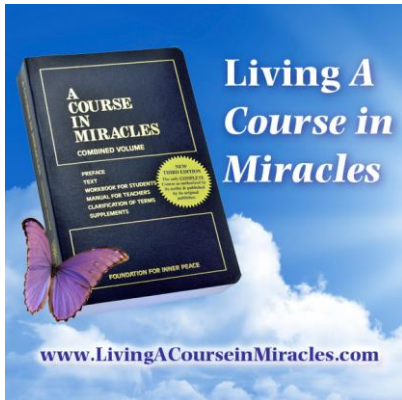


November 24, 2015



Healing Family Guilt



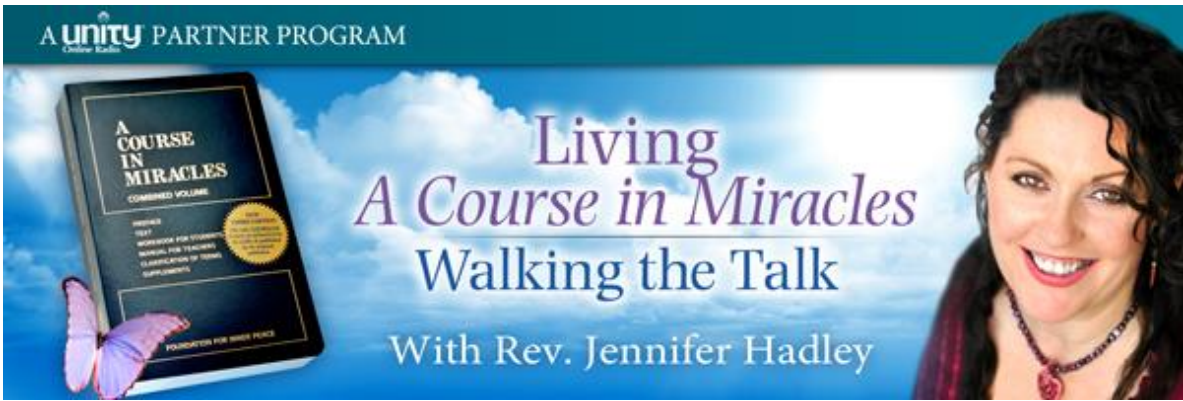
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November 24, 2015

Healing Family Guilt

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 Hello, hello, hello! I'm back in Kauai, and glad to be home again. I'm so grateful to join with you. I'm Jennifer Hadley, and I love to pray! [laughs]

Opening Prayer

So, we're going to start with a prayer and I invite you to please, place your hand on your heart and join me wholeheartedly.

So grateful and so thankful to open ourselves to an unlimited, unprecedented flow of Love reverberating in our heart and in our mind. We Partner UP with the Higher Holy Spirit Self to remember our true identity is perfect Love. It always has been, and it always will be. This is our true nature.

This is our true identity, so we're moving into that full acceptance of our inheritance, the Kingdom that is within. We're willing to recognize that **we are** the treasure, **we are** the Kingdom, and we're sharing the benefits with everyone. We're sharing the benefits with our family, our friends, our community, all beings, because we are One with them.

So grateful and so thankful to open ourselves to this unprecedented flow of Love. So grateful to accept the healing in our heart.

In grace and gratitude, we share the benefits, and we let it be. And so, it is. Amen. Amen. Amen. Amen. Yes!

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Interrupting Thought Patterns

This week, in the United States, we have our biggest family holiday on Thursday. It's Thanksgiving Day. and I will be with my family in Spirit, not in person. I'll be probably take the day, mostly, as a day of meditation and contemplation, being still and being grateful, which I **very** much look forward to.

And, it's an opportunity when we're with our family to do some **very** beautiful, intense and deep healing. One of the things that we are able to do is to have lasting transformation, if we're willing. I'm inviting everyone to really make this holiday season, this time, this end of the year, however it feels to you, as a time where you are willing to focus more deeply in your spiritual practice.

Anyone who listens to this radio broadcast knows that what I have learned that brings the greatest benefit is to have focused time for connecting with the Higher Self, the Holy Spirit Self, our true nature, the I AM that I AM, and to do that in focused prayer, contemplation.

***Every thought
that we think
is a choice that
we make.***

Then, throughout the day, that's where our spiritual practice deepens. It's the moment-by-moment what we **choose** to think, and every thought that we think is a choice that we make. Every thought that we think is a choice that we make.

