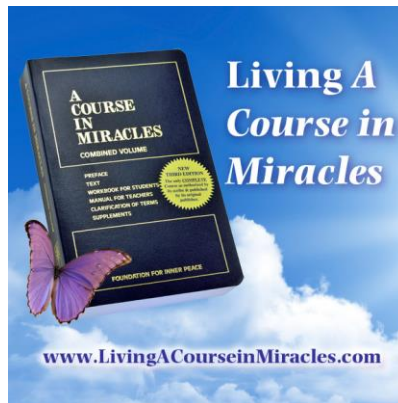
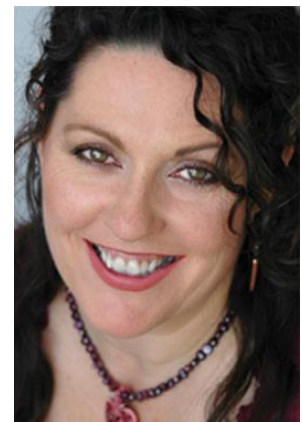


July 19, 2016



Saving Time

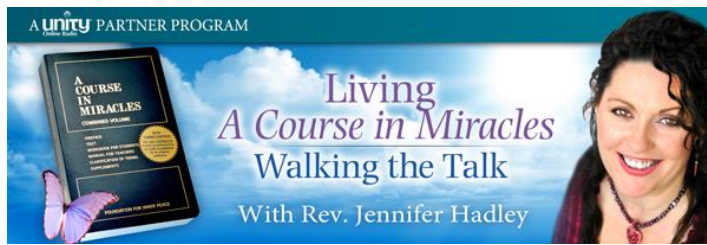


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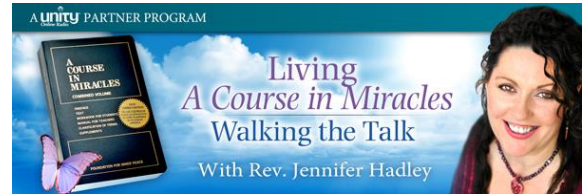
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July 19, 2016

Saving Time

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 Hey there! Bonjour! I'm so happy to be with you. Today is an exciting day for us at the PowerOfLoveMinistry.net and LivingACourseInMiracles.com, JenniferHadley.com, the three main websites that we operate, and we are launching the *Living A Course in Miracles* classes today.

We start today, 12 classes—11 classes in a 12-day period. All 11 classes are totally free for the download, for the listening, for the replay, for the transcript. We have a wonderful group of teachers. We start today with Jon Mundy. This is our 10th series of *Living A Course in Miracles* classes. Very excited about that! We start this afternoon!

In the meantime, we are focusing on *Saving Time*. That's our topic this week. And as we always do, beginning with a prayer and the blessing.

Opening Prayer

We take that breath of Love and gratitude. So grateful, so thankful to consciously open our heart and open our mind to the highest possibility of Love.

So grateful and so thankful to consciously connect and commune with the Holy Spirit. We allow the Higher Holy Spirit Self to lead us and guide us, to

direct us and inform us. We're listening to that One Voice. We're choosing our liberation. We're choosing Atonement.

We are grateful and thankful to share the benefits with **all** beings, because we're One with them. We dedicate our dialogue today to our awakening.

In Gratitude, we know it's done. We allow it to be. And so, it is. Amen. Amen. Amen.

Yes! Indeed!

The Ego Invests in the Past

So today we're starting from Chapter 13, Section IV, *The Function of Time*. I love how Spirit guides me with topics. A lot of times I just open the Book, and there it is. And so, here it is! We're starting with Paragraph 4. It's my Page 245.

It says, *"The ego has a strange notion of time, and it is with this notion that your questioning might well begin. The ego invests heavily in the past, and in the end believes that the past is the only aspect of time that is meaningful. Remember that its emphasis on guilt enables it to ensure its continuity by making the future like the past, and thus avoiding the present."*

"The ego invests heavily in the past, and in the end believes that the past is the only aspect of time that is meaningful." To me, this is helpful in understanding the ego, and how the ego operates, and what the ego is about. *"The ego...believes that the past is the only aspect of time that's meaningful.* One of the ways we can know that we are identified with the ego, is that we're reviewing the past without a healing purpose.

