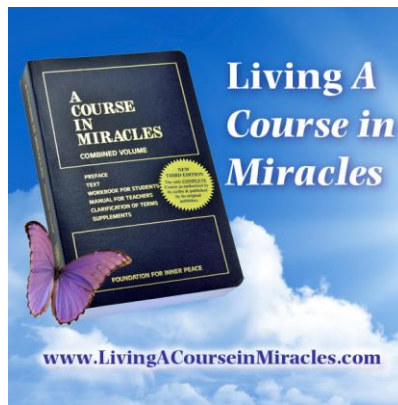


August 30, 2016



## Stop Learning Through Pain

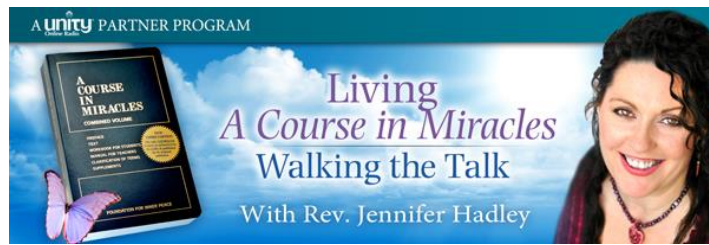


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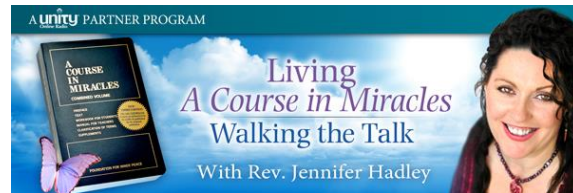
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**August 30, 2016**

## Stop Learning Through Pain

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer        Bonjour! Bonjour! Bonjour! So happy to be with you! I am in Rhode Island today. I'm in Wakefield, Rhode Island, at the home of my dear friends, Richard and Karen Carothers. We had a wonderful gathering of *Finding Freedom* and *Masterful Living* students yesterday. It was **so** nice to be together. We have this wonderful ritual that we do when we get together. We love to bathe each other naked. It's just so heal—no, just kidding! Just kidding! Testing if you're listening!

No, we had a wonderful gathering with pie, and clam cakes, stuffed quahogs, and Rhode Island treats that I love. Because I lived in Rhode Island when I was a teenager-- well, from the time I was 9 until I was 17 and went off to college.

I love it in Rhode Island! It's **so** beautiful. So beautiful at their home. It's really, really nice. This part of the summer is so lovely, all the summer foods and treats. I bought blueberries from Maine. **Life is good!**

I'm so grateful to join with you now and our topic this week, *Stop Learning Through Pain*. Let the madness end!

So, let's jump in, and dive deep here with a prayer.

## *Opening Prayer*

---

I invite you to place your hand on your heart and take this breath of Love and gratitude with me. We're so grateful and so thankful to open ourselves to the flow of infinite Love, Divine Intelligence, pure Wisdom, and Clarity. We Partner UP with the Higher Holy Spirit Self for the purpose of remembering and recognizing that our true identity **is** the Eternal, Infinite One Mind, the I AM that I AM.

The I AM that I AM is what has **always** been. It is our **real** identity. We are grateful and thankful to step into an awareness of the real world and our Real identity. It's perfect, it's whole, it's complete, it's eternal, it's pristine. Its very nature is pure.

There's no way for us to ever become impure, except in our perception. So we're letting the perceptions go. We're letting the projections go. We're letting go of **everything** that no longer serves our path of Love, awakening, Atonement.

We are grateful and thankful to **accept** the Atonement for ourselves. We are grateful and thankful to **accept** that there is but One life. There are not two/ There is only One. Duality is an illusion. We're moving out of fantasy and into reality, and we are grateful and thankful to go together.

In gratitude, we share the benefits with everyone, because we're One with them. In gratitude, we **allow** the healing to be. We **let it** be. And so, it is. Amen. Amen. Amen. Amen.

## *Pain & Suffering Is Optional*

---

Yes! Yes, yes, yes! So last week, we we're talking about projection makes perception. We were looking at Chapter 21, which is entitled, *Reason and Perception*. Anyway, we were looking at the introduction where it says, "Projection makes perception," and, "As a man thinketh, so does he perceive."

