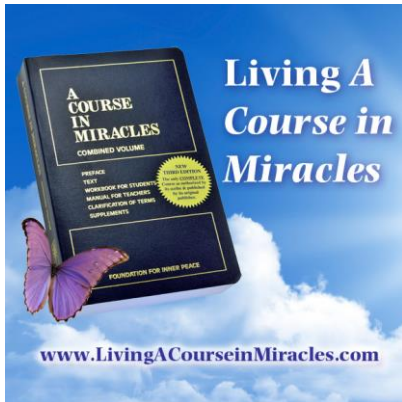


**December 20, 2016**



# **Pain & Sacrifice Disappears**



 *Jennifer Hadley*  
your daily shot of spiritual espresso



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*December 20, 2016*

# Pain & Sacrifice Disappears

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! Oh, my Lord! Life is good. [laughs] I'm so happy to share that goodness with you. Thank you for joining me. I love the way we transcend time and space together in this radio broadcast. People, thousands of people all over the world listening, transcending time and space, opening our hearts and minds together. **Ah! We are blessed!** Thank you for being part of the blessings of my life. I love and appreciate you!

## Opening Prayer

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Let us pray. We take this breath of Love and gratitude. So deeply grateful and thankful that Love is all that we are, Love is that there is. There is no other power, just the power of Love, anchored in our heart and our mind, pre-installed and we are activating it right here and right now, consciously attuning and Partnering UP with the Higher Holy Spirit Self.

We are grateful thankful to allow ourselves to remember and recognize that our holiness is complete. We cannot become anymore holy than we already are. We're as holy as holy can be, and we're sharing our holiness with everyone, because we're One with them. We're seeing the holiness in others, because that is our salvation.

We are grateful and thankful to walk the speedy road together.

In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

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Yes! Pain and sacrifice be gone! We are willing to let it dissolve and resolve forever. Yes!

### *Classes, Retreats & Reboots*

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Okay! Let's see. First, I'm just going to make a couple of quick announcements, because I'm just so excited about them. I did a free class last week called "[Unblock the Flow of Your Time, Energy and Money.](#)" and it was so good!

You know, sometimes I feel that Holy Spirit's connection so -- just perfectly and beautifully! Oh! It just feels so yummy, and that was certainly going on in that class. Many people have written to tell me that they appreciated it, so please go grab it while it's free at [JenniferHadley.com](#), "[Unblock Your Flow of Time, Energy And Money.](#)"

The other thing that -- the other two things you might like to know is I'm doing a *New Year's Reboot* Retreat in North Carolina at the very end of this year, start of 2017, last weekend, first weekend -- there's a crossover there -- and you can join me in that.

If you can't join me live for the retreat, I will be doing my [New Year's Reboot class](#) on January 1<sup>st</sup>, and that [New Year's Reboot class](#) is a bonus for anyone who's enrolled in [Masterful Living](#), my yearlong course, which starts on January 1<sup>st</sup>.

So I just want to get those out of the way, because sometimes I forget to tell folks what's going on.

### *Our Desire to Sacrifice*

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Holy Spirit pointed me to Chapter 15 in the *Text*, and it's Section XI. Chapter 15, Section XI, and it's my Page 327, and it's entitled, *Christmas as the End of Sacrifice*. Oh, I love this! Let's join together and hear the Voice of the Holy Spirit.

*"Fear not to recognize the whole idea of sacrifice as solely of your making. And seek not safety by attempting to protect yourself from where it is not."*

Okay? So the idea of sacrifice. It's such an interesting thing, the idea of sacrifice. One of the things I know for myself is that, for a very long time, I found myself drawn to activities that were certainly coming from a place of martyrdom and sacrifice, that somehow sacrifice was good,

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sacrifice made me virtuous, being a martyr made me virtuous. Isn't that a strong thought in the human mind?

### *The Crazy Pattern of Sacrifice & Martyrdom*

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Definitely, I can see little bitty remnants of that thought pattern at Christmastime, because I came back from Asia -- I'm staying with my beautiful brother and his wife and their family, and we're zooming up to Christmas, it's just a few days away now, and I can see when I'm with my family that sometimes there are thoughts that will come in about me making some choice that feels like a sacrifice and a sense of, oh, this old pattern where I would make the sacrifice -- it could be any number of things. Could be that I won't even say what I'd like to have for dinner so other people can say. "I'm going to sacrifice my choices, my preferences, in order that other people could have what **they** would like. Because I have no attachment, **I'm** willing to sacrifice."