Because sometimes it can be helpful to review the past, So, doing life review at the end of your day, or just thinking, "Hmm, if I had to do it over, what would I do differently?" so that we can forgive? In **that** sense, reviewing the past can be helpful, to let go of the attachments, and the meaning we made of things, and our interpretations that we came to from the past.

But if we're reviewing the past for the purpose of gathering more evidence of who's "bad" and who's "wrong", who's "good" and who's "right" that's **not** helpful. That's just fanning the flames of unforgiveness, resentment and regret, guilt, blame and shame, and **no good** can come from that.

Whenever you notice that your attention is focused in that way on reviewing the past to figure out who's "wrong" and who's "right", who's "good" and who's "bad", give it up! As soon as you recognize what you're doing, "Oh, I'm identified with the ego! Holy Spirit, help me now!" That simply--that's how simply we can turn that around, and that's worth doing. Believe me!

It says then, "By the notion of paying for the past in the future, the past becomes the determiner of the future, making them continuous without an intervening present."

Okay. Let's understand this. This is **so helpful**. Guilt is what the ego is all about. Guilt, guilt, guilt, guilt. Blame, blame, blame, blame. Shame, shame, shame, shame. Judge, judge, judge, judge. That's the ego. That's what the ego--it just sings these old, sad songs.

Now the notion of paying for the past in the future, isn't that the one we carry around pretty commonly? Don't we use the **threat** of having to pay for the past in the future as a deterrent to doing things? Like whatever we choose to eat, our sexual choices, many, many choices of what we would say or do. Or about "Well, I would have to pay for that in the future, so I don't wish to do that now."

Paying for the past now **and** in the future is another common ego thought. That puts us in the past and in the future. If you are reviewing your past, and thinking "I'm going to have to pay for that" "I'll be paying for that" or "**They'll** be paying for that" "I'll **make** them pay for that" "I'm going to give them a good talking to" "I'm gonna..." "I'm gonna..." "I'm gonna..." "I'm gonna..."-- if these are the kinds of thoughts we have, thinking about paying for the past in the future, then what happens is, we are not present in the **now moment**. We're literally skipping over it in our mind, because we're reviewing the past and planning for the future, which doesn't allow us to be in the present moment.

It's only in the present moment where we can experience healing and Love. Healing and Love. Usually whenever we're reviewing the past, we're looking to form stronger attachments to "shoulda-woulda-couldas", which are the judgments, which are the causes of all pain.

"By the notion of paying for the past in the future, the past becomes the determiner of the future, making them continuous without an intervening

present. For the ego regards the present only as a brief transition to the future, in which it brings the past to the future by interpreting the present in past terms."

We look at the present moment with a lens of the past, and then we're not fully in the present moment, **and** we're planning for the future.

It says, "'Now' has no meaning to the ego. The present merely reminds it of past hurts, and it reacts to the present as if it were the past. The ego cannot tolerate release from the past, and although the past is over, the ego tries to preserve its image by responding as if it were present."

Living in the Moment, Experiencing Now

Okay, let's break this down, because this is going to help us **save** time, and here's **how** it will save us time. *A Course in Miracles* tells us that the main reason for working the *Workbook* is to save time, and that really means to open our mind to see beyond time, beyond time and space, to cultivate that fifth dimensional awareness, where we're no longer buying the illusions. That's accepting the Atonement for ourselves.

We accept the Atonement for ourselves, it means that we're accepting time is not real, that we've never been separate from God, we never could be, and we never will be. And, we're not separate from each other. That's accepting the Atonement for ourselves. It's accepting Unity, Oneness and fully recognizing it **without any exceptions**.

That's what we're going for. Once we are in **that** remembrance of our true nature, and our true identity-- because this is where we once **were** in that awareness. Now we're finding our way back to that because, in the interim, we came to value separation. We came to explore separation, and that's what we've been doing, we've been exploring separation. Fortunately, "*Nothing real can be threatened*" and we are **real**, so everything that we've been through, all the lifetimes of pain and suffering, **none** of it will even be remembered.

But what **will** be remembered is the Love. The Love that we have for each other. The Love that we **are**. That can never be forgotten. Love can **never** be forgotten. We don't have to worry that all of our beautiful, deep connections will ever be forgotten, or misplaced, or in any way eroded. That's not just even possible.