So really, what we're perceiving is our thoughts, projected outward. If we can just get that one thing-- that's a fundamental thing about this world. It is the **basis** of the teaching of the *Course*. If we can grasp that everything that we perceive is something that we have projected, everything that we see or experienced with our five senses, it's all being produced by our thought-- these are teachings of the Fillmore's, the Ernest Holmes's. It's the teachings of Mary Baker Eddy, the teachings of *A Course in Miracles*, it's the

teachings of Buddha-- it's all judgments cause suffering. All judgments are attachments. Attachments are the cause of suffering.

The only way out of hell in our mind is **through** our mind's release of the attachments to the thoughts and beliefs that make life hellish. The hell is always of our own making. Heaven is at hand at any moment.

So, we're going to stop learning through pain.

In Chapter 21, Section I, it's entitled, *The Forgotten Song*. You know, there's the booklet, *The Song of Prayer*. There's this song that is singing to us all the time. It's in an eternal melody, that's always being sung to us. I think of it as a song that the Ascended Masters and the angels are singing to us.

You know, if you can hear the cicadas, I'm sitting outside here by a lake. It's really beautiful. You might hear a little wind on the microphone, but I think it's worth it, to sit outside. You might hear the birds and the cicadas. I love to be outside.

In this Section 1, *The Forgotten Song* in Chapter 21, it's my Page 446, Paragraph 3, it says,

*"There is no need to learn through pain."*

You know that means? Pain is **optional**. Suffering is **optional**. Why do we need the option, "Oh, you'll see! I can go the pain-**less** way. I can go the pain-**full** way." I'm going to go the painful way."? Why would we choose that? Is it because we're idiots? I don't think so. I **do not** think so.

It's because the pain is an illusion, so we are fully testing the illusion. "If I go this way, there's Joy. Ha ha! If I go this way, there's tedium, annoyance, frustration. If I go this way, there's scalding pain. Hmm. I've tried it all these different ways. I have free will to choose. Which way am I going to choose?"

I'm going to choose the **better** way. I'm going to choose the **high** road. I'm going to choose the way where, when people see me walking on that way, the high way, they're going to say, "Oh! I'm down here on the low way. I'm down here in the mud, and the muck, and the mire of my painful judgments and opinions. I'm suffering. They're **not** suffering. They're walking on the path of Peace. Maybe I could walk with **them**. Maybe I could walk with them."

When we see people walking in pain and sorrow, Instead of looking at them and thinking, “They just don’t know. They’re fools. They’re delusional,” instead we can say, “All is well!” Because, in our eternal reality, there **is no** pain. The pain is like a splinter in the mind that has **no** power. It **will** not last. It **cannot** last. It’s just an experience **for** our learning. But, like it says right here, there’s no **need** to learn through pain. There’s no **need**.

Certainly, we’ve learned all through pain lifetime, after lifetime, after lifetime. So, if there **was** a need, perhaps we would have fulfilled it. But that’s how the ego learns. We can learn that slow-drip ego way, or we can have **quantum insight**. That’s not learning. It’s **remembering**. It’s **recognizing**. It’s having a realization.

That’s the whole purpose of *A Course in Miracles*, is to save time spent in suffering.

*“There’s no need to learn through pain, and gentle lessons are acquired joyously and are remembered gladly.”*

Well, doesn’t that sound a lot better than falling down, and being miserable, and getting burned, and breaking bones, and financial loss and disaster?

### *All Circumstances Are Helpful*

---

Now, this really does tie in to the Trust section, *Development of Trust* in the *Manual for Teachers* that I go back to so often. That’s Chapter 4, Section A. *Development of Trust* Section I-A, where it says,

*“It takes great learning to understand that all things, events, encounters and circumstances are helpful.”*

If we’re willing to recognize **that**, then there doesn’t have to be pain. At the beginning of the *Development of Trust* section, it’s Page 10 in the *Manual for Teachers* of my version, it talks about what I call “the process of elimination on the way to illumination”. Right? Remembering our Light-filled nature.

In that first paragraph of Section I-A, *Development of Trust*,” it says that we have to go through “a period of undoing.” And it says, “...they must go through.”

