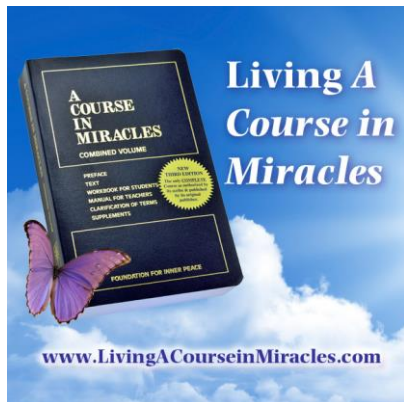


February 7, 2017



Relationship Help



 *Jennifer Hadley*
your daily shot of spiritual espresso

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February 7, 2017

Relationship Help

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 Hello! Hello, hello! So grateful to join with you. Yes, indeed! Yes, indeed! We're doing something a bit different today. A bit different is, I'm taking questions. Before I get into all of that, let me just start us off with a juicy prayer. Yay! So grateful. Mm-hmm!

Opening Prayer

Let's take that breath of Love and gratitude together. So grateful and so thankful to allow ourselves a time of healing. We place our hand on our heart. We are opening ourselves to the Voice of the Higher Holy Spirit Self. Our true identity is the Mighty I AM Presence.

The Higher Holy Spirit Self is leading us and guiding us in every moment that we are willing, and we are willing. We are willing to transform our relationships and have an extraordinary relationship healing.

We are grateful and thankful to allow ourselves Divine Insight, Wisdom and Clarity. We are willing to forgive ourselves, and set ourselves free. We're willing to forgive our brothers and sisters, and set them free, as well. We are willing to fulfill our holy purpose.

In gratitude, we open ourselves to this time of healing and we are truly grateful to **receive** that which we're asking for release, resolve and dissolve.

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We are grateful and thankful to open ourselves to the infinite Intelligence, sharing the benefits with everyone, because we're One with them.

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

Yay! So grateful! My goodness!

February is Relationship Month

In the month of February, what I've been doing for the last bunch of years -- this is the sixth year of this broadcast, my *A Course in Miracles* Radio Show on Unity Online Radio. In February, because of Valentine's Day, I like to focus entirely on relationships. *A Course in Miracles*, as you may well know, tells us that holy relationships and our brothers and sisters, our relationships with other beings, are the number one tool we have for our awakening. And so, I like to take the whole month of February and focus on relationships.

Of course, I do relationship focus throughout the year, but we go all-in in February. You can look at the archives, and you can get lots of relationship shows. I know many people are having all kinds of relationship stuff going on right now, and I decided to do something different. Actually, I decided to follow my guidance, which was to do a call-in, or write-in, of your questions.

If you have seen the link at Facebook -- it's principally where we put it, or in my [daily blog](#) today, you can click on the link. You can join me by phone, by webcast, by Skype. We've got call-in numbers for countries all around the world. And, you can also type in your question.

Let me say just a couple things about that before I get to some of the questions that have already been written in. Yay! Thank you!

Two things are: I do write what I call "[My Daily Spiritual Espresso](#)". It's a daily blog, so I'm sharing from what I'm learning. I do that seven days a week. I also record a new [prayer](#) each and every day, and I publish that with the "[Daily Spiritual Espresso](#)". I call it that "shot of spiritual espresso" that is helping us to wake up. I enjoy writing them very much.

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We have thousands of people around the world who participate and pray with me by means of the technology, the pre-recorded prayer. It's part of **my** spiritual practice each day to write the inspiration and to record the prayer, which I really enjoy doing. There's no cost to subscribe. You can subscribe at JenniferHadley.com. I wrote about what I'm doing on the radio show today in today's "[Spiritual Espresso](#)."

I did post around at Facebook a bit, as well, with a link to the phone numbers, etc.

I will be doing this the whole month of February, and there will be a different link each time, if you'd like to listen in, ask a question, etc. So, the link for today will not work next week. We'll have a new link next week.

Alright! Without further ado.