However, we **can** completely forget the past, and live fully in the present moment, now, completely loving. The practicing of *A Course in Miracles*, the truly **living** it, and **applying** it, and discovering it, as it really is, which is written in our heart, it is the truth that sets us free, because it's the truth that **reminds** us we're already free. It's the truth that reminds us who we really are. *"Teach only Love for that is what you are."*

That's what the whole work in the *Workbook*, doing the lessons is about. It's that remembrance, that recognition. That saves time, because then we're not bound by time anymore. Only the ego is bound by time. **We** are not bound by time. We're infinite, Eternal beings.

The best way to save time is to give up **all** the ego habits, patterns, beliefs, attitudes, and the processes to keep us living in the past. That's why it's so valuable for us to recognize **if** we're reviewing the past, looking for more judgments to make, more offense to take, then we're **not** in the loving moment. We're reviewing the past for the **purpose** of being stuck at it, and that is what the ego is a specialist at.

"Now has no meaning to the ego. The present merely reminds it of past hurts, and it reacts to the present as if it were the past."

This is the thing that we **keep** doing. We keep looking at the past, and projecting it into the future, and in the moment, we're caught in between the two without **ever really experiencing** the Love that's available **now**, because the ego's so focused in the past entirely. What it's saying is, whatever is happening in the present moment **reminds** the ego, it **triggers** the ego, of past hurts.

Just think, every time you get triggered, what's really going on there. You are being reminded of **past** hurts that you have **yet** to forgive, every single time that you're triggered. Even if you're triggered by someone leaving their towel on the floor. Even if you're triggered by someone pulling out in front of you, because they didn't bother to look-- they're pulling out in front of you in traffic. Even if you're bothered because you have to work late, and you won't be able to go to a family function. Whatever you're bothered by, no matter whether it's big or small, the trigger is **always some interpretation**, some meaning, some hurt from the past, that you're reliving now.

Stop Repeating the Past

Because if you can think of some area in your life where you're used to get triggered all the time, but you don't anymore, then you can recognize that in **that** area **you** did the healing. In that area of your life, **you forgave**.

My family has a summer home in Maine that we really love. It was built by my parents. We have been going up to Maine in the summertime for family vacations for 30 years. We just love it up there.

By the way, we have been renting the house, and the house is available for rentals in September and October, weekly vacation rentals. If you can go to the Events page at JenniferHadley.com, on the right-hand side, you can click through. You can watch a video of the house. Anyway, it's called "Blue Arches".

Anyway, one of the things is when we're there, I will share a bathroom with my nephews and my niece. We have different colored towels for different people, to help us remember whose towel is which.

But many times, I have gotten out of the shower and realized my towel is not there. Somebody took my towel. Or my towel, I go to use it, and it's completely wet, somebody already used it that day. You know, that's what little kids do. They just grab a towel and they use it. They don't think, "Oh, that's your towel. That's my towel." I mean **some** kids do.

I even got three sets of towels for my niece and nephews with their names on them, embroidered on them, with cute pictures, so that they would remember whose towel was whose. But we don't have those up in Maine.

When that first started happening, I would be annoyed. "Oh! somebody used my towel!" But then, I realized, "Wait a minute. Aren't these the children that I love? They don't know any better. I'll just get a clean towel." And, yeah, you know what? At the end of the week, we might end up doing an extra load of towels. That's life. It's not a big deal. It's **much** more important to have a harmonious household.

Initially, when I was irritated, what was the past that was being brought up? Let's look at that, because this, I think, can be helpful. When I was a kid, if I had used my parents' towels, I probably would have gotten a talking to. You know, I did something "wrong" and "bad". Still thinking I'm "wrong" and I'm "bad", I'm projecting that out on to my niece and nephews, thinking, "If you use my towel, if you do what I did, and I got in

trouble for it, **you're** going to be in trouble, too, and I'll **make** you in trouble." Projecting out "You're bad" "You're wrong," my own feelings.

When I moved into that forgiveness for **them**, it was also self-forgiveness, because all forgiveness **is** self-forgiveness.

