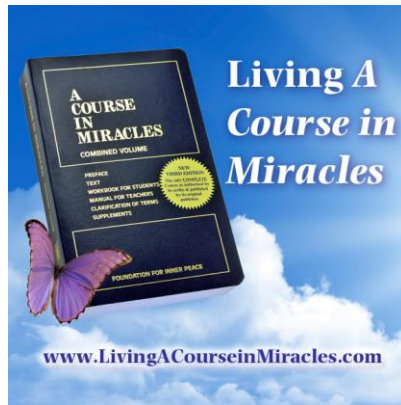


March 22, 2016



Depression Relief!

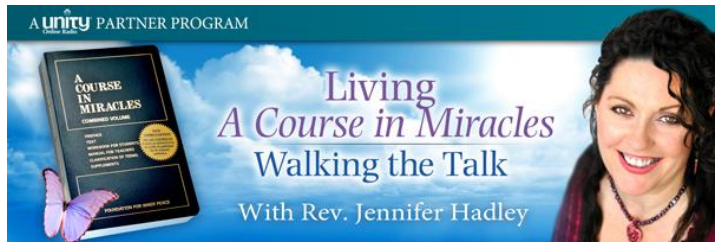


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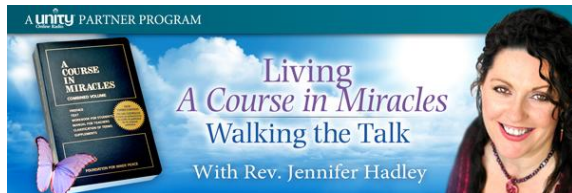
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March 22, 2016

Depression Relief!

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 Well, I'm so happy to be with you, so grateful and thankful. I'm Jennifer Hadley. Our topic this week is *Depression Relief!*

Depression is something that many spiritual students have a challenge with. So many have told me over the years, and there's a sense of embarrassment that sometimes goes with depression. Let's clear that out. It's challenging enough to feel depressed but to also feel ashamed. Well, ain't nobody had time for that. [chuckles] We're going to clear that out today and relieve ourselves of those feelings.

Opening Prayer

I'm inviting you to pray. As always, I love to place my hand on my heart and declare my willingness, my gratitude, and my openness.

So grateful and so thankful to open our hearts and our minds to the Higher Holy Spirit Self, our true nature, our true identity is perfect Love. That's what we already are. Perfect Love cannot be improved upon. We're not

seeking to improve ourselves. We're seeking to release the blocks to Love by allowing the blocks to be lifted off of us.

Our willingness is the tool that we are using. We're making a Holy offering of all blocks to Love, all blocks to insight, all blocks to healing, and wisdom and Clarity and creativity. All blocks to Joy, Freedom, Harmony and wholeness. All blocks to our divinity. We're offering them to the Holy Spirit right now with great willingness. So grateful and so thankful to offer that which no longer serves our life of Love and to stand in the truths, to stand in the healing, to stand in the perfection and the Clarity. Yes, yes, yes.

We share all the benefits of our healing, our expansion and our Clarity with everyone because we're One with them. In deep and abiding gratitude, we let it be and so it is. Beloved I AM, beloved I AM. Yes. Amen! Amen. Whoo-hoo!

Depression

Alright. We made it to spring. Whoo! We made it to spring. I know a lot of people in the United States have had early spring. Spring here in Kauai, it doesn't look a whole lot different than winter. A little bit, maybe, I don't know. [chuckles] It's going to get just tad warmer. It doesn't change that much here in Hawaii. That's one of the nice things about being here.

Just put in a thing. If you're going to be in Las Vegas at the *A Course in Miracles* Conference that's coming up, April 7, 8, 9, something like that, there are still some ticket left. They're full priced tickets, I don't have discount tickets left for you, but full priced tickets. If you'd like to meet me in Las Vegas, please do. The details are on the Events page at JenniferHadley.com. We can connect that that *Course in Miracles* conference is basically a bit of a spiritual hoot nanny. You can have a smorgasbord of 40 different *Course in Miracles* teachers. Get a little taste of everybody. If you're there, please connect with me, we can sit, have lunch and dinner together or something like that. I love that opportunity to connect one on one and to hug everybody. That's my Joy. Make sure if you're there to come give me a hug, please.