“The teachers of God “...must go through what might be called, ‘a period of undoing.’ This need not be painful, but it is usually is so experienced. It seems as

*if things are being taken away, and it is rarely understood initially that their lack of value is merely being recognized.”*

If you're going through, as many people are right now, experiences of loss-- it could be the loss of your sight, the loss of your mobility. It could be the loss of the life as you knew it. It could be the loss of your home. The loss of money. The loss of a loved one. It could be a loss of your job. It could be **any** kind of a sense of loss-- if you are **upset** by it, there's nothing wrong with you. It doesn't mean you're not living your life well. It just means you're choosing to learn through **pain**. But, you don't **have** to. You can change your mind about it.

### *Seeing with Inner Vision*

---

Let's see if we can get some more Clarity about that, so that we can have "gentle lessons that are acquired joyously and remembered gladly." In, *The Forgotten Song*," back again to Page 445, it says, "*Never forget the world the sightless 'see' must be imagined, for what it really looks like is unknown to them.*"

When we're caught up in the ego, we're not actually seeing with **inner vision**, and this is something that *A Course in Miracles* talks about **all** the time. I was talking about this recently, about being able see with vision. In the second section of Chapter 21, it talks about, *The Responsibility for Sight*, and it gives us the recipe for **all** we need do. The only thing we need do to have vision--it basically says throughout the *Course*, that without vision, you are not seeing clearly. You don't have clear perception, you don't have clear **sight**. You're not clear-sighted if you don't have vision.

Vision does not come with your eyes. It's not what you see with your **eyes**. It's what you see with your **mind**. It's what you are **knowing**. There's a difference between perception and knowing. We **know** the Truth, but we **perceive** our thoughts and beliefs projected on the world. The Truth will set us free. The Truth is what we **know**, and our beliefs are our perceptions.

This is why I just go back to it over, and over, and over again, when I hear myself say "What I believe is--" I'm like, "Cancel that! Not interested in affirming any beliefs anymore. I'm just going to relax my mind. Do I need to say that or talk about that? I don't think I do. I don't think I do." I can just relax my mind and think, "Is that something I **believe**, or is it something I

**know?** If I **know** it, then it has to be the Truth.” Sometimes these terms, the terminology, can be helpful to us.

So, the only things I **know** are the Truth. The things that I **believe** are **not** the truth. My perceptions are **not** the Truth. My perceptions are projections. The Truth sets me free. My **perceptions** cause me **pain**. Lesson 190, “*Pain is a wrong perspective,*” right? Our perceptions come from our perspective, which is seeing through the lens of our projection.

This is *A Course in Miracles* 101, and just understanding these things-- you don't have to read the whole book. If you just get these few core things, and practice them all day long, you've got your mind training. You don't have to read the book.

### *Going for the Knowing*

---

Many people find reading and studying the book either a **distraction** from **living** *A Course in Miracles*, practicing it, or they find it confusing and discouraging. Because the ego will tell them they can't understand it. If you join with the Holy Spirit, of **course**, you can understand it. You have to join with the One Who understands it and make the Holy Spirit your Teacher. The Holy Spirit, of course, being your own I AM Presence, your own Higher Holy Spirit Self, your own connection to All-Knowing.

We're going for the **knowing**, not the perception, not the perspective. That's what vision is, it's that knowledge, that insight.

*“This is the only thing you need do for vision, happiness, release from pain, and the complete escape from sin, all to be given to you. Say only this, but mean it with no reservations, for here the power of salvation lies.”*

Here's what you say. This is the recipe for vision, happiness, release from pain and escape from sin. **Complete** escape from sin. Release from **all** pain. It says,

*“I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked.”*

In other words, it's a projection. It's **an illusion**. If we're not happy about what we see, it's not the Truth. It's a projection.

*“Never forget the world the sightless ‘see’--” the ones without vision “...must be imagined, for what it really looks like is unknown to them. They must infer what could be seen from evidence forever indirect; and reconstruct their inferences as they stumble and fall because of what they did not recognize, or walk unharmed through open doorways that they thought were closed.”*

### *Seeing with Distorted Vision*

---

One thing you might consider is in the teachings of the philosopher, Plato. One of his most famous things that he gave us was what became known as *The Allegory of the Cave*. Plato gave this teaching about, imagine that there are people who are living in a dark cave that’s lit by fires. They are chained to the wall looking at the wall, so that **all** that they see are the shadows on the wall. They don’t ever actually **directly** see what’s going on in the cave. They **only** see the shadows on the wall.

Their interpretation is going to be completely a projection, because they’re not seeing directly. They’re **only** seeing the shadows. He was explaining to us, that this is how we are. We’re like the prisoners in the cave, only seeing the shadows on the wall. Not seeing directly. Not seeing with true vision.