That's how I stopped repeating the past on that. So, for--I don't know, let's see. My nephew, Ben, is 24, so let's say it started happening around 22 years ago that the kids started using my towels up in the house at Maine. I've had Peace for all those years because I just realized, "Oh! They didn't do anything bad or wrong. They don't even know better!" So, I let that go. I forgave it.

Now, it can even happen in a house with adults, that somebody will use my towel. I'm just like, "Eh! That's life. There's more towels." We **have** more towels, so why would I be upset? It's **much** better to be peaceful and happy.

But you see when I was younger, I thought, because of my training in my family, if everything is not in perfect order the way we think it should be-- in other words, people are using the correct towel-- if that starts to vary, chaos will break out. And people are just projecting what they did wrong in their mind, in their parents' mind when they were younger. Now they're projecting it out onto other people, and very often they're thinking "I'm just trying to teach them what's right and what's wrong." Totally understandable. That's how I was raised.

But I just have found that there's **so** much more Peace in my mind, in my heart, in my life, in my relationships, in the very cellular structure of my body, if I'm **not** looking for "right" and "wrong". I've trained my mind. My mind is **so** trained to look for "right" and "wrong" that every single day I get opportunities to heal my mind. **Every single day.**

So, instead of regretting that, instead of feeling like I'm doing something wrong, I've learned to **value** it.

Healing Old Patterns

When I first started doing this work of really been mindful, long before I came to *A Course in Miracles*, I started to just rejoice every day. "Oh! There's another pattern I can undo to free my mind and recognize all is well!" "There's another pattern I can let go of!" "There's another way I'm living

in the past, that I can bring myself into the 'now' moment by **choosing** non-judgment."

That's really what forgiveness is. We choose non-judgment, then we go back into our loving heart. We're releasing our attachment to the past, and we're not dragging the past with us into the future.

Because, if we're looking around our relationships-- our workplace, and our home life, and our friends, and all of that-- if we're looking for what's "wrong", what's "bad", what's not working, we're just dragging the past with us and projecting it into the future, and the only purpose is to **keep the ego safe**. But there's nothing to threaten the ego. The **ego is** the threat. It's **amazing** how much healing that we can have when we're doing this.

"'Now' has no meaning to the ego. The present merely reminds it of past hurts and it reacts to the present as it were the past. The ego cannot tolerate release from the past. And though the past is over, the ego tries to preserve its image by responding as if it were present."

When we get triggered, that's what's happening, and this is how we can save time. Because when we're triggered, we can go right into, "Ah! This is an opportunity to heal my **attachment** to the past. This is my opportunity to heal the **ego attachment** to the past. This is my opportunity to have more Peace, more Love, more Joy, more Freedom, and I'm taking it, baby! **Now!** Now is my time of healing."

I'm telling you, this is a **game-changer**, and it's so simple. How much does it cost? **Nothing!** It costs you **nothing**, and you can practice all day long. The more dedicated you are to practicing, the more healing you will have. How wonderful is that? It's pretty wonderful.

Yes! Yes, yes, yes! So grateful! **So grateful!** Oh, my goodness!

It says, *"The ego dictates your reactions to those you meet in the present from a past reference point, obscuring their present reality."*

Get Your Healing On!

When you meet a new person-- it could be the love of your life, they could be unrecognizable because you're looking at them through the ego lens of the past, a past reference point, which obscures what's really going on. When we're getting triggered by people, especially people we **just met**,

there's an opportunity to bring **a lot** more Love in our life, because we can say, "Wait a minute! This is a new opportunity to Love this person. Maybe in the previous incarnation, I was not loving to this person. Maybe they were not loving to me. This is a **new** opportunity to Love, to forgive, to set us both free!" Of course, when we do that, we set **everyone** free, because we are One with them. This is our Divine Opportunity.

Yes! It's so great! We're getting our healing on, we're saving time.

Then in the next lifetime, if there is another lifetime, we don't have to go through it again, and again, and again. **And**, because everything is cumulative, then the next time we meet someone who **might** trigger us, maybe because of what we did the last time someone triggered us-- so we thought-- we don't have to go through that again, because we've already have the healing.

This is the thing-- the script is already written. We can get very proactive and have a **whole** lot more healing. Yes, indeed. Isn't that wonderful? I'm so grateful. Yes, I am!

