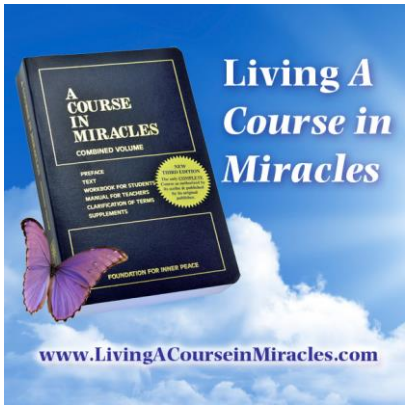


December 6, 2016

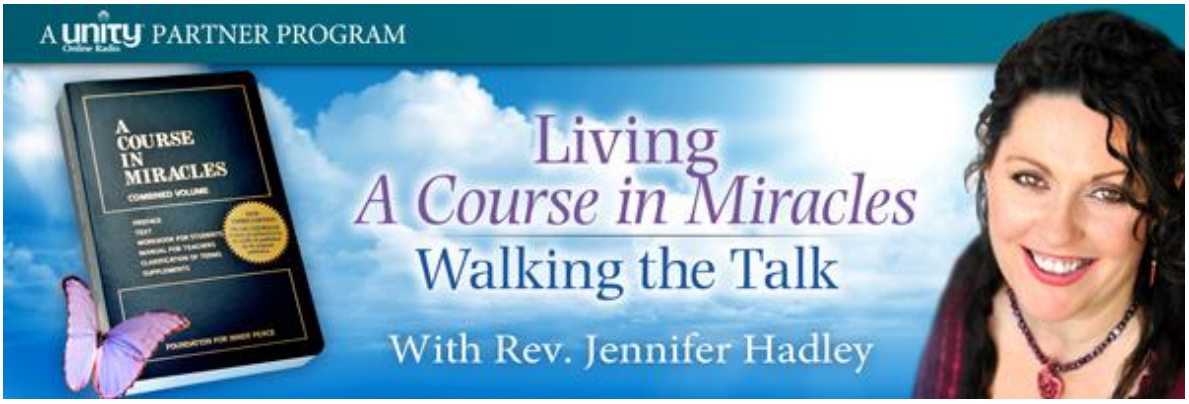
Effective Spiritual Practice

Jennifer Hadley
your daily shot of spiritual espresso

Copyright © 2018 by Reverend Jennifer Helen Hadley.
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Published by JenniferHadley.com. Printed in the United States of America.

For more inspiration to live a life of love,
visit **www.JenniferHadley.com**.



Effective Spiritual Practice **4**

Opening Prayer 4

What is Spiritual Practice? 5

Bless the World Through Spiritual Practice 6

The Spiritual Practice of Healing Lack 8

The Spiritual Practice of Giving to Have 9

Spiritual Practice Saves Time 10

Transformation Through Masterful Living 12

What if Ego Runs Our Spiritual Practice? 14

What's Motivating Your Spiritual Practice? 15

Dissolving Lack Through Spiritual Practice 17

Becoming the Happy Learner 18

Texts, Transcripts & Donations 20

Closing Prayer 20

December 6, 2016

Effective Spiritual Practice

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! So happy to be with you today. I am back in the United States, back in the USA in New Jersey, where I am going to look for a home. That's pretty exciting for me. Perhaps that will be something I'll talk about in our episode today.

I am grateful, grateful, grateful, to begin with a prayer. Our topic this week is, *Effective Spiritual Practice.* That's certainly **is** what *A Course in Miracles* **is**.

We begin with one of the most effective spiritual practices I know, and that is affirmative prayer.

Opening Prayer

We take a breath of Love and gratitude together, and we open our heart, we open our mind, to the power and the presence of Love. We open ourselves to an unprecedented flow of dynamic healing, Divine Wisdom, true Clarity.

We Partner UP with the Higher Holy Spirit Self for the purpose of recognizing and remembering our true identity **is** the I AM that I AM, it **is** our holiness. We're already as holy as holy can be, and we're willing to see this not just for ourselves, but for **all** of our brothers and sisters.

