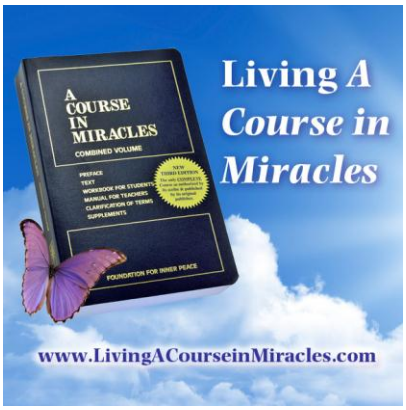
April 21, 2015



Living the Light

Jennifer Hadley
your daily shot of spiritual espresso

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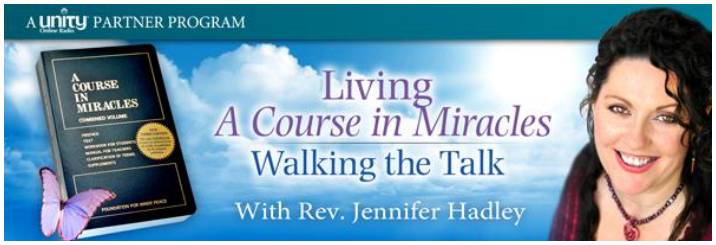

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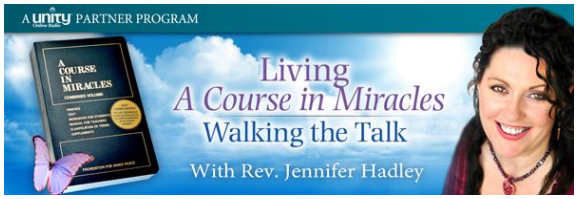

April 21, 2015

Living the Light

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.

Opening Prayer

Jennifer Bonjour! I'm coming to you from East Coast. Specifically, I'm in New Jersey. As most of you who are long-time listeners know, my brother and his family live in New Jersey. As you may also know, last weekend was the *A Course in Miracles* conference in New York. Nueva York. It was a great gathering, so I'm sure I'll be sharing some of that in our broadcast today.

But let us jump into our heart and into our prayer. I invite you to take that breath of Love and gratitude with me. I'm placing my hand on my heart and I invite to play your hand on your heart. We move into the heart center, the awareness that Love is all that there is and all that we are.

So grateful. So grateful to open ourselves to the unlimited flow of perfect Love. We Partner UP with the Higher Holy Spirit Self to remember our true identity is that perfect Love and that the Light has come. We are grateful and we're thankful to surrender all blocks to Love.

We're grateful and thankful to say let there be Light in my awareness. Let the light of God shine from my heart and be a beacon. Let me be truly helpful. This is my prayer to know and be the Light, to set aside all thoughts of darkness, all thoughts of grievances. Remembering that Love holds no grievances. I am only interested in teaching, sharing, being the Love that I

am. I'm grateful to allow all grievances to fade away, to dissolve and resolve permanently back to whatever their root cause was. Not interested in that anymore.

So grateful and so thankful to share the benefits of the healing, the expansion with everyone because we're One with them. So grateful and so thankful to accept and to allow our healing. We're allowing ourselves to be led and guided together by the Higher Holy Spirit Self right here and right now saying, "Yes," and so it is. Amen. Amen, Amen.

Holy Spirit be Our Guidance

Yes. Hmm. So beautiful.

At the conference last weekend, the topic of the whole conference was that beautiful Section in the *Course* text, where it says, *"The holiest spot on earth is where an ancient hatred has become a present Love."* Isn't that wonderful?

All the speakers, were asked to speak on that topic. The topic—the Holy Spirit specifically made me aware of was, "ancient self-hatred to present Self- Love."

As I was preparing for the first of my talks, it just came like a bolt of light into my awareness. Holy Spirit—sometimes, we have these dialogues in a sense and it's great to always be listening to the voice of the Holy Spirit. It's good to make a special time for it.

Of course, *A Course in Miracles* teaches us that prayer is communion with God and that the answered prayer is that guidance, that insight, the awareness of God's Presence, Love's presence that enters into our mind as we are more and more open and available to it.