Alright, so, depression, be gone. This is what we're talking about here today. I know over the years, I've met so many people who are spiritual students who have suffered intensely with depression and felt embarrassed and ashamed about it. There's a strong belief that taking medication for

depression is bad and wrong and unspiritual. There is a strong belief that's being depressed is bad and wrong and not spiritual. I have to go to "my-go-to" all the time, Lesson 135, Paragraph 18, where it says so simply,

"What could you not accept, if you but knew that everything in your life was gently planned for your good?" Gently planned for your good.

Now, we do not have to accept depression continuing, but we can accept that there's a very valuable Wisdom, insight learning that is transpiring if depression comes upon us.

Now, I'm speaking as someone who's—I've never actually experienced depression. I have felt sad. I felt sad for long periods of times because I really kept that sadness going. I kept thinking about how sad I was. I kept thinking about how much things were not how I wish they were be and really judging what was. And so, naturally, I felt out of sorts, I felt unhappy.

Depression, clinical depression, this is something that can be healed. Let me just say, in my life experience, I have worked with thousands of spiritual students. I've worked closely with many who have healed depression very quickly. People have told me repeatedly that they took *Masterful Living*, my yearlong course, which is closed right now. It's open again next year, 2017, or my *Finding Freedom 7 Week Spiritual Bootcamp* which you could take really at any time. It's always available because it's an online class. Anyone can enroll at any time. People have taken my *Finding Freedom Class*, who have felt suicidal, who have felt deeply depressed. By the end of seven weeks, working the tools that I give them in that class, they have felt completely different. No longer suicidal, no longer depressed.

There's this idea that somehow the circumstances of our life have to change in order for us to not be suicidal or to not be depressed. This is an illusion. Because the causes of the thought patterns of suicidal tendencies, which I've definitely been suicidal in my lifetime, and the thought patterns that are the root causes of depression, they are not based on something that's not happening in the world. They're not.

We, as *Course in Miracles* students, we must know fundamentally that it is our thoughts that are manifesting our experience and that we have the power to change our thoughts. That's why *A Course in Miracles* is a mind training program. It's a mind training, to train our mind to be harmonious and to be loving and to be uplifted and inspired and moving from that place

of Love and inspirations, so that we teach only Love, and that's all that we're expressing in this world.

Let's look today at what *A Course in Miracles* has to say specifically about depression; the causes of depression and healing depression because it's quite clear.

Vigilance Against Ego's Dictates

You've probably heard me say this before if you've been listening to this radio show. In the text, Chapter 4, Section IV, Paragraph 3, it says,

"When you are sad, know this need not be. Depression comes from a sense of being deprived as something you want and do not have. Remember that you are deprived of nothing except by your own decisions, then decide otherwise.

When you're anxious, realize that anxiety comes from the capriciousness of the ego, and know this need not be. You can be as vigilant against the ego's dictates as for them."

Vigilant for the ego's dictates. We're vigilant for them when we're believing these ego thoughts that come up rather than handing them over to the Holy Spirit. This is why I say the Holy Spirit can do the heavy lifting. Our willingness is all that's required in order to have speedy, thorough miraculous healing. A great willingness is required. The more we are closer to total willingness and actually completely allowing the healing to happen, the faster and the easier it can be. It's up to us. We're the ones who decide how willing we are. We are the ones who decide.

First thing to look at is, how willing are you? Is there by any chance something about feeling depressed or suicidal or anxious that feels comfortable to you?

Now, consider this. Many, many people are raised in a home environment where the feeling tone or the vibration if you will in their home is one of sadness. It's one of longing and depression, or it's one of anxiety and worry and doubt and fear,

If you just consider, close your eyes and tune within and feel the vibration of your home environment, particularly in those first 10 years of your life. Think about the vibration of your home environment. The people who are raising you and caring for you and the energy of what was happening in the home, you may not remember, but your Higher Self does. You can just

tune in. Allow your Higher Self to guide you and lead you, to recognizing what was the depression added to the feeling tone, the energy of your home environment in those first 10 years. What are the words, the set of words or symbols, what are the words that represent that feeling tone that energetic? Can you come to a description of it? How does the energy feel?