So grateful and so thankful to open ourselves to an unprecedented healing. So grateful and so thankful to open ourselves to dynamic Love, our true healer.

In gratitude, we allow the healing to be. In gratitude, we share the benefits with everyone, because we're One with them. This is the **purpose** of our joining together. It's our healing, and the healing of the world.

In gratitude, we know it **is** done. And so, it is. Amen. Amen. Amen. Amen.

What is Spiritual Practice?

Oh! That feels good. My voice, my throat, my sinuses are a little off. I have been riding on planes for a very long time. Just got back late last night, flew from Bangkok. It's a **long** ride. It literally is a 24-hour journey, most of which is spent in the air. I think 20 hours in the air, something like that. Whew! It was not a fun journey for my sinuses. Anyway, the healing power of Love is healing me now.

A Course in Miracles tells us, and it's often quoted, "Seek not to change the world, but to change our mind about the world." That is what our spiritual practice is all about. It's changing our mind about the world. It's about not seeking **for** Love but seeking to surrender, and to dissolve and resolve permanently, all of the blocks **to** Love.

Our spiritual practice is every moment of every day.

I'm going to sip of my tea here. I know some people don't like it when I say that, but otherwise, I think it would be weird if I just went silent. I have to sip more tea this time to keep my throat warm and lubricated.

Our spiritual practice is every moment of every day. I think one of the mistakes we, sometimes, make is thinking that spiritual practice is something we just do for a period of time in the morning and period of time in the evening.

To me, the most effective spiritual practice is when we're really fulfilling our function, which is to release all the meaning that we've made, our judgments and opinions. That's what **true** forgiveness is, is releasing our judgments and opinions, the meaning that we made of things.

Doing that all day long, that **is** living *A Course in Miracles.* That **is** the most effective spiritual practice, releasing the attachments to our judgments and opinions. Our practice is the thing that is clearing out that which does not serve.

One of the things that *A Course in Miracles* teaches us is to **practice** the Holy Spirit's use of time as a teaching aid to happiness and Peace. That's what it says to us in Chapter 15, Section I.

"...practice the Holy Spirit's use of time as a teaching aid to happiness and peace. Take this very instant, now, and think of it as all there is of time."

Let's just do that together for a moment and think that **this** moment that we have together now, transcending time and space, is **all** that there is of time.

"Nothing can reach you here out of the past, and it is here that you are completely absolved, completely free and wholly without condemnation. 7 From this holy instant wherein holiness was born again you will go forth in time without fear--"

In this moment, just consciously choosing to recognize that the past has **no** hold on us, unless we believe that it does. We're already as holy as holy can be. We cannot become anymore holy.

For me, it's reaching up, in a sense, to the Higher Holy Spirit Self and saying, "Let me **know** my own holiness. I am willing to **know** the holiness, the sinlessness, of myself and my brothers and sisters. I'm willing to completely accept it. Make it so, **now.**"

The wonderful thing, is we can actually experience that fully and completely. **Yes!** We can! This **is** an effective spiritual practice. "I'm willing to experience the holy instant now." Just holding that space for ourselves.

Bless the World Through Spiritual Practice

Now, one of the things that is **so** helpful for us is to recognize that our spiritual practice benefits **everyone**, because we're One with them. As **our** mind releases the attachments to the past, the "shoulda, woulda, couldas", and the projections of the future, **all** minds are healed. This is how we **bless** the world, through our active practice of forgiveness.

In the Workbook for *A Course in Miracles,* Lesson 187, which is entitled, *I bless the world because I bless myself, i*t makes a **wonderful** point that is really the **foundation** of our **motivation** for an effective spiritual practice. It says here, in Lesson 187,

"No one can give unless he has."

Well, that just makes common sense, doesn't it? You can't **give** unless you **have.** You can't give apples away unless you have apples. You cannot give patience and kindness away unless you **have** them. You cannot give money away unless you have it. You can't give water away unless you have it. You can't give unless you have.

"In fact, giving is proof of having,"

Right? When you're giving the water away, it's proof that you **have** the water. When you're giving the money away, it's proof that you **have** money.