I can remember having thoughts about sacrificing just all manner of things. I'm trying to remember some of them now, sacrifice where I would do things that I thought I don't really want to do like, "Oh, I'll go run these errands for you to be helpful to you." "Oh, I will cook and do these things, clean, in order to be helpful to you," and martyring myself, making a sacrifice of my time and energy, making a sacrifice doing things I **don't** really want to do. That's how I used to think about it.

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*I saw that this notion of sacrifice was a complete sham... it was a complete insanity.*

Then as I truly began to let these patterns go -- and as you might have heard me say many times, to let the patterns of lack, attack, limitation and separation go, to let these negative patterns and beliefs, known and unknown, felt and not felt, recognized, unrecognized, seen and not seen, to allow them to dissolve and resolve, permanently, back to the root cause -- the more I begin to focus intently on that, and to eliminate the causes of suffering in my mind, I saw that this notion of sacrifice was a complete **sham**. In other words, it was a complete insanity, crazy, or as my niece would say, "Cray-cray!" Total "cray-cray!"

[laughs] Jeff's laughing. Jeff is my engineer.

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Yeah, sometimes I hear the voice of the Holy Spirit literally as the voice of my beautiful young niece, who says, “Oh that’s ‘cray-cray’!” And certainly the ego is the ultimate perpetrator of all the “cray-cray” there ever was or will be!

It is the craziest notion in the world. I wrote about this in my [Daily Spiritual Espresso](#) today. It is the craziest notion in the world that we would have to sacrifice **anything**, anything at all. There’s just no need for us to sacrifice because, first of all there, is not even a sacrifice. It is **completely** a delusion to even think that there is a sacrifice.

So if you think of the crucifixion, there was no sacrifice there. No way! There is no sacrifice anywhere, anytime. It’s completely a made-up pattern of the ego.

As the *Course* says here that the whole idea of sacrifice is solely your making. Right? Obviously, I’ll say it was the ego’s making, it was that belief in separation that created it or made it.

Here’s the thing about sacrifice. Let’s say, oh, I had this plan today to do something fun and enjoyable, or to do things for myself and then someone I love wants to know if I can help them, or I can see they could use some help, they need help cooking, cleaning, running errands, caring for their children, whatever it is. Right? And I say, “Oh! I’m going to **sacrifice** my personal happiness, and what I enjoy, martyr myself, because I love these people. I’d like to demonstrate my Love for them by doing something I don’t **really** want to do.”

Now here’s the “cray-cray” in that -- it’s when we say that, we are completely forgetting that we have free will and, actually, and point of fact, the real truth is that’s what we’d **like** to do. That’s why we’re **choosing** it. The appeal of doing something for others is what we’re responding to. It could be totally from the ego, thinking that we don’t really wish to do it.

Here is how I help to dissolve this sacrifice pattern, and I know Holy Spirit is pointing me to this because we’ve got the holidays coming up -- Hanukkah, Christmas, all this just footsteps away, seconds away,

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*There is no sacrifice  
anywhere, anytime.*

*It’s completely  
a made-up  
pattern of the ego.*

---

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practically, and all this time with family when those martyrdom, sacrifice, resentment, guilt patterns come up for healing.

Let's make the most of the healing opportunity that we have here and identify this "cray-cray" pattern of sacrifice.

What I did was, I started to notice the pattern of sacrifice which, of course, I was already aware of, but I started to really put my awareness, my attention on it, because I realized every time I give in to the idea of martyrdom or sacrifice, I am reidentifying or re-upping my identification with the ego, which is only going to lead to my suffering. Nightmare! Nightmare before Christmas, during Christmas and after Christmas! [laughs]

### *Loving Agreements Versus Sacrifice*

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Here's what I would feel, what I would realize -- so I'd think, "Oh! I could help out these people -- family, friends, whatever, whoever they were in my life -- I could do these things. I don't really want to do them. I would rather go to the movies, or read a book, or take a bath, get a massage, or just whatever, and do something for **myself**. But I'm going to do this for **them** so that I'll feel better about myself, I'll get some validation. "Oh, look at what a good person Jennifer is! She's so helpful, always helpful helping other people, always volunteering! So selfless! Oh, gosh! She's such a good, good person!"

