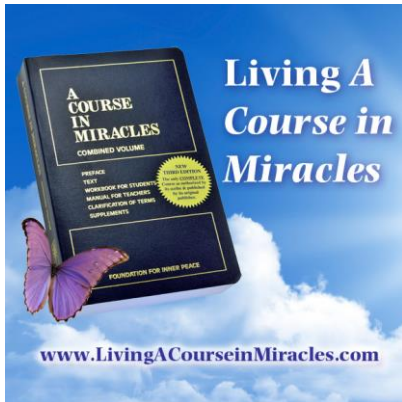


February 13, 2018



The Love of Your Life



 *Jennifer Hadley*
your daily shot of spiritual espresso

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February 13, 2018

The Love of Your Life

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

Here is your host, Reverend Jennifer Hadley.

Jennifer Bonjour! Bonjour! So **grateful** to join with you today! Yes, indeed!

We're in February, so I take it as an opportunity to focus on relationships. This topic today is "The Love of Your Life", so let's take that topic into our prayer right now.

Opening Prayer

We take this breath of Love and gratitude, place our hand on our heart, open ourselves in willingness. We're willing to be led and guided by the Spirit. We're willing to remember our true nature and our true identity as perfect Love, the very essence of our being as Wholeness, Beauty, Clarity, Wisdom. All of these spiritual qualities are the Great Rays shining in us all of the time, and we are grateful to recognize them. Grateful to open our heart to fully accept them and realize them.

We're Partnering UP with the Higher Holy Spirit Self for the purpose of having a realization of truth that is profoundly liberating.

We're giving ourselves over to the Holy Spirit, and we're opening to more Peace, more Love, more Joy, more Freedom. Yes!

All healing is at the level of the mind, and so we're opening our mind to the Holy Spirit, and we're saying, "Take from us everything that is false, every idea, every belief, everything that's predicated on an illusion, delusion, false identification. Take it from us. Lift it, now."

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With great sincerity, we share the benefits with everyone, because we are One with them. In gratitude, we **let it be**. And so, it is. Amen. Amen. Amen.

Prayer Power Class & ACIM Conference

Yes, indeed! Ah!

I'm so grateful to share with you today on this beautiful topic. As I'm praying there, I'm reminded that next week I'm going to begin my "[Prayer Power](#)" class series. This has been a favorite for some people, a life-changer for others. I offer it about once a year, my "Prayer Power" classes.

We're doing everything on Zoom now, so we can see each other. If you can't join me live, you'll be able to get the video, the audio, and the transcript. So, you can look for that at [JenniferHadley.com](#). It'll probably be there tomorrow. That class starts Monday, February 19th.

The next week I'm at the *A Course in Miracles* Conference. I was just talking with Jon Mundy yesterday. We're going to be in San Francisco together starting Thursday. I think it's the 22nd, something like that. Come join us in San Francisco! It's *A Course in Miracles* Conference.

It's 40 *A Course in Miracles* teachers, including Jon Mundy and myself, Jimmy Twyman, and David Hoffmeister, Regina Dawn Akers. Lots of great, great friends and *Course* students. Come join us! We can have our meals together. We can hang out together. I'm going to be there for almost a week, so I'd love to see you in San Francisco.

The Power of Love Ministry has some discount tickets left, so come join us! You can find out about those at [JenniferHadley.com](#) on the [Events](#) page, and that's where the "Prayer Power" info will be, as well. So, looking forward to that.

Be the Love of Your Life

Let's jump into "The Love of Your Life." As I was sharing in my daily blog, "[My Daily Shot of Spiritual Espresso](#)" this morning, it was a major healing point for me when I decided -- when I saw the opportunity, actually, to **become** the love of my life, instead of hoping the love of my life would find me, or I would find him. I opened myself to Spirit as the Love of my life, and Spirit said, "**Be** the Love of your life! **Be** the love of your life!"

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That has been a game-changer for me, because when we decide to truly be the love of our life, it reorients us to recognize that the Kingdom **is** within.

