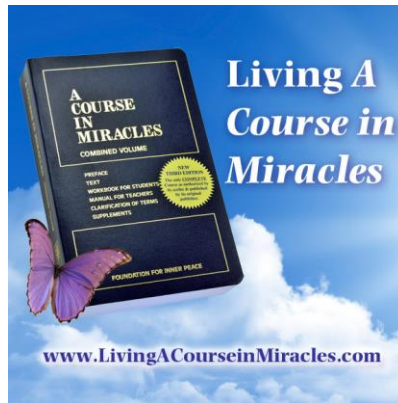
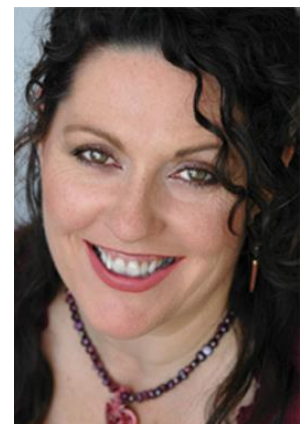


May 31, 2016



True Empathy

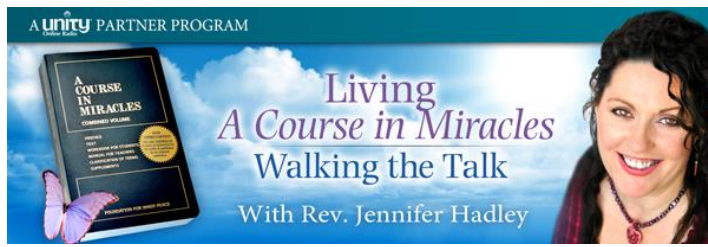


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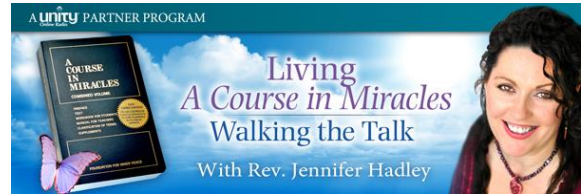
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May 31, 2016

True Empathy

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! Good morning! I'm so happy to be with you. I'm Jennifer Hadley, and I am speaking to you from Greece. I'm on the island of Santorini in Greece, my first trip to Santorini. I'm here for some vacation time, and I'm taking a break from my vacation to be with you. It's morning where you are, and it's evening where I am. I'm so happy to be able to join with you for a Holy purpose - our awakening! So grateful!

Opening Prayer

Ah! Let's take that breath of Love and gratitude together, open our hearts, open our minds. I'm going to begin with a prayer as we always do.

I like to place my hand on my heart and say, "Yes!" to the Holy Higher Spirit Self, saying "Yes!" to being Divinely guided and inspired, saying "Yes!" to our healing, to our awakening, to our expansion, to our Clarity, to our Freedom, to our loving heart, to being restored and renewed, to being compassionate, understanding, and truly helpful.

We take a breath of Love and gratitude, and we open ourselves to a deep and profound eternal healing, lasting healing. This is what we're calling for, so we're dedicating our time together, we're dedicating our conversation to the awakening, the healing. We're dedicating ourselves to recognizing the I AM that I AM, and that we are One with all Beings. So

grateful to recognize the One mind, the One life, the One power, the One presence.

So grateful to say, "Yes," to infinite Love Intelligence leading us and guiding us to our healing, to the very highest and best, most loving choices in **each** and **every** moment.

We're truly grateful to join together for this purpose and to share the benefits of our healing, our expansion, our dedication and devotion with all Beings, because we're One with them.

In gratitude, we **let it be**. In gratitude, we **know** it's done. And so, it is. Amen. Amen. Amen. Amen.

Energy of the Islands

Yes! Yes, yes, yes! So this is my third trip to Greece over the last few years, over my lifetime. I love Greece! I love the islands. There's something--I'm an island girl. I just an island girl. I love Greece. I love the islands. I grew up in Rhode Island, and then my parents got a home on Deer Isle, in Maine. Then I went to college in Boston, which is not an island. Then I moved to New York, to Manhattan, which is definitely an island. Then I moved to L.A. I've lived in Kauai. Love Kauai, of course one of the beautiful Hawaiian Islands.

I also love the U.K. You could say that England and Ireland are giant isles. The Emerald Isles. What other islands? I've spent a lot of time on the island of Andros in the Greek Islands. I did a retreat there a couple of years ago with Gary Renard. I'll be returning there next month-- no, next week! This weekend. I'll be there for a few weeks.

I find it very restful, the energies here in Greece, but there's something about being on the islands, whatever island it is, that I just absolutely love.

I do hope to be doing some forgiveness work starting later this year in New York, in Manhattan. I'm grateful for that!