Then look at your life as it is now, can you see how you're either actively looking to heal that vibration in yourself, so it's not in your home, or are you creating it, recreating it in order to then heal it and rise above it? Very common people will talk about it. Psychologists, therapist talk about that we will marry or partner with someone who has similar characteristics to our parents that this gives up the opportunity to heal our belief system that we have left over from being raised by our—whoever the caregivers were. We partner with or we room with or—maybe it's our boss, maybe it's somebody very close to us who's taken on that role, so that we can heal our issues with our childhood caregivers.

Very often, people don't even realize that that vibration of that home environment which is so familiar even if it's unpleasant, even if it feels like depression and worry, anxiety, doubt, fear, lack and limitation. Even if it feels very unpleasant, it might be so familiar that we recreated, so we can feel comfortable in the familiarity. I've seen it over and over and over again.

Awareness is Healing

A vast number of people who are long time spiritual students don't even recognize. That's what they've done. This is why awareness is healing. Awareness is curative. When we're aware of what's going on, we can actively choose higher. We can invoke the Holy Spirit to do the heavy lifting.

All throughout *A Course in Miracles*, Jesus is telling us, you don't have to change anything except your mind. Be willing. You don't have to figure out how to change your mind. Just be willing to change your mind and the Holy Spirit will change it for you.

Jesus tells us in this text, Chapter 4, Section IV in Paragraph 2, He says,

"I have said that you cannot change your mind by changing your behavior, but I have also said, and many times, that you can change your mind. When your mood tells you that you have chosen wrongly, and this is so whenever you are not

joyous, then know this need not be. In every case, you have thought wrongly about some brother God created, and are perceiving images your ego makes in a darkened glass. Think honestly what you have thought that God would not have thought, and what you have not thought that God would have you think. Search sincerely for what you have done and left undone accordingly, and then change your mind to think with God's mind. This may seem hard to do, but it is much easier than trying to think against it. Your mind is one with God's. Denying this and thinking otherwise has held your ego together, but has literally split your mind. As a loving brother I am deeply concerned with your mind, and urge you to follow my example as you look at yourself and your brother, and see in both the glorious creations of a glorious Father.

When you are sad, know this need not be. Depression comes from a sense of being deprived of something you want and do not have. Remember that you are deprived of nothing except by your own decisions, and then decide otherwise.

When you are anxious, realize that anxiety comes from the capriciousness of the ego, and know this need not be. You can be as vigilant against the ego's dictates as for them.

We give the heavy lifting to the Holy Spirit. We watch for the temptations of the ego to think thoughts that are not the thoughts of God, but are the thoughts of the ego. Remember you've heard me say many times that our belief system is our karma. The unresolved beliefs that we've had from our past life that are not true, that we believed were true, and we brought with us into this lifetime. Everything in this lifetime has been perfectly planned by One who's only purposes are good to assist us in shining the light of Love on this beliefs, so that instead of believing things that are false, we can stand in the awareness of truths, and set ourselves free.

Every experience that we've had to this day was, every painful experience, was an event or something that was happening to trigger us, to look at our beliefs, to contemplate, is this the thought I'd like to keep? Is this what I'm interested in energizing still or would I like to change my mind?

Willingness to Live in the Curriculum of Joy

In the text Chapter 8, Section VII, Paragraph 8, Jesus says,

"There is nothing so frustrating to a learner as a curriculum he cannot learn. His sense of adequacy suffers, and he must become depressed. Being faced with an impossible learning situation is the most depressing thing in the world. In fact, it

is ultimately why the world itself is depressing. The Holy Spirit's curriculum is never depressing, because it is a curriculum of Joy. Whenever the reaction to learning is depression, it's because the true goal of the curriculum has been lost sight of."

Here's a practical application for us. If we're feeling depressed because we can't figure out how to be joyful, how to be happy, then we have lost sight truly of the curriculum, the goal, and the teacher. "*The Holy Spirit's curriculum is never depressing, it is a curriculum of Joy.*"

All we really have to do is say, "I am willing to live a curriculum of Joy. I am willing to know Joy this day and to live in accordance with it. I am willing to trade my mind in this curriculum that you are offering to me, Higher Holy Spirit Self. I am willing, I am willing, and I am willing." Then we start actively looking for opening our mind, opening our heart to actively see the curriculum that's been hidden in our life experience all along.