I was looking at the Introduction to the *Teacher's Manual*, in Paragraph 2, it says,

"The purpose of the course might be said to provide you with a means of choosing what you want to teach on the basis of what you want to learn. You cannot give to someone else, but only to yourself, and this you learn through teaching."

Interesting.

"You cannot give to someone else, but only to yourself, and this you learn through teaching."

"To have, give all to all."

But you can only give to yourself, and this you learn through teaching. *A Course in Miracles* also tells us,

"Teach only love, for that is what you are."

*When we decide to truly be
the love of our life,
it reorients us to recognize
that the Kingdom is within.*

This is our beautiful invitation here to Love ourselves, to teach ourselves to Love ourselves. To allow Spirit to guide us to that Self-Love.

Self-Love, many people ask me, "Jennifer, what does that even mean? I don't even know what that actually **means!**"

How do we Love ourselves? **So** many opportunities every day. I talk about this frequently, because since this month is about relationships, like attracts like. Many people have many complaints about the way they're treated by their loved ones. And yet, we do **teach** others how we would like to be treated. They **watch** how we treat ourselves.

I have had many conversations with people -- mostly women, but not only women, for sure. I've had many, many conversations with people who feel that their loved ones don't really care for them, they don't really cherish them, they don't really nurture and support them, that they take them for granted, that they take advantage of them, that they are not being held with great Love and care.

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Well, are you doing that for **yourself**? You see, this is the thing that I've **really** seen in **my** life, is that when we care deeply for **ourselves**, then others do, too. And, the other thing is, people who do not know how to take good care of themselves will not, usually, know how to take good care of you. There's a codependency that can happen that can feel really uncomfortable.

Caring for Ourselves as Well as Others

Sometimes I have encountered people, mostly through counseling sessions, but sometimes people are really, really good at taking care of others, but not at all at taking care of themselves. It's that martyrdom. They don't even see it, sometimes, as martyrdom. They just see it as this is what they **must** do.

You know, I understand it because, in a lot of ways, I am a caretaker. Even though I'm not a mom, I have very strong maternal instincts. I am a nurturer. I really like that part of myself. I enjoy being a nurturer. It's very fulfilling to me.

And yet, if I'm not nurturing myself, but I'm nurturing others, I can feel depleted. This is something that I see, particularly a lot of women do, is they give, and give, and give, and they're depleted. They're running on empty.

In fact, I have seen, in counseling, that so many people I've counseled, many women who have breast cancer, and I've asked them all, "Do you feel like you're an "over-giver"? Do you feel like you over-give? They say, "Oh, that describes me very well." I say, "Do you feel like you have trouble receiving?" They say "Yes! Yes!" People who have trouble receiving will often attract people around them who aren't very giving.

Someone who's a "giver-giver-giver" sometimes attracts someone who's a "taker-taker-taker". Sometimes, in the beginning, that feels like a perfect match. "I'm a giver. You're a taker." Perfect match.

But it's not a perfect match, because it's out of balance, and that's what we sometimes do. We attract opposites in order to bring to our attention the imbalance. This is why opposites sometimes very strongly attract, is so that together, they can create balance by bringing to our attention the imbalance. If you've ever had opposites attracting in your life, you might find that that's why.

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I have a dear friend of mine, Gina, who is one of my very dearest friends. We have spent a **lot** of time traveling together. She lives in Greece, I spend a lot of time in Greece. That's why I went to Greece the first time. That's why I keep going back, is to spend time with Gina. We have traveled for months at a time together and lived together very amicably.

Give Up Keeping Score

The one challenge we have is that we're both givers. So, it's like, "I'll do that." "I'll get this." "I'll get that." "No, I'll get it! "No, I'll get it!" "No, I'll get it!"

I think one of the best moments that I had, a fun moment with Gina, was one time I said, "No, let me get it. I'll get it. You got the last thing. I'll get this." And she looked at me, and she said, "Jennifer, let's not do that. Let's not do that." I thought, "Yeah. Okay. Let's not keep score. Let's not say, 'You got that one, I'll get this one.' Just let it flow. See how it flows."