I do find that sometimes guidance comes instantly when I ask a question. In fact, it very often does. Sometimes, I'm not even aware that I'm asking a question. I might be asking a question like, "I wonder why this or that. . .?" Bam! That intuition comes right in. I didn't even realize I was asking a question. I was just kind of musing. It's interesting how the guidance or the insight comes.

I really was, as I was preparing for the talk, really just opening myself to be of the highest service. I always open myself for every class, every radio broadcast, every talk, really every day, to be the happy learner. No one

learns more than me from what comes through me when I'm sharing and talking.

This is what really is so wonderful in the *Course in Miracles* is that the teacher of God whose anyone who's had even the most leading momentary experience of not seeing someone else, anyone else as separate. It's that awareness of unity no matter how brief or fleeting it seems to be, remembered or not remembered, recognized or not recognized, that fleeting moment of awareness of Unity is what makes a person a teacher of God. Also, to—I guess consider yourself an official *Course in Miracles* teacher. You have done the Workbook at least once, whatever. I don't get in to all that. I'm not interested in being the *Course in Miracles* police for anyone including myself. Lord knows.

Listening to the Holy Spirit

At any rate—but it says all that really Spirit is waiting for and all that anyone who might have an interest on what I'm sharing is waiting for us for my decision to actually be willing to learn. The floodgates begin to open because you're magnetically pulling it in when you're willing to learn, so that's why our little willingness is all that's required.

Last Saturday, when I was preparing for my Saturday morning talk at the conference, I was opening my mind, the Holy Spirit speak to me, speak through me, speak as me. What came into my awareness, because I always—what would you have me share? What would you have more know or understand or share or convey?

I--very often, prior to the talk, I might get a series of thoughts or ideas, but I've come to learn that it's not even worth writing them down a lot of the time because in the moment, whoever is there listening, and right now if you're listening to this, years after this broadcast, which we're doing live right now, but if you're listening years later, the Holy Spirit knew you would be listening. That the potential for your listening was there.

Regardless of space and time, in terms of the listening, whenever you come to the listening, the Holy Spirit will have already pre-encoded into whatever it is I'm sharing what will support you in being inspired if you're willing.

That's why we just keep cultivating that willingness from a little willingness. If a little is all you got, you know, a long time—for many years,

I had to—much as I may had so much resistance and reluctance that I had a willingness to be willing, or sometimes even—I was willing to be willing to be willing, and that's as close as I could get to it.

Whatever degree of willingness, if you're willing to be willing to be willing to be willing to be willing to be willing, take it. That's no small thing because there is no big or small in God, there is simply willingness. The more you cultivate the habit of willingness, the more you will receive because of your willingness.

Oh, I just looked it. The clock here says, it's 11:11. That's a good sign. So, love those master numbers, reminding me of the truth.

Saturday morning, when I was preparing, what came into my mind, such a beautiful awareness, and I felt so lovingly the presence of the Holy Spirit saying to me, "Jennifer, the Light is what everyone is and the Light cannot be sullied. The Light cannot be made dirty."

You cannot float a speck of dirt into the light and have it stick to the light. It's just not possible. You can filter the light and you block the light. You can filter the light through a screen or a fog or a smoke or any kind of thing like that, a dirty window, but you cannot in any way take that light and make it dirty or sullied. The same is true for you and for everyone because you are the Light of the world.

Love Holds No Grievances: Choosing the Light

Now, my favorite lesson in the Workbook is Lesson 68, *Love Holds No Grievances*. For me, that's my daily reminder, to let go of all judgments and opinions. "Jennifer, teach only Love for that is what you are and Love holds no grievances." That to me is the whole of *A Course in Miracles.* Every forgiveness, lesson, everything that I need to know is in that. Teach only Love for that is what you are. Love holds no grievances.

Lesson 69 is a favorite lesson of mine, too. That's right after *Love Holds No Grievances*. Lesson 69 is, *"My grievances hide the light of the world in me."*

My grievances hide the Light of the world in me. That's telling me, it's reminding me I am the Light.

And it says here, *"No one can look upon what your grievances conceal."*

So, no one can see the Light in you if you're holding on to grievances. They're going to see the grievances, not the Light.