While Jesus doesn’t mention Plato, or *The Allegory of the Cave*, He often makes references to shadows, and seeing only the shadows, only the projections. Here, He’s bringing it up again. He says, we have to “*infer from what could be seen from evidence forever indirect.*” In other words, like the shadows on the wall, and then we “*reconstruct our inferences.*”

What are inferences? These are the things that we are getting by deductive reasoning, looking through the lenses of our past experiences. We all know that our past experiences are so completely distorting. Right?

In one community, eating crickets-- fried crickets, and frogs’ legs, and slugs, in different communities, those are delicacies and delicious. You know?

I know my grandmother said that unbeknownst to her, when she was in Spain, she ate what was a delicacy. It was a bull’s testicles. When she found out, later, what she had eaten, she was like, “Oh, my!” She was wanting to throw up from the thought of it. Right?

What are **those**? Those are just inferences, these are our perceptions, that “This is a delicacy” and “This is something you would never eat.” You know, escargot-- they’re slugs, they’re snails. Right? You have escargot-- for some people, escargot is a delicacy. For other people, it’s disgusting. It’s just **perception**. It’s completely the meaning we make of it. For some people, lobster, crabmeat, catfish, bottom feeders and things like that-- delicious! They love them! It’s a treat! Other people wouldn’t even have it. Some people, bacon-- “Delicious, let’s have it! Sausage!” Other people, “No! It’s vile!”

It’s **all** perception. It’s **all** projection. If we start inferring, we’re just going down the slippery slope to learning through pain. We’ve all been there. We’ve all done that. So, it says here, He tells us we do not see, we do not see **truly**. He says,

*“Your cues for inferences are wrong, and so you stumble and fall down upon the stones you did not recognize but fail to be aware that you can go through the doors you thought were closed, but which stand open before unseeing eyes, waiting to welcome you.”*

He’s telling us that there are doors that are waiting open to welcome us, but we **don’t see** them because we’re focused on our inferences. We’re focused on our perceptions and our projections, rather than being focused on what’s **really** there, and true sight. He says,

*“How foolish is it to attempt to judge what could be seen instead.”*

How foolish is it to attempt to judge what **could** be seen with vision, instead of seeing what’s real!

*“It is not necessary to imagine what the world must look like. It must be seen before you recognize it for what it is.”*

We have to be willing to really **see** what the world **is**, before we can **recognize** what the world is. It’s really being **willing**. It goes back to being willing.

We were talking earlier this morning. We were out walking, here in Rhode Island, and talking about that step of willingness, the step of having the intention, the step of laying the desire or the problem, or anything that you think that you want, or don’t want, on the altar. That’s what it says in the-- [technical error]

## *Stop Trying to Make Things Happen*

---

Okay, the greatest gift for us, that we can give to God, is just to lay **all** the things we want, and all the things we think we **don't** want-- whether it's healing in our body, healing in our relationship, healing in our finances, healing in the world. Whatever it is we think we want or don't want, "I don't want these problems anymore. I want what seem to be these solutions." --just lay it **all** on the altar, and instead say, "I'm going to take a huge, giant step back and say, 'I would like Peace, Love, Joy, Freedom, Wisdom, Clarity, Harmony.'" "

These **are** the Gifts of God. These are the Kingdom, which is pre-installed. "Ask and it is given," the *Course* tells us, "because it already **has** been given." "...seek ye first the Kingdom", which is within, and all else will be "...added unto you."

When we're **willing** to lay **all** the things that we **think** we want, or don't want, on the altar, and then what we're doing is, we're moving into that space of trust. It's the place of trust that we talked about in *The Development of Trust*, where we can actually discover that all the things we thought we wanted, and thought didn't want, were **blocking us** from actually **having** a happy life. Right?

That's what Jesus tells us in the *Workbook*. "Stop thinking you know what will make you happy, because **you do not know**." This is the way out of learning through pain.

*"There's no need to learn through pain. Gentle lessons are acquired joyously and remembered gladly."*

But just think about it. If you're walking through your life in your day, thinking **you have** to make it happen, **you** have to organize it, **you** have to figure it out, **you** have to construct it, **you** have to do it all, you're actually blocking the flow of the Joy, the Peace, the Harmony.

