

June 2, 2015



## Sickness and Suffering

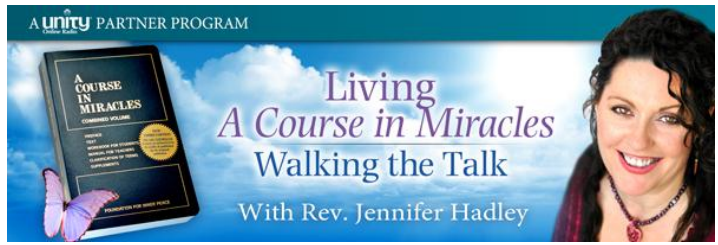


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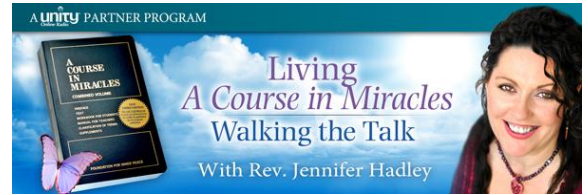
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**June 2, 2015**

## **Sickness and Suffering**

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      Good morning! Good morning, good morning, good morning! It's still dark here in Kauai, 5:00 a.m. There is just a crowing in the background and I am so grateful to join with you, so grateful to recognize we are awakening together. Yes, we are.

Let's do as we always do. Let's begin with a blessing, bless ourselves. Prayers are communion with God. We're opening ourselves to this prayerful means of communication with our Higher Holy Spirit Self, our true identity, Perfect Love.

### *Opening Prayer*

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We're taking a breath of Love and gratitude together. I invite you to place your hand on your heart as we declare we're wholeheartedly available to "Walk the Talk and Live the Love." We're consciously partnering with the Higher Holy Spirit Self, the I AM that I AM, our true identity and we're giving witness to our own Perfection, our own Wholeness, Freedom is our true identity.

Taking this breath of Love and gratitude, we're gratefully surrendering all the false beliefs, the ego, attachments, the cravings, the aversions, and we're stepping out of the past away from the future and in to the present

moment, right now where Love is our healer because Love is our true identity.

We're going back to the default settings and we're grateful and thankful that, that default setting is Wholeness and Perfection and Love and Joy that is unconditional and unprecedented. This is our true nature and we are accepting it for ourselves.

We're taking a breath of Love and gratitude and sharing the benefits of our healing, our expansion, our awakening with everyone because we're One with them.

In grace and in gratitude, we joyfully allow our healing to be, we let it be and so it is. Amen. Amen. Amen.

Yes! Our topic this week is *Sickness and Suffering*. Have you ever been tired of, being sick and tired? I think we all have had that experience and some of us are more familiar with it than others, and enough already.

### *A New Experience of Healing*

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We're moving in to a new experience of Healing. I'm getting ready for a class I'm doing this week on *How To Heal Your Mind About The Body*, because *A Course in Miracles* tells us that all healing is at the level of the mind. All healing is at the level of the mind, including healing any illness or sickness, it's at the level of the mind, because everything that we experience in the world of form is a projection of the mind. We're opening ourselves to that healing right now.

One of the things that I've witnessed when I've seen what appears in my life is that, many people who have chronic illness, chronic pain and suffering, and it can be emotional suffering, it can be mental illness and it can be physical. It can even be, we'll call it relationship or finances, because healing is healing and so, you could call it sickness of any kind. But people who experience long-term illness of any kind, or we could call it disease or disturbance of any kind, there can come a despair and exhaustion, tiredness with it and that's totally understandable, and we begin to feel like we're suffering and then we're suffering over our suffering.

I've had a lot of emotional suffering in my life but I haven't had a lot of physical suffering. One of the things I noticed about myself is, it used to be if I got sick with bad flu or something like that, I would just become a

negative affirmation machine. My mind would just affirm the negative just absolutely every five seconds, affirming the negative, affirming the negative. Affirming what I didn't want. I had no idea that I was contributing or *A Course in Miracles* would say, "Making" or "creating," my experience. I had no idea and then when I began to study the *New Thought* Teachings of the Fillmore's.