You know, it's pretty remarkable that, if you think about it, if you were to make -- say you make a choice only every five seconds, and this is five seconds: one, two, three, four, five. So, you can make more than one choice in five seconds. **That's** for sure.

And then, if you -- so, if you say you have one choice every five seconds, and you've got, in a minute, right? That means you have 12 choices. Right? So, 5 times 12 is 60. Alright? And then you do, times 60 minutes in an hour, right there. In an hour, that's 3,600 choices.

Then, let's say you're awake for 18 hours a day. That's almost 65,000 choices that you make in a day, and that's **really** an underestimate. That's a **lot** of choices! Lots and lots of choices!

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That's why, in my classes, I teach -- if you start with, let's just say, roughly if you've got 65,000 or more, then maybe 100,000 choices in a day that you're making, of what thoughts you're going to think. **Most** of those choices are that you're just doing the same, making the same choices to think the same thoughts that you've made yesterday, and the day before, and the day before.

This is why what I teach is, **how powerful** healing, transformative, lasting healing and transformation comes from the willingness to interrupt that **pattern** of thinking the same thought over and over again. And, it's the most challenging thing I've ever done.

And, when we're with our family, at times of high stress and high pressure, there's an opportunity to shift those patterns that is more powerful than **ever**, because it's, in many ways, more **challenging**. And our willingness to practice when it's stressful, and when it's challenging -- oh, boy! Oh boy! It makes **such** a difference!

Be the Happy Learner

I'm going to share with you, today our topic is "Healing Family Guilt." In Chapter 14 of the *Text*, Section III, the chapter is entitled *The Decision for Guiltlessness*. It tells us here,

"The happy learner cannot feel guilty about learning. This is so essential to learning that it should never be forgotten."

Now, why is this so important? Well, in every moment, because we're making all of these choices, we have the opportunity to **learn** from our choices. If we don't **judge** our choices, if we don't **judge** ourselves, if we don't **judge** other people, **then** we can be the happy learner.

If we **do** judge our choices, and if our choice is to judge **other** people's choices, then we will be the **unhappy** learner.

So, you choose -- happy learner, unhappy learner.

Now, this practice of not judging ourselves **and** not judging others is what forgiveness really is. **That's** the true forgiveness practice. It's **not** making a meaning of it, not making a meaning of **your** choices, "Oh, what an idiot! I did that again!" Not making up the meaning of other people's choices. "Oh, what a stupid monkey they are! They don't know what they're doing!" "Oh, they're such an idiot!" "Oh, my God, they're such a loser!" "Oh, my God!

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They're never going to get ahead!" "Oh, my God! My son is never going to succeed!" "Oh, my God! My husband is **always** going to let me down!" "Oh, my God! My mother **always** disappoints me!" "Oh, my God!"

It's like that. These are the choices that we make to think things, and true forgiveness is nonjudgment.

We might have the thought, "Oh, my God! My spouse is such an idiot!" Well, then, we can say, "Wait a minute! Are there **really** any idiots here on this planet, or are we not all One? Are we not **all** God's Son, the Son of God, the Christ Child? Are we not **all** the Christ, with the unlimited potential of perfect Love? Is that not what we **all** are?"

So, then, there **are** no idiots, there **are** no stupid monkeys. There are **no** morons. There's **no** problems. There's only the opportunity to be the happy learner, which is to surrender the meaning that I made of things.

Intention to Release Attachments

We train our mind **not** to make negative meaning of things **by** actively surrendering the negative meaning we've made of things, when that is our choice. We learn to get out ahead of our judging through our moment-by-moment practice for the entire day.

You see, the powerful morning practice is to be **very** clear. "I'm setting intention for this day. I'm setting intention to be loving, to be compassionate, to be kind, to be gentle and generous. I am setting intention today to **be** the happy learner, to recognize that I'm **never** upset for the reason I think. That **everything** I see only has the meaning that I have given to it, and I do not know what anything is for. But, I'd like to.

Everything is working together for my good. **Everything** is gently planned by One Whose only purpose is my good. **This** is the truth, and I'm **willing** to **see** it! I'm willing to **know** it! I'm willing to **understand** it! I'm willing to **receive** it, **accept** it, and **allow** it. I'm willing to surrender the meaning I've made of things, the judgments. I'm willing to surrender the repetitive choosing thoughts of lack, attack, limitation, and separation. I'm willing to let all that go, and stand back and say, "I am here only to be truly helpful, and I will heal **as I am** taught to heal. So, I'm willing to be a healing presence in my own life, in my own mind, in my own heart, and then to share the benefits with everyone, because I'm One with them."