This is the hardest thing I know of, that anyone ever does in this world, is to **stop** trying to **make** it happen. Stop trying to **make** it happen! Stop trying to work **your will**, and just say, "You know what **my** will is? Perfect Peace, perfect Happiness, true Joy, Infinite Wisdom, Clarity, Beauty, Truth. That's **my** will. That's God's will for me. I'm just going to **accept** it and **allow** it to unfold." Because if we're focused on, "It's happening" "It's **not** happening," we're not available to see the open doors that stand open **for** us.

The simple practice-- we're going to talk about this when I come back from the break-- simple practices that keep us in that beautiful space of allowing the healing, so **real** healing can take place. We can't **make** our healing happen. That's the slow-drip method. If you put the ego in charge of your healing, you're going to be trying to make it happen. Lordy, Lordy! It's **no fun** that way! You suck the fun right out of it, when you put the ego in charge!

Ah! I'm so happy to join with you today! I'm so happy that we're giving up the need to learn through pain. We've all done enough learning through pain. There's just no point doing any more of it. Enough already! Thank God! Thank God for being God today, as us.

I'm Jennifer Hadley, and you are listening to *A Course in Miracles* on Unity online radio, where we are actively choosing to live the Love, to walk the talk, to live in grace and gratitude.

Taking a break here, 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*.

### *Knowing the Truth*

---

Jennifer Welcome back! So happy to be declaring that we are willing to stop learning through pain! Yes!

Honestly, one of the most helpful things for me has been to, when I find the minds going to the painful thought-- like after my mom died, and I would go to the thought, "I'm never going to talk with my mom again!" and I would start crying, and then my Higher Self, the Holy Spirit, would say, "That's not **true**. Why entertain the thought that not true? **Why** do that?"

Then I would--because I am training myself to **listen** to the Holy Spirit, I would say, "Yeah! Why **would** I do that? Why **would** I want to feel pain when I don't have to? It's **not** true that I'm never going to see my mother again, never going to hear my mother's voice again. That's just the appearance in the illusion, but it's not the **truth**. If I **know** the truth, then I **know** that's a falsehood. Why would I entertain it?"

So, very quickly, I was able to train my mind to just say, “It’s not true. I’m not going there.”

You can start to notice the edges of when your mind goes to the painful thought. We’ve all have the experience, all adults have lost their baby teeth. and most adults have had some kind of canker sore, or some kind of thing where they’ve had some kind of pain-- some cut, some wound in their mouth, on their body, somewhere-- where they just kept touching it, again and again, and again.

We do it in our relationships. Right? I know I used do this, where my mind would go to, “It’s just so lonely. Well, that doesn’t make me happy! Why am I thinking that thought? Why am I putting that attention on it? God is Love. I am One with Him. We are loved, eternally. So, yeah! It **seems** like maybe they’re not expressing Love towards **me**, right now. But, if I’m thinking they just don’t Love me, I’m actually attacking them, so I’m not being very loving, and it’s just being mirrored back to me. So, let me change my tune! Let me go find the *Song of Prayer*. Let me find the song of Peace, and Serenity, and Harmony, and Joy. Let me sing **that** song to the world, instead of the song of “They shouldn’t” “They could have” “If only--” blah-blah blah! Let me find that-- the happy, loving song. Let me find the song of Peace, the song of Joy, and the song of Beauty, and Wisdom, and Clarity.”

That’s what we can do, is recognize, the second we start to feel a little bit of pain, a little bit of suffering, to change our mind, change our tune.

It says here that, we can learn to” ... *be aware that we can go through the doors you thought were closed, but which stand open before unseeing eyes, waiting to welcome to you.*”

Really, being in that practice of saying to the Holy Spirit, saying to Jesus, saying to the angels-- these are the tools that Jesus talks about in *A Course in Miracles*-- say to the company of Heaven, and all that is holy, “Help me to see. Help me to see with **vision**. Help me to relinquish my **attachment** to seeing the **past**. Let me see only what is real, only what is true. Let me see with God’s eyes. I’m willing! I’m willing!”

We have to be **willing** to be put down the--well, they’re not rose-colored glasses, are they? We have to be willing to put down the **blinders**, so that we can see. That’s the first step, that willingness, and having high intention. The more we can just place things on the altar, and say, “Okay. Giving this to the Holy Spirit for healing. Holy Spirit has got this.”