It says, *"Because your grievances are hiding the light of the world in you, everyone stands in darkness, and you beside them."*

We're here to be the Light of the world. Jesus said, "I'm the light that lighted up every man in the world, every woman, every child in the world, every being in the world. I am the Light." I am the I AM Presence is the Light that lights us all up and the Light is preinstalled. It's our true nature. It's our essence.

A lot of *Course in Miracles* students come to understand the nature of the illusion, the projection of the dream by understanding that our mind is projecting our thoughts and beliefs. They are like a movie projected on the screen that we see. We are the ones who decide what we're going to see in the world based according to our beliefs which magnetize into our awareness, the thoughts that are congruent with them.

This is why as *Course in Miracles* students, we are continuously surrendering our beliefs to the Holy Spirit for healing and allowing them to be shifted and changed. Everything in this room only has the meaning that I've given to it. Those are my beliefs. Very often, our beliefs are in the form of grievances.

Our brother is the Light of the world and loving our brothers and sisters saves us both. This is the teaching of Lesson 69.

"Share your salvation with your brothers and sisters who stood beside you when you were in hell. Your brothers and sisters in the light of the world that saves you both."

It's our willingness to release all grievances and to know that, that is our Freedom. My grievances hide the Light of the world in me. So many Light sharers, Light bringers, Light workers are wondering, how can I make a living, how can I be truly helpful? Well the greatest thing you can do is release your grievances because they hide the Light of the world in you.

There are so many people I know who have training in spiritual modalities of healing and helping and they still entertain all their grievances and they are thinking that they could be more successful in the world if they just understood websites better or e-mail marketing better, or these kinds of things. But it's not true, the greatest marketing principle of all time is I am

the Light of the world. As I shine my Light, all are lifted. Yes, I draw all unto me. When I shine my Light, I draw all unto me.

That realization taught me I'm going to focus on my own healing and will just see what happens. When I did that, then my ministry really began to grow and grow and grow. I was giving away much of what I offer and I still do. The Power of Love Ministry offers this radio show. The Power of Love Ministry supported me in being able to speak at the conference. Power of Love Ministry produces the *Living A Course in Miracles* free class series that's on right now. Jon Mundy is our teacher this week. We're going to talk about Self-Love in our spiritual practice this week with Jon Mundy

You can go to LivingACourseinMiracles.com, membership is free, and there are number of different membership benefits, but you don't have to join the membership, you can just register for the class, the free classes. We've had four classes already and we have 12 more to go in this series, totally free for you. Jon Mundy, Regina Dawn Akers, myself and Colin Tipping, other teachers all talking about loving ourselves free of lack and limitation.

We are the light of the world and as I be lifted up, I draw all unto me. Let us release our grievances, so the Light of the world is not hidden in us. We are here to bring forth and be that Light of the world.

"No one can look upon what your grievances conceal. Because your grievances are hiding the light of the world in you, everyone stands in darkness, and you beside him. But as the veil of your grievances is lifted, you are released with him," with your brothers and sisters.

As I be lifted up, I draw all unto me.

"Share your salvation now with him who stood beside you when you were in hell. He is your brother in the light of the world that saves you both."

Willingness to be the Light is what it's all about. So valuable to really contemplate this awareness that you're the Light of the world and Light cannot be sullied or dirtied in any way, which means nothing you have done, nothing that was done to you has in any way sullied that Light.

You are that original perfection that the Light is and ever shall it be so. Yes.

I'm Jennifer Hadley. One thing I'd like to share with you, too, is that I offer daily prayer and inspiration for free at JenniferHadley.com. It's my daily blog. I call it My Spiritual Espresso. It includes a new prayer that I record every day. So you can join me in that, totally free.

You're listening right now to *A Course in Miracles* on Unity online radio where we are living the Love, we're walking the talk. We're being the Light. 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.*

ACIM Invites, Apps, Free Classes

I'm Jennifer Hadley. Welcome back.

I'd like to take this moment to thank all of the people who support the Power of Love of Ministry. We're a nonprofit organization that sponsors all these activities, JenniferHadley.com, LivingACousreinMiracles.com, this radio show broadcast, sponsored by the Power of Love Ministry along with Unity. FM, the Unity Online Radio Network.

