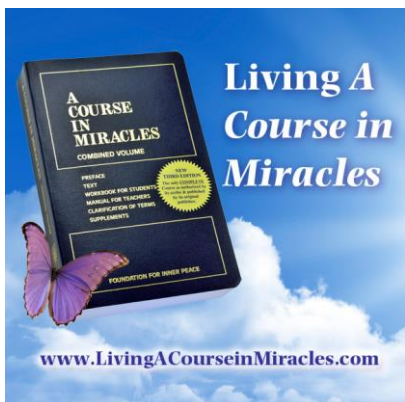


January 5, 2016



## Expansion Activation



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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January 5, 2016

# Expansion Activation

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 for moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace, to practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Happy New Year! So happy to join with you in this New Year! Even though we are not bound by time, we're having an experience of time, and a lot of *A Course in Miracles* students begin the *Workbook* at the beginning of the year, a lot of new *A Course in Miracles* students pick it up and begin to work that *Workbook*. It's an exciting time!

I'm Jennifer Hadley. Our topic today is "Expansion Activation." It seems a perfect beginning to our year. This year seems like it's going to be **off the hook** for our spiritual expansion, so we're claiming that together.

## Opening Prayer

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As always, I like to begin everything with a prayer. I invite you to place your hand on your heart.

Let's that breath of Love and gratitude together, and be so grateful and so thankful that we **can** practice *A Course in Miracles*. We **can** truly learn to live it and be fully activated in our awareness.

In this moment now, we are Partnering UP with the higher Holy Spirit Self, our true identity, I AM that I AM, recognizing that our true nature is Love. We dedicate ourselves to teaching **only** Love. Yes! For that is what we are.

We are grateful and thankful to dedicate our time together to our expansion activation. We're cultivating that complete willingness to shed all that no longer serves our life of Love, and to allow ourselves to live authentically in this world. Yes!

We're claiming a **new experience** for ourselves, knowing that that which is real can never be threatened, and we **are** that which is real. We are eternal

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Infinite Beings of Love and Light. We always have been and we always will be.

In grace and gratitude, what I know is that we're willing to know this together for each other, for all eternity, and we're grateful and thankful to share the **benefits** of our willingness, the benefits of our expansion activation, with everyone, because we're One with them.

So grateful and thankful to claim our healing now, and to **allow** it to be so. And so, it is. Amen. Amen, Amen.

### *We Are Not a Body - We're Love*

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Yes! Oh, my goodness! So happy for this New Year! Yes! It's like a reboot. In fact, I just did a workshop, or class, for inspiration. It's called [\*New Year's Reboot\*](#). You can find it at [JenniferHadley.com](http://JenniferHadley.com). That's what I think *A Course in Miracles* is a great tool for, is rebooting into our natural state, our natural identity.

Today, Spirit guided me to Chapter 18 in the text, Section VIII. 18 and 8. Section VIII is entitled *The Little Garden*. Chapter 18 is entitled *The Passing of the Dream*, so moving out of identification with a dream. It begins with,

*"It is only the awareness of the body that makes love seem limited. For the body is a limit on love. The belief in limited love was its origin, and it was made to limit the unlimited. Think not that this is merely allegorical, for it was made to limit you. Can you who see yourself within a body know yourself as an idea? Everything you recognize you identify with externals, something outside itself. You cannot even think of God without a body, or in some form you think you recognize."*

The body was made for us to experience limitation. Now, what would be the **benefit** of that? Let's start with that. Are we being punished? I do **not** believe we are being punished, because I do not believe that God is a punisher. I do not believe that! I never have, I never will. It doesn't make sense to me. If God is perfect Love, why would God punish anyone? That's not very loving.

You know, we don't learn as well from being punished, at all. It's a much harder course of learning than learning from Love, and kindness, and Patience, and generosity, and compassion, and that's the way that God teaches us. That's how we learn.

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When I say, “God teaches us,” it's really our own Higher Self. Call it the Holy Spirit, call it the I AM Presence, call it your Guardian Angel, call it whatever you will, but it's your own true identity.