Oh, I know! One more thing I'll just share with you is, if you like this Q&A format, it's what I do every week in my [Sacred Circle](#). [My Sacred Circle](#) is a weekly spiritual counseling call, for one hour, where I take any body's question on any topic. OMG! That is such a **powerful** group of people and beautiful, beautiful questions. It's dynamic. I love it!

You can always join that, my Jennifer Hadley [Sacred Circle](#), you can find out the details on my [Events](#) page at JenniferHadley.com For all four calls, and the opportunity to ask me a question every week, it's only \$33. Best bargain in the world, I think. [laughs] But I'll let you decide. You can just subscribe for one month and see how you like it.

Choosing to Celebrate Love

Okay! Let's see here. We have a question from Angela who writes,
"Good morning, Jennifer. I asked Spirit this morning where to go on your site this morning after the Daily Prayer, and this is it. Thank you!

"A year ago, I took my mum -- she's 88 -- to live with me. Quite the journey. In desperation for healing, I was led to you, and now taking the *Masterful Living Course*. So thankful! Question: How can I best serve our relationship, mum and me? Because it feels like we're both silently waiting in fear for her passing."

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Aw, I am so glad you asked me about this, Angela! Absolutely! Let me just take a breath here, and tune in.

What I got, really strongly, is the word “celebration”. Celebrating your mother's life, celebrating the Love that you have for each other.

As you may have heard me talk about, because I do talk about it from time to time -- my mother, back in 2005, got a terminal cancer diagnosis. Initially they said she had a few **months** to live. I intuitively felt she had a few **years** to live, at least, and she ended up, indeed, having another three years.

During that time, I made up my mind to release **any** and **all** judgments, opinions, criticisms, or conflicts in my mind about my mother. That was right at the time I began with *A Course in Miracles*, and that's how I learned to really **live** *A Course in Miracles*. It brought me to my knees many, many times. That's how I **learned** that we can give every problem we have to the Holy Spirit for healing.

*When you don't feel at
Peace,
it's that opportunity to
take a breath and say,
"Well, I must have
decided wrongly.*

It says, in that beautiful prayer at the end of Chapter 5, on Page 90 in my copy of the *Text*, where it says,

"I must have decided wrongly because I am not at Peace."

You're talking about feeling desperate and waiting in fear. When that's how we feel, what's really going on there is that we are essentially not thinking **correctly**, and when we're not thinking correctly, we're going to feel upset. That's what I call the “Divine Alarm Clock” going off. And, when we're upset, of course, we're not at Peace.

When you don't feel at Peace, it's that opportunity to take a breath and say, "Well, I must have decided wrongly. My decision must have been incorrect, or unloving, fear-based, false, and so, I must be looking at things through the lens of the past, and making decisions based on my skewed point of view." Hmm. It's 11:11. “And that's why I'm not at Peace. It's not because of the circumstances.”

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This is one of the **most** difficult things for us to learn, and this is really A Course in Miracles 101, that we are **never** upset for the reason we think. **Never, ever, ever!** Any time that we **think** we're upset because of situations and circumstances, no matter how dire they are, it's really because we have given **ego** dominion over our mind rather than Spirit, and **that's** why we're upset.

"I must have decided wrongly because I am not at peace. I made the decision myself, but I can also decide otherwise."

I'm the one who decided wrongly, and now I can make a new decision. I love that! So freeing! I **want** to decide otherwise, because I **want** to be at Peace. Alright?

One thing is to tune in to your own desire to be at Peace, and allow yourself to really **desire** to be at Peace, which "desire" means "of the father". Desire is **so** important for us to understand.

Be Willing to Make New Decisions

Our mind is the Mind of God, and so we must be thinking thoughts aligned with the ego when we're not at Peace, and we can change our mind. We don't even have to understand what to change our mind **to**. We can **really** just make that decision to see correctly, rather than see through the lens of the past.

It then says,

"I do not feel guilty."