Alright! Yes! And, of course, being here in Santorini, I'm thinking, "Hmm! Can I do another retreat here in Greece sometime, maybe next year? Can I do a Spiritual Counseling Training here in Greece?" I think so! The ideas start percolating.

Right now, I'm working on doing a *Spiritual Counseling Training Intensive* in Thailand, in November, and a retreat I'm going to call *Self-Love & Extreme Pampering*, also in Thailand in November.

I'm also looking at possibly doing the *Spiritual Counseling Training Intensive* in the U.K. When I go to Thailand, I'm also hoping we'll get a bunch of our brothers and sisters from Australia to come visit in the U.K., to come visit in Thailand. Should be **really** lovely in Thailand in November, and I found a beautiful place on the beach for us. Yeah! Some beautiful places in Thailand. Never been there.

It's so nice when we can get out of town together and do the deep work together.

What is Empathy?

Let's see what's going on here in the world of *A Course in Miracles* where the Holy Spirit has guided me, this week, to Chapter 16 in the *Text*, which is entitled *The Forgiveness of Illusions* and the section is Section I. It's entitled, *True Empathy*.

We're going to get into this on the retreat. Some people were asking me about empathy and compassion, so we're going to get into that this week. It's one of the things I teach about in my *Finding Freedom* course, my *Spiritual Bootcamp* class.

Hello to all the beautiful people in *Finding Freedom*, and also in *Masterful Living*, my yearlong class!

I find this as an **extremely** helpful topic for us in terms of having healthier relationships. Not just our immediate relationships, but **all** relationships. So, it starts off with,

“To empathize does not mean to join in suffering, for that is what you must refuse to understand. That is the ego's interpretation of empathy, and is always used to form a special relationship in which the suffering is shared. The capacity to empathize is very useful to the Holy Spirit, provided you let him use it in this way.”

Now, it's kind of interesting to me that here is Jesus telling us that to empathize does **not** mean to join in suffering. Yet, if you look up “empathy” in the dictionary, what it says is, “Empathy is the feeling that you understand and share another's experiences and emotions. It's the **feeling**

that you share another person's experiences and emotions. To be able to feel somebody's feelings.”

Basically, Jesus is saying that to empathize is **not** what it says in the dictionary. The dictionary definition of “empathize” is to have the same feelings as another person. To have the **same feelings** as another person. So, it says,

“To empathize does not mean to join in suffering, for that is what you must refuse to understand.”

As we're **living** *A Course in Miracles*, we **refuse** to feel another person's feelings when they're negative like that. It's the **opposite** of the dictionary definition. I'm just going to say, **my** take on this. Obviously, Jesus **is** the Master, and I am **remembering** my mastery. So, Jesus already remembers His mastery.

Now what I'm going to share here is that compassion is loving understanding, but it's **not** empathy. It's being able to have understanding **for**. Compassion is to be able to have loving understanding **for** what a person is experiencing, or going through, **without** identifying with them. So, to empathize is to have the **same feelings** as another person, according to Webster's dictionary.

I find that, in my studies in *A Course in Miracles*, it's **not** that helpful to me when Jesus has a totally **different** definition for a word that what the dictionary has as a definition for the word, because **then** we ran into conversational challenges and misinterpretations, and we already have **so much** of that with the ego.

So, for me **personally**, when I'm teaching this very same teaching from *A Course in Miracles*, I use the word “compassion” rather than “empathy” and I actually teach it a little differently. I'm just going to share with you what I have found helpful. Maybe it will be helpful to you.

Do Not Join in Suffering

So, we **don't** wish to join in other people's suffering. Now, let's look at the word “sympathy,” too, because I think that that's helpful. So, we've got “sympathy,” “empathy”, “compassion”. To **sympathize** with someone is

really, in a lot of ways, **to judge first**. "Oh! Their situation is difficult and bad." Then to say, "I feel sorry for you." **That's** what sympathy basically is, it's a judgment and then an extension of pity in a sense. Right. Pity. Pathetic. Sympathetic.

So, sympathy, not helpful. It's doing exactly what Jesus says here at the beginning of Section I in Chapter 16, its saying,

"To empathize does not mean to join in suffering--"

So, we don't want to **join** in someone's suffering. We don't want to **label** someone's experience as bad or wrong because there's no such thing. That's something that is an illusion that it's bad or wrong. *A Course in Miracles* says **repeatedly** to us, "There is no part of life that is not helpful, that is not valuable", and it is **so** important for us to recognize, that there is nothing about our experience that is **unhelpful**. Nothing!

So, let's open our hearts and minds to "Hmm! Only good can be unfolding. Only that which is helpful to me, valuable to me, is what I'm experiencing. Let me **find** the value in it. Let me **find** the good **in** it, rather than reject it. All things are gently planned by One Who's only interested in my good. **All** of life is helpful to me, if I'm willing to **see** it and to **recognize** it. So, **that's** the point of view that we take in order to **experience** the good in our life. Yay!