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The happy learner cannot feel guilty about learning. If we make an error, which is to judge somebody, including ourselves, or to attack someone, or to think thoughts of lack and limitation, if this is the error we made, as soon as we realize, "Oh, I don't feel good. I'm not the happy learner in this moment. I'm the **unhappy**, guilty, ashamed, angry, frightened learner," we can switch. Bam! We can switch modes and say, "I **choose** to be the happy learner. I'm **willing** to be the happy learner. Holy Spirit, teach me how, teach me now."

We relax our mind from our **attachment** to the meaning that we've made of things. It's **simple**, but it's not easy. It's profoundly healing and transformative, and the **only** thing that makes it hard is our level of willingness.

So, *The Decision for Guiltlessness.*

"The happy learner cannot feel guilty about learning. This is so essential to learning that it should never be forgotten."

So, we don't **need** to feel guilty if the choice that we've made has made us unhappy.

Instead, what I teach in all my classes is, be **grateful** that you **recognize** that the choice

you made is making you unhappy. You're never unhappy or upset for the reason you think. You're unhappy because the **choice** you made is **not** a loving one, and any unloving choice **cannot** make you happy. It's just not possible!

And you don't need to feel **guilty** about it. You simply choose **now** to make the loving choice, which is to **not** judge yourself, and release any idea that you're bad, or wrong, or stupid, or are unworthy because you made an unloving choice. **That's** how you move out of guilt and back into being the happy learner, and the Holy Spirit will help you.

You **know** that Holy Spirit is your true nature. It's your true identity. It's **always** there for you. **Always, always, always** available to do the heavy lifting of figuring out, **how** do you remove these thoughts from your mind. You don't have to figure out **how** to eliminate the pattern, **how** to remove these thoughts these attachments. You just have to be **willing** to make an offering of them, to say "I'm **not interested** in that pattern anymore. I'm **not interested** in building a case for that anymore. I'm **not interested** in

**Be grateful that
you recognize
that the choice
you made is
making you
unhappy.**

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gathering evidence to support my attack, my blame, my shame any more. I'm **not interested** in that, anymore.

Willingness to Release Guilt

So then, it says,

"The guiltless learner learns easily because his thoughts are free."

Woohoo! Doesn't that sound good?

"Yet this entails the recognition that guilt is interference not salvation, and serves no useful function at all."

Guilt serves **no** useful function at all.

The one thing I could say about guilt is, when we try to make others feel guilty, or when **we** feel guilty, then what we're doing is, we're creating pain in our mind, in our emotional body, our mental body. And if we don't heal it at the mental level, it travels into the **emotional** body. And if it we don't heal it when we feel **emotionally** upset, then it's going to travel into our **physical** body, and that's what I call the "Divine Alarm Clock".

***Interrupting
the pattern,
and saying,
"I'm willing to
let this go" is
so powerful.***

So, if you keep hitting the "snooze button", it's going to travel from your mental body -- the pain will travel into your emotional body, and then into your physical body. And so, if you've been hitting the "snooze button" a long time, the **evidence** is in your physical, emotional, and mental body.

A Course in Miracles teaches us that "All healing is at the level of the mind". So, how do we heal at the level of the mind? "Holy Spirit, I am **willing** to surrender my attachment to these thoughts -- to the blame, the shame, the guilt, the resentment, the regret, the jealousy, the unworthiness, the belief that I'm bad, the belief that there's something just inherently evil in my being. I am willing to surrender **all** these thoughts and **all** these beliefs, and know the truth that sets me free."

It's like Jesus says in the *Fear and Conflict* Section in Chapter 2, that He cannot take these thoughts out of your mind as long as you **value** them. And, if you keep choosing to **think** them, you **value** them. That's why

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interrupting the pattern, and saying, “I’m willing to let this go” is so powerful.

Now, the only way we can really experience this healing, the **only** way, is to **practice** it. That's why our morning practice, whatever that is, is about **deciding** to be more awake, more aware, more willing, more loving, more compassionate, more generous, more kind, more patient, and deciding to -- a decision is **so** important -- deciding to make this a day of profound practice, come what may, no matter how challenging it is.