"We have made this point before. What seems to make it hard to credit is not this. No one can doubt that you must first possess what you would give."

Now, consider this. Many spiritual students would like to bless the world. Absolutely, would like to bless the world! So many Light Workers here to bring the Light, and they would like to bless the world with their gifts and talents.

You can't give unless you have "Giving is proof of having."

However, many are seemingly prevented from blessing the world, and sharing their gifts and talents, because they don't **believe** that they are worthy. They don't believe that their talents and their gifts are **good enough**. Right?

This is, to me, one of the things that is **so challenging** for many Light Workers, because over the years, I've talked with many, many, many ministers, practitioners, healers of all kinds, people who would **like** to be successful spiritual counselors, and coaches, and things of this nature. So many! They're really struggling, because they have such a **desire** to serve, such a **desire** to be truly helpful and truly useful. They would like to **earn** their living or, in a professional way, shine their Light and share their gifts and talents.

But, they question their worthiness. They question their gifts aren't special enough. The specialness factor comes in there. They don't **trust** that Spirit is truly moving **through** them.

Why is that? Because they are still trying to manage the control and the flow via the ego. This is, of course, classic ego attachment is managing the flow of our gifts and talents, managing the flow of giving and receiving.

The Spiritual Practice of Healing Lack

Of course, the ego's number one thought is "lack", which is also limitation. Lack and limitation thinking that's fundamental to every single ego thought.

When **we** think that **we** have to **generate** the healing energy, when we think we have to **generate** the inspiration, we have to **generate** the goodness, the gifts and the talents, **then** we will think, "Oh! There's not enough! Lack and limitation! My gifts and talents aren't good enough. They are not special enough." This is classic ego thinking.

Now, when we're in tune with the Spirit, **we** know **we're** not in control of the quality, we're not in control of the flow. We've given that **over** to the Higher Holy Spirit Self. We're allowing ourselves to simply **be** the Presence of God, without thought of lack, limitation.

The thought of "not enough", the thought of "not good enough", the thought of "not special enough", **none** of that enters into it when we're aligned with the Spirit. But when we're aligned with the ego, all of these other thoughts of lack and limitation come into play.

Effective spiritual practice is a spiritual practice that eliminates these ego patterns.

Effective spiritual practice is a spiritual practice that **eliminates** these ego patterns, so that they **do not** come into play in our mind anymore.

Now, one of the things that the ego gets us, and hooks us with, is a spiritual practice that is about doing things in the **world**. I'm not going to define it more than that, but there's this ego thought that "Someone else has the key. Someone else has a special spiritual practice that's going to help me. And, **they can do it for me.** So, they can heal my chakras, and they can take the bad juju away, and they can give me some special dispensation", and all of this kind of thought, that "This is the thing that's going to heal me. Someone or something **outside** of me is going to heal me."

We **might** experience temporary benefits from that. But, **unless** we are **truly** intent on our healing, we'll just fall back again, we'll just recreate it. Because we have to **change** our thought system. That's the **only real** healing. **All** healing is at the level of the mind.

An effective spiritual practice is one that's actually helping us to heal at the level of the mind, and not distract us from that.

What *A Course in Miracles* tells us is that, in this,

"*I bless the world because I bless myself,*"

it says,

"*No one can doubt that you must first possess what you would give.*"

If you would like to share your gifts and talents with the world, and you aspire to be that healing presence, **then** you must **know**--and, this is different than belief-- **know** that Spirit is fully awake and available **in** you to express in this way.

Sorry. I started sneezing, so I muted myself. I'm a human-experience-engaged person! Spiritual Being having a human experience with a human body that is sneezing.

The Spiritual Practice of Giving to Have

Then it says,

"*It is the second phase on which the world and true perception differ. Having had and given, then the world asserts that you have lost what you possessed. The truth maintains that giving will increase what you possess.*"

Alright, so long story short on this-- in order to **give** your gifts and talents, you must first really **know** that you have them, that they are yours, the gifts of God are **yours** today. **Then** what Spirit knows is, as you **share** them, they multiply. They expand. They are **not** diminished. You do not have a limited quantity or supply.