When our mind starts going back to it, saying, “Oh, boy! I ‘ve got to start figuring that out!” just go, “No! I gave that to the Holy Spirit. Holy Spirit has got that!”

### *No Exceptions to the Highest & Best*

---

I do it **all** the time, and I have--I cannot ever recall **authentically** saying, and **meaning** it, “Holy Spirit has got that,” leaving it on the altar, and ever feeling like. “You know what? Holy Spirit totally screwed me on that one. I left it on the altar in trust and faith, and, boy, oh, boy! I just got run over by a car. Holy Spirit was not looking out for me. That was a terrible decision!” I have **no** recollection of ever having that thought.

I’ve had many times the thought, “Ooh! I never would have seen **that** being the highest and best. A-ha! That’s interesting! But it **has** to be the highest and best because, boy! I feel peaceful now! But it’s not how I thought it would go. That’s **not** how I thought it would go!”

Like with my mother’s death, I didn’t see that as being the highest and best. I was pretty attached to the highest and best would be the full healing of her physical body. That’s what I **wanted**. I didn’t wish her, my mother, to die.”

But then, when it was clear that’s the way it was going, I had to say, “Okay. Everything works together for good. There are **no exceptions!**” As soon as I start making exceptions, I’m saying God has left the building. I’m in charge, I’m on my own. I’ve got to figure it out. **There** the pain begins. I don’t want to be alone! I don’t want to live in a building where God is gone. So, I have to say, “Everything works together for my good. There are **no exceptions.**”

When people die, when there are things in the world that are not the way we would like them, and we can say, “I am not going to make exceptions. I’m going to claim this for my good,” **then** we are aligned with the Holy Spirit.

It will be revealed to us how it could possibly be for good. Because, remember, this is the world of the **temporal**, the **temporary**, and so if you don’t like how it is, and it bothers you, it’s going to change. Because this is the world of constant change. Things do not remain the same in this world,

So, if you can let go of trying to control it, it **will** change. It will **change**, because this is the world of change.

### *Seeing Where Safety Lies*

---

If you're not trying to control it, and you put the Holy Spirit in charge-- for sure, for sure, for sure, it **will** change for the better, and that's how you learn to have Trust and Faith.

But you won't know it until you **practice** it, and you can't practice it-- it's one of these things where you cannot, like you can't step **in** the boat and step onto the shore or the water. Like Jesus walking on the water-- you can't be on the boat and be on the water, one foot in each place. You either got to go walk on the water with Jesus or stay in the boat.

We can't serve two masters. We can't ride two horses going in two different directions. And, that's the tricky part. It's about really letting go of the hand of the ego and taking the hand of the Holy Spirit.

For most of us, that's a shaky time, because we're not totally committed. It's a great learning curve.

*"How foolish is it to attempt to judge what could be seen instead. It is not necessary to imagine what the world must look like."*

We don't **have** to know! We don't have to **imagine** it. We don't have to have any kind of imagination at all. Just put all that aside. Just be willing.

It says, "*It must be seen--*" the world of true vision "*...must be seen before you recognize it for what it is.*"

You see it with your inner sight before you start to see it outside.

*"You can be shown which doors are open, and you can see where safety lies; and which way leads to darkness, which to light."*

This is something we can be shown if **we're willing**. Wouldn't we like to see that? It says,

*"Judgment will always give you false directions, but vision shows you where to go. Why should you guess?"*

Judgments are always going to take you down a meandering detour. Vision, Truth, will show you where to go in order to be happy and be the joyful happy learner.

Having “...gentle lessons that are acquired joyfully and remembered gladly. What gives you happiness you want to learn and not forget. It is not this you would deny.”

You wouldn't deny it. What gives you happiness is really what you'd like to learn, and not forget.

*“Your question is whether the means by which this Course is learned will bring to you the joy it promises. If you believed it would, the learning of it would be no problem. You are not a happy learner yet because you still remain uncertain that vision gives you more than judgment does, and you have learned that both you cannot have.”*

You cannot have judgment and vision. You have to choose one or the other.

How do you choose to have vision? You go to that place “I am responsible for what I see, and everything is just as I wish it would be.”

That takes some great willingness, because if you're looking at the death of a loved one, the loss of the function of your body, the loss of your finances, the loss of your home-- we were just talking about my friend Sheila, lives in Louisiana. She and her family, they've lost their businesses. They've lost their homes. Everything! The whole community, 80% wiped out. The seeming loss, it can be **very distracting, hugely** distracting, very, very painful-- unless you realize that it's not even **possible** to have lost in this world.