We're having this experience, we **chose** to have an experience, of thinking and believing that we are limited. But, the good news is we are **not**, and we **never** will be. We're not and we never will be.

What this section is telling us here is that, because of the way we experience our body, because of the way we **think** about our body, that we believe that Love is limited, and that **we** are limited. When, in fact, we are **unlimited** Love, and we are not a body.

What I got as I was preparing for our joining together today, I understand that, this year, one of the greatest gifts we can all give ourselves is to **really** be willing to understand that we are not a body, and to stop identifying with our experience in the world of effects. “I am not a body. I **have** a body. It's tool for communication.” That's what *A Course in Miracles* tells us. That's what the body is for. Communication.

---

*We are  
unlimited  
Love, and  
we are not a  
body.*

---

It **is** important and valuable to take **care** of our body, so that it can be a very **good** tool for communication. Let's face it. If our body is screaming at us, it's really an indication that we haven't been listening to our guidance, and we've been choosing unloving thoughts.

You know what? Also, in my understanding, in my experience, is that often times when there **is** illness, it's a healing of something that we came to believe in a **previous** incarnation, and so we're not being punished in this lifetime. You know, there are many -- we've all read stories or know someone who ate organic, never smoked, this and that, and took excellent care of their body, was extremely concerned about all those things, and did everything “**right**” according to what the ego says good care of the body is. And yet, they **still** got a major illness.

It's **not** what you eat. It's really not! I understand that. It's how you **think** about it, it's what you **believe** about it. It's what you think about it and what you believe about it.

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### *Real Life versus the Illusion*

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One of the things about this section, *The Little Garden* is, it points to, in my understanding of it, it points me to looking at that movie *The Matrix* which is I think an awesome movie. It's a great -- *The Matrix* movie, if you've never seen it, I highly encourage you to see it. What it does is, in that movie, if you've never seen it, basically, there is an alternate reality, if you will, and it's completely an **illusion**. It's **only** in the mind.

The people of the Earth have been imprisoned by machines, and the machines are using the humans as an energy source, like batteries, and so they've got all the humans in these pods, and their bodies are plugged into all these different things that feed them and care for them so that they are sustained.

Their minds, the human beings, their minds are projected into this matrix, this computer matrix, and they're all running this computer software. They **think** they're having a life in the body, but they're not. It's completely 100% in their mind. Their body is in the pod, and they have no idea of it, because they go into the pod when they're born.

The story is about someone who breaks out of the matrix, and realizes his true power **within** the matrix that he, as a human being, has an incredible power to use his mind in the matrix to change things in the matrix, and to, in a sense, win a war against the machines and reclaim the Earth back for humans.

That's a story in a nutshell, but the Holy Spirit is teaching us all the way through. One of the great teaching moments in it is when this one character -- I can't think of his name now, he is given a choice to, he has a choice, to either -- he's already escaped. He's out of his pod, he's been living as one of the rebels fighting the machines, and he decides he'd rather live in the matrix.

In the matrix, he wants to be a celebrity, and he wants to have lots of money and have everything provided for, so he's **willing** to betray the rebels in order to get back into the matrix and have this illusory fantasy life. One of the things that he says is "I like a good steak." The rebels are just eating this like protein gruel, that's porridge, protein porridge kind of thing. They live underground, so they don't have any real food like plants and things like that. He would rather live in the **illusion** of having a life than

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have a **real** life. You see, this is the Holy Spirit teaching us through the movie.

### *The Divine Alarm Clock*

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The invitation, that I'm putting out there now is to start to look at, **really** look at, how do you operate in your life as what *A Course in Miracles* calls the “The ‘Hero’ of the Dream”?

This is the work that I'm doing for myself, too. It's a **constant** work, and is when I can see, “Oh! if I eat that, it will dull my senses. If I drink that, it will dull my senses.” I'm cultivating a more awakened consciousness, so do I really wish to choose to go back asleep a bit more? If I eat that, drink that, do that, then I will have a **lower** opinion of myself. I will feel like I slipped, like I'm a failure.