You see, what happens is, many people are actively rejecting the very aspects of the curriculum that will heal their mind. How do we do that rejection? We label things as wrong and bad, unworthy, unhelpful. When we have no idea, everything is helpful. This is what *A Course in Miracles* tells us. Everything is helpful. When we think, "Oh, I wish it were different, " we're actually rejecting the learning in it instead of wishing the situations and circumstances of our life be different. Our healing comes when we can say, "Ah, yes. Yes, yes, yes. I feel like I wish it were different, " and yet, just as it is, contains my learning.

I'm opening my mind, opening my heart to the learning that's been here for me all along. Every learning that I've rejected, let me receive it now. All the teachers that have ever come into my life to support me, to Love me, to help me see, to trigger me, to know the Truth, let me know that Truth now."

We open our mind in this way and we say every teacher that's ever appeared in my life for any reason whatsoever. Let them feel and know a blessing. I am receiving all the lessons that are mine to receive, all the learning, and grateful, grateful, grateful for every lesson in every teacher known and unknown, felt and not felt, seen and not seen, recognized and unrecognized. I'm opening my heart and mind to them now. Holy Spirit, I'm willing to receive all the learning now, everything that I've rejected.

You see, this is what true forgiveness is. Unforgiveness is rejecting the learning. It's saying, "That shouldn't have happened. That wasn't right. That wasn't good. That wasn't what was supposed to happen."

Until we can rise up in our awareness and see beyond time and space, until we've accepted the Atonement for ourselves and recognize that the separation does not exist, our mind is split. We're rejecting some things and accepting others. Let's just accept it all and live in that space of choosing the most loving thought in every moment. This is how depression is healed.

"The opposite of Joy is depression. When you're learning promotes depression instead of Joy, you cannot be listening to God's joyous teacher and learning the Holy Spirit's lessons."

This is the text, Section VIII—excuse me. [chuckles] Chapter 8, Section VII, Paragraph 13.

"The opposite of Joy is depression. When you're learning promotes depression instead of Joy, you cannot be listening to God's joyous teacher and learning His lessons. To see a body as anything except a means of communication is to limit your mind and to hurt yourself. Health is therefore nothing more than united purpose."

Health is nothing more than united purpose. When you're focused on the one purpose, accepting the Atonement for yourself, teaching only Love, being a loving presence, being truly helpful, listening, receiving and responding to Divine Inspiration and guidance. All these things that we would like to express and reveal and do and be. When our mind is focused on that, then we have a united purpose and health naturally follows.

"If the body is brought under the purpose of the mind, it becomes whole because the mind's purpose is One."

Mentally, we get clear what our purpose is. Remember what *A Course in Miracles* tells us our purposes right there on Page 28, "I am here only to be truly helpful. I am here to represent God who sent me." Right there. That's it. That is our Holy purpose.

"When your body is brought under the purpose of the mind, it becomes whole because the mind's purpose is One."

Recognizing Our Will is the Will of God

There's no conflict. Remember, sickness is the defense against the Truth. This is what *A Course in Miracles* tells us, "Sickness is the defense against the Truth." It means, we've got split purpose and we can't actually have split purpose, because we can't work partly for fear and evil and work partly for Love and Freedom. It's just One thing.

Everything that comes up in our mind throughout the entire day, it feels discordant and disjunctive and upsetting and crazy making. We can offer it to the Holy Spirit for healing. We don't have to try to understand it. We don't have to try to figure it out. Everything we need to know will be given to us through our willingness.

When we are moving through our day judging and criticizing and attacking, then we're not in our right mind, and we're not of One purpose. That's when we're open to depression, upsets, hurt, fear, lack, limitation, et cetera.

I Love that *A Course in Miracles* is so clear. I really am grateful for that. It's so helpful.

Moving on into the—you could see "depression" is mentioned over and over again in the text. Chapter 9, Section I, Paragraph 14,

"Remember, God's Will is already possible, and nothing else ever will be."

A Course in Miracles tells us that there's one will, it's God's will that is our true will. In this world of illusion, there's the appearance of a freewill, a separate will. Our path of greatest learning and healing in this life is to align our will with Divine Will and we recognize then that our will is the Will of God because we're not separate. There can't be two wills. There's only the illusion of a separate will.