Have Loving Compassion, Not Sympathy

Going back to Chapter 16, Section I, *True Empathy*, it says,

"The capacity to empathize is very useful to the Holy Spirit, provided you let Him use it in His way." "

"Use it in His way." Let's find out what that means. It says,

"His way--" The Holy Spirit's way--

"...is very different. He does not understand suffering, and would have you teach it is not understandable. When He relates through you, He does not relate to your ego to another ego."

So, when we're in sympathy-- "Oh, honey! That's so horrible! I feel so bad for you!" -- that's relating ego to ego. First, there has to be a judgment. It almost feels like condemnation to me. We're condemning someone to a

miserable perspective of what's going on when we're in sympathy. "I feel sorry for you!" "I feel so **bad** for you!" "My heart goes out to you!"

Now, we can send our heart out in loving compassion. That's different than sympathy. It says here,

"...He does not relate through your ego to another ego. He does not join in pain, understanding that healing pain is not accomplished by delusional attempts to enter into it, and lighten it by sharing delusion."

Okay, so the dictionary definition of "empathy" is to feel somebody else's feelings. It doesn't say whether its pain or joy. It just says to **share** another person's feelings. Now, in most people's understanding of empathy, whatever is going on, empathy is to **feel** another person's feelings. That's our definition of it in the English language.

Jesus is saying here that when someone is in pain, that **sharing** that pain is not helpful, because the pain is **delusional**.

The Divine Alarm Clock

A Course in Miracles tells us, Lesson 190, "*Pain is a wrong perspective.*" Not **perception. Perspective.** When we have a wrong perspective, we **will** have a wrong perception. The pain is the result of a wrong perspective.

What is the perspective that **causes** pain? It's identification with the body. It's feeling separate. It's the false identification. So, **when** we're falsely identified with the body, with separateness from our Divinity, we're going to feel some kind of pain-- it could be physical pain, it could be emotional pain, it could be mental pain.

Pain **starts** in the mind. It travels **out** to the emotional body if we don't **correct** our thinking, and heal our belief system, when we start to feel mentally agitated, it travels into our emotional body to help us wake up. That emotional upset--the mental upset, the emotional upset-- I call it the "Divine Alarm Clock". Our Divinity cannot be comfortable. It feels agitated, and irritated, and upset in some way whenever we're believing thoughts that aren't true, whenever we're falsely identified.

So, the "Divine Alarm Clock" clock goes off, it lets us know we've got errors in our thinking. "Danger! Danger! Danger Will Robinson! Correct your thinking!"

If we **don't** correct it, it travels into the emotional body, and if we don't correct it **there**, if we don't get the "Divine Alarm Clock" going off, we don't perceive the "Divine Alarm Clock" going off, **then** it travels into our physical body. This is how pain is generated through these channels. "*Pain is a wrong perspective*", a false identification.

"He does not join in pain, understanding that healing pain is not accomplished by delusional attempts to enter into it--"

So, feeling somebody else's pain-- "Oh, honey! I feel your pain!" --that is **not** helpful to anyone. What **is** helpful is to join with the Holy Spirit and recognize that the **root cause** of the pain is a false identification, and so it's delusional, so it **can** be dissolved, and resolved, and permanently healed back, to the root cause, which **is** the belief. Now it says,

Misery Loves Company

"The clearest proof that empathy as the ego uses it is destructive lies in the fact that it is applied only to certain types of problems and in certain people."

So, for instance, if somebody is feeling Joy and delight, how many of us empathize with them? How many of us go, "Oh! I want to feel your feelings of Joy!"? You see, the ego doesn't join in **that**. The ego is attracted to joining in people's feelings when they feel sad, when they're having a pity party. "Oh! I feel your pain! Let's feel it together. Let's go into a pity party together." It says here

"These it selects out, and joins with. And it never joins except to strengthen itself."

So, when somebody's feeling Joy, when somebody's feeling bliss, when somebody's feeling **super** connected to their Divinity, the ego is not going to say, "Oh! I want to join in on that!" No way, Jose, because the ego will **only** choose to empathize with what is self-destructive, which is ego-building, ego-strengthening. This is what Jesus is telling us here. It says,

"Having identified with what it thinks it understands, the ego sees itself and would increase itself by sharing what is like itself."

So, when the ego sees a person who is miserable, and unhappy, and feeling pain and sorrow, the ego says, "Ah! That's like **me!**" So, sharing in **that** is what the ego is interested in, attracted to, and drawn to, **precisely** because it strengthens the ego. So therein, what we can realize **when** someone is

feeling sad, **when** someone is feeling upset, and irritated, and frustrated, and angry, et cetera, et cetera, et cetera-- **then** we can stop, look and listen. We can recognize, "Okay! Here's my opportunity to be **truly helpful**."