Launch of Living a Course in Miracles Classes

It's going to be time for my break time here, so I just want to mention again we're going to be launching the *Living a Course in Miracles* classes today. It's 11 classes in 12 days. We've got Jon Mundy, Miranda Macpherson, Lisa Natoli, Patricia Cota-Robles and myself, and I'm really looking forward to that.

Today we've got Jon Mundy, and tomorrow I'm doing the *Homework Class*. Each teacher picks a topic, including myself, and I also do a bonus *Homework Class* on whatever the other teacher's topic is. We're doing it all in two weeks. 12 days, 11 classes. It's all free for you. Did I mention that? You get free downloads, free replays, and even free transcripts. How wonderful to be able to give you these resources so quickly and so beautifully!

Of course, if you appreciate them, you can always make a contribution to support the free classes. We **love, love, love** your contributions because this is listener-sponsored radio.

You're listening to *A Course in Miracles: We're Living the Love, Walking the Talk* right here on Unity Online Radio, and I will 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*.

Upcoming Events

Jennifer We're back. I'm Jennifer Hadley. You're listening to *A Course in Miracles* on Unity Online Radio, and we're talking about *Saving Time*.

Just before I jump into that topic again, I'd like to share with you some things that are going on.

As I mentioned, our *Living a Course in Miracles* free class starts today with Jon Mundy. Yay!

I have a whole bunch of events coming up. You can read about them on the Events page at JenniferHadley.com. If you've ever been interested in being a Spiritual Counselor, if you ever had a thought about that, **or** you're already a therapist, a coach, a counselor, a practitioner, a licensed teacher, if you're already a coach, then you might be interested in my *Spiritual Counseling Training Intensive*. We have had **beautiful** sessions of this intensive program. It's a week-long Intensive and it's deeply, personally healing as well as expanding your skills. If you have any thoughts about becoming a Spiritual Counselor but you're not sure, it's also a great option for you.

It's also a great option for anyone who would like to do some personal healing and develop their **listening** skills. If you have a lot of problems judging people you are in relationship with, listening to them and judging them at the same time-- this is an issue that comes up for a lot of counselors, and coaches, and therapists-- and so this is a real helpful component of this Intensive.

I do have a *Spiritual Counseling Training Certification* program, and the Intensive is a part of that program, so you get a taste of it. I've got two Intensives coming up. One in September, starting September 6th in Salisbury, England. Then one in early November in Thailand. We're going to beautiful places to do our work. We take nice breaks. It's a wonderful fun time together. Deeply, personally healing.

And, as part of the UK Intensive Training, I've organized five days and four nights of sightseeing to Glastonbury, and Bath, and Avebury, around

Salisbury. Of course, we're going to Stonehenge, and some of my very favorite places in the whole world, and you can join me for that.

You can also join me for that just by itself. Maybe you'd loved to come to England and do some sacred sightseeing fun touring with me. It's Labor Day weekend, so it's September 2nd to the 6th, and anyone can join **any** of these events. I opened everything to everyone, pretty much.

Then in conjunction with the Thailand Intensive Training, we're going to do a few days sightseeing in Bangkok. Then I'm following the Intensive Training with a week-long retreat called *Self-Love and Extreme Pampering*. We're going to do our spiritual work, increase our Self-Love.

We're going to have a beautiful time in Thailand. These are in two different resorts in Thailand. The *Intensive Spiritual Counseling Training* is in Chiang Mai, and then the *Self-Love* retreat is in Krabi. You also get to spend a few days in Bangkok. It's a wonderful opportunity. I'm looking forward to it.

Then--I haven't announced them on the website yet but you can prepare-- I'm doing a *Living a Course in Miracles* retreat Columbus Day weekend, which is October 7th to 10th in North Carolina, at the Art of Living Retreat Center in the beautiful Blue Ridge Mountains, where the leaves will be turning, and it's absolutely going to be gorgeous.

Then, the weekend right after that, I'm doing a weekend retreat on forgiveness. *Forgive and Be Free*. I love doing that deep healing forgiveness work. You could come for both and have some chill time in between, or you can do one or the other.

Then I also have my *New Year's Reboot* retreat in North Carolina, up there in the mountains. That's New Year's weekend, December 30th to January 2nd.