So when I would move towards martyrdom and sacrifice thinking, I would tick that box of getting the ego validation. "I'm **such** a good person! People are going to see it, people are going to recognize it, and even if they don't **officially** recognize it, and appreciate me for it, and pat me on the head and give me a gold star and a badge for it, **I'll know** what a good person I am. It will really help me to overcome or forget about what a bad person I think I am, or of my worries about am I evil, am I essentially fundamentally not good? It will help me to assuage those ego thoughts of not good, bad person. If I do these good things for these people, I'll get all those points towards my goodness quotient."

So there's that. Then, of course -- this was not me, so much, but I know it is for other people, they will do things for other people so that other people would **like** them, and be their friend, want to have them over. So that's, of course, Codependency 101. "I will do things for you if you do

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things for me.” “I will clean our house if you are my friend.” “I will take care of your kids if you will take care of my kids.”

But it’s -- yes, people make those agreements, but there’s a **difference** between having a really loving supportive agreement and feeling like, “Oh, you **owe** me now. Where’s **my** stuff? I’m doing this for you, so you’ve got to do these things for me!” A lot of these stuff gets triggered at the holidays, doesn’t it?

We’ve got sometimes family members, and sometimes it’s us, people in the family who are “giving to get”. So “I’m giving you these presents so that you will give me those presents, and our exchange of presents is symbolic of our Love and connection for each other.”

When, in truth, the Love and connection, it’s not there so much, and we’re really just trying to have some symbolism and pretend, “Oh, **this** is what Love is. Love is exchanging gifts. Love is doing errands for the other person and helping them out.”

Love is not **any** of those things, and I say that as someone who, my #1 way of feeling loved is acts of service. When people do acts of service for me, it’s just feels **so** loving to me. When people say nice things about me it’s like, “That’s nice,” but it doesn’t feel like **Love**. What feels like Love is we spend time together, we enjoy each other’s company, and we help each other out from a **loving** space, not from a score-keeping space. No attachments. That feels like Love.

Today, my brother was running an errand, and he said, “I’m going to run this errand to this place. Do you need anything from there?” and I did. So that was an act of service that was helpful to me, and I felt loved, because I knew he was doing it without any attachment, no “I’ll do this for you if you do that for me.”

I’ll take a sip here of my spiritual espresso.

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*What feels like Love is  
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company,  
and we help each  
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This pattern of sacrifice also plays into this idea when it goes all the way to martyrdom, it's really such a gnarly thing. My grandmother had that martyrdom thing. When she was a child, there were really some tough times in her family where, in many ways, you **could** say that she sacrificed the innocence of her childhood to help manage and care for stuff that was really unhealthy going on in the family. She had two younger brothers, an alcoholic father, et cetera, et cetera, and she didn't get a choice in that sacrifice. You know, that was thrust upon her.

But it taught her something about this feeling that she **had** to sacrifice her happiness, her innocence, her whatever for other people to have life, for other people to have happiness. In fact, she did almost die during the pregnancy with my mother. In fact, they told her not to get pregnant, because they said, "It will kill you. You do not have the constitution to have a baby." But she was determined to have a child, and it did almost kill her.

You can see the echoes of this belief in martyrdom in the experience that she had, and there were many times in my life where my grandmother -- she's not with us anymore in form. Of course, she's with us in Spirit, and I love her very dearly and I feel her love around me and in me -- but she would try to manipulate me when she was younger with saying that she was sacrificing things for me.

I can remember when I became more conscious of what she was doing and the way she was trying to manipulate me, I would say to her, "Don't do it then! I don't **want** your sacrifice. Don't do it! It's not a price I want to pay to feel guilty, like now I owe you. **Not** worth it. Don't do it. I don't need that stuff. I don't want that."

As part of the impetus of my Spirit, this strong understanding of spiritual sovereignty of all beings, that controlling and manipulating people is a huge cause of suffering in our hearts and minds.

### ***Stop the Patterns of Sacrifice***

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You can see how -- I **hope** you can see how these sacrifice patterns play out in your own mind and in your family. Here is what I did that was so healing for me, was I just stopped doing things I didn't **wish** to do.