When we notice it's **really** challenging, the **more** challenging it is, the **more power** is in that healing moment. The power is in choosing to be the happy learner. The power is in being **willing** to have the Holy Spirit help you interrupt that pattern. It says here,

“Perhaps you are accustomed to using guiltlessness merely to offset the pain of guilt, and do not look upon it as having value in itself. You believe that guilt and guiltlessness are both of value, each representing an escape from what the other does not offer you. You do not want either alone, for without both you do not see yourself as whole and therefore happy.”

So, we're not using this intellectual practice of guiltlessness in order to relieve the pain. That's the **slow** way. That's the pendulum going backwards and forwards, backwards and forwards.

Healing Through Truth

In our deepening practice, instead of just choosing to eliminate the pain, go for “I desire to know the truth that sets me free. I desire to know myself as perfect, whole and complete. I desire to know God **as** me. I desire to know my life in God, and to live it fully and completely, in each and every moment.”

So, instead of doing your spiritual practice to try to eliminate your pain, instead make that **choice**, in your day, that decision to make your spiritual practice for the purpose of **accepting** the Atonement, healing the **world** when your mind is healed. **That's** the thing that **really** accelerates our practice, and that's the thing that we can do while we're practicing in our family gatherings and situations, in the most intense times of our life.

Our willingness to be grateful that we recognize the pain is pushing us, and we can **choose salvation**, and salvation is **always** going to be when we

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choose to live in our loving heart. **That's** the healing that takes place in the mind. It's actually in the mind, instead of the heart. Yes!

And, I just did a free class, which anyone can go and listen to or download at JenniferHadley.com. It's called [*How to Have a Positive Experience in Your Family*](#). It's right there on the Home page of JenniferHadley.com. Register, I'll send you the download link, or you can listen to it online, whichever you prefer. It's all free.

And, if you know anyone else who could benefit from this free class, or would like to join you in listening, remember the two or more who are gathered are **so** powerful.

Well, you can hear that music. 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, where we're living the Love, we're walking the talk, and I'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*.

The Miracle of the Power of Decision

Welcome back. I'm Jennifer Hadley, and our topic this week is "Healing Family Guilt."

It says here in Chapter 14, Section III, Paragraph 4,

"Each day, each hour, and minute, even each second, you are deciding between the crucifixion and the resurrection; between the ego and the Holy Spirit. The ego is the choice for guilt; the Holy Spirit, the choice for guiltlessness. The power of decision is all that is yours. What you can decide between is fixed, because there are no alternatives except truth and illusion. And there is no overlap between them, because they are opposites which cannot be reconciled and cannot both be true. You are guilty or guiltless, bound or free, unhappy or happy."

"The miracle teaches you that you have chosen guiltlessness, freedom and joy."

Remember, the miracle is in the mind, and the miracle in the mind is when you **choose** the Holy Spirit's way of thinking, when you turn away from the ego. That's the **miracle**, when you align with the thought system of the Holy Spirit, when you align with the truth. That is the miracle, and then it

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will manifest and demonstrate in your mental body, in your emotional body, in your physical body as healing, miraculous healing in your relationships, miraculous healing in the circumstances of your life.

But, the miracle is in your mind. It's not in your life. So, it says,

"The miracle teaches you that you have chosen guiltlessness, freedom, and joy. It is not a cause, but an effect. It is a natural result of choosing right, attesting to your happiness that comes from choosing to be free of guilt. Everyone you offer healing to returns it. Everyone you attack keeps it and cherishes it by holding it against you. Whether he does this or does it not will make no difference; you will think he does. It is impossible to offer what you do not want without this penalty."

So, in other words, it's impossible to offer attack thoughts, blame and shame thoughts, guilt thoughts, without this penalty. The **cost** of giving is **receiving**.

This is why I shorthand it by saying, "The judger always **feels** judged, the attacker always **feels** attacked, and the lover always **feels** beloved." It's that simple.

The Transformation to Joy

If you're moving to thoughts of lack and attack, limitation and separation, just know you're going to generate more of those kinds of feelings of unworthiness, that you should be punished for your thoughts of lack, attack, limitation, and separation. This is what you're **choosing** when you choose those thoughts. You're **choosing** the **cause**, and the **effect** is the upset, the sadness, the depression, the unworthiness, the pain, the suffering, the hurt, the resentment, the regret.

"The cost of giving is receiving. Either it is a penalty from which you suffer, or the happy purchase of a treasure to hold dear."