So, not feeling guilty about **any** decision I've made in the past, giving up **any** idea that what I did in the past is **real**, that it has power, that the consequences must be suffered. Giving all of those ideas up, then we don't feel guilty, because the Holy Spirit **will** undo **all** the consequences of my wrong decision, **if I allow** it. I **choose** to allow it by allowing the Holy Spirit to decide for God, for me. You see?

We have to make a **new** decision, and a new decision is to give the Higher Holy Spirit Self the heavy lifting -- that's what I call it -- of figuring out how to have a healing, resolving the consequences, undoing them all, and bringing **everything** to Peace, to Joy, to Light, to Love. That is **exactly** what can occur **if we are willing**. That's all it requires, is our willingness.

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It literally says, right before this paragraph at the end of Chapter 5, it says,

"...the first step in the undoing--"

Of the pain, the suffering, the sense of despair --

"... is to recognize that you actively decided wrongly but can as actively decide otherwise. Be very firm with yourself in this, and keep yourself fully aware that the undoing process, which does not come from you--"

Isn't that a relief? That's a heavy lifting that the Holy Spirit does.

"...the undoing process, which does not come from you, is nevertheless within you because God placed it there. Your part is merely to return your thinking to the point at which the error was made and give it over to the Atonement in peace."

Now, think of this, okay? This is what true forgiveness is. Think that, "Oh, okay. I made an error. I made a wrong decision, because I'm not at Peace."

*I'm making a new
decision.*

*Holy Spirit, You
decide for me.*

You can go back in your mind -- and if you can't find it, just ask the Holy Spirit to take you there -- you can go back in your mind, like a time traveler. Right? Think of the sci-fi TV shows where time travelers just are trying to go **back** to before the event occurred and look at the decision. Right? That's what it says.

"Your part is merely to return your thinking to the point at which the error was made and give it over to the Atonement in Peace."

Give it **over** for healing in Peace. So you go back to the point in your mind when you made the wrong decision that, Angela, something is wrong, or something is not good, something is less than perfect. Go back to that point, and at that point -- because remember, we're essentially reviewing everything in our mind anyway. That's what *A Course in Miracles* tells us, that we're simply reviewing everything that already occurred -- go back in that place in your mind and then say, "I'm making a new decision. Holy Spirit, You decide for me."

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This is one of the basic practices of *A Course in Miracles*, too, is in the morning, when you start your day, "You decide for me. You decide for me." Saying that to Jesus, to the Holy Spirit. "You decide for me." It says,

"Say this to yourself as sincerely as you can, remembering the Holy Spirit will respond fully to your slightest invitation."

You **can** develop a practice, which is what I've done, of just going, "Okay, wrong decision. Allowing the Holy Spirit [to] undo all the consequences, please. I am choosing Love now. I'm choosing Peace now. I **am** Love now. I **am** Peace now. Thank you, Holy Spirit, for my healing." Simple practice.

You see, this is one of the things that *A Course in Miracles* tells us in those early Lessons that -- let's see. Okay. Lesson 20, which is, *I Am Determined to See*. In Paragraph 2, it says here,

"You want salvation. You want to be happy. You want peace. You do not have them now, because your mind is totally undisciplined, and you cannot distinguish between joy and sorrow, pleasure and pain, love and fear. You are now learning how to tell them apart. And great indeed will be your reward. Your decision to see is all that vision requires."

Paragraph 2, in Lesson 20.

Now, you see, just think about that. You can't tell the difference between pleasure and pain. How **crazy** is that? You cannot tell the difference between pleasure and pain!

And when I contemplate this, I go, "I **get** that!" I **really** get that, because I **remember** relentlessly engaging in activities, and thoughts, and beliefs, where I felt righteous, and I felt angry, and I felt, "Ooh! I'm so right, and **they're** so wrong!" and "I'm so good, and they're so bad!" and all kinds of things where I **thought** that my happiness, my pleasure, and my Joy came from being right. I was so **totally** convinced of that, and I generated **so much pain -- so much pain!** -- in my life's experience.