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Of course, we could say like, “Well, I don’t really wish to do the dishes.” Right? Yesterday afternoon, I did all the dishes in the house. I emptied the dishwasher. I did all those dishes and was doing the dishes as my brother was preparing dinner, so that there would be few dishes after dinner, and I was going to go off and teach a class after dinner, so I wouldn’t be around to help clean up after dinner, so I was just doing my own dishes and everybody else’s right before dinner.

Did it feel like a sacrifice? No. Do I **like** doing dishes? I do not. However, I **like** being of service, I like having a clean kitchen, and I like being able to chat with my brother while he’s cooking dinner and have that connection with him. I like the cooking of dinner, and the family, the setting of the table, and like the kids will prepare the drinks and set the table, just those different aspects of it. The animals get fed, too. I like all that familial connection thing. It doesn’t feel like a burden to me. It feels like we’re in the flow of Love.

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*That thought of sacrifice is always tied so tightly to the idea of lack and limitation.*

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So while I don’t **like** doing the dishes, I don’t **like** unpacking the dishwasher and putting away the clean dishes, I **like** the flow of Love. So the healing of this sacrifice idea in my mind was I just gave up the “cray-cray” idea that -- Jeff’s laughing again. [laughs] that I **don’t** want to do these things, because the fact of the matter is, I **do wish** to do them. No one is **making** me do them.

I can think of times with animals and children in my life, even friends or lovers at times, you know, where things are messy. You know, someone’s got diarrhea, someone’s got vomiting, someone’s got stuff that’s messy and stinky and ugh! Nobody wants to clean up dog vomit or anything like that. Nobody is like, “Whoo-hoo! I love doing that.”

But if we think, “Oh, I’m going to do it. I’m always the one that spots it, and then nobody else is cleaning up,” if we’re thinking **that** way, we’re making ourselves miserable because we’re in that mind of sacrifice. That thought of sacrifice is **always** tied so tightly to the idea of lack and limitation.

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### *Sacrifice is Lack & Limitation Thinking*

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Here's the thing -- people who are struggling with Abundance and Prosperity, it's all about your focus is on lack and limitation, and what people don't often see is that is that this thought of, "Ugh! Why am I the only that one sees the dog vomit? I'm always the first one up, so I'm the one that sees it, so then I'm the one that has to clean it up, and this is not how I like it to be!"

Well, you can completely let go of that thought. Part of that is you can call it a practice of forgiveness, but I think it's healthier and more helpful to us to call it -- well, maybe not healthier, but maybe it's more helpful to us to call it a practice of nonjudgment.

I don't know what anything is for, but I can say that everything in my life works together for good. There are no exceptions, including the cat vomit or dog poop. [laughs] The opportunity is, "Can I take care of this mess without being bothered? Can I be unbotherable?"

One of the New Year's intentions I held for myself, maybe, I don't know, maybe 15 years ago, maybe longer, back in the 90s, I said, "From this point forward, I'm going to be unbotherable. This is my goal, to be unbotherable in my mind, that I am not making interpretations and meanings of things, and having opinions and judgments of them. I am going to be 'undisturbable'."

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*The flow of Love  
has no score.  
It's just all Love,  
all the time.*

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Now have I reached **complete** "unbotherableness"? No, I still allow myself to be bothered by things at times. Right? I won't say that there might be a time when, "Oh, there's a cat vomit," and I might go, "Ugh!" You know, have that momentary, "Ugh!" feeling about it.

But I don't have to allow my energy field to become distressed and inflamed. This is the thing, forgiveness, non-judgment is the ultimate anti-inflammatory. It's the ultimate!

And so, my invitation to you, as we're going ready to go into the break here, my invitation to you is to contemplate, "Where are you feeling like a martyr? Where are you feeling that **you** are making a sacrifice? Where are you thinking that people owe you, you're keeping score and

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you're "giving to get" because that is going to A) diminish your well-being, B) diminish your Prosperity, totally take you out of the flow of Love, because the flow of Love has no score. It's just all Love, all the time, and it's going to cause emotional, mental and physical upset to energize all that stuff.

Just, ain't nobody got time for that! We have other things that are so beautiful for us to put our attention on. Let's put our attention on the beauty of the Christ and see it in ourselves and each other. Why be distracted by these crazy old patterns anymore?