That's a part of what this world is for, to have the experience of separate will, freewill, where in the illusion, we could do anything we want with that freewill and it will not impact our divinity, our "Christedness," or anyone else's. What happens in the world of effects stays in the world of effects. Just like, "What happens in Vegas stays in Vegas."

In our world, only God's will is possible, nothing else ever will be.

"This is the simple acceptance of true reality, because only our true reality is real. You cannot distort reality and know what it is. And if you do distort reality, you

will experience anxiety, depression and ultimately panic, because you're trying to make yourself unreal. When you feel these things, do not try to look beyond yourself for truth, for truth can only be within you. Say, therefore: 'Christ is in me, and where Christ is God must be, for Christ is part of God. "'

That's, again, the text Chapter 9, Section I, Paragraph 14. So clear. So clear.

We're coming up to our break time here. I'd like to mention a couple of things as we go into the break.

As I said, there are still tickets for the Las Vegas conference. You can get them now. If you go to the Events page at JenniferHadley.com, you can click right through there and see all the details about the *Course in Miracles* conference. If you do decide to register, please let me know that I suggested it to you. They just keep track of where the registration referrals come from. Remember that it'll be a Joy to spend time here in Las Vegas.

If you'd like to do some really deep healing work and clear out this depression and return to Joy, consider coming to one of my events. I've got a couple of things that are coming up in May. I have my Spiritual Counseling Training Intensive, which is open to anyone, and is particularly designed for people who are already counselors and therapist and life coaches, and things like that, who are looking for getting CEUs, Continuing Education Units for relicensing. It's also open to anyone who's considering or would like to be part of, or is a part of my Spiritual Counseling Training for certification. I invite all the training for certification [unintelligible]

This counseling intensive is really open to anyone. If you're a teacher or you're a Light worker of any kind, you might find that it's beneficial to you to come to the Counseling Intensive and have a great retreat at the same time.

Also, in May, my *Stop Playing Small* weekend retreat. It's three nights and four days. Both of these events are at the Art of Living Retreat Center in North Carolina in the Blue Ridge Mountains. It's a beautiful retreat center. We're going to have a wonderful healing time, restorative, clearing the mental and emotional clutter, rebooting ourselves. All the details are at JenniferHadley.com. Check that out.

You're listening to *A Course in Miracles* on Unity Online Radio where we're living the Love, we're walking the talk. 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*.

God's Will Is Real

Hey, hey, hey! Welcome back. We're talking about transforming depression, healing depression, letting depression dissolve and resolve. *Depression Relief*.

Right before the break, I was talking about the text, Chapter 9, Section I, Paragraph 14.

"Remember, then, that God's Will is already possible, and nothing else will ever be."

This is where happiness lies. In God's will. It says,

"This is the simple acceptance of reality, because only God's will is real. You cannot distort reality and know what reality is, what God's will is. And if you do distort reality, you will experience anxiety, depression and ultimately panic."

Have you ever had a panic attack? I have. Whoo! Gnarly. Yes.

"Anxiety depression and panic come because you're trying to make yourself unreal."

You're believing that you're something you're not. You're believing you're a body. You're believing that you're stuck in time and space and that you don't have choices a lot of the time, or that something wrong or bad has happened and there's nothing you can do about it. All these false beliefs come up for healing. We know they're up for healing when we're not feeling harmonious.

It says, *"When you feel these things, do not try to look beyond yourself for truth, for truth can only be within you."*

Remember, "Seek first the Kingdom which is within and all else will be added unto you."

"Therefore..." Say it to yourself this, *"Christ is in me, and where Christ is God must be, for Christ is part of God."*

Yes. Now, you might not believe that that could heal your mind. Be willing. That's it. Just be willing. I've discovered this so many times that I desperately wanted a healing in my mind, in my life, my heart. I was suffering. I was angry. I was hurt. I was resentful and regretful. I was ashamed and guilty. All these things I felt. I have learned through this active practice. We're talking about here today that it can all be healed because it is a false perception. We don't have to figure out how to have a healing. That's the beauty of A Course in Miracles, it tells us how. It tells us precisely how. All that we must do is be willing. A little willingness is all that's required, but it is required. The more willing we are to give up the attachments to the thoughts that aren't true, the more healing we can have.