It's that thing of people making New Year's resolutions. To me, **only** the ego makes resolutions. We don't have to resolve things like that. It's all about making moment-by-moment choices.

We can say, “My **intention** is, this year, to love my body and recognize that it's a tool for communication, and that it is the deep desire of my heart to love myself, free of all the limiting thoughts and beliefs that have been showing up in my body. My body is going to **help** me do that, because when I'm thinking thoughts that aren't true, I feel upset, I feel hurt, I feel sad, I feel angry, I feel resentful, I feel annoyed and frustrated, I feel guilty and ashamed. I feel jealous.”

Whenever I think something that's not true, one of these kinds of thoughts are going to come into my mind, and if I believe them, if I agree with them, my body will start to feel upset. I call it the “Divine Alarm Clock”. It starts ringing, and my emotions are letting me know when I'm upset that I forgot to choose **correctly**, and I can choose again! That's an **amazing** and wonderful tool!

That's what the emotions are for, and then if we don't correct the emotions at that point, it travels into our physical body.

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### *I am Willing to Know the Truth*

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I was saying in my *New Year's Reboot* class, that I did on January 1<sup>st</sup> -- and, as I said, you can get that on my website, [JenniferHadley.com](http://JenniferHadley.com) --one of my favorite and most helpful lessons is Lesson 5. Today is January 5, and it's, *"I am never upset for the reason I think."*

I'm **only** upset because I'm allowing myself to **believe** things that aren't true. You see, it just takes your willingness to say, "This is not true. I **know** that it's not true because I feel upset. That's how I **know**. I am willing to know the truth. I'm willing to **only** energize the truth. I am willing to release **all** judgments, **all** attack thoughts, known and unknown, felt and not felt, seen and not seen, heard and not heard, recognized and unrecognized. I am willing to release **all** false thoughts and beliefs now, back to the Light, back to the Light, sending it back to the Light."

---

*I'm only upset  
because I'm  
allowing myself to  
believe things that  
aren't true.*

---

It's our **willingness** to practice that, that transforms our **whole life**.

In the practice in Lesson 5, it talks about,

*"There are no more small upsets. They are all equally disturbing to my peace of mind."*

So, either we're in peace or we're not. It's like, you can't ride two horses. You can't serve two masters. You're either in sync with the truth and you're at Peace, or you don't **believe** the truth, you believe something **you** have interpreted the meaning that **you** have made. "Everything I see only has the meaning I give to it." That it's **that** meaning, it's **that** interpretation that upsets us.

And, even more, it's **so** critical to understand it's **not** just the meaning that we made of it that upsets us. Because for anyone who's been practicing this for a while, whether they know it or not, one of the main causes of our upsets is that we **allow** our self to be upset. We **allow** our self to believe the meaning we made of things, when we **know** that's the most destructive thing we can do.

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### *What's Your Motivation?*

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Going back to, it's not about what you eat and what you drink. It's about, "What's your motivation?" Are you doing it from inspiration? Are you doing it because it's Divine Guidance? Or, are you doing it because you have an ulterior motive to drown, to diminish, to escape? The choices that we make in the body, they belie our intentions.

What's our intentions? Rather than having resolutions, let's be clear in our intentions, and let's energize those intentions every day. Every day!

That's one of the crucial things that we can do in our practice of *A Course in Miracles*. It talks about saying to the Holy Spirit, the Higher Self, the Great Mighty, I AM Presence that we **all are**, saying first thing in the morning, and repeatedly throughout the day, "You decide for me. Show me the most loving, generous, kind, patient, compassionate choices. I'm willing to look for a higher choice." This is the spiritual practice that **is living** *A Course in Miracles*.

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***Rather than  
having  
resolutions, let's  
be clear in our  
intentions.***

---

We can read and study *A Course in Miracles*, but if we're not willing to **practice** it, nothing changes. Studying *A Course in Miracles* doesn't change **anything**.

