

October 27, 2015



Freedom From Fear



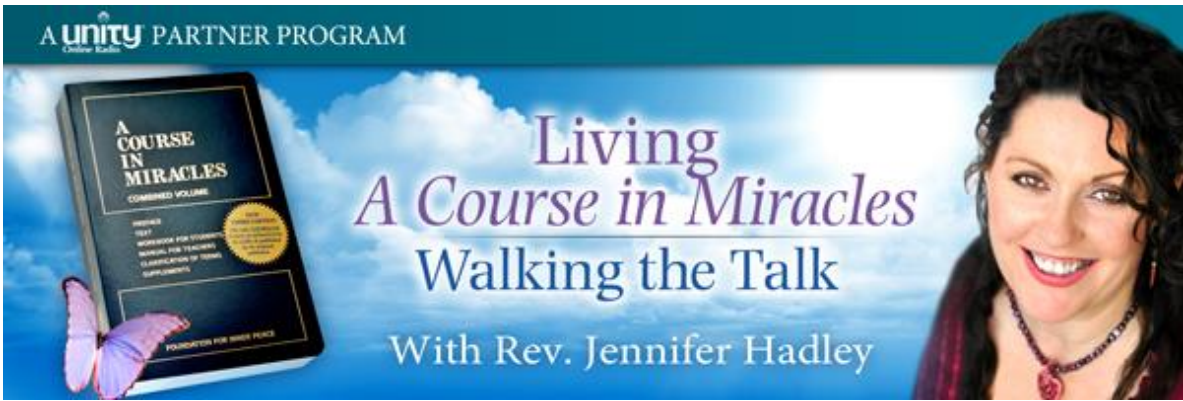
 *Jennifer Hadley*
your daily shot of spiritual espresso

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October 27, 2015

Freedom from Fear

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 Bonjour! Aloha! I'm so happy to join with you today! It's just a wonderful time, isn't it? It's a really--well, I know it's not a wonderful time for everyone.

I am Jennifer Hadley, and I'm so happy to be with you today! Our topic today is "Freedom from Fear." Yes! Oh Lord! Let's release that fear! Freedom from fear!

Opening Prayer

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

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

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

In grace and gratitude, we joyfully allow our expansion to continue throughout this radio show, throughout our lives, and we're sharing the

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benefits with all beings, because we're One with them. I'm so grateful to do that. Mmm! Yes!

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

Kandace Amen.

Jennifer Yeah! Amen.

The Power of Our Words, Thoughts, Actions

Well! I am just full to the brim! I'm so happy to share on this topic, because I know so many people really grapple with fear, and I certainly have been one who has done that.

For me-- it's interesting. I've realized that there are so many ways that we can experience fear on a moment-by-moment and daily basis, and that fear is something that we experience mentally, emotionally, and physically. So, let's break this down, because a lot of times, we don't even realize that what's going on is fear.

For instance, when I lived in Los Angeles--I'm living in Hawaii now, in Kauai-- and when I lived in Los Angeles I, for many years, I was finding myself rushing. When I first

started to practice nonviolence-- and, to me, that's really what *A Course in Miracles* is also, it's practicing nonviolence. I began having this moment-by-moment spiritual practice, back in the 90s, when I started practicing nonviolence. People would say, "What is nonviolence?" I'd say, "It's really being loving. That's what nonviolence is. It's being loving and compassionate, gentle and kind, respectful and honoring," which we can do all of that and be strong and be powerful. You can be powerful and gentle at the same time.

***You can be powerful and
gentle
at the same time.***

In fact, I've learned that, very often, when I am gentle, I feel very powerful. My experience is that my thoughts, my words, my actions have a great power when I'm moving from a great loving, compassionate, generous gentleness. Patience and kindness are very powerful, in many situations.

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Stepping into Fear

If you think about when you feel afraid, and you feel powerless, very often in those exact moments, there's an **unwillingness** to be patient, to be kind, to be gentle. There's the sense that being snappish and sarcastic, argumentative, all of those things, somehow, there's power in **that**.