### *Perception is a Cause, Not a Result*

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God is Eternal. God is Infinite, God is All There Is. Where are you going to lose stuff? Where is it going to go? Everything is yours, eternally. The Peace is yours. The Joy is yours. The Love is yours. The Freedom is yours. The Prosperity is yours. The Harmony is yours. The Wisdom is yours. The Creativity is yours. Eternally, infinitely **yours**.

But if you start saying, “I don't **have** it! I don't **have** it! I don't **have** it!” even if you're holding it in your hand, if your **mind** believes you don't **have** it, you're going to think you don't **have** it. That's what we've done.

We **have** all these spiritual qualities, embedded in us. They are our **true nature**. It's what *A Course in Miracles* calls the Great Rays. Our true identity is **already** here, already there, inside of us. It **can't** be taken away. But, if we pretend, "I don't **have** it!" then we can't **find** it.

So, it is--

*"... your question is whether the means by which this course--" A Course in Miracles - "... will bring to you the Joy and promises."*

Are you willing to have Faith and trust, that it will bring you the Joy?

Now, here is the tricky part. Okay? Because I've been a *Course* student for 10 years. I know people that had been a *Course* student for 30 years. But they don't seem **joyful**, some of them. I'm not saying everyone, of course. I know the ones that are **very** joyful. Like, David Hoffmeister is a **very** joyful guy, and very light-hearted guy. He's been studying the *Course* for 30 years now.

But there are people I meet, that are still suffering greatly, who have been studying the *Course* for decades. It's not in the **studying** of it, it's in the laying things on the altar, and leaving them there. It's about **not needing** the things of this world, but instead, opening to and being grateful for, the things that are eternally ours, and being willing to see with vision, and to recognize that "Everything is just as I wish it would be, because everything is the by-product of my thought." Right?

*"Perception is projection."* That's what we were talking about last week, and at the beginning today.

*"As a man thinketh, so does he perceive. Therefore, seek not to change the world, but choose to change your mind about the world. Perception is a result and not a cause."*

Perception is a **result** of our thinking, and it's not a **cause** of our thinking. Perception is a **result** of our thinking. It is not a **cause** of our thinking.

If I think **I'm** upset because "My sister is doing this, or not doing that, that's why I'm upset." "I'm upset because my neighbor's dog is pooping on my lawn." "I'm upset because I don't have enough money to-- this or that." That's **not** why we're upset! It's the **meaning** that we **make** of it.

It's our thoughts are causing the world that we see. Because if we were resting in Peace and Joy with the Holy Spirit, with Jesus, and allowing

ourselves to be led and taught, we would feel joyful even if our house is flooded. Even if our loved ones are dying, we could **still** find the Joy.

### *Finding the Joy in Being Loving*

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That's what I learned when my mom was dying, was that I could sit with her when she was almost completely immobile, but I'm giving her a facial every day, twice a day. That was one of the things I did, because my mother was taking these drugs that made her-- gave her that "moon face", so her skin was stretched terribly, and her face was all deformed. It was, you know, you could say it was hideous. to look at her, and see her face stretched in that way, her face so engorged.

And so, in order to care for her skin, and to be loving and tender with her, I gave her a facial in the morning, and a facial in the evening. It would take--I don't remember. It took a half an hour, or 20 minutes, or whatever it took.

Seriously, when she passed away, her face looked so **beautiful**, because for months I'd been tenderly caring for her face, and her hands, and her legs, and her feet, and massaging them several times a day with creams and essential oils, and bathing and massaging her extremities, because she could **receive** that that Love, that affection, that tenderness. She enjoyed it. It was pleasurable to her. It was a relief from her suffering. It was something **I** could do, that was tangible, that was loving.

We didn't have to talk the whole time. We could just **be** together. I could massage her face, and just look tenderly into her eyes, and hers into mine. We just gazed the way that children will do with their parents, and parents would do to their children, just gazing at each other. That love-gazing, that a lot of times, adults they stopped doing, even at their beloved. That love-gazing, it goes out of the relationship.

A lot of times, even children don't want to look in the eyes of adults, because there is so much pain there to see. They don't wish to see it. One of the things why we **love** to look at children, and do that, is they don't have that pain in their eyes. They're clear, a lot of the time, and so we can just enjoy that love-gazing. They don't need to look away, a lot of the times, when they're just little tiny ones. They can hold your gaze and enjoy it.