In fact, for a lot of people -- and this was me -- the ego was **totally** driving my spiritual practice. I was looking to **understand** things. I was looking to gather information. I was **not really**, authentically looking to connect with Spirit and be guided by Spirit. I didn't **want** Spirit's guidance, because I wasn't **willing** to stop doing the things that were blocking the guidance. I **liked** those things! I **liked** the searching for the pleasures of the body. For me, it was food and alcohol, smoking -- just the things that I did that felt like pleasure.

That pleasure is a **substitute** for Divine Awakening. It's a substitute for accepting the Atonement and realizing that this is an illusion.

If I'm **more** interested in the food, the drinks, the activities that bring pleasure than I am in my connection with God, **there's** my priorities! And, it would **only** be my priority to pleasure the body, and even torture the body -- because some people **really** torture their bodies with the way they think about them and the way they treat them. Some people are definitely

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headed towards death. That's their -- you can tell by what they're choosing that they are **intent** on it.

I was talking with my acupuncturist the other day about, I was just curious about treating someone who had cirrhosis of the liver, because I knew someone who had that. I was saying, "Have you ever worked on someone?" Because, once someone has that, it's pretty intense. The person I know actually died from it. We were saying that if you have cirrhosis of the liver, basically, you're drinking to get there. You kind of really **wanted** it.

That the thing is, in **every** moment we're **choosing** that which we really desire. Always! You can tell by your choices what it is you truly desire.

### *Let Us Communicate Only Love*

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*A Course in Miracles* is about opening our mind to the guidance of the Higher Self. How do we do that? We do that by surrendering the blocks to Love. That's the **fastest path** to our expansion activation, is to decide, "I am willing to let go of the blocks to Love, so I can be in tune with Divine Guidance."

Once we get in tune with Divine Guidance, **really** in tune with it, there's no going back from there, because life get **so much** easier, happier, better, sweeter, it just -- then we start to live the way we're **meant** to live.

But if we operate from the place of the body as "the hero of our dream" the body is what we're **focused** on, making the body beautiful, making the body strong, making the body an enemy, making the body bad and wrong, or trying to drown our feelings rather than recognize the "Divine Alarm Clock", **then** our approach to the body is making it a hero.

It's really about putting the Spirit **in charge** of our experience in the body, because the body is for communication. The body is **for** communication. **That's** what we can wake up to this year. "Let me communicate only Love, so let me focus on releasing the blocks to Love whatever they are, whatever they are." Whatever they are!

Now, let me just be clear here, that moving out of being a pleasure-seeker, is about -- it **doesn't** mean you still can't **enjoy** things. I'm not the pleasure-seeker that I was, but believe me, I still enjoy things a lot! In fact, I enjoy them **more**, because I feel **worthy** of them. I feel **worthy** of my

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wonderful experiences, and I'm not wondering "When they are going to end?" and I'm not making them the **only** source of good in my life.

Alright! "Expansion Activation!" I've got a lot more to share. It's time for me to take a break.

I'm Jennifer Hadley. You're listening to *A Course in Miracles* 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*. 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*.

### *Masterfully Living A Course in Miracles*

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Jennifer Welcome back! I'm Jennifer Hadley, and our topic today is "Expansion Activation." We're looking at Chapter 18, Section VIII. It's right after the *I Need Do Nothing* section, which I've done an episode on some time ago. There's more than 200 episodes in the archives of this broadcast, so you can go and download them all for free. You can subscribe to the podcast at iTunes and Stitcher, depending on what kind of a phone or a computer you have, and get all those downloads right away, and sort through the many episodes to support you in living *A Course in Miracles*.

Also, I'm going to mention today that my yearlong course, my [Masterful Living Course](#), which is about this practical application, **really** living it, **applying** it, day in and day out, and getting out of our heads and into our hearts. We start on January 11<sup>th</sup>. We start this year on January 11<sup>th</sup>. It's a group of people from around the world who are all interested in truly **living** the teachings, and who have varying degrees of willingness.