I'm **so** familiar with that, because my life is all about mind training, as I think everyone's is and, of course, that's what *A Course in Miracles* is. It's a mind training. What *A Course in Miracles* tells us is that mind training is 24/7, and you're either training your mind via the ego or via the Higher Holy Spirit Self. One or the other, there's no other choice. And so, in each and every moment, we're either stepping into fear or into Love.

That's what I realized living in Los Angeles. One of the key things I learned when I started practicing nonviolence, moment-by-moment, was it was such an eye-opener. That's why,

***In each and every moment,
we're either stepping
into fear or into Love.***

I'm sure, when I came to the *Course* it made such perfect sense to me, because I'd already been doing this moment-by-moment, daily, watching my mind, watching my choices and my activities. It's profoundly rigorous and profoundly healing.

I found one of the habits that I had, that was so unkind, that was a fear-based habit, was simply not giving myself enough time to get dressed to leave the house, to be prepared to leave the house, to go to work, to go to a meeting, to go to a class, to--whatever it was. And so, I would then be rushing.

And, as we make a lot of jokes about it in L.A., the traffic is completely unpredictable in L.A. I mean, it's just unpredictable! For instance, at one time of day-- and, this is true in a lot of places now-- at one time of day, it can take you 20 minutes to get to some place that, at another time of day, in rush hour, it could literally take you 90 minutes or two hours. Crazy, right?

And, there are times when you can go the same route on a Tuesday, and the next Tuesday it takes you twice as much time. Often, it seems inexplicable, what's slowing down the traffic. We have no idea. But, there

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could be an accident somewhere on one of the freeways, and it will back up traffic through the entire city. It's **that** crazy!

Now, it can seem like, "Oh, this is a **bad** thing! Oh! This is awful!" But, you know what it is? It's actually giving everyone in the city an opportunity to be mindful and to practice. "Where does your mind go when the traffic is inexplicably slow, congested?"

I remember, one time, I was going from Malibu to West Hollywood, back in the day when I was working with clients, and doing consulting, and coaching and different things. I had a client in Malibu, and I was going to my home in West Hollywood, and under--I'll call it "normal" circumstances, it's an hour-long trip. But, something had happened, and the traffic was **crawling**, and so it actually became a **three**-hour trip.

Our Choice of Fear

Where my consciousness was, by the time I got home-- when I was getting within, let's say, a mile of the house, I literally was crying, practically, in my car going, "I just want to go home! Why can't I just go home?!" You see? That's where my **practice** was, and so there was no Love for **myself** in that moment. It was all about **fear**!

All about fear, because --and what is fear? Fear is the **result** of **choosing** thoughts that are judgmental, that are **not** true, that are opinions. I go back to this all the time, because it **is** the cause of **all** fear and conflict. The conflict that we experience in our mind is **always** when we say we **want** the Peace of God, but we're not **choosing** the Peace of God.

In that experience in my car-- and, I did stop along the way and eat, and do different things, so I wasn't in the car the

Fear is the result of choosing thoughts that are judgmental, that are not true, that are opinions.

whole time, and there was no way around it. It was happening **all over** the city! it was just a shutdown, a meltdown, because of something that happened on the freeway. So, it wasn't about trying to find a different route, or different strategy. It was about me working with my **mind**.

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Many of the ways that we actually **perpetrate** this unkindness to ourselves is through things like not giving ourselves enough time, and then feeling that we must rush. We're now in traffic, and as Spirit would arrange it in order to **help** us work with our mind, the traffic will be slowed down, inexplicably. Or, they'll be an accident in front of us.

Now, we go from, "I was **already** running late!" to now, "Oh, my gosh! There's no way to make up the time on the road!" So, it's getting **worse**, and we think it's all happening **to** us. "I'm the victim here! I have no control over the traffic!"