We can give it all to the Holy Spirit and just say, "Hey, all these martyrdom, sacrifice stuff? I think I'm complete with it. So any time it comes up, help me recognize this irritation that I'm feeling now, this upset that I'm feeling now, this movement towards martyrdom that I'm feeling now, **this** is my opportunity for healing. Every upset is an opportunity for healing and let's not miss another one and think that it's for something **else**~"

Whew! **So good!** Alright.

Yeah, go to [JenniferHadley.com](http://JenniferHadley.com) and get that "[Unblock the Flow of Time, Energy and Money](#)" **free** class while I'm on the break.

You're listening to Jennifer Hadley. We're on Online Unity radio, *A Course in Miracles*. We're living the Love, we're walking the talk, and don't you know, 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*.

### *Sacrifice is a Delusion*

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Jennifer

Welcome back! Yes, yes, yes!

We're talking about needless sacrifice, the end of sacrifice and Christmas as *the End of Sacrifice*. It's Chapter 15, Section XI, Page 327.

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*“Fear not to recognize the whole idea of sacrifice as solely of your making. And seek not safety by attempting to protect yourself from where it is not.”*

There **is no** sacrifice, so we don't have to protect ourselves against sacrifice. There is **no** sacrifice! It's just a delusion. It says here,

*“Your brothers and your Father have become very fearful to you. And you would bargain with them for a few special relationships, in which you think you see some scraps of safety. Do not try longer to keep apart your thoughts and the Thought that has been given you. When they are brought together and perceived where they are, the choice between them is nothing more than a gentle awakening, and as simple as opening your eyes to daylight when you have no more need of sleep.”*

So in our thinking that we're sacrificing in our relationship, we're so really consciously **intensifying** that sense of special relationship - the needing, the wanting, the craving which is born of the belief of not having.

So what it's saying here is to recognize you **have** everything. It's been given to you. The Christ is planted in you. It's your true nature. You **are** the Treasure of God. You don't have to make any sacrifices to get Love, or appreciation, or recognition, or validation. That's insanity, because you cannot become more holy than you are. Our only job is to **recognize** our holiness and the holiness of our brothers and sisters.

I love what it says here,

*“The sign of Christmas is a star, a light in darkness. See it not outside yourself, but shining in the Heaven within, and accept it as the sign the time of Christ has come.”*

See that light shining from within, and the Christ has come.

You know what? A lot of times we read these things, we ponder these things and we think, “I don't even know what that means. How do I see the light within? How do I see the Christ within? I just don't know.”

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*You don't have  
to make any  
sacrifices to get  
Love,  
or appreciation,  
or recognition,  
or validation.  
That's insanity.*

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### *No Sacrifice is Asked From God*

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Here's what I've learned that really serves me, is I say to the Holy Spirit, "**Show** me. Show it to me. Help me to see it. I am completely willing to know it and see it. Show it to me." It says,

*...the time of Christ has come. He comes demanding nothing. No sacrifice of any kind, of anyone, is asked by Him. In His Presence the whole idea of sacrifice loses all meaning. For He is Host to God."*

So He is calling Christ here -- the Christ Presence, the Christ Light -- our true nature as a Son of God. What can I say? *A Course in Miracles* uses this gender specific language, and it's explained because it's to appeal to a Christian audience who has grown up with the distorted teachings of Jesus, distorted into separation teachings in the Christian church.

So, bringing it back to, bringing the Christians back to the true teachings of Jesus is part of what *A Course in Miracles* is for.

For me, I have to say that when I first started reading *A Course in Miracles*, I remember thinking, "What's all this 'Son of God'? What's all this 'He' stuff, the 'Father' stuff? What?!"

Then I, because I asked the question, Spirit said, "It's for those who find it comforting, and if you don't, just don't pay any attention to it." So that's how I work with it in my mind. I just don't pay any attention to it. I'm not going to let myself be **bothered** by the language. It serves a purpose. I may not completely understand it, but that's okay. I'm okay with that.

*"And you need but invite Him in Who is there already --"*

So Christ is already here. It's already pre-installed. I love that!