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Masterful Living Transforms Lives

Oh, Lordy, Lordy! I'm so glad that when I start to feel my mind moving in that direction of cutting off the flow of Love, and going into opinion and judgment, I start to feel the constriction, because I have **attuned** to myself to it. This is why you're in [*Masterful Living*](#) this year, as you're interested in doing that.

By the way, I'm just going to mention to everybody, today's the last day for enrollment in my yearlong [*Masterful Living Course*](#). It won't be open again until next year.

If you would like to live this practical application of *A Course in Miracles*, and break it down like this, and transform your life in this way that I'm talking about, come join in us *Masterful Living*. Today's the last for enrollment.

Taking Responsibility for Our Healing

Angela, one other thing that came to me. Remember, I said “celebration” was the first word that came into my mind?

Now, I had this prognosis and diagnosis that the doctor had given to my mother about her life. I didn't put stock in it, but I did say “This is **my** wake-up call. This is **my** deadline. **I'm** willing to give it to the Holy Spirit for healing, all these thoughts in my mind, so that when my mother does make her transition,

whenever that is, we are **both** completely at Peace.” I was willing to take **total** responsibility for the healing of **everything** by taking responsibility for my mind.

This is one of the most critical lessons I ever learned. I think one of the best summations of this whole teaching of

responsibility is in the section *Responsibility for Sight*. It's Section 2 in Chapter 21, and it's on my Page 48. It says here -- I'm going to read the first two paragraphs here, because I think they are worth more than anything, like gold or diamonds or jewels. These are the **true** gems here.

I was willing to take total responsibility for the healing of everything by taking responsibility for my mind.

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Chapter 21, Section 2, *Responsibility for Sight*, Paragraph 1. It says,

"We have repeated how little is asked of you to learn this Course."

Remember, you can give the heavy lifting to the Holy Spirit.

"It is the same small willingness you need to have your whole relationship transformed to joy --"

This what you're saying here, Angela.

"...the little gift you offer to the Holy Spirit for which He gives you everything; the very little on which salvation rests; the tiny change of mind by which the crucifixion is changed to resurrection. And being true, it is so simple that it cannot fail to be completely understood. Rejected yes, but not ambiguous."

We might reject this and say, "Nah! I don't get that. Eh! I can't support that. No, I'm not going to put my energy into that." But we can

understand it, and that's a good thing. It

says,

"And if you choose against it now it will not be because it is obscure, but rather that this little cost seemed, in your judgment, to be too much to pay for peace."

***I love myself too
much to suffer
any more.***

Is there something that you can think, or do,

or choose, that's too much to pay for Peace? I personally **do not** think so, because I love myself too much to suffer **any more**. Then it says,

"This--" and what he's going to give us in just a moment,

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

I'm going to share it with you. I just want to tell you, this is the thing that **totally** transformed my life and my relationship with my mother. We had such an amazing and beautiful healing. Here it is.

"I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me ask for and receive as I have asked. Deceive yourself no longer that you are helpless in the face of what is done to you. Acknowledge but that you have been mistaken, and all effects of your mistakes will disappear."

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You know, I learned, before I started studying *A Course in Miracles*, I learned that this is one of the **most effective** tools I had in **all** my relationships, was simply to be able to say, "You know what? I made an error. I was looking at this incorrectly, and I'm sorry for that. I'm sorry that what I did created a disturbance in your life, in my life. I can see, now, that that was not a loving choice. I've learned from my experience, and I ask for your compassion." I could say that in various
Generally, people would go, "Wow! Yeah, okay! Yeah. Wow! Sure! Let's move on from here." Just like it says here,

"...all effects of your mistakes will disappear."

Because all the effects of our mistakes are not **real**, anyway. Let's not make them real.

"I'm responsible for what I see, and everything is just as I wish it to be."
That's my little shorthand poem that I would say to myself whenever I'd see something that I didn't like in the world. "I'm responsible for what I see, and everything is just as I wish it would be."