The reason why I'm entitling this episode, "Freedom from Fear" is because it **so often** seems like fear is happening **to** us, it's done **to** us. But, that's **never** the case! Unless we **choose** to think the thoughts that set in motion, and **affirm**, those mental and emotional patterns-- a feeling of lack, limitation, and separation-- we **cannot** feel afraid, even if someone threatens us.

There have been situations where I was teaching a workshop, and someone threatened me, or became argumentative and attacking! I didn't feel afraid! I saw, "Oh! This is an opportunity to support this person in knowing that, even though I never met them before, and they seem to be attacking me, I can love them, and that can be a healing for everyone in the room, including myself! It's a golden opportunity. There's nothing to fear."

I am here to be truly helpful. I will be lead as to what to say, and what to do. In this, I can rest, always, and so there's **nothing** to fear, whatsoever!

But, if I think, "Oh my gosh! This person could ruin this workshop for everybody!" well, then, I would start to feel **afraid**. You see? The second that we go into judgment-- "Now, how could I think that that person is going to ruin the workshop, unless I'm **separate** from them, and I'm not connected to them?" But I **am** connected to them!

God's Will & Divinity is Ours

So, because we're connected-- even though it seems like we have separate bodies, even though it seems like we have separate intentions. Maybe their intention is to disrupt things, and my intention is to bring Unity consciousness in the room-- in the Mind of God, we have only one

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intention. So, while the ego won't let me see it, unless I override the ego, we hold One will and One intention.

In Chapter 30, *A New Beginning*, in the Section II, it says --Section II is called *Freedom of Will* --it says,

***In the Mind of God,
we have only one intention.***

“Do you not understand that to oppose the Holy Spirit is to fight yourself? He tells you but your will; He speaks for you. In His Divinity is but your own. And all He knows is but your knowledge, saved for you that you may do your will through Him. God asks you do your will. He joins with you. He did not set His Kingdom up alone. And Heaven itself but represents your will, where everything created is for you. No spark of life but was created with your glad consent, as you would have it be.”

No spark of life has been created without **your** consent. We are One with each other.

So, if something upsets you, it bothers you, it's because you're identified with the ego, and you can quickly make that transition to identifying with the Higher Holy Spirit Self.

I say it that way-- Higher Holy Spirit Self-- because I **truly** feel that that Holy Spirit is the I AM Presence, that **is** the I AM Presence of every being. It **is** my Higher Self, and so I'm not separate **from** it, so our **wills** are not separate.

And, because the I AM Presence unites **everyone**, there's only One Mind, Infinite Mind of God that joins us all, how could anyone's will be **separate** from God's Will?
And, how could we have different wills, even though it **looks** like we do in this world?
In fact, we're working together.

***No spark of life has been
created without your consent.
We are One with each other.***

In every case-- for instance, when it seemed like the person in the workshop was attacking me, was trying to poke holes in what I was saying, it gave **me** a chance to demonstrate to everybody in the room the **security** of my knowing, and then people would relax. “Wow! She's not rattled **at all!** She **gets** this! She **lives** this! She walks the truth.”

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The Way Out of Fear

So, that person can have a **shift**, according to where they are in that moment. But, if I see them as the Christ, and **know** that **they** are there to support **my** intention, and **my** aspiration -- which is for the highest and best of everyone in that room-- it's a very powerful experience for the **collective**. **Why** would I be afraid? It's **only** going to make everything better.

If we can start to look at, even when the traffic is slowed down, "Oh! **Here** is my meditation!" But, we go into fear. "I'm going to be late, and then my boss is going to be mad at me, and then I have to deal with that all day, and this keeps happening to me. Why is this happening **to me?**"

Nothing is happening **to** us. The way **out** of that fear, the Freedom from fear, is to know that **everything** is working for us, because there's **only** One Will. The Freedom of our will is to recognize there's **only** Divine Will and to, in each and every moment if we're feeling afraid, to say, "Okay! My will **is** the Will of God. Let me know my will **now!** Let me know the highest and best choice in this moment. Let me **know** how **this** experience is blessing me! And, if I can't quite hear that right now, because I'm feeling so anxious, so afraid, so worried, so concerned, let me **trust** any way! Let me trust that **nothing bad** can happen to me, because I live, move, and have my being **in** the Love of God, and there's **no other** place for me to live, move, and have my being."