### *Jennifer on Creating Her Experience*

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I was going to service this every week with Eric Butterworth and he was my introduction to *New Thought*. I went to services with him for years in Manhattan. When I lived in New York and when I moved to L. A. studying the teachings of Ernest Holmes with Michael Beckwith, been a part of that community since 1994, so we're 20 years now. Then I became Science of Mind student and Practitioner and ultimately, a Minister.

In studying these *New Thought* teachings, I realized, what it says in *A Course in Miracles*, Chapter 2 the Section on *Fear and Conflict*, which I think is one of the most important sections for everyone to study if you have fear and conflict in your life, it says, "*All thought produces form. There are no idle thoughts.*" All thought produces form. There are no idle thoughts.

One of the ways I learned to think about it when I was studying Ernest Holmes was that the Universe basically acts like a "Yes" machine. It doesn't know how to say "No," and that, that's why we choose this experience in form, why we started on the wheel of karma is another story, but we chose to have this experience that come in to form in order to experience the power of our thought and our belief.

In that *Fear and Conflict* Section it says, "*It's hard to understand that thought and belief combined into a power that can literally move mountains.*" So, it's hard to understand that but we can give up thinking that it's hard and we can just say, "I'd like to understand it. I'd like to remember it that my thought combined with my belief is a power that can literally move mountains including a mountain of my suffering and a mountain of my false beliefs."

In that, what I heard is that, it's time for me to align my thought and my belief with the truth in order to move the mountain of my suffering. Most of my suffering was mental and emotional, rather than physical. And in my understanding, when we don't intercept the thoughts that we're believing

at the level of the mind, they travel in to the emotional body and then in to the physical body for our learning, for our healing. It's hard to understand, how could our sickness be for our healing? How could that be?

### *The Body is for Communication*

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Well, *A Course in Miracles* tells us that the body is a learning tool and it's for communication. In every moment of everyday, we're always teaching the efficacy of our choices. In some way, shape, or form, we've come to believe something and that has become our belief system. It's a false belief. It is part of the ego-thought system of false beliefs and it makes the challenges that we have in the world of form. All thought produces form at some level. If we don't interrupt that thought, it's going to keep on going because the thought has no volition of its own.

One of the ways you can think about it is that if you think of yourself as you truly are, you're a being of Light. *A Course in Miracles* tells us that we are these, "*Great Rays of Light.*" That's what we are. "*The Great Rays of Light,*" are what we will see when we see ourselves truly and I think of us as this rainbow Light beings. However, we have, instead of placing thoughts of Love and compassion and kindness on the altar in our heart.

### *Growing a Fire*

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*A Course in Miracles* tells us that the Kingdom is what we are and that we are the Temple of God and the altar is the precious thing in the Temple of God, not the body but the altar; the altars in our heart. We are that Light still remains, and when we put our attention on it then it grows just like if you have a fire. I'm a former Girl Scout leader, I was a long-time Girl Scout and then I became a Girl Scout leader for a while and so, I know how to build a fire. And one of the things I know is that, if you start with some tinder and you add some kindling and some bigger logs, you're going to grow a fire.

We've got that pilot light that can never go out our heart and it's just a question of whether or not we're going to feed it, the tinder, the kindling and the big logs. That tinder is our acts of Love and Kindness towards ourselves or others but it doesn't matter because it's all one. I've come to believe based on my own research and living my life and having worked with thousands of students who are willing to join in this journey with me

is that starting off with some acts of Self-Love and Compassion for ourselves is the fastest path. But sometimes, it seems easier for us to be loving to others than it is to ourselves, but all Love is Self-Love because there's only one and so, any acts of Love and Kindness will help build that flame in our loving heart. They're like tinder and you can have more kindling and really, the greatest help we can give ourselves, of course, is to practice forgiveness.