So, this is why, when we choose to **live** where we're actively eliminating these thoughts of lack, attack, limitation, and separation, and **replacing** them with gratitude, compassion, kindness, generosity, patience -- our willingness, willingness, willingness, willingness, **willingness** -- then the transformation **feels** so joyful. We **feel** the Joy returning.

So many spiritual students say, "Why can't I live a joyful life? **Where** is my joy?" The Joy is what we are **trading** for the shame, the blame, the

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resentment, the regret. So, when you're **choosing** shame, blame, guilt, resentment, regret, you're **choosing that** instead of joy. You're choosing to learn through pain and suffering, instead of choosing to learn as a happy learner, grateful that you can learn anything at all.

Flipping the switch from being the unhappy learner to the happy learner is just through your willingness. Yes!

That's why we focus **so much on** this in my yearlong [Masterful Living](#) class, and in my [Finding Freedom Bootcamp](#). They are the cornerstones. These *A Course in Miracles* teachings are the cornerstones of my classes, because I know how powerful they are, and I know how challenging they are, and I know that when we make a commitment to practice, and when we practice together, and we **share** what we're learning, it is **deeply** and profoundly healing.

Flipping the switch from being the unhappy learner to the happy learner is just through your willingness.

It's not easy, it's not simple. This is why the *A Course in Miracles Workbook* is a year long, and this is why my [Masterful Living Course](#) is a year long, because it takes most people the **full year** to just really make the commitment, to **really** get the hang of it, to really see, "Oh, my God!"

This is the time of year in my [Masterful Living class](#) when the people are really like, "Oh, my God! Yes! I am actually **really** transforming my life. I can see that now. I can look back over the course of the year, how I felt a year ago, and how I feel now, and it is noticeably, substantially different. **And**, I have more hope, and less helplessness and hopelessness than I had a year ago. Now, I'm feeling **more and more** empowered."

And, of course, the **empowerment**, it doesn't come from the [Masterful Living Course](#) or from *A Course in Miracles*. Of course, not! What it comes from is the **willingness to practice**.

And anyone can do that alone. In fact, on a certain level, we **must** do it alone. But, when you have *A Course in Miracles* Study Group, when you have a group that you're doing the work with, and you're **actively** doing it -- not just **talking** about it, but **doing** it -- then it's **deeply** transformational. Deeply transformational, miraculously transformational.

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What You Experience, You Manifest

There's a beautiful prayer here in this section, *The Decision for Guiltlessness*.” It says,

“What I experience, I will make manifest. If I am guiltless, I have nothing to fear. I choose to testify to my acceptance of the Atonement, not to its rejection. I would accept my guiltlessness by making it manifest and sharing it. Let me bring Peace to God's Son from his Father.”

Yes!

Again, it says in Paragraph 5 of this Section,

“Everyone you offer healing to returns it. Everyone you attack keeps it and cherishes it by holding it against you.”

So, in this “Healing Family Guilt,” let's drill down into this a little deeper, and get into the more subtle aspects of it. Okay? What are some of the subtle ways, maybe not so subtle ways, that we, consciously or unconsciously, **intend** to make others feel guilty. Right?

So, if we **blame** someone for our upset, okay -- “Hey! You didn't do what you said you're going to do, and now I'm really upset and angry with you! You have **totally** disappointed me! I **depended** on you! I **needed** you to do that, and now I'm pissed at you! You have **let me down!**”

Can you see how, if someone were on the **receiving** end of that, it might feel like you're trying to make them feel guilty or activate some guilt? You're, perhaps, trying to **punish** them with your upset? You're trying to show them how bad and wrong they are, by making them responsible for your upset? It's **not loving**. It's not loving to you **or** to them, because no one's responsible for your upset. **Your** upset is always because of the meaning you make of it.

“I'm **never** upset for the reason I think, I'm **always** upset because of my interpretation. I'm **always** upset because of the meaning I make of it. I'm **always** upset because I'm blaming someone else, rather than taking responsibility. I'm **always** upset because I think this **shouldn't** have happened, and I'm **always** upset when I **think** I know what should be and shouldn't be, when I **do not know**. I'm pretending to think that I **know**

**Your upset is
always
because of
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you make of
it.**

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what should and shouldn't be, when I **cannot** see through all directions of time and space. I'm seeing with the ego's eyes.”