We're grateful that this is so.

Alright! It's time for me to take a break. I'm Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio, and I'll be right back.

Let me know the highest and best choice in this moment.

Let me know how this experience is blessing me!

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*.

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Living in Fear is Playing Small

Jennifer I'm Jennifer Hadley. Welcome back! We're talking about "Freedom from Fear." Just before we go into that, I'd like to say that I have been doing this wonderful series of free classes, and oh my gosh! I'll tell you--talk about Freedom from fear! It's a free series of classes called [*Stop Playing Small*](#), and if you go to JenniferHadley.com, you can still register and listen to all the classes. We have some more classes coming up, and we've had a bunch, and you can get the free downloads, and the replays and all that stuff.

I just like to share with you that, when I first received this intuition to do a series called *Stop Playing Small*, it was really based on my **own** experience of feeling afraid, and feeling separate, feeling "not good enough."

Back in the day, when I was studying to be a Science of Mind Practitioner, and then a minister in the Agape community, and I was taking a lot of "self-help" kinds of seminars with a lot of these gurus, and they were teaching how to do seminars, and how to make a lot of money doing it, and how to do marketing, and all of that stuff, it felt **so** overwhelming to me. I thought, "How am I **ever** going to learn all this? Websites, e-mails, marketing! How am I **ever** going to be a successful minister and teacher, when I don't **even** walk my talk?"

And, I knew it! Right? "How am I ever going to figure out all these marketing pieces, and all this stuff?" and I felt **so afraid**, and I **knew** I was playing **so** small, and I didn't know how to stop it.

I was taking all these classes, and workshops, and seminars, and different things about "How to expand into your greatness!" and "How to shine your Light!" and "How to make a million dollars!" and "How to--" just, how to do this and how to do that.

I felt like I was studying this stuff, and applying a lot of it, but I just didn't feel like it was really **working** for me. I did a **lot** of workshops, because I really like doing workshops. I did a lot of workshops for small groups, and I kept thinking, "How can I attract **more** people? How am I ever going to make a **living** at this?"

Through my **willingness** to keep doing my spiritual practice-- keep meditating, keep praying, praying, praying, praying, and keep **really** focusing my energy, and being **mindful** of my word, and looking for opportunities to **be** more loving, to **be** more patient, to **be** more kind.

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Looking for opportunities when I **did** go into fear, and a belief in lack, attack, and limitation, and to **surrender** that to my Higher Holy Spirit Self, and to say, “I am **not** going to live in fear! No! There’s a loving choice here. I’m going to **find** it! I will **not be** motivated by fear anymore!”

And then, of course, falling down, finding myself being motivated by fear ten ways from Sunday, and then remembering, “Oh! I **can** have Freedom from fear through choosing **Love**. I’ve been immersed in attack thoughts for the last two hours!”

*There’s a loving choice here.
I’m going to find it!*

Learning how to really **walk** the talk, and **live** the Love, was the **hardest** thing that I ever did. And so, I found that fear was such a **motivator** for me, and a lot of the things that I was choosing to put my time, energy, money, and effort into were **motivated** by my fear of lack, fear of limitation, fear of failure.

But, I **kept** praying. I **kept** meditating. I **kept** being contemplative. I **kept practicing** listening to the Higher Holy Spirit Self and, little by little, I began to get clues. And, of course, the biggest clue I ever got was, “Be vigilant with your **word**, and your thought is your **word**. Your **word** is creative. It **has** power in this world to **make** your experience.”