Last year in 2014, we had people from 102 countries participating in the free classes at LivingACouseinMiracles.com, which I just think is extraordinary. A big thank you to all the people who make offerings of tithe and support because you really make it possible.

One of the things that is there that was languishing, but now we're putting more attention on it, is our study group listing and our *A Course in Miracles* Calendar. That's one of our goals this year is to have the funds to really put more energy into that and keep that up-to-date, so people can list their study groups and *A Course in Miracles* events there at LivingACourseinMiracles.com on the global calendar. You'll hear me talk about that some more.

At LivingACourseinMiracles.com, there are several audios that are free for listening to or downloading about how to start a study group, how to run and facilitate and organize and promote a study group. So, I joined with other very successful study group leaders and we have those calls there for you. Again, you can share and listen to them.

There's also the *A Course in Miracles* study group leaders, Facebook group which you can join and be a part of and share in there as well and get support in there. I invite people who are long-time study group leaders to

join in there and help mentor people who would like to be study group leaders in that Facebook Group. Please pass the word. It's a great time to get more study groups going. So many people are looking for study groups. If you're willing, the Holy Spirit will lead and guide you even if you don't have a place or space, you don't feel qualified, you haven't done the *Workbook* yet, none of that matters. If you're willing to hold the space for it, everything that is needed will be provided to you because that's how Spirit works.

The other thing I'd like to share with you is the *A Course in Miracles* App is available for downloading. Right now, it's only for iPhones and iPads and it's available at ACIMapp.com and also at iTunes. It's called *A Course in Miracles* App. There's the name, *A Course in Miracles* App, ACIM complete with Deluxe features and it's free. Please get it, enjoy it. You can use it to set reminders and do all kind of things.

Alright. Of course, the LivingACourseinMiracles.com has 12 more free classes this week. Our teacher is Jon Mundy. We had a wonderful class with James Twyman last week and the week before with David Fishman and more wonderful teachers coming up. Yes, including Regina Dawn Akers, Collin Tipping and more.

Yes. If you're a fan of Patricia Cota-Robles, she's not *A Course in Miracles* teacher, but she's the student of the truth. She's going to be sharing this time as well. I'm very excited about that.

Sherry Lane, who has written a wonderful book, she's going to share. She's a long time *A Course in Miracle* student and teacher. A lot of good stuff for us in the *Living A Course in Miracles* free classes at LivingACourseinMiracles.com. Please tell your friends and your study group members to check all these benefits out.

Practicing the Holy Instant

Alright. So talking about being the Light, living the Light, living in the Light and as the Light that we are. In Chapter 15, which is about the *Holy Instant*. It says in Section IX:

"As the ego would limit of your brothers to the body, so would the Holy Spirit release your vision and let you see the Great Rays shining from them, so unlimited that they reach to God."

The ego limits your perception of your brothers to the body. The Holy Spirit will release your vision and let you see the Great Rays shining from them, so unlimited that they reach to God.

Many people have reported having experiences where they see people as beings of Light and certainly many people see auras and things like that. This is our true nature, our true identity, is Light, these Great Rays. This is what the *Course* is saying right here.

It says, *"It is this shift to vision that is accomplished in the holy instant."*

In the holy instant, we shift from thinking that we see with the body's eyes to see with Divine Vision and when we do, the Holy Spirit is releasing our vision to let us see the Great Rays shining from our brothers and sisters, so unlimited that they reach to God as beams of Light, Rays of Light.

It says here, *"Yet it is needful for you to learn just what this shift entails, so you will become willing to make it permanent."*

We have to learn what the shift is to vision and allowing Holy Spirit to make that shift for us. Remember, the Holy Spirit's going to do all the heavy lifting if we are willing. This is why cultivating that willingness is so critical to our success. We don't have to do it ourselves and we don't have to make it happen. Oh, my gosh! Anytime you're trying to make it happen, you know that you're aligned with the ego.

That's why Jon Mundy picked this topic for us this weekend at *Living A Course in Miracles* on *Loving Yourself and Your Spiritual Practice* because, for me, for a long time, the ego was driving my spiritual practice and it was not loving at all. Remember, Love is the healer. We're living to be loving ourselves free in our spiritual practice. Otherwise, the ego just has another tool to beat us over the head with and tell us how bad and wrong we are regarding our spiritual practice.