### *Practice Forgiveness*

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What is forgiveness? Forgiveness is non-judgment. These are the clear pathways to the end of our suffering, clear pathways to the end of our suffering. And right in the beginning of *A Course in Miracles*, right in the beginning, in *The Miracle Principles*, Number 23, it says, "*Miracles rearrange perception and place all levels in true perspective. This is healing because sickness comes from confusing the levels.*"

One of the things that *A Course in Miracles* teaches us about, or one of the ways Jesus teaches, is to talk about *Level of Confusion*. There's the, *Level of the Body*, which is the level of form and there's the, *Level of the Mind*. "*All Healing is at the level of the mind,*" because we're projecting our thoughts and that is what becomes our experience. Our projection is our perception. Our perception, our projection, our thoughts, all of these are all dependent on, "Where are we identified? What is our perspective?"

We can be identified with the body or we can be identified with the, I AM Presence, with our true identity, with the Holy Spirit. *A Course in Miracles* doesn't use the I AM Presence, but that is my preferred name for God, and it is my preferred name for myself.

In the teachings of the Bible, Jesus talked over and over again using these I AM statements. "I AM the resurrection and the life. I AM the way, the Truth and the Life." I think if I were going to share something I've learned here that's not from *A Course in Miracles*, it's, "I AM is the resurrection and the life. I AM is the way, the Truth and the Life."

I AM the Light. Yes.

## *The Level of Confusion*

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We're moving in our identification from the ego body to the Spirit, to the Wholeness, to our true identity as those "Great Rays." And so, sickness comes from, "Level of Confusion." Right in the beginning, the *50 Miracles Principles*. Let's really look at that, "Level of Confusion," and how does that cause sickness? So, when we're identified with the body, then we are going to think that sickness is caused at the level of the body. My mom, she was a smoker. She quit smoking, let's see, when she was in her 40's, and she died, supposedly, of lung cancer in her early 70's. People think there's a connection there. I know there's no connection there. It can look like there's a connection there, but "*All healing is at the level of the mind.*" So, if all healing is at the level of the mind, all sickness, is at the level of the mind.

Now, one of the things that I think that has happened in our *New Thought Community*, which *A Course in Miracles* is part of that community. To me, and that's *The Unity Teaching, Science of Mind Divine Science, A Course in Miracles*, all these New Thought teachings, non-religious teachings, spiritual teachings, philosophical teachings, is that our thought creates.

Our thought produces form at some level, and we can get caught in making ourselves feel bad and wrong and ashamed when we experience illness, or poverty, or lack, or limitation, or suffering of any kind. It can further lead us to feel ashamed, and bad, and wrong, and lost, and stupid, and unspiritual, et cetera, et cetera. and then that just increases our suffering. I would like to put an end to that. Let's agree to do our own part of that because all minds are joined together, so we can let go of suffering over our suffering and punishing ourselves.

It's time for me to take a break here. I'm Jennifer Hadley, and you're listening to *A Course in Miracles*, where we're Living the Love and we're Walking the Talk, right here on Unity Online Radio, and I'll be right back.

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*.

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Welcome back! I'm Jennifer Hadley and you're listening to *A Course in Miracles* on Unity Online Radio. This program is produced with Unity

Online Radio and the Power of Love Ministry, which I founded for things just like this. Some of the other things that we do at the Power of Love Ministry, we produce all the classes at JenniferHadley.com and at LivingACourseinMiracles.com. Power of Love Ministry is a non-profit organization, so you can make tax-deductible contributions if you'd like to support this radio show, in this free offering.

### *Class Invitation and Recommendation*

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One thing I'd love for you to know is, I believe this is episode 190 and all the previous episodes are available at Unity.fm and they're also available at iTunes and other places where you can get a podcast feed. You can download any or all of the 190 episodes totally for free. How wonderful is that?