This is *Cause and Effect*, Chapter 2 of the *Text* in *A Course in Miracles*. It’s just a couple of pages. Just **read** that! When I first read that, I went, “Oh my God! **This** is **why** so many Light Workers play **small**! They **feel** it’s **impossible** for them to be vigilant with their thought and word! They don’t even really **try**, unless someone’s watching them!”

And, that was **me!**” I gave myself permission, all day long, to use my thought and word to energize lack, limitation and attack. I **seemed** to be addicted to it, and so fear was a constant, and I didn’t even recognize what fear **was**.

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Do We Decide for Idols or Truth?

For instance, if I felt threatened by **anything**-- just anything in the world and, of course, the world we see when we're identified with the ego **is** very threatening. Living in Los Angeles, I set myself up, **every day**, for having to rush to something, because I didn't give myself enough time.

And then, I set myself up for more fear because of thinking, "I should **look** differently." "I should be more beautiful." "I should be thinner." "I should be more fit." "I should do --this." "I should do -- that." "I should be more spiritual." "I should be more loving." "I should be more kind."

I "should, should, should" all over myself, all day long! I didn't even realize **how much** of that was just pure 100% fear-based thinking! And, all the fear-based thinking, really, only comes from **choosing** to value **separation**.

And so, that's what it says here in Chapter 30, *The New Beginning* in Section III, *Beyond All Idols*. It says here,

"Decide for idols and you ask for loss. Decide for truth and everything is yours."

What do we idolize? We idolize things like physical fitness, and the perfect weight, and thinking that, somehow, we're **better** if we can wear a certain sized clothing, or if we have ripped abs. You know, that somehow **that** makes you a better person.

But let me just tell you, I have had **so many** people in my life, living in Los Angeles who were, by **cultural** standards, **gorgeous!** Okay? By **cultural** standards, they've got the whole physical body thing just **beautiful** and **perfect**, and they are working out so much! They are watching every single thing they eat, all of it, and it's **all** driven by the **ego**. It's **all** driven by **fear**. It's **all** driven by fear!

I have got to tell you, I've met so many people who say, "Oh, eating **this** food is better than eating **that** food." **What?** *A Course in Miracles* is **so** clear on this -- "Don't **make** it real. Don't **idolize** these things."

I mean, literally, just think about it! Some people will idolize the Cheetos, the popcorn, the ice cream, the chocolate. In a certain **sense**, they idolize it. And other people will idolize that Paleo diet, that perfect diet, that perfect weight. It's **all** idolization.

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“Decide for idols and you will always ask for loss. Decide for truth and everything is yours.”

There are many people in this world today that, if they could attain Enlightenment, but they had the Buddha’s body, they wouldn’t take Enlightenment, because they wouldn’t want to **look** like the Buddha. Why wouldn’t they want to look like the Buddha? Because they think that looking like the Buddha would make them **unhappy**.

You know, you think of Amma, the Hugging Saint. She’s **huge**. She’s **huge**, and she is **radiant**! She is **pure Love**. She’s **awake**! But, how many people would **ever** like to have her body? And, if that’s what being **awake** is!

Of course, it’s not required, but you see how the mind is actually **afraid**, because it’s **so** identified with the body. It’s **totally** identified with the body when there’s fear.

*Decide for truth and
everything is yours.”*

It says here about idols,

“It is not form you seek.”

This is *Beyond All Idols*, Chapter 30, Section III, Paragraph 2.

“It is not form--” form in the world, “...you seek. What form can be a substitute for God the Father’s Love? What form can take the place of all the Love in the Divinity of God the Son? What idol can make two of what is One? And can the limitless be limited? You do not want an idol. It is not your will to have one. It will not bestow on you the gift you seek. When you decide upon the form of what you want, you lose the understanding of its purpose.”

Now, this is so key to understand here.

“When you decide the form of what you want, you lose the understanding of its purpose.”