What you'll notice, what I've certainly noticed is, when I used to go into that pity party mode, what was I interested in doing? Sometimes I was interested in having somebody join me. Misery loves company. Right? That's what we think-- misery loves company. "Validate my pain. Validate my suffering." So, for a long time, that was what I was interested in.

But then, when I became a dedicated spiritual student who was still experiencing these upsets, this pain, this suffering, all these challenges, what happened was, I was **no** longer interested in that. I was no longer interested in the pity party, because my ego said, "Oh, you know what? This feeling miserable, this feeling sad, and stupid, and wrong, and bad, that is a sign that **you** are a spiritual **failure!** You have to hide that from your spiritual friends, because your spiritual friends will judge you, and think you're not spiritual!"

And, **that's** the last thing in the world you want is for your spiritual friends to think you're not spiritual. Oh, no, no, no!" The ego wanted absolutely, feel spiritually **superior**. That's what my ego was always after, feeling spiritually superior. Why? To counter-balance that feeling of spiritually inferior.

Partnering UP with the Holy Spirit

See how the separation is always playing out, even among spiritual students? Because when a spiritual student is still strongly identified with ego, the ego is going to drive their spiritual studies and their spiritual practice.

So, what we can do in our healing, is to just simply **recognize**. "Ah! These are the games that the ego is playing." The ego is playing all kinds of games, and we don't have to. We don't have to get into that. When we're seeing those ego games playing out, that's our **perfect** opportunity for us to have a healing. Let's **claim** our healing.

Let's **maximize our awareness** by recognizing that when these ego games are going on, that's when we can **really** open up to the Higher Holy

Spirit Self. And, you know what? It's not **that** hard. It's about creating a new habit of what I call Partnering UP.

So, when we recognize that that "Divine Alarm Clock" is going off-- we're feeling upset, we're feeling agitated and irritated, and we're feeling, "Oh, I'm spiritually stupid! I'd **like** to feel spiritually superior," or any of those gamut of thoughts and feelings going on-- that's the **perfect** opportunity for us say, "Ah! **Here's** where I can call upon the Higher Holy Spirit Self to lead me, to direct me, to guide me, to heal my heart and mind. I'm going to place **all** of this on the Holy Altar Fire of Divine Love and say, 'Holy Spirit, please take all of these thoughts, these feelings, **all** of it, out of my mind, out of my experience. I'm just not interested in experiencing spiritual inferiority or superiority **anymore**. I'm not interested in having pity parties anymore. What I'm interested in is transmutation, transformation, Freedom, liberation from the suffering.'"

So, when there's this idea coming into our mind, that its **preferred** to get somebody to say, "You're right! Your situation is **awful!** Oh, my God! I **do** have sympathy for you! Oh, my God, I feel your pain!" when there's a temptation to get somebody else to **agree** with us, if we can interrupt that pattern right there and say, "I don't need to **tell** anybody about this."

It's not about denying our feelings, because denying our feelings is **not remotely helpful**. Our feelings **are** the "Divine Alarm Clock" going off, **helping** us to become alerted to "What are our thoughts? What are our beliefs that we can change, that we can offer up to the Holy Spirit for healing?"

What **is** helpful to us is to say, "Okay. Rather than trying to manage this, rather than trying to cope with it, rather than trying to find the solution, when I'm identified with the ego, why would I try to find the solution to my suffering? When I'm identified with the ego, why would I try to resolve my pain by getting some solution in the world of effects, by looking to someone else to feel my pain or dive into the misery with me? None of that is going to be helpful with me."

"The thing that's **really** be going to be helpful to me is Partnering UP, giving it all to the Holy Spirit and standing in Faith in saying, "I have **no** idea how the healing is going to happen but I'm in Faith that it **is happening now**. Not in the future, but it's happening **now**, and **I** will be experiencing it **in** the world of effects, **in** my physical body, **in** my

emotional body, and **in** my mental body. It's all transpiring now, and I am willing to have a healing!"

Practicing Your Spiritual Practice

That's how we do it. **That's** how it's **done!** It just takes **practice**. It takes willingness and practice. Practice! Practice! Practice!

So, our spiritual practice is not just a few minutes in the morning, or even an hour or two hours in the morning. It's what we do **all day long**. It's what we do when things become difficult, when it feels like there's pressure, when it feels like the "fit is hitting the shan." **That's** when our spiritual practice is going to bring a healing, and that's what it's all about-- bring the healing!

Alright! t's time for me to take a break. I'm Jennifer Hadley. I'm so grateful to be connecting with you today.