Teach What You Believe

So, these are just **very** direct ways that we try to make people feel guilty, and the reason we do it is, we feel that the **best way** to manage and cope with difficult circumstances is shame and blame, which is a form of punishment.

So, if we're **teaching**, “I'm going to punish you with my upset!” if that's what we're teaching our loved ones -- our children, our grandchildren, our spouse, our friends, our family, our coworkers -- if that's what we're teaching everyone, then they're going to return it to us. Of course, they are! We're teaching “Punishment is the way to solve the problem.”

But, remember *A Course in Miracles* teaches us, “We only have one problem, and that's that we **believe** that we're separate from God. We believe that we're **not** the perfect Love of God. We believe that there's something **wrong** with us. We believe that we're separate.”

So, if that's what we're teaching, when we're teaching punishment, and guilt, and shame, and blame, it's because it's what we **believe**. So, you can see that it reinforces what we **believe**, and then it will be returned to us. Everyone you offer healing to **returns** it. Everyone you attack keeps it, and cherishes it by holding it against you.

Be the happy learner.

Choose Freedom for All

“Oh! Yeah! I feel upset by this experience, or so it seems. I feel moved to try and attack, to blame, to shame people, to make them responsible for my upset. **But**, I'm willing to practice. I remember I made that **decision** this morning in my practice. I remember I made that **commitment** this morning to be truly helpful. That prayer on Page 28 in the *Text*, to be truly **helpful**, to **learn** to be a healing presence, to heal, to **learn** to heal, to be the happy learner.

“I made that commitment this morning, so before I say or do anything, before I think another judgmental, attacking thought, I'm going to call upon the Holy Spirit. Help me now! Take all false thoughts out of my mind,

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so that I can **be** the happy learner. I'm surrendering them. I could feel -- oh! There's a whole bunch forming, and that's why I'm feeling upset. I'm not interested in repeating those patterns **anymore**. I'm not interested in repeating those patterns, known and unknown, felt and not felt, recognized and unrecognized, seen and unseen. Whatever the patterns are, please take them out of my mind, so I never think them again.

"I choose my Freedom, **and** I'm sharing the benefits with everyone, because I'm One with them. I'm sharing the benefits with **every** member of my family. I am **willing** to be the fulcrum point of healing in my family, and I'm giving **all** the heavy lifting to the Holy Spirit. My job is simply this -- to recognize upset is my opportunity to choose again.

"And if I have 70,000 or more choices in my day, let me just make at least one more **choice** for Love today, one more **choice** for willingness today, one more choice for happiness today, one more choice for Joy. Let me **choose** to be a healing presence in this world. Let me **choose** to see the Light, to be the Light, to know the Light, and to honor in my brothers and sisters. Everyone I offer healing to returns it. Everyone I attack keeps my attack and cherishes it by holding it against me. I'm **not** interested in repeating that pattern anymore. Let me bring Peace. Let me bring Peace."

So, let's say that we **do** have an experience where we feel disappointment. If we feel disappointment, we were attached to how it should be, and our attachment **is** the opinion, is the judgment that causes our suffering, it **is** the opinion and the judgment that takes us from being the happy learner to the unhappy learner.

And so, we can say, "Oh! I'm going to flip that switch. Happy learner!"

And you really can say to the Higher Holy Spirit Self, "Okay. I feel unhappy. I would like to flip the switch to happy learner. Help me! Help me now. Show me how. I'm willing." It doesn't have to be more complicated than that. It doesn't!

And, as your heart opens with more and more practice of willingness, **then** what you're going to find is, it gets easier and easier, more joyful, more joyful, and you begin to be truly grateful for every upset that you

*Let me choose to
be a healing
presence in this
world*

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experience, because you **know** that each upset you experience is going to bring you more happiness when you offer it to the Holy Spirit. That's a beautiful and wonderful thing, and because all minds are joined, you share the benefits with everyone, including ISIS, and your dead relatives who you think hurt your feelings and never said "I'm sorry." **All** of it gets healed in that willingness.

Now, you can **see** that there are some simple shifts you can make. If you are trying to, or feel entitled to, make **anyone** upset for **anything**, and if you're **not** willing to take responsibility for your feelings, you **really** want to blame it on somebody else -- or, if what you prefer, maybe you have a really strong pattern, as many people do, of attacking **themselves** -- remember, anyone who's attacking others is just projecting the self-attack outwards.