But, the ego believes that if you give it, then there's **less** for **you.** An effective spiritual practice is one that's eliminating **all** belief in lack and limitation, **and** all belief in separation.

Now, think about this. Doesn't it make sense that, **if** you're sharing-- whether it's anything-- water, Love, kindness, genius, Light, apples--

whatever it is you're sharing, **if you** are giving it to the only One that you are, recognizing that every brother and sister that you might share with is One with you-- if you're giving it to yourself, could there possibly be any diminishment in what you have? No!

A Course in Miracles says,

"To Have, Give All to All."

This is **part** of our effective spiritual practice. When we're giving, we're affirming that we **have**. That affirmation that we **have** strengthens our having and giving in our awareness.

"To Have, Give All to All."

If you'd like to have more Love, more patience, more kindness, more generosity, more of a sense of Freedom, **give it away**. Give it to All.

Now, one of the things about effective spiritual practice-- and this is one of my--I think, when I first read this, I just went, "Oh! This is so helpful to me." In Chapter 18, Section VII of the *Text*, Paragraph 4, talking about the Holy Instant, and that stepping into the moment where you realize you **have** everything. There is no lack. There is no limitation. There is no separation. It says that,

"Release is given you the instant you desire it."

This is one of the key parts of our effective spiritual practice, is to **desire** release **from** belief in lack and limitation, to desire to **know** and **be** the Peace of God, desire to **know** Abundance, and Prosperity, and Wholeness, and Freedom. **This is** the true desire of our heart. Now, it says,

"*Many have spent a lifetime in preparation, and have indeed achieved their instants of success."*

Their Holy Instants of success.

Spiritual Practice Saves Time

"This course does not attempt to teach more than they learned in time, but it does aim at saving time."

This is one of the things *A Course in Miracles* says over, and over, and over again, it's about **saving time**. Saving time spent in suffering, so that you're

learning through Joy and not through pain. We can learn **either way**. Haven't we've done that? Right?

Classic example is, you can learn that speaking your judgments out loud, and trying to manipulate, and control, and manage people you're in relationship with, with your judgments, will lead to everybody's suffering, and everybody feeling distant and disconnected.

We can learn through Joy by extending Love, and compassion, and kindness, and patience, and generosity, and learn the Joy of **connection**. We can learn through the pain of feeling disconnected, **or** we can learn through the Joy of feeling connected. It's our choice. It's **our** choice. It says,

"This course does not attempt to teach more than the people who have had success, but it does aim at saving time. You may be attempting to follow a very long road to the goal you have accepted."

The goal that we've all accepted is this awakening, Enlightenment, ascension, the full recognition that there **is no** separation. *A Course in Miracles* calls it the "Atonement". That's the goal that we've accepted.

"It is extremely difficult to reach Atonement by fighting against sin."

Alright, so as long as we're thinking that we don't **have**, and we need to **get**, we're **fighting against sin**. We're living in the sense of lack and limitation.

That's a very time-consuming road. There's **no benefit** of fighting against sin. So, if we're approaching this idea of our spiritual practice that we're trying to **release** the sins, dissolve the sins, **heal** the negative karma, earn good karma, we're fighting **against** sin, and that's **very** time consuming. That is **not** effective spiritual practice.

There's no benefit of fighting against sin. That is not effective spiritual practice.

We might be doing some **wonderful** things-- prayer, meditation, chanting, all kinds of things. But, if we're doing it from the mindset of we're sinners, we're bad, and we're wrong, and we're trying to cover that up, or heal that, or make amends for that, we're **prolonging** the suffering. It's **no**t effective spiritual practice.

It's time for me to take a break, and I am going to tell you that I'm going to be doing a class, a free class next week, about saving time and effective spiritual practice. You can watch out for that. I haven't announced it yet. I'm just giving you a preview, a heads-up, that that's coming. In the meantime, you can check out things at JenniferHadley.com while we're on the break.