While we're on a break, if you like, you can go to JenniferHadley.com and check out all the offerings there. I still have some reduced *A Course in Miracles* tickets for the Conference in 2018. I've got some free classes there. I've got my *Interrupting the Habits of Fear* class-- 7 *Simple Steps for Interrupting the Habits of Fear* class.

Also, on the Homepage of JenniferHadley.com, I've got my free forgiveness workshop which is called *How to Get Over It*. Then I have many other free offerings including Daily Prayer, Daily Inspiration. Check it all out.

Oh! Remember I mentioned my family has a house on an island off the coast of Maine? It's on Deer Isle. It's a beautiful house. This year, we're renting it in the summer for a vacation rental, sharing it with others. It's a spectacular place! Gorgeous! So, I invite you to go and check that out. You can find a link there. There's an ad for it on the Events page at JenniferHadley.com.

I am --I'm Jennifer Hadley! Yes, I am! We're *Living A Course in Miracles*. We're walking the talk, we're living the Love, 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*

We Do Not Know What's Best

Jennifer Welcome back! I'm so happy to be sharing this material with you! It's so powerful!

So, we're learning what **true empathy** is. True empathy is when we empathize with the Holy Spirit rather than the ego, so this is what we're going for here. It says in the *Text*, Chapter 16, Section I, Paragraph 3,

"Your part is only to remember this; you do not want anything you value to come of a relationship. You choose neither to hurt it nor to heal it in your own way. You do not know what healing is. All you have learned of empathy is from the past. And there is nothing from the past that you would share, for there is nothing from the past that you would keep. Do not use empathy to make the past real, and so perpetuate it."

This is the thing--we're looking at people. When we're identified with the ego, we're looking at people and saying, "Oh! That's a terrible situation they have going on there!" When we're looking at things like that, we're **judging** it. Those judgments are **attack** thoughts. If we're in judgment of people, we think **we** know what's best for them, we think we know what **should** be happening or **shouldn't** be happening when we **don't really know**, then it's a challenge! Then it's a **real** big challenge, because we **honestly do not know** what's best for other people!

You can see that it requires **humility** for us to be able to recognize that we don't know what's best. The Holy Spirit knows what's best. Let's give the Holy Spirit the heavy lifting to do.

This is our part, is to empathize with the Holy Spirit, to draw from the Holy Spirit, strength. It says here,

"Step gently aside, and let healing be done for you. Keep but one thought in mind and do not lose sight of it, however tempted you may be to judge any situation, and to determine your response by judging it."

When we look at a situation, we think "This is bad. This is wrong." we're in that judgment mode, that attack-thought mode. Even if we think our

thoughts are **sympathizing** with them, we're being helpful to them by looking at them and going, "Oh! honey, this is horrible. Oh! My heart bleeds for you!" this traditional idea of empathy, sympathy, help-- this is what we're thinking.

If that's where we are in our mind with it, we're **not** being helpful, because what does the Course teach us over, and over, and over again? **All** situations are truly helpful. **All** situations bring benefit. **All** situations are working together for good. **This** is what the Holy Spirit is teaching us. **This** is what we **have** to stand **in** and rely **on**. Without that, we're just floundering around with the ego, and this is something that we can definitely do. It just takes practice. It's building a **new habit**.

We Are Not Alone

How do we build a new habit? It takes great willingness. It really does! We can build the habit very slowly, or we can build it very quickly-- that's up to us. It's up to us in terms of, "Do we empathize with the Holy Spirit? Do we align with the strength? Do we align with Love? Do we align with the Wisdom? Do we align with the Clarity? Do we align with the Freedom? Or, do we look at everything in our experience, and judge it through the lens of our past?"

This is what the opportunity is that's being given to us. Everything from the past is not helpful to us anymore. We **don't need** it. We don't-- literally [we] do not need our memories. We literally do not need our belief system. We don't need **any** of that stuff.

Instead, what we can learn to do-- and we **are** learning to do it-- is to practice aligning with the Holy Spirit and to not lose sight of that.

It says here in Paragraph 3,

"Focus your mind only on this: I am not alone, and I would not intrude the past upon my Guest."

My Guest is the Holy Spirit.

"I have invited Him, and He is here. I need do nothing except not to interfere."

When we go into judgments and opinions, **then** we're interfering. That's the fact.

Our **choice** here is to open ourselves to the healing, to the expansion, to the Clarity, to the Freedom. **That's** what we're going for. **This** is what we're choosing. **This** is what we're doing.

It says here, now, in Paragraph 4,

“True empathy is of Him Who knows what it is. You will learn His interpretation of it if you let Him use your capacity for strength, and not for weakness.”

Our strength comes from aligning with the Holy Spirit, and our weakness comes from aligning with the ego.