So, we make the shift in the **mind**. We flip the switch in the **mind**. Yes! Oh, my goodness! I just feel the healing happening as I'm talking, and I'm so grateful, so grateful for this teaching, because I decided to be the fulcrum point of healing in my family, and it really transformed in my family, it was so miraculous as I watched it unfold, because the more I chose compassion, and kindness, and generosity, and Love, and gentleness, the more I saw my family mirroring it back to me, and doing the same.

The Gift of Nonjudgment

I remember one time I went to visit my mom when she was going through radiation treatments. My parents have a home on an island off the coast to Maine. My mom is no longer with us in the body, but at that time, the radiation treatment center was a 90-minute ride each way. And so, I was driving her back and forth to these treatments, three or four days a week, I think it was. Maybe four days a week. So, we were having three hours, at least, in the car together every day.

And, so, we would talk. My mother and I had a very challenging relationship for a lot of our time together, and I take total responsibility for it, because I know the power of one person. And so, I was often judging her, complaining about her, or feeling inadequate and unworthy, because I kept choosing unloving thoughts when I **knew** it was unkind, and I felt like I couldn't stop myself, that it was habitual. This is how I learned everything that I learned. And, so, but I made that commitment to live *A Course in*

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Miracles and so I began -- I took my opportunity of all those many hours driving my mother back and forth to her radiation treatments for a couple of weeks, and that opportunity to practice non-judgment, kindness, compassion, and to offer those thoughts with great willingness, sometimes just a tiny bit of willingness, to the Holy Spirit at the end of that time, even though we had spent all that time doing radiation treatments.

You know what my mother said to me, "This is the nicest time I can remember being with you." It's because I gave her the gift of nonjudgment. I just allowed myself to accept her as she was, and not judge her. And this is what I wish for everyone this holiday season, is that that decision to practice, and the willingness to practice. It's **so** healing and transformative. It transformed my whole family, because I was willing.

Oh, I've got some more to share, and it's time for us to take a break. I'm Jennifer Hadley. Our topic this week is "Healing Family Guilt."

If you'd like to have a more positive experience in your family, you can get my free class at JenniferHadley.com. And, if you'd like to practice next year with me and go deep next year, we start with my yearlong [*Masterful Living Course*](#), January 1st, and you can register now. Anyone who registers in November, free shipping on your Workbooks. Yes. [chuckles] A little incentive there for you to make the commitment now.

Alright, so we're going to break. You're listening to *A Course of Miracles* on Unity Online Radio, where we're living the Love, we're walking the talk. 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*.

Recognizing Guilt

Jennifer Hey, hey, hey! Welcome back. I'm Jennifer Hadley. We're talking about "Healing Family Guilt".

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I'd like to share with you another option about **recognizing** the guilt. So, I was saying before how we may not even realize it, but we're actually attempting to make others feel guilty and ashamed, to punish them by, making them, trying to make them, feel guilty and ashamed.

Here's one thing I notice sometimes. I have conversations with people who say they're really upset with me, and they think I've done something bad or wrong. I can tell they'd **like** me to feel guilty and ashamed. They'd **like** to punish me by trying to get **me** to take responsibility for how they feel.

But if I do that, I'm in collusion with them, and I'm going to become the unhappy learner. So, if I say, "Oh, they're right! I **am** bad! I **am** wrong," then I'm in collusion with them, and I am not supporting **their** practice of living the truth that sets them free. Nor, of course, am I supporting my own.

Please forgive me.

I love you.

I'm sorry.

Thank you.

So, when someone says, "You know, I'm **really** upset with what you did," you can say, "You know, I did make that choice." It might be you can say, "And you know what? I actually did want to upset you. You know, I'll just own it. I did. I wanted to upset you, and you don't deserve that, and I apologize for that. And I have to say I was feeling helpless and hopeless at the time, and it felt like the only power I had to let you know how desperate I was feeling was my trying to upset you. And, I'm sorry. That's **not** loving, it's **not** kind, and you don't **deserve** that. Please forgive me. I love you. I'm sorry. Thank you." That's a form of Ho'oponopono -- "I love you. I'm sorry. Please forgive me. Thank you. I love you."

And, in my experience, most people will be so blown away that you're willing to be transparent and honest, it will be life-changing in your relationship.