We've got episodes with Gary Renard, and Ken Wapnick, Nick Sanchez, David Hoffmeister, Regina Dawn-Akers, John Mundy, and many of the folks who have been *Living A Course in Miracles* teachers. We just finished the *Living A Course in Miracles* Series of 16 free classes and the topic was *Loving Ourselves Free*. We had 16 classes on that topic. The last week of classes was about, *Dissolving Anger*, and Sssshh! Tell everyone, it's not going to be a secret.

We're going to re-run last week's classes and have them up in Free Replay the *Dissolving Anger* classes all over again. We got such a great response to them and since I am a teacher, I can re-run them for free. We had some technical glitches so, I'm on the Replay, so I'm using that as an excuse to re-run them.

But, you do still have to register for the class. You do still have to register for the class and you can do that at LivingACourseinMiracles.com. And then, on Thursday of this week is my class. It's a bonus class for people who bought the audio packages, Gold and Platinum audio packages of this class series we just did as a "Thank you." I'm doing a bonus class and people filled out a survey and picked a topic.

The topic is, *Healing Your Body About Your Mind*, and people can also purchase that class separately. I wrote about it the last couple of days in my *Spiritual Espresso* and it maybe up on my Events page now already or maybe available at LivingACourseinMiracles.com for purchasing at a \$44 class, but it's free if you bought a Gold or Platinum package of the audios.

The people who buy those packages, they're the ones who make it possible for us to offer a class of this magnitude for free, so thank you, very much!

That got me sparked on this topic of, *Sickness and Suffering*, thinking about healing as I'm preparing for this class, *Healing Your mind About Your Body*, this week.

### *Sickness Comes from Confusing the Levels*

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Back to our topic here of *Suffering and Sickness*. Sickness comes from confusing the levels. The next miracle principle number 24. Remember, this is right in the beginning. The *50 Miracle Principles*, "*Miracles enable you to heal the sick and raise the dead because you made sickness and death yourself.*"

[static]

So, all sickness is at the level of the mind, and what I've come to learn is that as I was talking about before, as it says in the *Fear and Conflict* Section that, "*Our thoughts produce form at some level,*" and that form can be sickness.

One of the things that happens with many people, is when they have a chronic illness and they're suffering over their suffering, there can be-- particularly spiritual students, this shame and people will even say things to someone like, "What did you do to cause this suffering? What are you thinking to cause this suffering, this sickness, this illness?" And so, now there's this sense of, "Okay, I'm sick. I'm suffering. There's confusion around that. There's conflict. There's pain. I'm not enjoying it obviously."

### *"All Healing is at the Level of the Mind"*

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And on top of that, "Now, I'm supposed to feel bad and wrong for the thoughts and the choices that I've made that caused this. When did I cause it? I didn't know when I caused it." I look at my Mom. She quit smoking for 30 years. She had been a non-smoker longer than she was a smoker. And we're supposed to say that, that was the cause of her lung cancer? No. All healing is at the level of the mind, and all causation is at the level of thought and belief.

Let's look there for the healing. Now, think of it this way. Let's say in a previous lifetime, you were bitter, and angry, and resentful, and regretful, and you didn't heal that before you died. You seem to die before the body

died. So then, what my understanding is, is you take those thoughts that you died with, those beliefs, the meaning that you made of it, your interpretation, your perspective.

### *Pain is a Wrong Perspective*

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Remember, Lesson 190 says, *“Pain is a wrong perspective.”* We make our transition from one lifetime to another and--on this wheel of karma, and we take those false beliefs that we died with and they become our belief system. That we're going to heal in subsequent lifetime. So, we're on a mission of healing. Our healing is everyone's healing. Everyone who's listening to the sound of my voice is a Light worker. You are here to dispel doubt, worry, blame, shame, regret, resentment, hurt, fear, doubt and worry.