I am Jennifer Hadley. Yes, I am! I AM that I AM. We're talking about *A Course in Miracles* on Unity Online Radio, where we're living the Love, we're walking the talk, 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.*

Transformation Through Masterful Living

Welcome back! I'm Jennifer Hadley. I'm just going to mention that, if you're interested in effective spiritual practice, I would be remiss if I did not tell you that that is the focus of my yearlong *Masterful Living Course*. It's about really putting these **practices** of *A Course in Miracles* into practical application with a group of like-minded souls from around the world.

Mmm! My sinuses are acting up! I'm having a healing! Excuse me! Golly gee! Alright. Holy Spirit, speak through me, as always.

Yes, that's a focus of our yearlong *Masterful Living Course*, and that's why it's a year long, so that we can really put the metal to the pedal for the whole year and have lasting transformation, **and** to have it with a group of like-minded souls from all over the world who are committed to becoming masterful.

I think it's one of the most amazing things in the world, truly, is that every year, the people who are the most **successful** by the end of the year-- as we're finishing up our year in *Masterful Living* here-- the people who are most effective and successful in the course of the year in terms of, they Love themselves much more. They are happier. They feel successful, spiritually. They have seen profound transformation in their **life**, in their **relationships**, in their **family**, in their workplace, in their finances, in their body. Each person, of course, having their own unique experiences.

The people who are the most successful at the end of every year are the people who, generally, at the beginning of the year, were afraid they would drop out. They thought they didn't have what it takes. They thought they couldn't do it. They felt convinced that they would **fail**. But, they just couldn't do **nothing**! They needed to do **something**. This is what they tell me, year after year.

I just think it's **so amazing--** so amazing!-- that people who felt that they just didn't have what it took, they find out in the course of the year, that they **do** have what it takes. That, to me, is this gift of *A Course in Miracles.* It's the gift of an effective spiritual practice.

This whole point that we're talking about here, about in order to give something away, you have to know that you have it, on some level, you have to **know** that you have it, that this is deeply transformative. The practice of forgiveness, **deeply** practicing forgiveness-- and, not just get paying lip service to it, because that's the thing that we do in *Masterful Living* is, we **really** get into the nitty-gritty of applying this to your life.

Of course, you can do it on your own. Of course, you can. You don't **need** a group to do it. That's the beauty. *A Course in Miracles* **is** a self-study course. No one **can** do it for you.

That's what I was talking about earlier is, thinking that something or someone **outside** of you can give it to you. That's **not** going to happen. If I could heal **anyone,** I would start healing people all over the place. But, I can only heal **myself**, **my** mind. And, even that, I give the Holy Spirit the heavy lifting. **Yes, I do!**

I love what it says here.

Oh! I guess I should tell you that *Masterful Living* starts January 1st, and enrolment is open until January 9th. Check it out! Read everything there is on *Masterful Living* at JenniferHadley.com. If it's right for you, you **will** know. Maybe it's not this coming year. Maybe this isn't the year you feel you're ready to transform in this way or you'd like support. But, who knows? Maybe I'll be there again.

I started *Masterful Living* in 2009, and I never thought I would do it even a second year. Now, it's going to be the 8th year! Unbelievable to me! **Unbelievable**!

Spiritual Practice & Ego

It says in the *Text*, Chapter 18, Section VII, Paragraph 4,

"You may be attempting to follow a very long road to the goal you have accepted."

The goal of Atonement.

"It is extremely difficult to reach Atonement by fighting against sin."

Again, if you are starting from the place of, "I'm bad. I'm wrong. I don't deserve. There's something wrong with me," and you're trying to make **amends** for your sins, for your bad behavior, for your negative karma-- If that's your path, then just hold up! Hold up there! Because, it's **extremely difficult** to reach awakening on that trajectory. It says,

"Enormous effort is expended in attempt to make holy what is hated and despised."

Think of the people that they feel that their sexual desires are aberrant, that they're wrong, bad, sinful, or that they're greedy, lustful or selfish, and all of this is bad and wrong, and it's hated and despised in themselves-- that they're identified with these ego attachments, and longings, and needings, and cravings as being part of **them,** instead of ego **thoughts** that we have become attached to, or agreed to.