*Since you're the decider,
you can decide upon a
new goal, and the new
goal is Joy,
and Freedom, and Love.*

If you look at anything in your life that you don't like, like you're talking about here, Angela, somehow, someday -- and you don't have to uncover it, but somehow, someday, you made a **decision**, you made a **choice**, to go down this road as a kind of experiment in feeling, in thinking and in making things, making your experience.

And **now**, since you're the **decider**, you can decide upon a **new** goal, and the new goal is Joy, and Freedom, and Love.

One last thing I'll share with you, Angela, that my mother and I did, was we really started to celebrate her life in different ways. We went through her things, and we decided who would they'd would go to. Now, my mother was in Hospice, as she was actively dying, but we started thinking about those things. "Well, who would you like to have this when you pass on?" That, for so many people, can be a happy

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thought. "Oh, yes! I'd like for so- and-so to have the enjoyment of this beautiful thing."

One thing you can do is, you can start writing down happy memories. If she has grandchildren, or nieces and nephews, and people like that, they can write down happy memories. You can collect them all in a beautiful box, and when she's feeling low, she can take them out, or you can take them out, and read one.

One of the things I did was, I digitized a couple hundred photos, and I put them in a digital frame by her bed. She could look at it, you know, it was there all the time, going with, rotating with, hundreds of pictures of happy times. She could see all these people who loved her and remember the happy times we had. How beautiful is that?

Those are some thoughts for you, Angela, and God bless you and your mom.

It's time for me to take a break. Just a reminder again, if you're interested in [*Masterful Living*](#), today's the last day. Check it out at JenniferHadley.com. You can see right there on the [Home](#) page, [*Masterful Living*](#), my year-long Course. We're really **living** *A Course in Miracles*.

You're listening to *A Course in Miracles* right now on Unity Online Radio, where we're living the Love, we're walking the talk, and I will be right back.

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*.

Get ready to focus on your intent to be the Love, be the Peace, through practical application as we return to *A Course in Miracles: Living the Love, Walking the Talk*.

Podcasts, Transcripts & Apps

Welcome back! I'm Jennifer Hadley, and we're talking about relationships. This is my theme of the month. I do it every February. February is the only month that I have a theme. Since relationships are our number one tool in healing our mind, I like to put a lot of focus on it throughout the year, but we go full-on in February.

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Again, we have an archive, I think more than 270 episodes now, because we're in our sixth year -- Lordy! -- of doing the broadcast every week. What I encourage you to do, if you'd like more relationship help, it's very easy to search and see all the episodes that are on relationship.

I know a lot of people listen to the show from countries where English is not the first language, and I'd like you to know that we are transcribing the episodes. You can find those [transcriptions](#), which are really financed by donations -- **completely** financed by donations, as is the radio broadcast itself. We are listener-sponsored radio -- and people asked for the transcripts, so we are transcribing. I think we maybe have 70 or 80 episodes transcribed, so far, so we're well on our way, thanks to all the support and love from the community.

Actually, you know, it just popped into my mind to ask for volunteers for proofreading. If you would like to volunteer to proofread transcripts you can write to Admin@JenniferHadley.com.

You can also always send a request for a topic to that e-mail address, as well. I pretty much follow the guidance I get from the Holy Spirit, but you never know how the Holy Spirit will speak through somebody. You can find all those transcribed episodes at LivingACourseinMiracles.com on the [Resources](#) page.

We have a number of wonderful resources. We also have the [ACIM app](#), *A Course in Miracles* App. It's called *A Course in Miracles, Complete With Deluxe Features*. Totally free for you at the App Store, at iTunes, Apple App Store. And, we are in the process, we're beta testing, the Android version. If you go to ACIMapp.com, you can volunteer to test the Android. We'd **love** to have you do that.

Thank you for your willingness. It takes a village, you know, to offer free stuff. It takes a village, because some things can be **very** expensive, so your help is much appreciated.