Often, when I'm with her, she's not working, I **am** working, so she will help take care of me. She'll go to the grocery store. She'll cook breakfast. She'll make -- and I'm so delighted, she'll make all the arrangements of whatever our travel, our schedule is, and things like that, around my schedule, and it's wonderful. She enjoys it very much to help take care of me, and it's a really wonderful time for me to **let** her take care of me. That works really well. Of course, I give to her in other ways, so that our relationship remains in balance.

But it's not just about giving and receiving. To me, the best kind of relationship, really, is when there is no scorekeeping. Part of that really **is** about, are you keeping score with yourself? If you're keeping score with yourself, you'll keep score with others. If you're keeping score with others, you'll keep score with yourself, and then that's **not** being the Love of your life. Do you want to keep score with the Love of your life? No! That doesn't sound very loving, does it? Mmm!

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A Miracle is a Service

In the beginning of the *Course* you have the *Principles of Miracles*. #18 says, “A miracle is a service. It is the maximal service you can render to another. It is a way of loving your neighbor as yourself. You recognize your own and your neighbor’s worth simultaneously.”

““A miracle is a service.”

I think it was 2016, now - gosh! --that I did an episode on “Miracle-Minded,” being miracle minded. That was a really good one. People told me that it was very helpful to them.

Remember, too, the archive. One of the ways to access the archive, of course you can get the podcast at iTunes, Stitcher, all the places where you can get podcasts on your phone, on your iPad, your computer. You can also just go to the Unity site, and you can do it at LivingACourseInMiracles.com/radio. You can also do it at JenniferHadley.com.

But LivingaCourseinMiracles.com/radio, you can search easily for the titles, for key words, and you can also get the transcripts. We’re still actively transcribing all these broadcasts, so you can find that “Miracle-Minded one there.” I’m not sure if it’s transcribed or not.

“A miracle is a service.”

A miracle is a change in our thinking that may or may not demonstrate in form in ways that we recognize. But it’s a shift in thinking from egoic thinking to thinking with the Holy Spirit. That’s what a miracle is.

The principle before, #17, says,

“Miracles transcend the body. They are sudden shifts into invisibility, away from the bodily level. That is why they heal.”

It’s that **shift** in our thinking. You could say, maybe, it’s a shift in consciousness. But you know what a miracle is, is when we -- let’s say, here’s an example. Giving the story I just told about my friend, Gina, if she had said to me, “Jennifer, let’s not do that. Don’t do that.” I could have

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taken offense, right? I could have said, “Oh! The heck with her! I **need** to be able to go matchy-matchy. She does something, I do something. It has to be of equal or similar value, and I need to keep that going, and I’m going to do that, because that’s what’s fair, that’s what’s right, that’s what keeps things in balance. If she’s giving and giving to me, and I’m not giving and giving to her, it’s out of balance. That’s not going to work for me.” I’d be getting into the ego.

Right there in that moment, when she said, “Jennifer, let’s not do that,” that was an invitation for me, that I had traveled into my ego, trying to keep score. When she said that, I thought, “Oh! I can go back into Spirit and just be receptive, just be available.”

Shifting Debt with Forgiveness

It reminds me that one of the life-changing things for me was, I was meditating on Prosperity and Abundance, and I was doing a lot of forgiveness work, which is the key, really, to experiencing a true sense of Prosperity and Abundance, is really to do that deep forgiveness work. It’s amazing how it can shift your finances and your debt-ing. It really is. I can honestly say, for **myself**, that I didn’t see it until I committed myself to doing the work to really get the forgiveness done. I didn’t see it until **then**, until I had really done **a lot** of forgiveness work.

But it is, my experience and others, that debt-ing, having a lot of debt, and unforgiveness, go together. Doing the forgiveness will shift your mind so much that the financial debt-ing will get shifted in a miraculous way.

I’ve certainly experienced that. At one point I had, with a small income, like \$25,000-\$30,000 a year, I had \$60,000 in credit card debt. I don’t have **any** credit card debt now. Everything, I pay off every month, and I’ve been doing that for a number of years now. Quite honestly, it wasn’t that my income increased. It was that my mind shifted, and I found ways to pay it down, and to get out of debt, and I did.