*"...by recognizing that His Host is One --"*

With a capital "O" --

*"...and no thought alien to His Oneness can abide with Him there."*

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*We are the  
Oneness.*

*We are the  
Christ.*

*There is no  
separation.*

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This is the thing is, we're opening to an awareness of Christ is in the Oneness. So are we. We **are** the Oneness. We **are** the Christ. There **is no** separation. It says,

*"Love must be total to give Him welcome, for the Presence of Holiness creates the holiness that surrounds it. No fear can touch the Host Who cradles God in the time of Christ, for the Host is as holy as the perfect Innocence which He protects, and Whose power protects Him."*

### The Christmas Gift of Healing For All

So Christmas as the End of Sacrifice, remembering the Christ Light **is** within, and that this is the thing that makes us so holy, that the Christ is already pre-installed within, and it is our innocence, it is our perfection, it is our power, and it is undamageable, it's unbreakable, it's unhurttable, it's consistent and constant. It is eternal and infinite. It says,

*"This Christmas give the Holy Spirit everything that would hurt you."*

I love that! I **love** that!

*"This Christmas give the Holy Spirit everything that would hurt you."*

Now, there's going to be various ways to do that, so anytime you feel bothered, even slight agitation, give the Holy Spirit **everything** that would hurt you. Say,

"Holy Spirit, here's a gift for You. I'm

willing to give up whatever the cause of this feeling bothered is.

Whatever the agitation is, this is my healing opportunity. I will not miss another one. Take this from me. I offer it to You for healing. I'm so grateful and thankful to let it go. No more am I going to treasure the upsets and the causes of upset. I give them all to You for healing. Thank You for my healing!"

This Christmas, give the Holy Spirit everything that would hurt you, everything that would bother you, everything that would annoy you or destroy you. Give it to the Holy Spirit.

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*"This Christmas  
give the Holy Spirit  
everything that  
would hurt you."*

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So the pattern, no matter how intense it is, no matter how much you get triggered, give it to the Holy Spirit. **That's** the Christmas gift that you can give, not just to yourself, but to **everyone**, because all minds are joined.

*“Let yourself be healed completely that you may join with Him in healing, and let us celebrate our release together by releasing everyone with us. Leave nothing behind, for release is total, and when you have accepted it with me you will give it with me.”*

See? That's it. When we accept the Christ Light is **our** Light, that our perfection is total, our holiness is maximal, our innocence is diminishable, **then** we can share that with everyone, **then** we can be of service to Jesus, our brother. It says,

*“All pain and sacrifice and littleness will disappear in our relationship, which is as innocent as our relationship with our Father, and as powerful.”*

This is where Jesus is inviting us, once again, to have a **real** relationship with Him, Have a **real** relationship. **Yes!** it says,

*“Pain will be brought to us and disappear in our presence --”*

### Sacrifice is a Separation From Love

So, people, when we're standing with the Christ light within, standing with Jesus, then people **will** bring their pain. It --

*“... will be brought to us and disappear in our presence, And without pain, there can be no sacrifice. Without sacrifice, their Love must be.*

*“You who believe that sacrifice is love must learn that sacrifice is separation from love. For sacrifice brings guilt as surely as love brings peace. Guilt is the condition of sacrifice, as peace is the condition for the awareness of your relationship with God. Through guilt you exclude your Father and your brothers from yourself. Through peace you invite them back --”*

So this is one of the things, right? Don't we make sacrifices, or delusional belief in sacrifices? “Oh! You know, I'm going to do this for them, even though I don't really want to!” Or, “I'm going to sacrifice **my** pleasure and **my** comfort to help **them**, and then they'll owe me. My score will be higher than their score.”

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When we have these thoughts, aren't we, in some way, often hoping, secretly, the ego mind hoping, that others will feel guilty, a little bit guilty, for **accepting** our sacrifices, and now they owe us, because they're a little bit guilty. [laughs]

Actually, the amount of pain and suffering that's created from that is what is referred to when people talk about "Catholic guilt", "Jewish guilt". It's often this, "People have sacrificed for **me**, and now I **owe** them, so I **should** be good, I should be -- this, I **should** be -- that."

Whenever we got all that "should-ing" going on, the rebellious ego, which is doing **all** the shoulding, is going to want to break free of all the "shoulding" and go, "No, no! I'm just not that good. Oh, no! I'm going to do what I want! Oh, no! I'm going to make **them** feel guilty! Bah!"