Okay! Back to our relationship question. You can call in if you see the link on my [blog](#) page today, or around on Facebook. You can call in. I'll have the fresh link, fresh and juicy, for you next Tuesday in my daily blog, and around at Facebook.

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Why Are We Thinking What We're Thinking?

Someone else who has written in is Kelly, who writes in, "My question is around feeling sexually enough, sexually worthy, to keep your partner interested. When people's egos seem to be running their sex life, it seems that the ego runs a lot of people's sex lives, and faithfulness is going out the door. Would love to hear more about sacred sexuality and sensuality. Can one person in a relationship turn it over to the Spirit, and the relationship heal? Would love to hear this around Valentine's Day."

Yes! We're a week away from Valentine's Day, and this is an **excellent** question. Because the whole idea of being sexually worthy, sexual enough, even beautiful, all of these questions arise from the **ego**. They really are not part of our thoughts that we think with God. They are thoughts that we think with ego.

When we have a belief, whatever it is -- "I'm better than everybody else." "I'm less than everybody else." "I'm better than some, but less than some," -- whenever we have these kinds of separation thoughts, they cause us pain, unequivocally, we can just give them to the Holy Spirit. That's number one. Give any thought that you don't like to the Holy Spirit for healing. Don't figure out **how** to have a healing. That's wasted energy. The Holy Spirit can do all of the heavy lifting, if you **choose** it.

The invitation is to partner with the Holy Spirit to release every thought that is not worthy of your perfection and your Wholeness.

Now, this is the journey that we're on, so everything that comes up like this that bothers you, everything that irritates you, disturbs your Peace, **is an opportunity** for you to have extraordinary healing. It's not something to push away.

But isn't that what the ego mind tends to do? It tends to go, "Ugh! I don't want to think about that! Let me have some cake, instead." Or the ego says, "Oh! I don't want to think about that. I'm going to go work out, instead."

*Don't figure out how to
have a healing.*

That's wasted energy.

*The Holy Spirit can do
all of the heavy lifting,
if you choose it.*

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One of the things I realized a couple of years ago was, "OMG! My whole workout regimen, and everything that I'm doing and in terms of staying fit, a lot of it really, is coming from judgment." That "I better do this" "I should do this", "If I don't do this--"

So, I was motivating myself to stay fit and to exercise from the ego. I was motivating myself to watch what I was eating from the ego. What I realized was, **none** of that is of importance to the Spirit.

We start to look at, **why** are we thinking what we're thinking? Why are we eating what we're eating? Why are we doing what we're doing? Just looking for the motivation. Is the motivation Love or fear?

I know so many people who won't eat this, or won't eat that, because of fear.

Or, they **have** to eat this, or **have** to

eat that, because of fear. I even remember one time I was talking with a friend, and we were looking to make a plan to go do something together, just like have dinner, have some quality time and talk together.

At that time, one of the free nights I had, because of my class schedule, was a Wednesday night. My friend said "Oh, I go to church on Wednesday nights." I said, "Yeah, I know. Can you skip one week? I mean, and we could do something?" "No. No, I can't skip a week."

I thought. "Hmm. That's interesting. That seems like ego to me, that there's some rigidity there, that something's going to happen if you skipped a week, that somehow being at church is **more** spiritual than being with someone who loves you."

It's just interesting how the ego makes meaning of things, and we think that they're really **true**.

What makes somebody really attractive and sexy to another human being? It's **always** going to be different for each person, isn't it? Because some people -- certainly people have different preferences in body types. Some people are really attracted to people who resemble their parent of

*Why are we thinking
what we're thinking?
Why are we doing what
we're doing?
Is the motivation
Love or fear?*

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the opposite sex, or their parent of the same sex. Some people are repulsed by someone who looks like their parent.

These are so individual, because it's the ego coming into play here and dancing its way around our lives in a really ugly hideous dance. Starting to really look at "How do **you** feel when you feel sexy?" and "Do you **ever** feel sexy?" and "What does that sexiness feel like?"