For many of us, what we've done is we've traveled in to that land of our own personal hell of suffering in order to wake up and realize, “There must be a better way. There are other choices for me. I can think other thoughts.” And then, we work with the level of the mind to have a healing and we become a living demonstration of it and then we can teach only Love, for that is what we are. And then, we're assisting our brothers and sisters by being the living representation of the teaching.

“All healing is at the level of the mind,” we are these Light Beings and what happens is, we have this belief system which are the meaning that we made of things in the past life that's not true, that's what beliefs are, they're not true. The meaning that we've made of things, our interpretation, our perspective, our projection, we take that and it becomes a magnet for thoughts that are alike.

“Like attracts like.” “I believe there's something wrong with me. I'm not good enough. I'm bitter and angry about what people have done or not done. I'm bitter and angry with myself for what I've done and not done, and now, there's the opportunity for my healing. I'm going to take that opportunity for my healing, and I'm going to start looking at my thoughts that I'm magnetizing in to my awareness because of my belief system.” This is what *A Course in Miracles* tells us, *“We have to work at the level of the mind,”* because that's the only way that we can have any kind of healing. Because, *“all thought produces form at some level.”*

These thoughts come in to our awareness. We have a choice to think them or not think them and because we are these Great Rays, these beings of

Light, what we do is the thought is like an image on a slide or piece of film if you will, and we, by agreeing to think it, choosing to think it, by pouring the Light of our attention and awareness through it, we project it on to the screen of our life and it becomes made manifest in form. So, form is thoughts, emotions, physical, and experience. This is the world of form. If we can learn to interrupt this process of bringing things into form at the level of the mind, we can have a healing.

Let us not waste one thought that we're bad or wrong or that we've made a mistake or a sin in any way, shape, or form, instead it was an error in our thinking. There's nothing wrong with us, it's the stinking thinking and we can change our mind about it, because remember, the Universe is a "Yes" machine. So, if I think, "I'm not good enough, then I'm going to start to see that on the screen of my life. If I think that there's something wrong with me, I'm going to start to see that on the screen of my life."

If in a previous lifetime, I was bitter and angry and resentful and I make the choice to be bitter and angry and resentful again in this lifetime rather than to practice forgiveness, which is nonjudgment, which is healing the judgment, just letting them go, realizing, "I do not wish to shine the Light of my attention into the judgments and the opinions anymore, they do not serve me because they are always my beliefs. But if I do decide to pour my Light into them, then would it not be helpful to me to start to experience pain and suffering as a wake-up call?"

Pain is a wrong perspective. Pain is a wrong perspective. Pain is an indicator that my perspective is aligned with the ego. If you're trying to heal the body at the level of the body, it's not an error but it's just not the fastest way. But sometimes, it can seem so confusing and difficult and it can seem really hard to heal at the level of the mind.

### *Be Willing to Invoke the Holy Spirit*

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This is why *A Course in Miracles* says, "Just be willing." Don't try to heal the body, just be willing to heal the mind. Be willing to invoke the Holy Spirit. Be willing to call upon Jesus, the Angels and the Holy Spirit to do the heavy lifting. Those are my words, but those beliefs that we have that are so coagulated, they're like concretized thought that's what our karma is like. It can seem so sticky to try and get rid of. That I just stopped trying to get rid of it, instead I just said, "Holy Spirit, take it. Holy Spirit, take it. Take it. This

one's for you, Holy Spirit. This thought that is making me unhappy, I don't want it anymore. You take it. Take it out of my mind so I never think it again." And this is what Jesus tells us in the *Fear and Conflict* Section in Chapter 2 is, "He cannot lift any burden from us that we still value."

One of the things for us to consider in doing this, "Healing at the level of the mind" is, "What's it for? What the sickness for? What's the suffering for? What's the pain for?" And what I invite you to do is to get still and get quiet and to ask, "What is this for? What's it for?" Just allow the answer to come in to your mind.