It's amazing how it come together as a group, and we created group energy that's **extraordinary**. It's absolutely **so powerful**, because we all join together in our little bit of willingness, and we experience many amazing and miraculous results. If you'd like support on a daily level, check out my [Masterful Living Course](#) at [JenniferHadley.com](http://JenniferHadley.com). If it's right for you, you'll absolutely know it.

It's a year, just like *A Course in Miracles* is a year, and I've had many *A Course in Miracles* students -- in fact, I think **mostly** *A Course in Miracles*, have taken this class over the last number of years, and they have **all** told

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me that it really helped them to **live** the *Course*, and really embody the teaching. If it's right for you, you'll know that.

### *Your Choice: Limitation or Grandeur?*

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*The body is a limit on love."*

We are not interested in having any limits on Love, so we can stop by identifying with the body and move out of that identification. In Paragraph 2, here it says,

*"The body cannot know. And while you limit your awareness to its tiny senses, you will not see the grandeur that surrounds you."*

If we **choose** to **identify** with limitation, we won't see the grandeur that is our **real** life, and so everything we can do to disidentify with the body is **really** helpful, really helpful.

At this time of year, a lot of people are making resolutions, intentions, to shift how they treat their body, which is wonderful, absolutely wonderful! In fact, in my [\*Masterful Living Course\*](#) this year, we're going to do a whole section on loving the body and healing the body, because it's such a **great** tool to work with that way, because we travel in it -- or so we think! -- every minute of every day, or so we think. And so, it's a **great** tool for us. It says here,

*"God cannot come into a body, nor can you join Him there."*

Why? Because it's an illusion. We're **not here**. And yet, if you think of the prayer on page 28, "I am here only to be truly helpful, and the One Who sent me will lead me and guide me." Okay? We're **here**, but we're **not** here. We're having an **experience** of **thinking** that we're here, for the purpose of remembering our true identity and expressing it in this experience.

It's a school of learning. We learn to experience being the God of our world, because what we see is our projection.

*"Limits on love will always seem to shut Him out, and keep you apart from Him. The body is a tiny fence around a little part of a glorious and complete idea."*

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***If we choose to identify  
with limitation,  
we won't see the  
grandeur that is our  
real life.***

---

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That's what we are, a "glorious and complete idea" and the only reason we're not experiencing the magnificence of it is because **we don't believe it**. Why don't we believe it? Because we haven't been **willing** to believe it about our brothers and sisters. Because we have **chosen** to be mean and unkind, and not compassionate, not honoring, not keeping our agreements, not having faith. All these choices that we've **willingly** made have -- corrupted our mind. Just waiting for Spirit to give me the word there -- corrupted our mind to believe that we **are** a body.

### *The Meaning of Life*

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This year, what I'm getting for us is, to **really** focus on "I am **not** a body. I **am** perfect Spirit. I'm **already** free. I'm **already** as Holy as Holy can be." This is one of the **main teachings** of *A Course in Miracles*. You've forgotten that you're **already** as holy. **Stop trying** to be "better holy", all of that, because when we're coming from **that** angle -- that there's something wrong with us, that we're bad, that we need to be fixed, that we don't have what it takes, all of these false beliefs -- when we **believe** them, then we think we have to **get** somewhere.

But **all** that we must do in our human experience, in order to accept the Atonement for ourselves, to wake up, and see the illusion for what it is, is to **recognize** that **none** of that belief is true. No matter how attached to believing it we are, **it's not true!**

It's like in the movie *The Matrix*. When the people **believe** they're in the matrix, it seems **so real** to them. But, once they pop out of it, then they **know** it's not real. They have a different choice. They're not living that life at all. Their body is in the pod, so the life that they think that they're living is **meaningless**. It's meaningless!

That's why *A Course in Miracles* says this is a "*meaningless world*" because the meaning **only** comes from Love. If we're not **expressing** Love, **sharing** Love, and revealing the spiritual qualities of Joy, and Peace, and Harmony, and Freedom, Clarity, Beauty -- these spiritual qualities and more, that our true nature, it's what *A Course of Miracles* calls "*the Great Rays*" -- these spiritual qualities are our **true nature**.