For me, I can honestly say that I know that I've watched my own sexual fantasies change over the years, from being sexual fantasies of a person who feels unworthy, a person who feels bad, and wrong to a person who feels really worthy. We can shift our mind to feel **really, really** worthy of our partner's love, adoration, admiration, and affection.

One person can look at one person's body and be totally repulsed. It doesn't matter whether they're tall or short, fat or thin. You know, body parts big or small, has **nothing** to do with that. It has **only** to do with our interpretation, and our meaning that we're making of it. Or, are we seeing that person's essence?

*What inspires you to
feel sensual,
to feel loving, to want
to reach out
and touch, and cuddle,
and be intimate with
someone?*

Here's the thing is, you say here "sexually worthy to keep your partner interested when people's egos seem to be running their sex life." Yeah, a lot of people, their ego **is** running their sex life. So, is your ego running **your** sex life? What inspires you to **feel** sensual, to feel loving, to want to reach out, and touch, and cuddle, and be intimate with someone?

Many people think that they can be disrespectful, and unkind, and hurtful, and cruel -- it's 11:44. Interesting -- and they think that that person is still going to want to have sex with them. You know what? They **will** if they don't feel good about themselves. They **will**. But someone who **does** feel good about themselves would not be interested, or find it sexy **at all**, no matter what the physique is, to have sex with someone who is disrespectful and unkind and unloving.

People who are disrespectful, and unkind, and unloving, they are that way towards their self, first and foremost, and then they project it out onto the world. They feel **so** badly about themselves, they have a **need**

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to dominate other people, and boss them, and push them around, and disrespect them. People who hate themselves will often seem to be unkind and cruel to others. It's projected out into the world.

Awaken Your Own Sensuality

One thing for you would be to engage in sacred sensuality with **yourself**. Consider when you bathe, how do you bathe your body? Do you bathe it in a recognition of your body's preciousness? Do you use soaps, and washcloths, and towels, and scents, and lotions, and potions, and things, that feel delightful and yummy, and that are delightful to your senses?

For me, I like to make my own lotions, my own scents, and combine different essential oils, and all different kinds of things to create my **own** things. It's part of my delight in loving myself, and taking good care of my body, and being grateful for it, because it allows me to experience this world. I used to hate this world, but now I Love it! I Love being a part of it. I Love being able to interact with people, and I enjoy the sensual side of life.

Another great and simple way to experience sacred sensuality is **really** paying attention to the food that you're eating, and the taste of it, and **why** you are eating what you're eating.

Another thing is to pay attention to the things that you put **on** your body. Are those clothes really comfortable? Do you like the way the fabric feels? Do you like the way it moves when you walk? Does it **do** something for you? How do you really **feel** in your clothes? Do you wear clothes that actually don't look good on you? Because many people do.

I used to wear a lot of black. I've come to think that there's not one person I've ever met that looks better in black than other colors. So, I just eliminate it. I think I have one or two black workout pants, black boots or something. But, basically, to me, black looks great on people's skin, but even I just don't know anyone who looks better in black than a different color. So, what colors are you wearing? Do they complement you? Do they really look gorgeous on you? What are the fabrics?

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All these ways to incorporate sensuality. The more that you **love** yourself, that's actually being faithful to **your** Self, to **your** Being. Your faithfulness to your Self is going to demonstrate in your life. It really is.

Where do you not have faithfulness to yourself? Do you make promises to yourself that you don't keep? Do you make decisions about how you're going to treat yourself, and your body, and then you don't keep them? When you wash yourself, like I was saying, when you touch yourself, do you do it with kindness?

One of the things I notice is, I often put my hand on my heart. I learned from the Heart Math people that putting your hand on your heart, and centering into your heart, will boost your immune system for six hours! It will boost your immune system, just going into your heart, becoming balanced. You could pray.

These things will really boost your immune system. Allowing yourself these breaks to connect in with Spirit. That's part of living a life where **everything** is sacred.

When you go outside, do you **acknowledge** the plants and the beauty of nature? Do you talk to the trees? To me, this is part of my sensual experience.