If you think of teachings about Law of Attraction from *The Secret*, doesn’t that talk about, “Decide what you want”? Decide the **form** of what you want. Make a “vision board” about it, and then draw it into your life using your mind. Your mind, your thought, has the power to make things manifest.” And, it **does**, and **if** what you’re trying to draw into your life is

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something that's a potential false idol, or **is** a false idol, it **won't** make you happy.

So, what is the purpose in doing that, except you're just aligned with the ego, and using spiritual principle to make manifest false idols? It will **not** lead to your Happiness. Success in the material world **does not** make us happy! We **know** that already, on an intellectual basis. But we all have to prove it to ourselves, **seemingly** again, and again, and again.

We can experience tremendous Joy, Freedom, and Happiness in this world, and it's not **because** of this world. The Freedom, the Joy, the Happiness we experience is because we change our **mind**, and we relinquish the idols.

*Success in the material world
does not make us happy!*

Asking the Right Question

The Freedom from fear comes from looking for the most **loving** choice and saying things like --I did a video on this a couple of months ago, or whenever it was. It's on my YouTube channel. My YouTube channel, you can subscribe to it. I have a bunch of inspirational videos there. It's [JenniferHadley@youtube](https://www.youtube.com/channel/UCJenniferHadley), and I have a bunch of *A Course in Miracles* teachings videos there, et cetera.

In one of them--what was the name of that video? It was about, "Are you Asking the Wrong Question?" I was saying, for years-- literally, for years-- I would go to put on my lipstick, and sometimes I would not be happy with my lipstick colors. Like a lot of women, I had 10, 15 different lipsticks, and I would try and blend them to find the perfect lipstick color.

And I thought--I would think, frequently, maybe once a week, I would think, "Why can't I find the perfect lipstick? Why is it so **hard** to find the perfect lipstick?" In that sense, honestly, there was an **idolization** of the perfect lipstick.

One day, because of my practice of looking for the most loving choice, again, and again, and again, throughout the day, I heard myself say, "What's so **hard** about finding the--why is it so **hard** to find the perfect lipstick?" I realized-- I heard my Higher Self, the Holy Spirit, say to me, "Jennifer, you're asking the **wrong question!** You're asking the wrong

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question. Why is it so **hard** to find the perfect lipstick? It's **not** hard. Would you **like** the perfect lipstick?"

"Yes, I would. But I don't want to idolize it." I realized that, and I said, "You know what? I'd **like** to find the perfect lipstick. That would be nice." And within two weeks, I was in an airport, I think in Germany or something, and I found the absolute perfect lipstick.

And you know what? Let me just say this, I wore that lipstick for a while, perfect color for me, but then I just wasn't interested in wearing that lipstick anymore. It didn't **matter** anymore. I **had** it, and it didn't **matter** anymore.

So, I just have to **laugh**. We **idolize** things that are not worth idolizing. We allow things to irritate and frustrate us. Not because the thing itself is actually bothersome. It's because **everything** is a spiritual practice! If I can be irritated sitting in traffic, I can be **irritated**. That's **all** I need to know.

So, the Freedom from fear comes from, in that moment, saying, "You know what? I have a **choice**. I can **choose** to idolize something. I can **choose** to be **attached** to something. Or, I can let it go to the Holy Spirit. I can have a healing in my mind **right now**, and this moment of irritation then becomes a moment of awakening, and **that's** my Freedom from fear.

Everything is a spiritual practice!

These moments are available to us, every minute of every day, and so, it's-- yes, we'd like to shine our Light. But, more than that, the pain is pushing us to stop playing **small**.

That's why I named the series, [*Stop Playing Small*](#). It's for Light Workers, and people who are just literally sick and tired of playing **so small**, and so **petty**, and so limited, and who are **really** interested in the living the Love and walking the talk. It's totally free for you. The whole series, [*Stop Playing Small*](#) at JenniferHadley.com. You can go and sign up.