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If we're **not expressing** them, then what we **are** expressing has no meaning. It's meaningless. It's of no value. It's pointless. The only thing it can do is give us experience in this world to help us realize what's **real**, what's true.

That's what everything is **for**. That's what **everything** is for! That's why in the *A Course in Miracles* Lesson, "I don't know what anything is for" is so helpful! "I **don't** know what anything is for. I **think** it's these people are working against me. I think this is not good for me. I think this, I think that." But **none** of it is true. **Only** that which is **real**, eternal and Infinite is true and has meaning.

When we express Love, when we express Beauty, when we express our Perfection, **then** there's meaning, then there's **real value**. There's nothing we can do to change this, so really recognizing that, "I've made the body the hero of my dream."

The hero of your dream may seem like a villain. For some people, their body seems like a villain. It seems like it's out to get them, that it's not helpful.

### *Willingness to Wake Up to True Reality*

But you know, one of the things that *A Course in Miracles* says, over and over again is, **all** events, situations, and occurrences **are** valuable, they **are** helpful in our path of waking up, that expansion activation.

This year, really choosing to recognize "I am not a body, and let me discover all the ways I'm identified with the body," will catapult us into the awareness of our true reality. That's what *A Course in Miracles* is about, and we can do it, because we have the **perfect** guide for us. **All** that's required is our willingness.

*"The body is a tiny fence around a little part of a glorious and complete idea. It draws a circle, infinitely small, around a very little segment of Heaven, splintered from the whole, proclaiming that within it is your kingdom, where God can enter not."*

You see? When we're living a life where we're identified with the body, on either conscious or maybe seemingly less conscious level, we're operating from the thought, "God has left the building, and now I'm in charge."

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Usually, if we're operating from that thought, we also think "I don't have what it takes to be in charge, so, oh, my God! Oh my God! **Now** what am I going to do?" Managing and coping, settling, these become our strategies -- to be better managers, better copers, and to accept and settle with things as we **do not** wish them to be. Rather than rising into our mighty I AM Presence, listening to the Holy Spirit, and following that guidance, we prefer to drown out the guidance, the feelings. We drown it **all** out, because, you know, the way you do anything is the way you do everything.

So, you're either thinking you're on your own **all** the time, or you're knowing that you're **never** alone. This is one of the key teachings of *A Course in Miracles*, "You're never alone, but you can **think** you're alone."

A lot of these things that I'm bringing up are things I've done in entire episodes on, so you can find them there in the archive, and you can download them all now.

### ***You Are the Kingdom***

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Paragraph 3 of *The Little Garden*,

*"Within this Kingdom, the ego rules, and cruelly."*

Don't we know it?

*"And to defend this little speck of dust, it bids you fight against the universe."*

One of the thoughts that has helped me so much over the last 20-25 years, is the thought "God is **for** me, therefore, **nothing** can be against me. God is **for** me, therefore, nothing can be against me. God is **all** there is, therefore **everything** is **for** me. **Everything** works together for my good."

In the Bible it says somewhere, "All things work together for those who love the Lord. All things work together for **good** for those who love the Lord."

What is the Lord? The Lord is the Great Law of Life. The Lord is the Creator God, the essence of our true nature. **All** things work together for those who put God first. "Seek first the Kingdom, and all else will be added unto you."

*A Course of Miracles* tells us **you** are the Kingdom, **you** are the treasure. It's **not** outside you. It's **within** you, and that the body is the temple that holds that space in the illusion for us. Let us treat the temple like a temple, but focus on the Kingdom, the altar -- *A Course of Miracles* calls it the altar in your heart.

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*“This fragment of your mind --”*

This fragment of your mind, the one that seeks to defend and fight against the Universe, this fragment -- just a fragment, not a big chunk. It's just a fragment --

*“...of your mind is such a tiny part of that, could you but appreciate the whole --”*

If we could see the whole of the Universe that is working **for** us -- **always** for us, **always** with us, everything is perfectly designed for our good.