Right now, I am living with my brother and his family, and they have a dog. Several times throughout the day, I go over to the dog, and I greet the dog, and I connect with her to see if she would like to be petted, and I pet her in a very sensual way.

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Sensuality Versus Sexuality

Sensuality and sexuality are **not** exactly the same thing. We experience sensuality through our five physical senses. Then, of course, we have our sixth sense, which is our spirituality, and we can combine them. We can combine them.

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Eating food that **really** tastes delicious to us, and sometimes that means going an extra mile. A squeeze of lemon. Right? Not so much salt. Not so much sugar. Really making adjustments, and discovering what we like, that's discovering the sensual aspects of life.

In my experiences, the world treats **us** as a reflection of how we treat ourselves. If **you** are not faithful to yourself, to your Spirit Self, to the Higher Holy Spirit Self, to the agreements that you make with your Self, can you see that perhaps you're experiencing the world mirroring it back to you?

Now, here's the thing about the mirror, because people ask about this all the time. "Can you explain mirroring, Jennifer? Is this a mirror? Is this person mirroring me?"

Let's say I see someone in my life who doesn't like me and is disrespectful to me. If experience that as a cry for Love -- "Oh! Compassion. Here's someone that doesn't Love their Self, so, they're treating **me** like they treat themselves. I can have compassion for that." That's a cry for Love. It's not a mirror.

But if someone is disrespectful and unkind to me, and it bothers me, and it upsets, me then it's my **mirror**. That's how we know whether it's a mirror or a cry for Love.

It feels to me, Kelly, like maybe what's happening here is life is mirroring you. When you change your mind, the whole world **has** to change. As it says in *A Course in Miracles*, there are no private thoughts, and your thoughts are where **everything** begins. It's the decisions that you make.

*When you
change your
mind,
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"I must have decided wrongly, because I am not at peace."

Begin your day saying to the Holy Spirit, "You decide for me. You decide how to teach me to have awakened sexuality and sensuality." Begin to think of it, not as something it's just related to engaging in the sex act, but that your whole life is a sensual experience that's sacred and spiritual. That can be a really fun adventure.

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You know, maybe in the beginning your partner doesn't want to join you in that, but you can go on that adventure, and do things like, say, "Look, I got these three foods, and they have totally different textures and tastes. Let's have an experiment, and just taste them, and see, you know, how they really feel to us." Or maybe you could do something like, "Let's have ice cream, but let's savor **every single bite of it**. Let's combine these flavors." Right? And say, "Oh, wow! This sweet ice cream with these salty nuts! Wow! That's an adventure right there." Finding ways to experience the sensuality.

Alright! It's about time for me to close up. Thank you, Kelly and Angela, for your beautiful questions.

I'll invite people again next week to share some questions. You can call in or you can write in, as Kelly and Angela did. And, you could Skype in. All kinds of free ways to join me and ask your questions. It's relationship month.

Spring Cleaning Mental & Emotional Clutter

If you would like to support this radio show and the things that we're doing, you can make a contribution to PowerofLoveMinistry.net. You can also make a contribution through the "Donate" button at JenniferHadley.com or LivingACourseinMiracles.com.

Oh, by the way, I am having a retreat, and I'll be announcing that tomorrow. I'm having a retreat in the middle of March, in the New York area. I'm calling it a *Masterful Living* retreat. We're going to work on the basic principles of [Masterful Living](#) and have some deep healing and transformation over a long weekend in the middle of March, to set us up for Spring. We're going to do our Spring cleaning right before Spring begins. **Yes!** Clearing the mental and emotional clutter.

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Closing Prayer

Let's take that breathe of Love and gratitude. So grateful and so thankful for the Love of God that's revealing itself in our heart, in our mind.

So grateful and so thankful that we're already free, and we're already as holy as holy can be. We're opening ourselves to holy relationships all the time. 100% holy relationships.

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

God bless you everybody. I love you! Mwah. Have a great rest of your week!

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