We're at the break time now. You can hear that music. I'm Jennifer Hadley talking about "Freedom from Fear" and *A Course in Miracles* on Unity Online Radio, where we **are** walking the talk, we **are** living the Love, and I will be right back.

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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*.

The Key to True Freedom from Fear

Jennifer Welcome back! I'm Jennifer Hadley, and we're talking about "Freedom from Fear" *Beyond All Idols*.

"When you decide upon the form of what you want, you lose the understanding of its purpose."

Let's break this down.

"When you decide upon the form of what you want, you lose the understanding of its purpose."

In that lipstick story, that I shared before the break, the lipstick was the **idol**, and I was **upset** because I couldn't find the perfect lipstick. When I **literally**, when I released it from thinking, "You know, I don't really-- it's **nothing** to upset me. I'm upset about a lipstick! Okay! **That is not** the highest and best path of Love."

And so, let me, instead of saying, "Oh! Look how **petty** and **stupid** you are, Jennifer! Look how **material** you are, Jennifer! Look how focused on **appearance** you are, Jennifer!" I didn't need to **berate** myself for that realization of, "Oh! I'm letting this lipstick color **bother** me!" --instead, I could just move into, "What would I **like**? I'd like to find the perfect lipstick! End of story! That's it! Is it going to make me happy? Eh! For a **moment**. Is it going to give me Enlightenment? **No!** It's not!"

That's the key to realizing a true Freedom from fear. Is the perfect cup of coffee going to give me Enlightenment? Right? How many times have I been in a restaurant in my life, and I order a cup of coffee, they serve the coffee, and it's like, "Oh! This tastes like dishwater!" -- or whatever.

Not that I go drinking dishwater, but it's **awful!** It's really challenging for me to, sometimes, just realize, "Oh my gosh! I've made an idol of things like that!" Right? That's how it **felt** to me back then, because I didn't realize

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that **every** disturbance, every little **thing** was idolization. Every little frustration, every little irritation. You can start to see that **it's** the "It should be different!" **That's** the idolization.

"When you decide upon the form of what you want--"

What that really means is, when you become **attached** to how you think things should be, it says,

"...you lose the understanding of its purpose."

Everything in this world is **symbolic**, so it's only **purpose, really**, in this world-- until we wake up-- is to **help** us wake up. If we think that something in this world **has** another purpose, then that --if we think that something in this world has

the purpose of making us happy, giving us Freedom, giving us even Abundance and Prosperity, and we are attached to our Abundance, our Prosperity, our health, our well-being, our Love, our Happiness, anything come from some form in this world-- then we're literally saying, "I would rather **suffer** than wake up!" Because all attachment causes the suffering. That's what it's saying here.

"When you decide upon the form of what you want, you lose the understanding of its purpose."

Its **purpose** in this world is to help us realize, everything is **symbolic** in this world to help us realize, "Oh! You can choose Enlightenment. You can choose Love." And then, when we **are** choosing Enlightenment, we **are** choosing Love, then what happens is we are in that flow.

What it says here is,

"When you decide upon the form of what you want, you lose the understanding of its purpose."

Its **purpose** is to help you **choose** Atonement, to **choose** awakening, to **choose** salvation, to **choose** forgiveness, to **choose** to release the attachment. **That** is the **path** of Freedom from fear.

Everything in this world is symbolic... it's only purpose in this world-- until we wake up-- is to help us wake up.

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Finding Our False Idols

It says here,

“So you see your will within the idol.”

Now, let’s take it to an idol of-- let’s say, it could be your dog, it could be your sweetheart, and you’re thinking your dog should do whatever it’s **supposed** to do, and shouldn’t do this other thing that it’s **intent** on doing. Or, you think your sweetheart should do something that they’re not doing.