My mother and I returned to that, that return to Love and innocence. We were willing to see each other as innocent. Every [technical issue] is so much Love that was there for us. It was so deeply healing and nourishing to the soul, that my mother got to have that. I got to have that. It was a way that we **both** experienced unconditional Joy, even when the **conditions** were-- by somebody else's judgment-- horrific, for what was happening to her body, the seeming loss of her life.

You know, when Jesus walked the Earth, He said that, "I have come that you might have life, and have it more abundantly." Life. Eternal life. Have a recognition of our eternal nature of ascension, of resurrection, of knowing **true life**. Eternal life. The Real life.

My mother and I had that experience at the end of her life. You know, a lot of people, a lot of people experience very difficult times with their loved ones at the end of what seems like the life of the body. They don't know what to do. They don't know how to bring comfort. They don't know how to speak about things, or to have conversations, to wrap things up, to have resolution.

I suggest you, simple things like, "Let me just massage your hands with some cream." You know what? If someone is days, or weeks, or months away from making their transition, it doesn't matter if its organic lotion.

It doesn't matter even--it's like the hospice care workers were giving my mother, they were putting Vaseline on her body. I was like, "Vaseline! No! That's for cars! That's not for people! That's petroleum! We don't put petroleum on people!"

They were like, "Ah, she's been taking petroleum laxatives, internally, for a year." I'm like, "What?" Then I was just like, "Okay. I just give up all that. Okay. Whatever. Whatever is going to give her comfort."

You don't have to make it complicated. Just get some cream, massage. "Would you like me to rub your feet?" Most people will say "Yes!" to that. "Look, can I massage your hands?" You don't have to have a conversation while you're massaging. You just be expressing, and receiving, and sharing Love.

I got to a point with my mom where I said to her, I said, "Mom, I'm not holding anything against you anymore. Are you holding anything against

me?” She said, “No.” And, we **knew** we were telling the truth. That was a beautiful place.

But let me tell you, I had to put the Holy Spirit in charge in order to get there. There was no way **I** could accomplish that, and it was miraculous! I’m just saying. It works! Simple things. Practical application. Nobody has to be practicing *A Course in Miracles* **with** you to have the **healing** with you. It’s beautiful!

### *Transcripts & Retreats*

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Alright! Well, let’s see here. It’s time for us to wrap up.

If you appreciate this radio show, and it’s valuable to you, will you consider making a contribution to support it? You can make donations to Unity Online Radio, and you can make donations to Power of Love Ministry. You can go to [JenniferHadley.com](http://JenniferHadley.com) or [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com), [PowerOfLoveMinistry.net](http://PowerOfLoveMinistry.net), and you can make a contribution.

Your contributions are what support this radio show. We are **very** actively transcribing. We’ve got **many** of the shows transcribed. We’re figuring out the best way to put that on the website for you to easily download all those transcripts. We’ve got hundreds of transcripts coming forward. Your donations make that possible.

Don’t forget the *Course* [technical issue] Intensive.

Also, we have the *Living a Course in Miracles* retreat in North Carolina, Columbus Day weekend, October 7th to 10th, and the *Forgive and Be Free* retreat the following weekend. We’ve got wonderful opportunities coming up.

We’ve got *Self Love and Extreme Pampering* retreat in Thailand. Lots more, you can find all the details on the Events page at [JenniferHadley.com](http://JenniferHadley.com).

### *Closing Prayer*

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Let’s take that breath of prayer here, go into our heart and say, “Holy Spirit, You’re in charge. I’m laying everything on the altar.”

I’m so grateful and so thankful to let **all** the attachments go, to stand here. I’m willing to see with God’s Eyes. I am willing to be truly helpful in my family, in my workplace, to myself, to my friends.

## *A Course in Miracles* Weekly Radio Show with Jennifer Hadley

In gratitude, we share the benefits of our healing and our willingness with everyone. In gratitude, we let it be. And so, it is. Amen. Amen. Amen.  
Amen.

Mwah! Have a great rest of your week! I love you so much! God bless you!

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

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While there, we invite you to visit Jennifer's blog, where you can join with the community of like-minded people, who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support, as you come to walk your talk and live *A Course in Miracles* every day, in every way.