“He will not desert you, but be sure that you desert not Him. Humility is strength in this sense only; that to recognize and accept the fact that you do not know is to recognize and accept the fact that He does know.”

So, I, of myself, can do **nothing**. I, of myself, do not **know** what the answers are. I do not **know** what healing looks like. I do not **know** what **should** happen. I do not know what's highest and best here, but I'm **willing** to know. I'm **willing** to understand. I'm **willing** to receive the guidance and act upon it.

Now, people will ask all the time, “How do I know what the guidance is? How do I **know**? How do I know **when** the Holy Spirit is leading me and guiding me? I don't know!”

Trusting Spirit

Here's how you know-- the still, small Voice. it may not be a Voice for me. I don't hear a Voice most of the time. It's a **feeling** that I have. Sometimes it's a thought that comes into my awareness. Sometimes it's a visual image. Insight, intuition, inspiration from the Holy Spirit comes in **all** of these different ways.

But **when** the Guidance comes, if we're truly willing to **receive** it, we'll **know** that we **know**. There is a sense of **knowing**. When we don't **trust** ourselves, when we are strongly attached to our opinions and judgments, **then** we will not feel **confident** in trusting the guidance, even when it comes.

This is where we can learn **how** to discern, learn **to** discern. It says here,

“He will not desert you, but be sure that you desert not Him. Humility is strength in this sense only; that to recognize and accept the fact that you do not know is to

recognize and accept the fact that He does know. You are not sure that He will do His part, because you have never yet done yours completely.”

Now this is an important point to understand. We don't trust the Holy Spirit because **we** have been untrustworthy. When we don't keep our agreements, when we don't do what we say we're going to do, then **we are** untrustworthy. Let's face it, who among us has not said, "I'm not going to eat more of those brownies," and then we eat three of them? Who has said, "I'm never going to sleep with that person again," and then, there we go, we sleep with that person? Who among us who has not said, "I'm going to start that program of exercise tomorrow."? Tomorrow comes, we don't feel like it, we don't start the exercise program.

We've **all** got stuff like this going on, and it goes on, and on, and on. Then what happens is, we **know** in our mind that **we** are not trustworthy. We might not admit it to anyone else. We might say, "Oh, no! I'm **very** trustworthy!" But anyone who's critical and judgmental of other people is **not** fundamentally trustworthy, because **where** is their trust? Their trust is in their **opinion**. Their trust is in their **judgment**. Their trust is in their **perception**. Their trust is in the meaning that **they** have made of things, and **their** interpretation, which is the ego's interpretation! Therefore, they are **not** truly trustworthy.

The Holy Spirit is always trustworthy, but if **we** don't trust **ourselves**, we're going to project that on to the Holy Spirit. We won't trust the Holy Spirit. That is just how it works. **That** is how the mind works!

In order to heal that, we simply become aligned with the Holy Spirit. "You lead me. You guide me. **Show** me how to be trustworthy. I am **willing to learn.**"

The Holy Spirit is not going to desert us, but we won't **trust** that until **we** become trustworthy. This is why our spiritual practice is not something we do for an hour in the morning. It's what we do our **whole lives** with. It's what we do **everything** with. Unless we start placing our trust in the Holy Spirit **at all times**, we won't have a clue!

Our **willingness** is the healing mechanism to **make this change**. Humility is strength, in the sense that we can have humility to say, "I don't know what's highest and best. I don't know what should be and what shouldn't be. But I'm **willing** to be taught. I'm **willing** to learn. I'm **willing** to know. I'm **willing** to discover. I'm **willing** to understand. This

is where my willingness is, and I'm grateful and thankful to **claim** it. I'm grateful and thankful to say, 'Yes!' to it! I'm grateful and thankful to open my heart and my mind to the **very** highest possibility of Love in each and every moment, **even though** I don't know what it is. I'm **willing** to trust the still, small Voice **however** It reveals itself. It will reveal Itself to me and I can follow it, I can live it, I can go for it. I'm grateful and thankful that I can **choose** this with my whole heart right, here and right now."

It's through **that practice** that we begin to really trust. Through that practice. So, we learn! It's practice, practice, practice, practice! And **that's** how we get there. Now it says here,

"You cannot know how to respond to what you do not understand."

We don't understand situations, events and circumstances. We **don't** because we're looking at it through the ego. So, if we're doing that, looking at it through the ego, we won't understand what's really going on. We won't understand what things are really for, so we're not going to know how to really respond. All the more reason why the Wisdom is to step back, to step gently aside, and let the healing be **done** for us. Let ourselves be guided and led. This is the smartest path, and we can do it. We can **absolutely** do it! I know it!

This is what I've been learning to do, and it's been **so very, very** helpful to me. I'm **so** grateful! It says here,

"You cannot know how to respond to what you do not understand. Be tempted not in this and yield not to the ego's triumphant use of empathy for its glory."