It’s so common. I talk to so many people who say things like, “It makes me so angry that my spouse doesn’t have the same sexual interests that I do! It makes me so **angry** that they’re **withholding** sex from me!” Well, they’re not **withholding**, necessarily. Maybe they have a different level of sexual desire. Maybe there’s a whole another thing going on. I hear that from men **and** from women.

Or, “It makes me so angry and upset that my spouse doesn’t realize that I can’t stand it when they do-- this or that! I’ve talked to them about it so many times, they **persist** in doing it.”

It might seem challenging to think that, “Where’s the false idol in **that?**” Well here’s the thing-- it’s really, “*When you decide upon the form you want--*” the form I want is, “I want this kitchen clean. I want the socks in the

You are literally living in fear, because you think things being the way you want them in the world will make you happy.

laundry hamper. I want the sex when I want it, the way that I want it. I want the dog to not poop on the carpet, and I want the dog to not bark when I’m gone,” or whatever it is-- you see, when you decide upon the form that you want, and you have that attachment to it, and you think that your Happiness depends upon it, there’s **no** Freedom from fear. You are **literally living in fear**, because you think things being the way you want them in the world will make you happy.

But that’s not how this world works! Our Happiness, our Joy, and our Freedom does not **ever come** from anything in the world.

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Now, when we **are** at Peace, when we **are** in Joy-- which are spiritual qualities of God -- that come from the Freedom in our mind, the **non-attachment** to the **form** of things showing up, **then** we can be delighted.

For instance, when I let go of the form of the lipstick, and all of that, and I just said, "Look. I'd like to find the perfect lipstick for me. I don't need to have any attachment, any craving, any aversion, any of this anymore. I'm releasing all of that." Bam! A lipstick showed up that I really liked. And you know what? I wore it for a while, and then -- pfft! I didn't feel like wearing much lipstick anymore, so I kind of stopped wearing lipstick!

Our Yearning for Wholeness

You see? All that transpired because of my willingness to **first** think I knew what the form should be, and then to **let go** of that form. It says here,

"So you see your will within the idol, thus reducing it to a specific form."

We think our Happiness is in the idol, and we reduce our Happiness to a specific form.

"Yet this could never be your will, because what shares in all creation cannot be content with small ideas and little things."

We hold and share the mind of the Infinite Loving Spirit! Our Happiness does not **depend** on these little things in form. But, when we are free in our mind, we can find Joy in the simplest things. It can be so delightful to find a lipstick we like.

*"Behind the search for every idol,
lies the yearning for completion.
Wholeness has no form because it
is unlimited."*

Every idolization that we have,
of **any** kind, whatsoever, is
trying to satisfy that yearning

for completion. The reason we don't feel complete, is because we haven't **chosen** Wholeness. We have chosen **separation**.

***The reason we don't feel
complete,
is because we haven't chosen
Wholeness.
We have chosen separation.***

The **choosing** of Wholeness, the **choosing** of forgiveness and letting go of judgment-- which is the weapon that creates our feelings of separation--

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letting go of the judgment, and choosing Wholeness, choosing Unity, **is** what will bring us to a life without fear.

So beautiful! So powerful! And, it transpires in a moment-by-moment practice, until we **completely** are in agreement with Love, and **then** we don't have to deal with that anymore! It's over! And **that's** what we're going for.

I'm Jennifer Hadley. I just like to remind you, at JenniferHadley.com, you can participate in the [*Stop Playing Small*](#) series of classes totally free.

And, let's pray!

Closing Prayer

I'm so grateful and so thankful in this moment to Partner UP with the Higher Holy Spirit Self, to let go of **all** the false idols, **all** the attachment to form, and to realize, fully and completely, right here and right now, the **only** Joy, the **only** true lasting Happiness is Oneness, Unity. **I choose Unity!**

In grace and gratitude, we share our choice with everyone, because we're One with them. We let it be. And so, it is. Amen. Amen. Amen.

Have a **great** week, and mwah! I love you! Thanks for joining today.

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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 Miracle* every day, in every way.