Let's be willing to make that shift to vision permanent.

It says here, *"Given this willingness, the shift of vision, will not leave you, for it is permanent."*

That's our natural eternal way of knowing ourselves in the world, is with vision.

"Once you have accepted it as the only perception you want, it is translated into knowledge by the part that God Himself plays in the Atonement, for it is the only

step in it He understands. Therefore, in this there will be no delay when you are ready for it. God is ready now, but you are not."

Our task is but to continue, as fast as possible, the necessary process of looking straight at all the interference and seeing it exactly as it is. For it is impossible to recognize as wholly without gratification what you think you want."

What you think you want is Holy without gratification. The only thing that is worth having is this Holy Instant when we have cultivated it in our willingness to the point where we've reached that tipping point and now we are more willing than we are resistant and reluctant. The Holy Spirit can release our vision and let us see the Great Rays shining from our brothers and sisters so unlimited that the rays reach to God and the shift of vision is accomplished in that Holy Instant.

The Power of Light: The End of Sickness

Now, in *The End of Sickness* which is Chapter 10, Section V. So, Chapter 10 is *The Idols of Sickness* and Section IV is *The End of Sickness.*

Sickness is anything—it could be—it doesn't have to be physical sickness. It can be emotional, mental, any kind of disturbance, we can say a sickness.

It says in there in Paragraph 7:

"The miracle is the act of a Son of God who has laid aside all false gods, and calls on his brothers to do likewise. It is an act of faith, because it is the recognition that his brother can do it."

We're looking at our brothers and sisters knowing that they can set aside all the false god, all the false idols, rather than looking at our brothers and sisters and thinking that they have problems and they need fixing, and they need help.

Looking at the world and saying, "Oh, the world needs my help, " is very different than energizing that prayer for *Living our Purpose*, which is on Page 28 in the *Text*, the prayer that begins with, "I am here only to be truly helpful."

Being in that space of, "I am here only to be truly helpful and that the One who sent me will lead me and guide me of what to say and what to do, so I don't have to wonder of worry. I just am listening and being guided and allowing and cultivating my willingness," that prayer is very different from

looking at the world and thinking that it needs our help. Because if we're looking at the world and thinking it needs our help, we're aligned with the ego. We're in judgment. We're in opinion and we're thinking that something is wrong and bad. It's really about, "I don't know what anything is for except everything is for my learning, " because everything has been gently planned by One whose only purpose is my good. Yes.

It says in the *Manual for Teachers* in the *Development of Trust*, Chapter 4. It says, *"It takes great learning to realize that everything is truly helpful to our learning."*

"The miracle is the act of a son of God who has laid aside all false Gods and calls on his brother to do likewise. It is an act of faith because it is the recognition that his brother can do it. It is a call to the Holy Spirit in his mind, a call that is strengthened by joining because the miracle worker has heard God's voice. He strengthens it in a sick brother by weakening his belief in sickness which he does not share."

Let us not share beliefs in sickness. Let us not look at our brothers and sisters with sympathy. Instead, let us look at them with Love and compassion because then—when we're looking with Love and compassion, we're not judging things as being bad or wrong.

I have found—I know *Course in Miracles* talks about empathy, but I have found that, as an empath, I'm an empath that when I aligned with people empathically who are struggling, then I start to feel like there's a validation of their struggling. Now, we're both sharing that feeling of struggling and that's not helpful to them. For me, I have found great value in standing in this place of not sharing anyone's belief and sickness.

"The power of one mind can shine into another because all the lamps of God were lit by the same spark. There's just one of us. That spark is everywhere and it is eternal.

"In many, only the spark remains for the Great Rays are obscured. Yet God has kept the spark alive, so that the rays can never be completely forgotten. If you but see the little spark in your brother or yourself, you will learn of the greater light, for the rays are there unseen. Perceiving the spark will heal, but knowing the light will create. Yet in the returning, the little light must be acknowledged first, for the separation was a descent from magnitude, the greatness of the great rays and the light, the magnitude to littleness. But the spark is still as pure as the great light. . ."

You see, the spark of Light in everyone is still as pure as the great Light because there is just this one Light source shining in all of us.

"The spark is still as pure as the great light because it is the remaining call of creation. Put all your faith in it, and God Himself will answer you.