Any idea that we're not already as holy as holy can be, and we're trying to become holy, that's the slow road. That's ineffective spiritual practice.

No matter **how** dark and dank that ego thought is, or even how seemingly **insignificant** is--you know, it could be the ego thought of "Skinny is better than fat." Whatever the-- "better than", "less than" all of that-- whatever the separation thought **is**, it's **still** an ego thought. It has **nothing** to do with our true identity. We're **already** as holy as holy can be. Any idea that we're **not** already as holy as holy can be, and we're trying to **become** holy, **that's the slow road**. That's **ineffective** spiritual practice. It says,

"Nor is a lifetime of contemplation and long periods of meditation aimed at detachment from the body necessary."

What Buddha did under the Bodhi Tree, **so** helpful to us as humanity, because what did he **realize**? What did Buddha **do**? He was a prince. Right? The favorite son of the king who had everything. Right? Living in paradise, he goes to explore in the world, like the prodigal son, in a sense, and explores **all** the sensory pleasures of the world, drowns himself in it, and realizes that there's no **happiness** in that, there's no satisfaction in that.

Then he goes, and the pendulum swings the other way, and so he tries all kinds of abstinence. Haven't we--isn't this our journey, too? Aren't we experiencing our own little Buddha, experience our own prodigal son, experience where then, at times, don't we try to manage and control ourselves through abstinence and **forced** abstinence? Then, often times, what happens? We break down, and we gorge ourselves in whatever way, and then we fall back, and then we feel like a failure.

Well, the thing is, if the ego is driving our spiritual practice, if the ego is driving our awakening, if the ego is driving what we're doing, we-- of course, we're going to fall back into **sinfulness**, being "wrong" and "bad", and being a spiritual failure, because we put the ego in **charge**. What does the ego going to do? The ego is **always** going to lead us deeper and deeper into thoughts of separation, so we cannot put the ego in charge of **anything**!

What's Your Spiritual Practice Motivation?

This is one of the things that I realized years ago was, I love to work out, I love to exercise. But, the ego was in charge of my exercising and my working out. As much as I enjoyed doing it, it was **really** driven by the ego, the "shoulda, woulda, couldas". I said, "Okay. I don't wish to give **any** energy to that anymore."

This is a **very common** thing for spiritual students to think that "Eating this" or "Drinking that" is "bad" and "wrong" and, "I'm a sinner because I like these things."

It's **really** about just being able to consciously recognize, "Does it feel **supportive**? Does it feel **loving**? **What's** my reason for doing it? **What** is my motivation? Is it of the ego, or am I inspired by Spirit?"

So, "Am I eating this because I **feel**, and directly **know,** it is spiritual, knowing that this is healing and nourishing to my body temple? Or, am I

eating it because I think I **should** eat it, that it's good for me, it's high in antioxidants."? **What** is the **motivation**? What is the **inspiration**?

You see, getting into the moment-by-moment decision making of each and every choice that we make, and just seeing, "Ah! Am I being motivated by Love here, **or** am I motivated by the intellect?" Because the ego is the intellect. Right? If I start going ballistic because the food is not organic, Spirit would **not** go ballistic because the food is not organic. But the **ego** would, because the ego is always saying, "This is better" and "This is worse," versus, "What really feels **loving?** What really feels generous, and kind, and beautiful, and true?" versus, "I should! I should! I should!" "Shoulda" all over ourselves.

So, long periods of meditation, aimed at detachment from the body, are **not necessary.** It says,

"All such attempts will ultimately succeed because of their purpose."

Our path is to demonstrate the joyful learner, the happy learner.

If our **purpose** in meditating--this is Buddha, under the Bodhi tree, his purpose in meditation was to attain Enlightenment. His purpose in abstaining from everything-- you know, eating a grain of rice a day in that incredible asceticism, his intention **was** to **completely** detach from the body, and to know himself only as Spirit. And, he **did** succeed, because he was **so** clear, and intent on his purpose. It says here,

"Yet the means are tedious and very time consuming, for all of them look to the future for release from a state of present unworthiness and inadequacy."

"Your way will be different, not in purpose but in means."