These are just some of the fun events that are on the calendar that you can sign up for. Go to JenniferHadley.com. Go to the Events page and you'll see everything there. Some things are still coming, yet to be posted.

Recognizing Our Brothers in the Now

Alright! Let's get back to *Saving Time*.

I love this topic. It's so helpful to me, because it's been so life-changing to me. We're seeing here that the ego is always going to keep us stuck in the

past, regurgitating the past, reliving the past. Every single time that we get triggered, **every single time**-- whether it's a mild annoyance, or a rage, or you're feeling very hurt, very sad-- it's **always** because the ego's got you reliving the past.

The way out is to Partner UP with the Higher Holy Spirit Self. "Holy Spirit, help me now! I'm willing! I'm willing! I'm willing!" Yes!

It says here, "In effect, if you follow the ego's dictates you will react to your brother as though he were someone else, and this will surely prevent you from recognizing him as he is."

That's what I was saying before the break, that we could meet someone, a potential new love, and have a reaction to them as though they're someone else, because we're triggered, because we're living in the past. We're remembering, maybe unconsciously, something that hurt in the past, something that bothered or upset us in the past, some interpretation that we made in the past. Some **meaning** that we made of something in the past, and we're projecting it on to the person who's standing before us.

I know, one of my very best friends, when she first knew her husband, she was married to someone else and so was he. She didn't like him at all. She had nothing good to say about him. But then they were cast in a play together, playing romantic leads. They were both-- at that time when they were in the play, they were both divorced. She fell madly in love with him.

That was about 30 years ago now. I just spoke with her the other day, and she was saying, "We are just as in love as we were in the beginning!" They had just gone on their first vacation together since having their daughter, and it was just the two of them. They said it was just another honeymoon!

If she had held to her original thoughts of him, her original projections onto him, thinking that he was "this way" and "that way", without really **knowing** him, but just viewing the surface-- the surface reminding her of something that happened in the past that she didn't like-- she'd just be regurgitating the past. It's so painful. **So** painful! And, it's so unnecessary.

Alright! We can **wake ourselves up** from living in the past, and we can bring ourselves into the "now" moment, by recognizing every trigger that happens. It's an opportunity for us to have a healing.

It says, “...if you are following the ego's dictates you will react to your brother as though he were someone else, and this will surely prevent you from recognizing him as he is.”

Because you know who he **really** is, or she is? The Christ come to help you remember who **you** are! Let's take **every** opportunity we can to remember who we are.

It says, “And you will receive messages from him out of your own past because, by making it real in the present, you are forbidding yourself to let it go. You thus deny yourself the message of release that every brother offers you now.”

This is why forgiveness is the **only** way out of suffering.

When you're triggered by somebody in the present moment, if you make that trigger real, if you blame **them** for it, or even if you say there's something wrong with you that you're getting triggered, you're forbidding yourself to **let it go**. You're making it **real**. Every time you get triggered, you can say, “That trigger is not real.”

The **feelings** are helpful. Don't deny the feelings, because feelings are helpful. They **let us know** when we're triggered, and we **really** would like to know when we're triggered, because that's how we call forth the **healing**. Without that, we won't know.

This is our Divine Opportunity. That's why I call it the “Divine Alarm Clock” going off whenever we get triggered. We don't want to deny ourselves the message of release that every brother and sister offers us now. This is how we **claim** it!

It says, “The shadowy figures from the past are precisely what you must escape. They are not real and have no hold over you unless you bring them with you. They carry the spots of pain in your mind, directing you to attack in the present in retaliation for a past that is no more.”

The spots of pain are those things that are getting triggered. When you get triggered, you can have a **healing**. That healing will last you the rest of your life. If you're willing, if you're sincere in having a desire for the healing, every time you get triggered, **you** can have a life-changing healing.

Every time there's a temptation to make that irritation **real**, to make that frustration **real**, and to be grumbling and grumbling and starting to gather evidence-- “You see how wrong they are?” “You see how bad they are?”

“You see how they should have done--?” “You see what could happen?” “They ought to-- this!” “They should know!” --all that stuff that we do, **all** that does is make that pattern **more real** to us in our mind.

Our False Treasures

Because in that moment, you know what we’re doing? We’re saying, “Ooh! I **treasure** the meaning I made of this!” That’s what *A Course in Miracles* tells us all the time, that we get **so attached**, and love the meaning that we made, we make it our little treasure. It talks about that the only treasure there is, is the altar of God that’s in our heart.