If we go into empathizing with someone-- meaning sharing their feelings of lack, and limitation, and pity, and sorrow, all the negative emotions-- it's the ego's triumph.

Moving Beyond Identification with the Body

Moving on to Paragraph 5.

"The triumph of weakness is not what you would offer to a brother. And yet you recognize no triumph but this."

How many times have we gone to help our brothers and sisters by saying, "Oh, honey! I bleed for you! I feel your pain! My heart bleeds for you!"? That was a common expression. "I feel your pain! My heart bleeds for you! Oh,

honey! I feel so sorry for you. I feel bad **for** you!” This is **not** helpful to us at all. This is a triumph for the ego. It says,

“This is not knowledge, and the form of empathy which would bring this about is so distorted that it would imprison what it would release.”

We **think** we’re being helpful, and we’re actually being **destructive**. We’re imprisoning the person in **our** opinions and **our** judgments of what’s going on in their life, when we are in that negative use of empathy. It says,

“The unredeemed cannot redeem, yet they have a Redeemer.”

We’re the unredeemed, and we have a Redeemer, which is the I AM Presence, the Holy Spirit. Let’s not try to redeem our brothers and sisters. Let’s let the Holy Spirit redeem **us**, and then we can extend **that** to everyone.

This is why choosing the Atonement for ourselves, **this is** the highest and best path for us at every time. So, “I don’t know what anything is for. This world is an illusion. Let me not have empathy for people’s pain and suffering. Let me have empathy with the Holy Spirit, and stand in the place of strength, and move **out** of identification with the past, time, space, and body. Let me move **beyond** that identification.” The Holy Spirit will lift us there, if we allow.

It says,

“Attempt to teach Him not.”

We’re not the teacher of the Holy Spirit. We don’t have to help the Holy Spirit understand what a terrible situation this is and bring God in to **fix** the terrible situation. No! We do not bring the Light to darkness. We bring the darkness to the Light. We bring the dark spots in **our** mind to the Light. **That’s** how we become the happy-learner. It says,

“You are the learner; He the Teacher. Do not confuse your role with His, for this will never bring peace to anyone. Offer your empathy to Him for it is His perception and His strength that you would share. And let Him offer you His strength and His perception, to be shared through you.”

When we align with the Holy Spirit, **then** we can extend that teaching, that learning, that healing to anyone and everyone, because all minds are joined. Remember, if start looking at somebody and thinking, “Oh! It’s

terrible what's happening to them!" and we move into that negative use of empathy, we're just making it **seem so real**. That's **not** helpful to them! That is the **opposite** of being truly helpful. That's the total, total opposite.

The Power of Love

It says here,

"The meaning of Love is lost in any relationship that looks to weakness, and hopes to find Love there."

If we're looking at someone and thinking that they're weak, that they have a problem, we're **not** looking with eyes of Love. We're not going to **find Love there**. It says,

The power of Love--"

Which is the name of my ministry. PowerofLoveMinistry.net.

"The power of Love, which is its meaning, lies in the strength of God that hovers over it and blesses it silently by enveloping in healing wings. Let this be, and do not try to substitute your 'miracle' for this."

We have ideas of what we think of a miracle is. We think of miracle is "The mortgage will get paid. The person doesn't get into bankruptcy." We think the miracle is "They're not fired. They get to keep that job for another 20 years." We think the miracle is that "She doesn't leave him, and they stay married for many years." We think that the miracle is that "The cancer is healed."

We have **no idea** what the miracle is. We just **do not know**. Let us not pretend, that we do not know. Let us not **trust** in our own opinion, when our opinion comes to looking at what's happening through the lens of the past.

The **miracle** is when we are willing to align with the Holy Spirit and have empathy with the Holy Spirit, and draw on that strength, and let the Holy Spirit **extend** perfect insight, Wisdom, Clarity, transmutation, transformation healing **through** us, by **training** us to see the situation correctly. **This is** the healing that we can bring into our experience. It says here,

"I have said that if a brother asks a foolish thing of you to do it. But be certain that this does not mean to do a foolish thing that would hurt either him or you,

for what would hurt one will hurt the other. Foolish requests are foolish merely because they conflict, since they always contain some element of specialness.”

What is specialness? Specialness is “giving to get”. “I love you because you validate me.” **That’s** specialness. “I’m going to do what you say so that you will do what I say.” “I’m going to agree with you so there’s no conflict, even though I don’t actually agree with you. I’m going to **pretend** I agree with you.” These are all the things that we’re talking about right here. These are all the elements of specialness. There’s more, of course.

The Function of the Holy Spirit

“Only the Holy Spirit recognizes foolish needs as well as real ones. And He will teach you how to meet both without losing either.”