We have the same **purpose** as Buddha, but we don't have the same **path**. We **do not** have the same path. Our path is to demonstrate the **joyful** learner, the happy learner. The thing is, I'll just be honest with you is, I meet a number of *A Course in Miracles* students who are **not** experiencing the happy learner. They're really "should-ing" on themselves, and they're **so** in judgment of themselves every day, their spiritual practice is **not** really existent. They are much **more** controlled by the ego practice of judging, judging, judging, **always** thinking that they're failing and not measuring up.

This is why, in *A Course in Miracles*, it tells us that our brothers and sisters are our salvation, because they offer us the opportunity to practice non-judgment and compassion, to **extend** it. And, by extending it to our brothers and sisters, we can have it for **ourselves**, because--

"No one can give unless he has."

When we can express compassion, and kindness, and Love, and generosity, and patience for our brothers and sisters, we are cultivating the ability to see that we **do** have that capacity, **and** we can begin to have it for **ourselves. Yes!**

Dissolving Lack Through Spiritual Practice

Going back to Lesson 187, it says-- this is Paragraph 4,

"*Protect all things you value by the act of giving them away, and you are sure that you will never lose them."*

I'll tell you, intuitively, I **knew** this. That, in order for me to **know better** that which I have, I could **share** it, and in joining with others and sharing, I know it **better**. That's the beauty of sharing.

I'll tell you, I was thinking a lot about this as I was flying back from Bangkok the last couple of days, and making that journey. One of the great desires of my heart is to support people who would like to be Spiritual Counselors, and people who would like to be teachers. This year, in the Power of Love Ministry-- that's the ministry I founded-- we're going to be offering a Teacher Ministerial Certification Program, and *Masterful Living* is the foundation of that. I'm going to be offering classes in teaching *Forgiveness* workshops. I'm going to be offering classes in teaching workshops, and **creating** curriculum and workshops, and **how** to teach, and how to give a great talk, a Sunday sermon, or any kind of a class or talk.

I'm so interested! There are **so** many teachers who are thinking that they don't have what it takes, or that there are various things that they should know [that] they don't know. There's **so much** sense of lack and limitation.

We can burst through that, because now is the time for the Light Workers to really share their gifts and talents. It is through effective spiritual practice

that we are able to dissolve and resolve permanently, back to the root cause, **all** of these **beliefs** in lack and limitation.

We, literally, protect what we value. We protect our holiness by the act of sharing it. Are you **willing?** Regardless of whether you'd like to be a teacher, or whatever it is that you're thing in life-- maybe you're a parent, you're a grandparent, whatever it is that you're doing in your life. Doesn't matter. Are you **willing** to see your magnificence, and to share that magnificence, to recognize that you, owning up to your own holiness, will be the greatest gift that you can give to anyone?

Imagine if Jesus the Christ, had not been willing to recognize that He was worthy of the Christhood. Where would we be without this great example? Of course, Buddha could **not** have attained Enlightenment if he did not **know** that he was worthy. And, you see, these two men-- and so many more-- their **worthiness**, their knowledge of their own worthiness, has healed **so many** because we can say, "I am like them." Even though the appearance is we have differences, still we are **One**. **We are One**!

Becoming the Happy Learner

One of the things I'm going to invite you to do, right now, is to think about any place in your life, in your mind, in your heart, in your relationships, where you feel stingy, you feel that there's not enough, and you don't really want to share with friends, with relatives, with coworkers. Maybe you withhold kindness from somebody in your life. Maybe there's a prejudice that you have against somebody in your life. Things can happen in families where people hold on to resentment. Right? They think, "I'm never going to extend Love to that person again. They are **not** worthy of my Love."

But, the question is not whether or not that other person is worthy of your Love, but are **you?** We can extend Love without picking up the phone or getting in the car. We can extend Love, and we can release all judgment, without having to engage in an active human experience relationship with someone.

