- Jennifer Yes! You are such a support to people who want to do just that. I want to let everybody know, again, that you have this wonderful class, this eight-week class. It's only \$97. It starts today. Of course, people can do the processes --
- Tama And if they don't get on there today, they can join us next week, or you know -- of course.
- Jennifer Yeah, exactly.
- The other thing is, you have tools and resources at your website. You have free resources. I really want to encourage people to go to [TamaKieves.com](http://TamaKieves.com) and check out the free resources that are there. Of course, the book --
- Tama We have an inspired tool kit that you can download right now. That would just be awesome! It would teach you how to listen to that inner voice.
- Jennifer That's great! That's exactly what people need, things they can work with right now, because now is the time of intensity, and so we need all the support we can get.
- I just want to say again...
- Tama I just want to mention, also, that I'm on Facebook every single day with a quote to keep you inspired, and on Twitter, just because we have an active worldwide community of people who are living in inspiration instead of fear. Like you said, we **all** need these resources.
- Jennifer Exactly! So great, so helpful! Yeah, a lot of our peeps are on Facebook, so you can share those quotes and whatnot at Facebook.
- Remember, Tama's new book is *A Year Without Fear*.

### *Closing Prayer*

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Let's see. I am going to pray us out. I'm going to invite everyone to place their hand on their heart, as I am doing.

We're giving wholehearted thanks for Tama Kieves and her precious life, and the courage that it takes to live her life and be Tama Kieves, and be an inspiration to us.

So grateful to hear the Voice of the Holy Spirit this day speaking through Tama Kieves. So grateful and so thankful that we can have a life without fear, and that this, indeed, is our calling. It is, indeed, our destiny. It is not outside of our reach. It **is** our calling and our destiny.

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What I know for each and every one of us, including myself, is that we are choosing a life of Love. This is what is happening. It's happening now. We're being led and guided each and every moment, so we're grateful and thankful to **accept** that guidance into our heart. We're accepting our Freedom. We're loving ourselves free.

We're grateful and thankful to share the benefits of our healing and our expansion with everyone, because we are One with them. So grateful that this is so. And so, it is. Amen. Amen. Amen.

Tama Mmm!

Jennifer Thank you, Tama Kieves!

Tama Well, thank **you!** Thank you so much, sweetheart! You're off to Hawaii next? Is that what you said, or --?

Jennifer Let me just say to everybody, I'll be with you next week. I love you. Mwah! Happy Easter. Happy, happy Easter! Happy Passover! God bless you! May you be steeped in the Christ Consciousness like nobody's business all weekend long. I love you! Mwah!

Thank you for tuning into *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.