*A shift in
consciousness is a
miracle.*

*We think a miracle
is when something
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but it’s not.*

*It starts in our
mind.*

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Sometimes I think I might do some classes on Prosperity. **So** many classes I'd love to teach! Oh, yeah!

A shift in consciousness is a miracle. We think a miracle is when something shifts in form, but it's not. It **starts** in our mind.

"Miracles...", it says in miracle principle #19,

"Miracles make minds one in God. They depend on cooperation because the Sonship is the sum of all that God created. Miracles therefore reflect the laws of eternity, not of time."

"Miracles reawaken the awareness that the spirit, not the body, is the altar of truth. This is the recognition that leads to the healing power of the miracle."

"Miracles are natural signs of forgiveness. Through miracles you accept God's forgiveness by extending it to others."

We are doing Miracle Principles #17 - #21.

Miracle-Minded Training

Being the Love of our lives. What greater gift can we give to ourselves, that then we can share with others, but to be miracle-minded? This is why in my classes, one of the things I really have us focus on is being miracle-minded, so that we **are living** a truly miraculous life.

For instance, the first time I taught my yearlong *Masterful Living* course -- this is my 10th year now -- but the first time I remember, sometime later in the year, one of the participants, she said to me, "I'm living a miraculous life now. I didn't think I **could**, but now I experience miracles all the time. I see the demonstrations of the change in my thinking in a miraculous way, the way things come together in a way that takes my breath away, in a way that it **amazes** me, and surprises me, and delights me. I never thought I could live that kind of life."

This is available to **all** of us.

*What greater gift can we
give to ourselves,
that then we can share with
others,
but to be miracle-minded?*

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Going back to what it said in the *Introduction* to the *Manual for Teachers*,

“The purpose of the course might be said to provide you with a means of choosing what you want to teach on the basis of what you want to learn. You cannot give to someone else, but only to yourself, and this you learn through teaching.”

But you see, as we give it to **ourselves**, then we can give it to others. To have it, give All to All.

Since there’s no true separation, just the **illusion** of separation, when **we** have it, we are sharing it. When we **share** it, we are **having** it. We can’t share something we don’t have, right? If I said, “Oh, I’m going to share cookies!” but I don’t have any cookies, that would be crazy! If I’m not loving myself, how can I really share Love in my relationships?

“To have, give All to All.” This **is** the way of healing.

In our relationships, there’s a Divine Opportunity for us, and this is something that many, many people avoid, and avoid, and avoid, and avoid, but a really **helpful** relationship is one that will show **you**, very clearly, where you’re not loving **yourself** and where you are codependent, where you’re giving in order to get something, where you’re trying to manipulate or compensate, where you’re not telling yourself the God’s honest truth, as people used to say. People don’t really say that anymore. The God’s honest truth. God’s honest truth.

Seeking the Immaculate Heart

Being willing to work with the angels, to work with Jesus, to work with Spirit. I think Mother Mary and Quan Yin are so helpful in **all** Love things. Not that Buddha, and Jesus, and Mohammed, and Krishna aren’t, but I do really appreciate that Mother Mary’s teaching is of the Immaculate Heart. Holding nothing against anyone, including yourself, cultivating that Immaculate Heart.

For me, it’s not *A Course in Miracles*, **but** you can say to Mother Mary, to Quan Yin, “Help me cultivate that Immaculate Heart.” Of course, you can say it to Jesus, the angels, God, the Company of Heaven.

It’s interesting, but in the Ascended Master realm, Mother Mary and that Immaculate Heart is also the heart of **true** Abundance, right? Because there’s nothing to block the flow of Prosperity, Abundance, Wisdom, Wholeness, Freedom, Joy, all the spiritual qualities. Seek first the Kingdom,

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which is within. Seek that Immaculate Heart. That **is** the Kingdom. A heart that can't hold any judgment, can't hold any complaints, can't hold any negativity, that's the Immaculate Heart. That's what **I'm** interested in cultivating. I invite you to join me.

We're moving into our break time here. Something to think about as we go to the break.