Now, in the text, in Chapter 10—you see, it just keeps going and going. In Chapter 10, Section V, which is called *Denial of God*, it says,

"The rituals of the god of sickness..." Because it does sometime seem like there's a god of sickness, it's the ego, of course. [chuckles] God with the small "G," the false idol of the ego.

"The rituals of the ego of sickness, the god of sickness, are strange and very demanding. Joy is never permitted, for depression is the sign of allegiance to the ego, "to the god of sickness.

Depression is the sign, the indicator of allegiance to the ego.

"Depression means that you have forsworn God. Many are afraid of blasphemy, but they do not understand what it means. They do not realize that to deny God is to deny their own Identity, and in this sense, the wages of sin is death."

When we are allegiant to the ego and move in to depression or when we have depression is a sign of allegiance to the ego, so then we can look into our mind and see what thoughts there are that we're thinking that simply aren't true. I remember a clear case that's coming in to my awareness now, from my own experience was, after my mother made her transition, I would have these repetitive thoughts come into my mind, "My mom is gone. I'll never hear my mother's voice again. I'll never be able to hug my mother again. I won't be able to be with my mother again." I would start to feel so sad and depressed. Just start to cry immediately. My Higher Self would say to me, "Why are you thinking those thoughts? They are not helpful and they're not true." You don't need to think those thoughts. They are not helpful and they are not true.

I noticed that there was a sense of, "Oh, I could be so special because of being upset that my mother died. Other people will treat me with specialness because my mother just died. I'm a child of God and my mother just died. I heard my Higher Self say to me, I hear the Holy Spirit, the I AM Presence, whatever you'd like to call it, say to me, "Your mother is not gone. Your mother is eternal and so are you. You can't disconnect from her. It's just an illusion. If you'd like to hear your mother's voice, listen to it. Think of your mother's voice and you will be connected to her."

For me, personally, because I'm so clairaudient, I received so much intuition in that hearing faculty. I would think of my mother's voice and I could feel the connection to her, a living connection. Not a separateness, but a living connection. I began to feel and know that we were eternal, we weren't separate, our journeys were inextricably linked, and that everything was perfect just as it was. I couldn't get that through just thinking thoughts. I had to be willing to surrender the blocks to Love in my own mind, the belief in separation in my own mind, in order to experience the healing power of unity.

"The rituals of the god of sickness are strange and very demanding. Joy is never permitted, for depression is the sign of allegiance to the ego. Depression means that you have forsworn God. Many are afraid of blasphemy, but they do not understand what it means. They do not realize that to deny God is to deny their own Identity, and in this sense the wages of sin is death."

When we deny God, we're denying our own identity because our identity is God. When we think thoughts about this bad and this is wrong, this shouldn't be, or this should be different, or even that we'd like it to be different, then we're really saying, "Divine Will is not happening in my life. Divine Order is not what I'm experiencing. God has left the building. I'm alone and separate floating in space, in this world, in this hell that I can't seem to get out of." Of course, that's going to lead to depression, suicidal thinking, panic attacks, anxiety, worry, because it's not true.

It says here, "The sense is very literal; denial of life perceives its opposite, as all forms of denial replace what is with what is not."

When we deny God, we're denying the life, the Joy, the Freedom, the Harmony, the Wisdom, the creativity, the Love, the expansion, the Clarity, everything that we say we'd like.

Now, what Jesus says to us is, no one can really do this. You can't really separate yourself from the Love, the Joy, the Peace, the Harmony, the Freedom; But you can think you can and believe that you have. That's what's happening when we're feeling depressed. That's what's happening. Depression means that you foresworn God.

The thing is this. You don't have to say, "Well, I don't even think I did that. I'm still meditating. I'm praying. I'm doing all these things. What do you mean I foresworn God?" Just open your mind and say, "I am not interested in foreswearing God anymore. I am interested in knowing myself as the Christ as God and seeing all of my brothers and sisters in that true reflection. That's all I'm interested in knowing and seeing. Holy Spirit, take all the other thoughts of lack and limitation out of my mind, all blocks to Love removed from my heart. If there's anything that I'm clinging to and I don't even realize it, put it squarely in front of me, so I can say, "Oh! Yes. Not interested in that anymore." This is our practice of healing.

Holy Spirit, Our Comforter

Now, it says in Chapter 10, Section V, Paragraph 2, next paragraph,

"You may believe that you judge your brothers by the messages they give you, but you have judged them by the message you give to them."