"In many, only the spark remains for the Great Rays are obscured. Yet God has kept the spark alive, so that the rays can never be completely forgotten."

So, this is our journey of our remembering that we are the Light and the light has come. A wonderful affirmation that I have used over and over again is, "I am the Light. The Light has come. I am the Light. I AM is the Light in me." Yes. Let us remember the Light. Let us see it in our brothers and sisters. We see it to recognize it in ourselves because our brothers and sisters are marrying to us, our own belief system. Do you have a belief in sickness or are you willing to put your faith in the Light?

Remember, every sense of a problem, every sense of illness, whether it's physical, mental, emotional, financial, whatever the projection is, it can be shined away, because all those projections of difficulty, and challenge, and negativity, and suffering, and pain, and despair, shame and blame, resentment, regret, hurt, fear, anxiety, worry, doubt, every manifestation of upset of any kind is simply a filter in the mind that is a filter on our awareness of the Light, of our expression of the Great Rays.

What we're here doing in this world is we're shining our Light through those patterns of belief and doing that, we see on the screen of our life what we believe. As we look at the world, all we can see is the projection of our belief system until we're willing to hand it over to the Holy Spirit and say, "Love holds no grievances. Show me how to release my grievances, so that all that I see is Love, all that I teach is Love, all that I know is Love, and Love is the Light of the world in me. Let me see the Great Rays shining from my brothers and sisters. Let me know the Light in my own mind. Let me live in that Holy Instant knowing only the Light. I am the Light of the world and my grievance is to hide the Light in me. Let me not hide that Light anymore."

I'm Jennifer Hadley. It's time for me to take a break. You're listening to *A Course in Miracles.* We're living the love. We're walking the talk. We're shining the Light right there on Unity online radio. I'll be right back.

You've been listening to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley.

If you have a question or comment about today's program or if you'd like to join the discussion, visit us on Facebook at *A Course in Miracles* Pledge where you can join with the community of like-minded people who have pledged to live *A Course in Miracles* every day in every way.

Now, back to *A Course in Miracles: Living the Love, Walking the Talk.*

Shifting Special Relationship to Holy Relationship

Hey, hey, hey. We're living in the Light, living as the Light, being the Light of the world.

Chapter 16, *The Forgiveness of Illusions,* Section VI, *The Bridge to the Real World.* We're interested to travel across that bridge to the real world, away from the illusion.

I was saying at the beginning of the show how the Light can never be sullied. It can be never be dirtied. We can filter the light through all kinds of filters and indeed that's what we do living in this human experience. We're seeing in the world that we have made our projections which are the filters in our mind, the belief that we have, that we shine the light that we are through in order to experience the illusion. It's really that simple.

Many people, many *Course in Miracles* talk about the projection, the illusion, the dream that we're seemed to be looking at with our body's eyes. Of course, we don't see with our body's eyes, we only see with the mind, but what we're seeing is—what we think we see with the body's eyes in the world of form is like a screen that we're watching a movie upon. If we'd like to change the movie, let us change our mind. Seek not to change the world, but to change our mind about the world.

You can see here that *A Course in Miracles* really is a holographic teaching and that is all saying the same thing over and over and over again in many different ways, but it's just one truth, one thing that is being expressed.

We cannot sully or dirty the Light that we are. However, we get identified with the body. We forget that we are the Light and we think that we are the body. Actual fact, all hell breaks loose. So, all hell has broken loose for all of us and we're finding our way back to heaven in our mind.

The *Forgiveness of Illusion* is *The Bridge to the Real World*, Chapter 16, Section VI, Paragraph 1:

"The search for the special relationship is the sign that you equate yourself with the ego and not with God."

If you're looking for a special relationship with a person, with a pet, with anything, or anyone, special relationship is the one that says, basically, "You plus me equals shelter against the storm." The world is the storm. When we're looking for a special relationship, we're affirming that we need shelter from the storm and we are deluding ourselves into thinking that we're not the maker of the storm. Someone else has made this storm and now we're seeking shelter from it. But the truth there is only One. We are the maker of the storm and we are the one that can bring salvation and a return to our eternal nature of Peace.