But the altar of God that’s in our heart is cluttered with all these false idols, these little treasures that we’ve made. “Ooh! I treasure this resentment!” “I treasure this regret.” “I treasure this shame.” All these things that we keep **alive**, that we keep **feeding**, and adding fire to, **those** are the things we treasure.

You know you treasure something when you take it out, and you look at it, and you examine it, and you add to it, and you dust it off, and you clean it up, and you re-present it again, and again, and again.

These are shadow figures. Holy Spirit! I just got this thought. You can think of them as demonic Hummel figures from the past. Do you **really** want to hold them right in front of you as little treasures, the pain and suffering of the past? We want to let it go.

This is how we let it go, as soon as we get triggered, no matter how small or how big it is, “Holy Spirit, help me now! I sincerely desire to release this trigger **forever**. Whatever it is, heal it back to the root cause, so I never experience it again. Ah!” Take that breath--“**And** share the benefits with everyone because, I’m One with them. All minds are joined. Let every being on this planet have a healing, because **I** just got triggered right now, and **I’m** willing to let it go!”

Doesn’t that feel so much better? Doesn’t that feel **so, so, so** much better than living in shame and blame?

Choose a Future of Healing, Not Illusions

People ask me all the time, “How can I end my suffering?” This is what I tell them, over, and over, and over again. It just takes willingness. It **just** takes willingness. We can train our **minds** to recognize, whenever we get triggered is a healing opportunity. **All** we must do, really, is do some simple things. Like, at the beginning of the day, before you get out of bed, “Holy Spirit, You decide for me. Lead me and guide me this day. I’m interested in making this a profoundly healing day, a **very** productive day. **You** help me. **Show me the way. I am willing!**”

We can do it. We can do it. Oh, there’s **so** much healing that we can call forth, **and** we can share the benefits with everyone.

It says here, *“They carry the spots of pain in your mind, directing you to attack in the present in retaliation for a past that is no more. And this decision is one of future pain.”*

When we validate and make real the trigger, **we are literally** generating future pain. But we can generate healing now! **Or**, future pain. It’s, really, those are your two choices. Do you want to have more pain, or more healing?

Lots of people say they would like to have more healing but they are just **not** telling the truth. They’d like to be able to have **healing**, but they’re not willing to give up generating the cause of the pain.

It says, *“Unless you learn that past pain is an illusion, you are choosing a future of illusions and losing the many opportunities you could find for release in the present.”*

See? **Many** opportunities, they’re available to us for release in the present. If this is the **only** thing you get out of *A Course in Miracles*-- seriously, that forgiveness is the way, that non-judgment is the way-- if that’s the **only** thing that you get out of *A Course in Miracles*, you don’t even have to read *A Course in Miracles* to get that obviously. But if you take that to heart, **you will transform your life** because this is what I see in my *Finding Freedom* class. This is what the boot camp is all about, training your mind to release the meaning you’ve made of things, to release the judgment.

Changing Habits, Finding Freedom

In *Finding Freedom*, my Spiritual Boot Camp class, what happens **all** the time is, people will start the class and they'll be like, "I'm not that judgmental. Yeah, I've some judgments. Mostly, I want to deepen my spiritual practice, have better relationships, heal my body, my finances." Things like that.

But they're thinking, "I'm really one of the more loving people I know. **I'm** not that judgmental."

Then a few weeks into *Finding Freedom*, they're paying much closer attention to what they're thinking, and because of the class work that they're doing, they're recognizing where the mind **really** is going, and how much they're identified with the ego. They realize, "Oh, my God! I am **so** judgmental! **So, so, so** judgmental! I didn't even **know** it!"

Then, because they didn't even know it, and now they do, now they have the tools to heal it-- well! They start changing their lives. They start changing their relationships. Everything in their life starts to change. For those who are really sincerely willing to do the work, it's **amazing** how quickly healing takes place.

This is the pathway, **right here. Right here**, in *A Course in Miracles*.

You can do it on your own. You don't need my help. That's for sure. **Anyone** can do this on their own. It's more fun, it seems easier, when we do it together. But today is the day to **begin**. Let us not delay!