We're not looking at our brothers and sisters and judging them, we're actually projecting. We're projecting our own judgments of our self on to them.

It says, *"Do not attribute your denial of Joy to them..."*

They're not depriving you. No one is depriving you. Life is not depriving you. God is not—[chuckles] God is not depriving you. Life is not depriving you.

It says, *"Do not attribute your denial of Joy to others or to circumstances. Do not think you cannot see the spark in them that would bring Joy to you."*

You can see it, demand to see it, be willing to see it, be glad to see it.

It says, *"It is the denial of the spark of God in others and in yourself that brings depression, for whenever you see your brothers without that spark of the Christ, of their divinity, you are denying God."*

Deny God and you deny your own connection to everything that is healing and wholesome and liberating and joyful. This is it. We're looking for those places in our mind where we're feeling so comfortable denying God, denying Life, denying Love, thinking that it's not there. When we're suffering mentally, emotionally, physically, energetically, it is so tempting to keep affirming. We don't like how it is. We wish it were different. This is not good. This is bad. This is wrong, and moving into that place of shame.

The spiritual student who is ashamed because they're experiencing sickness or depression or panic or anxiety, that just compounds it and makes it more real. Give it all to the Holy Spirit for healing. Focus entirely on your willingness. Focus entirely on your willingness.

It says in Chapter 10, Section V, Paragraph 4,

"Sickness and death seemed to enter the mind of God's Son against His Will. The 'attack on God' in sickness is, made us think we're Fatherless, separate, and out of the depression we made the god of depression. This is the alternative to Joy, because we would not accept the fact that, although we created it, we had been created. The Son is helpless without the Father..."

We are helpless without the Father-Mother God Presence.

"...Who alone is our Help."

If you can't think of, there's—sometimes the Holy Spirit is called the Comforter. The Comforter is always with us. We're never alone and we're never helpless. That is an entirely and total false belief. What is it that you may in some way become comfortable with helplessness? Maybe you'd be comfortable with hopelessness. There is something about it that feels so familiar and so comfortable that you're choosing it even though you don't really like it.

Jesus tells us in the very next paragraph,

"I said before that of yourself you can do nothing, but you are not of yourself. If you were, what you have made would be true, and you could never escape this world of effects. It is because you did not make yourself that you need be troubled over nothing."

We didn't make ourselves. We're of the creator God. The Holy Spirit can lead us back to ourselves. All that's required is our willingness. Total willingness brings the fastest results.

Just inviting ourselves to tune in here and to take responsibility. I'm responsible for what I see and everything is just as I wish it would be. That's it.

Shorthand I have for the Responsibility of Sight Section, page 448.

"I'm responsible for all that I see and everything is just as I wish it would be. Everything is working together for our good."

Another thing that *A Course in Miracles* says in this Chapter 10, Section V is that depression is isolation and there's no such thing.

When we're isolating ourselves from God's Love, we become depressed. When we think we're unworthy of God's Love. When we think that we've lost something that we need, then there's the false idol. This is how I discovered this. I thought I need my mom. I've lost her, but no, I have her within me. We are eternally One. How could I lose her?

Yes, her body is not here. We are not having the same experience, but I can still experience my connection with her. I can know that things are just as they are, are perfectly designed by one whose only purpose is my good and her good.

This is one of the main things I learned when she was so sick and her body was so distraught that even in the face of death, there was Joy. There was Joy because we were connected in Love, inextricably connected in Love.

In her experience of death, my experience of her death, that's when I discovered the eternal connection and the infinite Joy that Love always is and we can all discover this for ourselves.

Closing Prayer

I'm inviting you to open your heart and open your mind and place your hand on your heart with me now. Let us accept the Atonement for ourselves. There is no separation. No separate god of the ego.

We are grateful and thankful to open to our healing right now. We're relinquishing the thoughts that cause the depression. We're standing, willing to know the truth that sets us free.

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

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Let me say, if you value this radio show, you'd like to volunteer. We've got some process coming up. You can write to me at Jennifer@JenniferHadley.com. You can also make a donation or a contribution at JenniferHadley.com or at PowerofLoveMinistry.net. All contribution. Support this radio show. Thank you for your support.

God bless you. I love you. Mwah! Have a beautiful rest of your week. Happy spring!

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