### *Work the Workbook*

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It may not come in to your mind for several days. It will come in to your mind according to your willingness, and you will ultimately see that it's for your liberation. That the pain is pushing us to wake up. The pain is the Divine alarm clock going off and letting us know that our guts are incorrect. Pain is a wrong perspective. Sickness comes from confusing the levels which means that we think we're a body and we forgotten who we really are, and this is the whole journey of *A Course in Miracles*, "Working the Workbook works." It works.

Working the Workbook does not mean reading the Workbook. It means, really working it and doing the Lessons. What I have come to see, for me, I work that *Love Holds No Grievances*, every single day, Lesson 68 and Lesson 69, "My grievances hide the light of the world in me." I just work with those Lessons again and again and again.

Now, all of the Lessons are helpful and going through the Lessons in consecutive order is helpful. Every part of *A Course in Miracles*, contains the same insights because it's a holographic teaching, because we live in a holographic world, because there's One Mind, and we're all doing this work together.

"Sickness comes from confusing the levels." We're going to talk about that when I come back from my break.

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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*.

Welcome back! I'm Jennifer Hadley and we're talking about, *Sickness and Suffering*, And so, "*Sickness comes from confusing the levels.*" This is what it says, right at the beginning in the *50 Miracles Principles* number 23. A couple of things for those of you who might be new to, *A Course in Miracles*.

### *I AM Pure Spirit*

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What is a miracle? A miracle is a shift in our thinking and it's a shift from the ego-thought system which is identification with the body to the God thought system, which is knowing, "I am not a body. I am pure spirit." This is the journey that we're making in our human life experience is this shift from identification. Basically, all of our challenges that we have in this world, every bit of difficulty that we have is a wrong perspective.

Our perspective is from that of the body and trying to protect the body, you get the body or something to glorify the body, our special relationships that are so painful, our all about the body and that's a whole another topic. But, it's important to realize that pain is a wrong perspective. So, if I'm in emotional pain, mental pain, physical pain, it doesn't matter. I'm identified with the body.

### *Make Loving Choices*

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Now, we can ask, "How do I stop identifying with the body, end my suffering and re-identify with Pure Spirit? How do I do that?" And the answer is, to teach only Love for that is what you are. That's the short answer. Teach only Love. Whatever you choose, every thought that you choose, you're teaching by your choice. Because all minds are joined together, and because everyone in your life experience, from the person that you pass on the street to the person that you sleep next to, or work next to, or live next to, everyone is learning from your choices because we're always teaching the efficacy of our choices.

Those who make loving choices, teach the benefits of making loving choices. Those who choose unloving thoughts, teach the benefits of that. One of the things, if you would like to end your sickness and suffering is, of course, to begin to choose Love. Love yourself. Love your body. Love your

neighbor. Love everyone. Have total compassion. Forgive everything, and I do mean, everything because what would you have rather do?

Have compassion and Love for everything, forgiveness for everything or suffering. You choose ego identification or Spirit identification. You can't be a little bit of this and a little bit of that. You can't serve two masters. You can't ride two horses. You can't make two simultaneously opposing thoughts. You can't think two simultaneously opposing thoughts. You can't make two simultaneously opposing choices. There is a better way, and *A Course in Miracles* leads us their step by step by step and our willingness is all that's required.

### *Choosing Love as an Inspiration*

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One of the things I was saying before the break was, "Be willing to get still," and ask, "What is this for?" It's not from a position of the victim of, "Why is this happening to me? Why is this happening again?" I've asked that question. That's not a good way to ask that question. But to ask the question from a contemplative space and really say, "Why is this happening to me? What could I learn from this? Of what benefit is this to me? What am I learning here?"

In Lesson 135, you've heard me say many, many times, Paragraph 18, "*What could you not accept if you but knew that everything was gently planned by One who's only purpose is your good?*" And that's you. So, the experience that you're having is to support you in healing the karma, the concretized thought, the belief systems, the false identification. Sometimes, we need pain and fear, well we don't need them. We've chosen them to become a motivator. So, you can either be motivated by your suffering or you can be inspired by Love. Those are the two choices: Fear or Love.