It says, "*The ego would preserve your nightmares, and prevent you from awakening and understanding the past. Would you recognize a Holy encounter if you are merely perceiving it as a meeting with your own past?*"

The ego would preserve your nightmares and prevent you from awakening and understanding--" that they are the past. The ego not only **preserves** your nightmares, it invites you, and tricks you, into repeating them again, and again, and again.

I don't know about you, but do you know what I used to do all the time? I would be upset about something, and I would just go over it, and over it, and over it, and over it! Something that had happened a decade before was still happening in my mind **now**. I was reliving the past **that much**.

Where's the energy to be prosperous, to be abundant, to have healing, to be in a loving relationship **now**, when **so much** of your energy is devoted to regurgitating the past?

Recognizing Holy Encounters

Then, of course, the people that you meet, you're just going to enroll them in your vision of the past, and you're going to see them through that lens of the past. You won't even see who they **really are**.

That's why it says here, "Would you recognize a Holy encounter if you are merely perceiving it as a meeting with your own past? For you would be meeting no one, and the sharing of salvation, which makes the encounter Holy, would be excluded from your sight."

We have an opportunity to meet someone every day, and to make it a Holy encounter. But if we're irritated, frustrated, upset, if all we're doing is going from one trigger to another, taking offense, feeling hurt, going into guilt, we are not **available** for Holy encounters. Then, not only are we reviewing the same nightmares of the past, we're missing the opportunities to have beautiful experiences **now**.

What I know for each and every one of us is that we desire to have those lovebug experiences **now**. We're interested on those Holy encounters **now**. We can have that opportunity **now**, and we can change everything **now**, by putting the Holy Spirit in charge, **and** starting to treasure the opportunities for healing.

I'm in Paragraph 6 now.

"The Holy Spirit teaches that you always meet yourself, and the encounter is Holy because you are. The ego teaches that you always encounter your past, and because your dreams were not Holy, the future cannot be, and the present is without meaning."

You decide. You're the one who decides what your experience is going to be-- a vision of the past or a Holy encounter? The nightmare of the past come back again, or a Holy encounter?

Rendering Time Unnecessary

It says, *"The ego teaches you that you always encounter your past, and because your dreams were not Holy, the future cannot be, and the present is without meaning."*

We're living a meaningless life, just repeating the past, if we don't recognize the triggers are our Higher Holy Spirit Self letting us know "This is a healing opportunity."

It says, *"It is evident that the Holy Spirit's perception of time is the exact opposite of the ego's. The reason is equally clear, for they perceive the goal of time as diametrically opposed. The Holy Spirit interprets time's purpose as rendering the need for time unnecessary."*

That's the Holy Spirit's purpose in time, with time, is to render time unnecessary by doing this healing work.

"He regards the function of time as temporary, serving only His teaching function, which is temporary by definition."

Because we're not going to be in this forever.

Heal the Present to Release the Future

It says, *"His emphasis is therefore on the only aspect of time that can extend to the infinite, for now is the closest approximation of eternity that this world offers. It is in the reality of "now," without past or future, that the beginning of the appreciation of eternity lies. For only "now" is here, and only "now" presents the opportunities for the Holy encounters in which salvation can be found."*

A little bit later it says, *"Healing cannot be accomplished in the past. It must be accomplished in the present to release the future."*

And that's our Holy goal. Yes!

I'm so grateful to share this with you today and support **you** in saving time.

I invite you to support **us** with this radio show. It's a listener-supported radio. We are preparing the transcripts of the radio shows. It's a big project. If you'd like to help support that, you can make a donation to Power of Love Ministry, and you can do that at JenniferHadley.com or at LivingACourseInMiracles.com.

Remember, the *Living a Course in Miracles* free classes start today. We have **so** many offerings for you. Free offerings, fun trips, adventures, classes. **So** happy to share!

Closing Prayer

I'm going to say a prayer here. We take a breath, hand on our heart.

So grateful, so thankful, to wholeheartedly recognize that our healing opportunities are happening **now**.

We are grateful and thankful to declare that **we are willing** to recognize **every** healing opportunity, and to **claim our healing**, and share the benefits with **everyone**, because we're One with them.

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

Have a great, beautiful, blessed week! Thanks for joining me today. Mwah!

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