Alright, so, "*The special relationship has value only to the ego, unless a relationship has special value it has no meaning, for it perceives, the ego perceives all love as special. Yet this cannot be natural, for it is unlike the relationship of God and His son, and all relationships that are unlike this one, the holy relationship, must be unnatural. For God created Love as He would have it be, and gave it as it is. Love has no meaning except as its Creator defined it by His Will."*

The ego's definitions of what Love is and all the attachments that we have put on Love, and all the expectations, needing appreciation, needing recognition, the needing, wanting, craving, all those attachments that come with a special relationship, all the aversions, the hatreds, the upsets, those attachments that come with the special relationship, all of that is evidence that it's a special relationship, and not a loving one.

"It is impossible to define Love otherwise and understand it.

"Love is Freedom. To look for it by placing yourself in bondage is to separate yourself from it."

The special relationship often has the sense of bondage, doesn't it? That's why it's so upsetting so often, is because we're giving up our Freedom for bondage, but Love is Freedom.

"To look for Love by placing yourself in bondage is to separate yourself from Love. For the Love of God, no longer seek for union in separation, nor for Freedom in bondage. As you release, so will you be released."

Release your brothers and sisters from thinking that they should, anything from all the attachments that you've ever put on them in your experience of special relationships. Release them all and you will be free as well.

"Forget this not, or Love will be unable to find you and comfort you."

Forget this not, or Love will be unable to find you and comfort you. So clear.

"There is a way in which the Holy Spirit asks for your help if you would have His."

The Holy Spirit asked for your help if you would like to have the Holy Spirit's help, here's what you do.

"The holy instant is the Holy Spirit's most helpful aid in protecting you from the attraction of guilt..."

Guilt's very attractive to us.

"And it is that guilt that lures us into the special relationship. You do not recognize that this guilt is the real appeal of the special relationship, for the ego has taught you that freedom lies in the guilt."

That the special relationship has somehow going to make us feel better and forget the guilt, dissolve the guilt. You validate me, you complete me, special relationship.

"Yet the closer you look at the special relationship, the more apparent it becomes that it must foster guilt and therefore must imprison."

Have you ever tried to make somebody feel guilty or ashamed because of what they did or did not do in your special relationship? That's what I'm talking about here.

"The special relationship is totally meaningless without a body. If you value the special relationship, you must also value the body. And what you value, you will keep."

Look deeply into your life. How are you perpetuating the special relationships and just give them over to the Holy Spirit. "Holy Spirit, make the special relationship holy. Make all these ego-based relationships holy. Please guide me, lead me, direct me." Directly? Direct me.

"The special relationship is a device for limiting yourself to a body, and for limiting your perception of others to their bodies. The Great Rays would establish the total lack of value of the special relationship if they were seen."

If we could see each other as light beings that we are, we would have no more value for the special relationship.

"For in seeing the Great Rays, the body would disappear, because its value would be lost. And so your whole investment in seeing it would be withdrawn from it.

"You see the world you value. On this side of the bridge, you see the world of separate bodies seeking to join each other in separate unions and to become one by losing."

You lose your Freedom when you value the special relationship. Yes.

Now, let us be the Light in the dream which is to be the Great Rays.

In Chapter 18, Section III, the *Light in the Dream:*

"You and your brother are coming home together after a long and meaningless journey that you undertook apart and that led you nowhere. You have found your brother and you will light each other's way. And from this light will the Great Rays extend back into darkness and forward into God, to shine away the past and so make room for His Eternal Presence, in which everything is radiant in the light."

Let us be the Light that we are and see the Light in our brothers and sisters.

Closing Prayer

I invite you to place your hand on your heart once again as I remind you LivingACourseinMiracle.com. We have 12 more free classes this week. We're setting ourselves free by having a loving spiritual practice. The ego no longer driving our spiritual practice, and Jon Mundy is our teacher.

With our hand on our heart, we take this breath of Love and gratitude. We invoke the Holy Spirit into our awareness to help us live in the Holy Instant. We are willing. We surrender the special relationship and our attachments to it. We allow ourselves to recognize the Light in ourselves and in our brothers and sisters. The Purity of the Light remains unsullied. For this, we are deeply grateful and we share the benefits with everyone because we're One with them.

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

Have a great week. I love you. Mwah!

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