So **we** feel guilty for trying to make **others** feel guilty, and that's just this **crazy cycle** of pain and suffering. Of course, it's going to translate to our emotional body, our mental body, our physical body. It's the height of insanity, separation thinking. It says,

*"Through your peace you invite them back realizing that they are where your invitation bids them be."*

So we're realizing that **everyone's** already as holy as holy can be. It says,

*"What you exclude from yourself seems fearful, for you endow it with fear and try to cast it out, though it is part of you."*

When we exclude the idea that the Christ is within us, then it's fearful to us, even though it's part of our very nature. It is our very essence. It says,

*"Who can perceive part of himself as loathsome, and live within himself in peace?"*

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### *Sacrifice As Patterns of Guilt & Scorekeeping*

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When we go into this sacrifice thinking, this martyr thinking, then we set up this guilt patterns and scorekeeping patterns, and then it's always going to lead to us feeling very unspiritual, very unloving, very manipulative and controlling, and we'll judge ourselves for that, and we'll judge the others for not recognizing the painful gifts we're giving

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them, and they may or they may not be rejecting, and it creates this absolutely **huge** display that is so distracting. It's just so distracting, it's so debilitating, and what does it do? It takes up a **lot** of time and energy, and often even money. And so, **there's** the blocks to time, energy and money! Absolutely! Yes, indeed.

If you're really interested in learning more about sacrifice, there is a chapter in the *Manual for Teachers*, it's Chapter 13, which is my Page 33. *What is the Real Meaning of Sacrifice?* It says in this,

*"It takes great learning both to realize and to accept the fact that the world has nothing to give. What can the sacrifice of nothing mean?"*

So nothing in this world **means anything**, so what is the sacrifice? It's **all** delusion. There **is no** sacrifice.

The minute you feel yourself pulled to the sacrifice, the martyrdom, just invoke the Holy Spirit. Call the angels to stand around you and help you to dissolve and resolve permanently that pattern. It is one of the most insidious, and painful, and debilitating, and limiting, and density patterns that there is. Its right up there next to shame as a pattern of deep despair and density. **Sacrifice. There is no sacrifice.** It says. back on Page 327 of the *Text*, *Christmas as the End of Sacrifice*,

*"You who believe that sacrifice is love must learn that sacrifice is separation from love. For sacrifice brings guilt as surely as love brings peace. Guilt is the condition of sacrifice, as peace is the condition for the awareness of your relationship with God."*

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*When we're choosing sacrifice ... then we're not choosing Peace, and without Peace, our awareness of our relationship with God is not possible.*

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### *By Choosing Sacrifice, Peace Is Not Possible*

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So when we're **choosing** sacrifice, and the guilt and all of that, then we're **not** choosing Peace, and without Peace, our awareness of our relationship with God is **not** possible. It says,

*"Through guilt you exclude your Father and your brothers from yourself. Through peace you invite them back --"*

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Now it says, a little bit further on here,

*“As long as you perceive the body as your reality, so long will you perceive yourself as lonely and deprived. And so long will you also perceive yourself as a victim of sacrifice, justified in sacrificing others. For who could thrust Heaven and its Creator aside without a sense of sacrifice and loss? And who could suffer sacrifice and loss without attempting to restore himself? Yet how could you accomplish this yourself, when the basis of your attempts is the belief in the reality of the deprivation? Deprivation breeds attack, being the belief that attack is justified. And as long as you would retain the deprivation, attack becomes salvation and sacrifice becomes love.”*

A little bit later it says,

*“This is the time in which a new year will soon be born from the time of Christ. I have perfect faith in you to do all that you would accomplish. Nothing will be lacking, and you will make complete and not destroy. Say, then, to your brother:*

*‘I give you to the Holy Spirit as part of myself. I know that you will be released, unless I want to use you to imprison myself. In the name of my freedom I choose your release, because I recognize that we will be released together. So will the year begin in joy and freedom.*

It says,

*“There is much to do, and we have been long delayed. Accept the holy instant as this year is born, and take your place, so long left unfulfilled, in the Great Awakening. Make this year different by making it all the same. And let all your relationships be made holy for you. This is our will. Amen.”*

**Amen. Amen.** So beautiful.

### *Freeing Ourselves From Sacrifice*

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*“The lesson I was born to teach...”*

Right? This is what it says to us, This is the lesson we’re born to teach, the *End of Sacrifice*. There **is** no deprivation. Everything has been given to us, Heaven and the fullness thereof. Let us **claim** it!