This is the question that I get, sometimes is, "Hey, Jennifer! I'd really like to forgive the past. My family was abusive to me, and I was very wounded by that. But now, I'd really like to dissolve and resolve any and all sense of upset around that, all unforgiveness, all the meaning I've made of it, all the interpretation, all the pain and suffering, I'd like to experience Freedom,

completely, from that now. Do I call them? Do I go visit them? Do I reach out to them?"

Here's my answer for you. "Give it to the Holy Spirit. You don't have to figure it out."

Remember, this is a classic sign that you're identified with the ego when you're trying to figure something out. Instead of trying to figure it out, just be open-minded, be the happy learner. The Holy Spirit **will** lead you, **will** guide you wherever you're supposed to go.

Remember, the "truly helpful prayer" which is the "Purpose Prayer", Page 28 in the *Text.*

"I am here only to be truly helpful." The One Who sent me will guide me of what to say, what to do, and where to go." That's it, right there! State your intention.

Be the happy learner. The Holy Spirit will lead you, will guide you wherever you're supposed to go.

For me, one of the things I did that was **so** much a part of my effective spiritual practice is, I decided to forgive everything and everyone in all directions of time and space-- past, present, future. Anything I was holding in my mind as a wall between me and anybody else, or me and my Higher Self, my holiness, I said, "I'm interested in forgiving everything and everyone, including myself, in all directions of time and space." I took that in earnest. I'm **still** doing that, to be honest with you. I'm **still** working on that.

That was the thing that was, for me, the **most effective** spiritual practice, is to be willing to cognize, recognize, acknowledge, every place where I was holding on to the meaning I've made of it, my interpretation, and to actually release my meaning, and my interpretation. That has brought me the Peace of God.

The Peace of God **is** our natural state, but when we harbor resentments and regrets, we don't **value** the Peace of God. We're more interested in our interpretations of the past.

Our holiness is unbreakable, and our effective spiritual practice is one that helps us to **see** and **recognize** that. That's why practicing non-judgment,

all day every day, **that** is **the most** effective spiritual practice. That's *A Course in Miracles* 101.

Well! Oh, my goodness! I'm so grateful to share on this topic with you. It's the perfect time for us to really focus on non-judgment, because so much comes up for healing during the holidays. Old memory circle back around, and the Christ energy is rising in our mind. Our intention turns to the Christ.

Texts, Transcripts & Donations

It's the perfect time to have extraordinary healing. Remember, the Holy Spirit **will** lead you and guide you as to what to do and what to say. **You** don't have to figure it out. **Only** the ego needs to figure it out.

Let me say, too, that we're working on an Android version of the *A Course in Miracles* app, which we'll be giving away free. I hope to have that early in the New Year. What else?

Oh, oh, oh! We have more things that we're plan--oh, I know what I wanted to tell you. The transcripts of the radio show are--we've got more than 50 of them, I believe now, posted on the *Living A Course in Miracles* website under "Resources." Again, if you have any special request of an episode that you'd like to have transcribed, we'll put it on the top of the list. All you have to do is write to Admin@JenniferHadley.com. Let us know which episode, and we'll put it to the top of the list.

Masterful Living starts January 1st , my year-long *Course*.

And, if you'd like to make a donation to support, **please do**! You can make a donation at JenniferHadley.com or LivingACourseinMiracles.com. It's the end of the year, I know a lot of people are making donations. We certainly appreciate that. If you value this listener-supported radio, keep it coming with your donation.

Closing Prayer

Let's take that breath of prayer and gratitude. We open our heart, we open our mind, once again to the Higher Holy Spirit Self leading us and guiding us to the most effective spiritual practice.

So grateful and so thankful to **choose** to forgive. **We are** focused on remembering our true identity **is** perfect Love, **now and forever.** We are grateful and thankful to open ourselves to an unprecedented, unlimited flow of healing.

In Divine Gratitude, we share the benefits with everyone. We let it be. And so, it is. Amen. Amen. Amen.

Thank you for tuning into *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.

This program is brought to you in part by JenniferHadley.com, a global resource providing tools, insight, and support for those seeking to live *A Course in Miracles* every day, in every way. Online at www.JenniferHadley.com.

While there, we invite you to visit Jennifer's blog where you can join with the community of likeminded 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.