Here’s the thing-- the Holy Spirit will **teach** us **how** to bring healing wherever we go, whatever we do, if we’re **willing**. This is why we have that “Purpose Prayer”--“ I’m here only to be truly helpful. I don’t have to wonder what to say, or what to do, because the One Who sent me will guide me.” This is the **same thing** that we’re talking about here. It says, “You will attempt to do this only in secrecy.”

So, you’re going to only attempt to do this in secrecy.

“And you will think that by meeting the needs of one you do not jeopardize another, because you keep them separate and secret from each other.”

So, you might be keeping things secret. You keep your opinions and judgments secret. You keep what **you** think, what you know is best, secret. But this is **not** how we’re going to operate when we’re being directed by the Holy Spirit.

“That is not the way, for it leads not to life and truth. No needs will long be left unmet if you leave them all to Him Whose function is to meet them.”

Just think about that for a second. Think about how many needs you think have that are not being met. The Holy Spirit will meet them **all**, if you let the Holy Spirit **do** the heavy lifting, **do** the guidance, **do** the healing, **do** the transformation. Stop trying to do it on your own! Let the Holy Spirit do it! It says here,

“That is His function, and not yours.”

This is the Holy Spirit's function. Not yours. Your function is not to **do** the healing, but to **allow** the healing. Your function is not to figure out what needs to be done. The Holy Spirit **already knows**. Your Higher Self **already knows**. This is why I say over, and over, and over again, it's so helpful to realize if you're trying to figure it out, if you're trying to understand it, if you're trying to make sense of it, **just stop!** Rest your mind. You're identified with the ego. The ego will never understand it.

Trying to understand things when you're identified with the ego is a **fool's errand**. Trying to figure out what to **do** when you're identified with the ego is a **fool's errand**. Trying to make **sense** of things is a **fool's errand**.

Give **all** of that responsibility to the Holy Spirit. The Holy Spirit **will** respond. Give the responsibility for figuring it out to the Holy Spirit, so that the Holy Spirit can respond, and work **through** you. **Be** in that place of true surrender. That's where the healing is going to come from. It says here,

"He will not meet them secretly, for He would share everything you give through Him. That is why He gives it. What you give through Him is for the whole Sonship, not for part of it. Leave Him His function, for He will fulfill it if you but ask Him to enter your relationships, and bless them for you."

Wow! **Wow! So powerful! This is how** you can be truly helpful-- step aside gently, and let the Holy Spirit fulfill Its function **through you**.

Remember, the Holy Spirit, the Higher Self **already knows** all the answers. The ego never does and never will. It's just going to **make stuff up** looking through the lens of the past-- its perception, its projection.

True healing, lasting healing requires having trust and Faith in the Holy Spirit, **not** in our opinions and judgment. True empathy is aligning with the **strength** of the Holy Spirit and seeing that there **are no problems**. There's only the **illusion** of the problem of separation.

This is our healing. This is how we rejoice. Whoo-hoo! **Yes! So powerful!** I just love it. I rejoice! I rejoice, and I get to share it with you, so I get to double rejoice! Yay! I'm **so happy** for our learning.

This learning has been so helpful to me and so liberating, and so happy-making! It makes life so much **easier**, and I love that we can share that together.

Your Donations at Work

Alright! So, just before I pray out, I would like to share with you that this broadcast is produced by Unity Churches and the PowerofLoveMinistry.net. So, your contributions **are** what fund these free radio shows.

Right now, at PowerofLoveMinistry.net we are in the process of transcribing the radio shows. That project is “on like Donkey Kong” and you can still volunteer to join us, if you would like. We’d love your help and assistance with that project. Not necessarily to do transcription, but there’s proofreading different parts of it you can help us with. We’d love it! And, we’re building the web pages to put the free transcripts up on the website.

Then the next thing we’re going to do is, also we’re going to make videos with closed-captioning, so those who would like can listen and read on the screen. Also, now with the transcription and the close-captioning videos, we’re going to be able to give all of these radio shows to the deaf who could previously have not been able to access them. Isn’t that wonderful?

Thank you for your contributions. You can make donations at PowerofLoveMinistry.net or at JenniferHadley.com.

Closing Prayer

Taking that breath of Love and gratitude, we’re grateful and thankful to share the benefits of our healing and our expansion with everyone.

We’re grateful and thankful to open our hearts and minds to allow the Holy Spirit to lead us and guide us to place our trust and Faith **only** in the Spirit, **and** to extend **only Love**, to teach **only Love**, for that is what we **are**.

In gratitude, we allow the healing and the extension of Love to simply be. In gratitude, we know it’s done. And so, it is. Amen. Amen. Amen. Amen.

God bless you! Have a **great** rest of your week! Mwah!

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