As long as we **believe** in deprivation and sacrifice, we will feel the lack and attack and limitation. We do it to ourselves. No one can do it **to** us.

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And, we don't have to **free** ourselves! Whoo-hoo! We do not have to free ourselves! The Holy Spirit will **free** us. All we have to do is be **willing**. That willingness **is** our Freedom choice.

So, as many people will be spending time with their family -- **or** feeling like, oh, they're deprived and sacrificing because they're **not** spending time with their family -- it's the time of giving the insanity to the Light for healing, and **this** is where we are healing ourselves. **Every upset** is an opportunity for healing. Let's not miss any more opportunities for healing. Let's choose our healing **now**. Grateful! Thankful! Oh, yes!

### *Transformation Through Masterful Living*

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Let's see, reminder, "[Unblock the Flow of your Time, Energy and Money](#)", that free class is available right now at [JenniferHadley.com](#). You can look on the [Events](#) page. I think it might be on the [Home](#) page of [JenniferHadley.com](#).

Now I've been speaking with so many of the people who took [Masterful Living](#) with me this year. Every year, I hear much the same thing from different people. They tell me how much their life has improved, that they didn't know that they could actually **live** a miraculous life, and that they have learned the *A Course in Miracles* teachings on a much more intimate level, that they're really understanding it, they're getting it, they're living it now. They see the changes in themselves that are tremendous. They're much happier now. One person said to me the other day that she is now living the life she always **wished** to live.

So many people are unblocking the flow of Love in their life. They're stepping into careers they've long dreamed of. People in [Masterful Living](#) got married this year, they fell in Love this year. People who were in really difficult relationships either healed that relationship, made great strides towards it and transformed that relationship. It's quite amazing.

People have told me -- just the other day, speaking with someone who had a chronic pain for years, completely gone. It just **disappeared**. No medical intervention whatsoever, just doing the practices, using the tools.

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If you would like to walk the talk with me and live the Love with me next year, that's what [\*Masterful Living\*](#) is all about. It's about a step-by-step program and a community to do just exactly this.

Registration closes first day of our class, January 9<sup>th</sup>. We have a bonus class for those who are registered on January 1<sup>st</sup>. It's my [\*New Year's Reboot class\*](#). Anyone can take my [\*New Year's Reboot class\*](#) but it's free for those in [\*Masterful Living\*](#).

And, just a little something to say, I did a little research. Spirit guided me to look something up that I never thought of before. I've done [\*Masterful Living\*](#) seven years, next year is going to be the 8<sup>th</sup> year, and all the people who registered last year are **still** in the class. **Not one** of them dropped out. I thought that was interesting.

So **now** is the time to decide, what are you going to do next year? Are you're going to deepen your practice? Are you going to walk the talk and live the Love, or are you going to think about it later? Are you willing to make that decision and that commitment now to the **end of** deprivation, to the **end** of sacrifice, the **end** of suffering? Now is the time to make the decision.

It's always the time. Now is **always** the time. Wherever you are, whenever you are, **now** is the time to say, "Oh! I'm making that decision **now**, giving the heavy lifting to the Holy Spirit."

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### *Transcripts, Contributions & Free Classes*

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Don't forget, we're transcribing the radio shows. If you'd like, have a particular episode you'd like us to transcribe, shoot us an e-mail at [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com). Let us know what it is, and we'll put it at the top of the queue. We've got 50 or 60 transcribed so far, all free for you at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com), under the [\*Resources\*](#).

This is donation-supported, listener-supported radio. All the free classes, the [\*Living A Course in Miracles classes\*](#), all those things that we do, the "[\*Daily Prayer\*](#)", the inspiration, it's all free for you.

If you'd like to make a year-end contribution, or a contribution at **any** time, we welcome that, because your contributions are contributing to the free [\*A Course in Miracles app\*](#), which is already out there for all Mac devices, and right at the beginning of the year we're going to have it for

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Android as well. Yay! Long time coming! We're finally getting that done.

### *Closing Prayer*

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Alright!

We take this breath of Love and gratitude. We open our hearts and minds to the Higher Holy Spirit Self leading us and guiding us **out** of sacrifice, **out** of deprivation.

We're accepting the fullness of Love. Heaven is **here**. We are grateful and thankful to stand in the Light of the Christ. Yes!

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

God bless you! I love you! Merry Christmas! Mwah!