### *Moment-by-Moment Willingness*

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Lesson 135, Paragraph 18, "What could you not accept, if you but knew that everything was gently planned for your good?" Everything! **All** situations, **all** events, **all** occurrences, everything that's happening in your life, is gently planned for your good.

It's being willing in the **deepest** of challenges **and** in the **smallest** of challenges, the tiniest frustrations, and the complete exhaustion and overwhelm, to move into that space of saying “This has been gently planned for **my** good. **My good** is encoded into this experience, and I am **now willing** to receive the **full** blessings of that good. I am willing to receive **all** the blessings that are mine to receive, **now**. Holy Spirit, make it so now. Let me see and receive, know, and feel, and hear **all** the blessings that are mine to receive in this experience. I **claim** it for my good. There **is no** other way. I will stop, I will surrender my thoughts, of thinking ‘This should not be. This is wrong. This is bad.’ for I'm willing, at last, to see it can **only** be for my good. Regardless of the appearances, and regardless how I'm thinking of it, it can **only** be for my good. Let me receive my good!”

That's a **deep practice**. That's the practice to do **all day long**. When I first learned this practice, you know how I learned it? Because I was so --I had really said to the Divine, “I am willing.” To the Holy Spirit, “I'm willing. I'm willing to **live** *A Course in Miracles*. I'm willing to **truly** transform. I'm willing to release these false thoughts.”

Of course, I'm still doing that work every day, but I decided to do that while my mom was experiencing terminal cancer. There were **so many** things that I was seeing in the world, in her body, in the situations and circumstances of our days as I walked with her, talked with her, cared for her. She became completely incapacitated, and to be able to see that

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everything was perfect -- **Everything** was perfect! **Only good** was unfolding -- **and** to harvest **all** the blessings that were encoded into our experience.

**My willingness** to do that made it the most healing experience of my entire life. I healed **so many** things in my mind, because the circumstances were so **visceral**, they were so in my face, and so relentless, that I **could** have ignored a lot of it. I could've really just said "I'm not thinking about that. I'm not looking at that. I'm just going to agree this is horrible. This is terrible. It shouldn't be happening. This is the worst thing ever."

But, my practice was to say, "There's **only** God here. There's **only** good here. Everything works together for our collective good." To **know** that for my mother, my father, my brother, all of our family, I **had** to have a **rigorous** practice, so I learned the value of disciplining my mind. That's what *A Course in Miracles* was, is! I was reading those Lessons and **applying** them throughout the day. Definitely! For sure!

It's that moment-by-moment practice throughout the day. It's not reading it at the beginning of the day. It's the moment-by-moment practice that transforms your mind, that releases you from the suffering. **That's** what works! Ah! **Yes! Yes!**

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*There's only God here.*

*There's only good here.*

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### *Finding the Source of Your Power*

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All right! It says here -- and I love this part. It says,

*"This fragment of your mind --"*

The one that thinks the Universe is working against you, or things should be different --

*"This fragment of your mind is such a tiny part of it that, could you but appreciate the whole --"*

The whole of your experience, the whole of your mind --

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*"...you would see instantly that it is like the smallest sunbeam to the sun, or like the faintest ripple on the surface of the ocean. In its amazing arrogance, this tiny sunbeam has decided it is the sun."*

This is the ego saying, "I am the God of my world."

*"This almost imperceptible ripple hails itself as the ocean. Think how alone and frightened is this little thought, this infinitesimal illusion, holding itself apart from the universe. The sun becomes the sunbeam's "enemy" that would devour it, and the ocean terrifies the little ripple and wants to swallow it."*

You see? When we identify with the body, identify with the ego, then we're identifying with the sunbeam, the little, tiniest sunbeam, the littlest ripple, thinking that the ocean is going to **eliminate** it, the sun is going to absorb it or eradicate it. This is how we feel when we're afraid, where our fear is, ultimately, this thought of annihilation.