Now, sometimes when people try to make me feel guilty, ashamed, or bad, because **they're** upset by the choice I made, I can say to them, "You know what? Yes. I made that choice. I can see **now** it wasn't the most conscious choice or loving choice, and I wasn't taking into consideration how you would feel about it. However, please **know**, I had **no intention** to disrespect you. I had **no intention** to hurt you or attack you in any way, and I am so sorry that you thought I didn't love you, that I didn't care for

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you, **because** of my choice. I'm **really, really** sorry that that was the meaning that you made of it, and I can see how you **did** make that meaning, but that is **not** what I was thinking at the time, and I just need to let you know that.”

Now, through this practice, I don't feel **guilty** when other people are trying to blame me for their upset. I **don't** feel guilty, because I have learned, beyond the shadow of a doubt, that when I'm upset, it's not because of what **other** people are doing. It's **always** because of the meaning I make of it, it's **always** because of my interpretation, and I **have** the ability to choose again. This is my **ability**. It really, really is.

Be in the Flow of Love

And so, I'm **interested** in making a more loving, respectful, kind, generous choice. And so, every time there's an upset, it's an opportunity to break that pattern, and to have compassion and choose again.

I've learned that, if someone does something that I don't like, and the meaning that I make of it is upsetting to me, I can go to the person. If I'd like them to do it differently, I don't have to blame them for my upset. I can say simply, “Hey, when I cook dinner --” let's say, “When I cook dinner, I really appreciate it if you can do the dishes. And I totally get that sometimes, you know how it is -- sometimes when I'm cooking dinner, I'm so lifted by it, I'm happy to do the dishes, too. I don't mind doing the whole thing. And maybe you're tired, you don't feel like doing the dishes. **And**, if you would like to help me with doing the dishes, or maybe you can do the dishes **while** I'm cooking, you know. That can work, too. I'm open to all these kinds of things, and I'd like to find a way that -- it doesn't have to be a set thing, ‘If I cook, you do the dishes. If you do the dishes, I cook,’ whatever. It can be ‘Well, how are you **feeling** today? What's going on today?’ and we can just be in the flow of Love together.”

“So, last night I did all that cooking, and I was exhausted, I didn't feel like doing the dishes. And you didn't do the dishes either, and I thought you were going to do them, and I started to think, ‘Oh! This doesn't work for me.’ And what I just would like to do is say, ‘Hey! What's going on? Can we talk about the dishes? Can we do them together? Are you willing to do the dishes? Would you like some help? What's really going on?’”

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Because when I'm willing to stay in the flow of Love, then I'm **strengthened**. I have more energy, because I'm empowered, and making someone feel bad or guilty -- because today they don't feel like doing the dishes, or whatever, just the things that transpire in the daily basis in our families, or it could be in the workplace, it could be with friends, it could be anything -- just to be present in the moment, and **not blame** anyone for our feelings, and be **open** to new possibilities, instead of saying, "It **always** has to be this way! This is our agreement! You broke our agreement!"

Let all that go. Let my people go! [laughs] This is what I say! Oh, my gosh!

Closing Prayer

Alright! Well, it's time for us to pray. I'm going to remind you, again, that this radio broadcast is sponsored by the PowerofLoveMinistry.net. If you enjoy the broadcast, if it's meaningful to you, will you go right now to PowerofLoveMinistry.net and make a contribution? Or, you can go to JenniferHadley.com, and on the [Tithe page](#), you can make a contribution there.

Then you can go right over and get the [How to Have a Positive Experience with Your Family](#) while you're at JenniferHadley.com.

And also, if you enjoy this broadcast, write a review at iTunes or Stitcher, or wherever it is, you get your podcast or downloads from. That helps more people find it, and I appreciate that, and thank you for that.

Ah! Alright!

With our hand on our heart, we're grateful and thankful to call forth the healing power of Love, compassion, and gratitude. We are willing practice deeply, and share the benefits with everyone.

We Partner UP with the Higher Holy Spirit Self in recognizing I AM that I AM, and I am One with the I AM Presence of every being, so my deep practice lifts us all. All boats rise on this healing tide of Love.

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

Thank you! Have a beautiful Thanksgiving, if you're celebrating! Have a beautiful rest of your week! I love you! I thank God for you! God bless you! Mwah!

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Thank you for tuning in to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Join us every Tuesday morning at 10 a.m. Central for more tools and insights into how to express your beliefs from moment to moment every day in every way. *A Course in Miracles: Living the Love, Walking the Talk* only on Unity Online Radio, the voice of an awakening world.

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