Fear is a motivation. Pain is a motivation. Love is inspiration, and we can choose Love.

One of the first things I think we've all got to do is stop berating ourselves for anything at all and stop berating anyone, because those are the opinions and judgments that are to be forgiven. And in that Lesson 68, *Love Holds No Grievances*, it says, "*It is as sure that those who forgive will remember who they are, as it is that those who don't forgive, won't remember who they are.*"

When we remember who we are, we remember we're the Living, Loving, Presence of God and that all of life will respond to our thought. It is responding to our thought. The world of form is a "Yes" machine. All it can do is say "Yes," to the impress of our thoughts.

Remember, we shine the Light of our attention. We are Light beings. We are these Great Rays. We shine the Light of our attention, our belief into these thoughts to make them manifest in our world. And that's why they seem so real, because we're the projector. That's why they seem so real. But this is what, *A Course in Miracles* tells us is, it's not real. It's projection. Staying in the *Miracle Principles* here, number 24. "Miracles"--remember a miracle is a shift in thought from the ego-thought system to God-thoughts, "*Miracles enable you to heal the sick and raise the dead because you made sickness and death yourself and therefore can abolish both.*"

### *Forgive Everything*

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How did we make sickness and death? Through choosing thoughts of separation which are our opinions and judgments. That's why the greatest decision I ever made was to forgive everything. To forgive everything, known and unknown, felt and not felt, seen and unseen, recognized and unrecognized, in all directions of time and space.

Now, when I made that decision I didn't know how to do it. How do you forgive everything? So, I gave the heavy lifting to the Holy Spirit and what I noticed was things would come in to my mind that were memories of decisions that I had made about life, my opinions and judgments. And I realized that my Higher Self, the Holy Spirit, the I AM that I AM was placing these things in my awareness so I could choose again, and I could choose to either energize the judgments and opinions and the decisions that I had made before, and over and over again, or I could surrender them to the Holy Spirit for healing.

Remember, the Holy Spirit cannot take from us anything that we value, but as soon as we no longer value those judgments and opinions, we can give them away. Miracles enable you to heal the sick and raise the dead because you made sickness and death yourself. If we identify with the body then we are going to believe in sickness and in death. We're going to experience both. It says here, this is number 24 of the *Miracle Principles*, "*You are a*

*miracle, capable of creating in the likeness of your Creator. Everything else is your own nightmare and does not exist. Only the creations of Light are real.”*

That’s what we are. We are creations of God and we are Light. We are Light beings. Think about this, “Can Light become sick? Can Light become ill? Can Light be bad or wrong? Can Light contract disease?” No. You can’t take Light and make it dirty. You can’t, but you can project that Light through a filter that looks like dirt, and disease, and illness, and that’s what we’ve done. The end of sickness and suffering is our willingness to change our mind and it’s available to us.

Yeah, so let’s choose that right now.

I’m Jennifer Hadley. It’s time for me to offer a prayer and close us out here. Time goes by so fast. The sun is up here in Hawaii. Beautiful sunrise here in the valley and I’m so grateful to share it with you. Remember, I’m doing this class on Thursday, *How To Heal Your Mind About Your Body*.

### *Closing Prayer*

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Let’s take that breath of Love and gratitude together and be so grateful and so thankful that Joy is our true nature, Love is our true nature, Peace is our true nature, and we’re choosing to be our true selves.

We’re grateful and thankful to Partner with the Higher Holy Spirit Self and to surrender all the causes of suffering, all the beliefs, all the thoughts, all the karma that is the cause of suffering.

We are grateful and we are willing to choose our healing. We share the benefits of our healing and our expansion with everyone because we’re One with them.

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

God bless you! I love you! Have a great week! Mwah!

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