Something bad happening, something wrong happening, well that could only happen to someone who's **powerless**. And, if your power comes from the ego trying to figure things out, trying to make things happen, yeah! You're going to feel powerless, and you're going to **know** you're powerless, because your power doesn't **come** from **that**! It comes from Divine Guidance and Inspiration, and being in tune with Love, because that's what you **are**. Divine Guidance is the baseline key. It's saying to the Holy Spirit every day, "You decide for me. Walk with me. Talk with me. Teach me. **I am willing**. I'm willing to let go of the illusion that I'm a body and I'm on my own." It says,

*"Yet neither sun or ocean is even aware of all the strange and meaningless activity."*

Right? The Infinite Mind of God doesn't take into account what we're doing in the illusion, because it has **no value**, has no meaning. It's our experience to help us **remember** what has meaning. But, when we are willing to remember what has meaning, **then** our experience becomes meaningful, because we're teaching only Love, and Love is **always** meaningful. It's the **essence** of meaning.

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*“They merely continue, unaware that they are feared and hated by a tiny segment of themselves. Even that segment is not lost to them, for it could not survive apart from them. The sun and the ocean merely continue unaware that they are feared and hated by a tiny segment of themselves. Even that segment is not lost to them for it could not survive apart from them.”*

There's nowhere to go outside of God. There **is no** separation, so we're not lost to God.

### Have the Experience You'd Like to Have

One of the things I'll say here is that, as we're just coming to a close here, that many people get tripped up on, and I hear people say to me, "I'm just trying to figure out what God wants from me."

God doesn't **want anything**, because there's no lack in God, so there's no needing and wanting that God has, or attributes to you in any way. **You** have an opportunity to realize your God Self. **That's** what this experience is for. **That's** what you signed up for. It's the **perfect** experience to help you do that, **if** you choose it. You've already **chosen** it. You've already written the script, planned a life that has billions of options in it where you can choose Love or you can choose fear in each and every moment.

This is the experience. It's like playing a videogame. You can go to the left. You can go to the right. You can jump up high. You can try to jump over the fire pit to get there faster. You fall in the fire pit, you know, if you're paying attention. All these different things. That's what life is like. It's like a videogame. You've **chosen** to play this videogame to have the **experience** of it, to **learn** from it.

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**You already are the  
perfect Love.  
You can't change  
that.**

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And so, what **could** God **want** from you? Just to experience yourself! Just to experience yourself, to discover your goodness, and who you really are.

But the thing is, you **already are** who you are really are. You **already are** the perfect Love. You can't **change** that.

*“Nothing real can be threatened. Nothing unreal exists.”*

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Basically, we're just --it's like, "Have at it! Have the experience you'd like to have!" Everything is perfectly designed for us to undo the past, to release the meanings, and the decisions, and the interpretations that we've made of things in the past. Or, we can choose to just energize the past again, and again, and again, and do that our whole life till we die. It's up to **us**. It's up to us.

Expansion activation. Decide this year that the body is **not** the hero of the dream. God is! You are! Your true identity is, not the body.

One of the ways we do that is through --or, the **only** way to do it is through Love. Loving our body, loving ourselves, free of all illusions.

Alright! Wow! That went by so fast! Thank you for joining me today. I'm going to pray us out here.

Also, let me say that this show is produced by Unity Online Radio, and the Power of Love Ministry. That's the ministry that I founded. It's a nonprofit organization, and we offer many, many free classes and some paid classes, like my [\*Masterful Living Course\*](#) that starts on January 11<sup>th</sup>.

This show is completely funded by listener donations, so if you'd like to make a donation, why don't you make one today, right now while you're thinking about it? You can go to [JenniferHadley.com](http://JenniferHadley.com), and on the tithe page or donation page, you can make a contribution there to help fund this show.

### *Closing Prayer*

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Right now, I invite you to place your hand on your heart. Let's take a breath of Love and gratitude and be so grateful and so thankful that we already are perfect Love.

We put the Holy Spirit in charge of our life. So grateful and thankful to recognize, "I am not a body. I am Spirit. Holy, perfect, innocent and free, forever.

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

Have a great rest of your week! I love you! Mwah!

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