ACIM App & Study Groups

A couple of things I'd like to mention, too, as we go to the break. The [A Course in Miracles app](#), it is available for Android. It is available for all the Apple devices, the iPads and the iPhone. We did some nice upgrades later last year. People tell us what they'd like to be different, we try to accommodate everybody and everything as best as we can.

This is a totally free [app](#). Because of people making contributions to the Power of Love Ministry, we're able to continue to offer this app free, and have it for downloading.

You can find out about that at [LivingACourseInMiracles.com](#). Get the app. We've got Study Group support. And we've got all kinds of things. For my classes, often the best thing to do is to go to [JenniferHadley.com](#).

I'm Jennifer Hadley. We're talking about being the Love of our lives, talking about *A Course in Miracles*. We're walking the talk, we're living the Love.

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*.

Allowing Spirit to Heal Our Consequences

Welcome back! We're talking about being the "Love of Your Life." How can we love our neighbor as ourselves if we don't Love **ourselves**? What?! Right?

Let's look at the ways that we might not even recognize that we are not loving ourselves. Now, a classic one that I talk about all the time, I can't **not** say it is, if we allow our Peace to be disturbed, and we **feed** the flames

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of our unhappiness, if we **feed** the flames of our anger, our irritation, our upset, **that's** not loving ourselves. It's the opposite.

It's really -- imagine doing that to someone you Love. Poking them. I used to do that, so imagine poking them, and poking them, and poking them, and poking them, and poking them. It's **so** unloving. It's so unloving. Let's not do that **anymore**. Let's completely eradicate that behavior.

It's about loving yourself so much that when we notice that there's an upset, we pause. We pause, and we say, "I'm not interested in being upset anymore. I'm interested in sharing the Love of God, **being** the Love of my life. Holy Spirit show me how. Take **from my mind** whatever the root cause is of this upset. Heal it back to the root, and please do the same for anyone else who shares this thought or belief, known or unknown. I'm accepting my healing now. I'm calling it forth right here, right now."

It's just like the prayer at the end of Page 90, right? "I'm upset because I made a wrong decision, and I can give the consequences of my wrong decision to the Holy Spirit, and He's going to heal **all** the consequences. Holy Spirit will heal **all** the consequences of my wrong decision if I **allow it**."

Why wouldn't I? If I love myself, I will not cling to my upset. If I love myself, I won't **allow** myself to be **upset** by needing to be right, thinking I'm right, all of these things that we have done and that we do. Mmm!

It's a big shift. It's a big change. It's really worth making. Oh, yeah! We can do it! This is our destiny, to help all of humanity awaken from the dream of separation by having our simple practice. Our simple practice is truly the way. Mm-hmm!

Be an Expression of Light

In the Miracle Principles #24, Jesus says,

"Miracles enable you to heal the sick and raise the dead because you made sickness and death yourself and can therefore abolish both. You are a miracle, capable of creating in the likeness of your Creator. Everything else is your own nightmare and does not exist. Only the creations of light are real."

Holy Spirit, let me see the creations of Light. Holy Spirit, **show me** to create only Light expressions. I'm here only to be truly helpful, and to represent

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the One Who sent me. Let me do only that. **Only** be of service. **Only** be miracle-minded.

Another way that we reinforce that we are not lovable, and we are not worth loving, is when people don't treat us with kindness and respect and we make excuses for them. I've done that in romantic relationship. I've done it in friendships. I've done it in work relationships. I've done it in family relationships. When people treat us unkindly and disrespectfully, they're on some kind of ego autopilot.

Now, this is how we develop self-esteem, because it does take a willingness to be alert, to be awake, to not fall asleep at the wheel. I was teaching about this in class yesterday, I can think of two examples. One with my father, and one with my sweetheart.

The one with my father was, he was mad at me for something the night before, that I had gotten triggered. I was hosting a dinner for family and his friends, and I got quiet at dinner. I was just letting everybody else shine and talk at dinner. I really didn't need to say anything.

But he really wanted me to be entertaining, because I can be a storyteller, as you well know, and I can be very lively, and very funny, and all of that, and that is what he wanted from me, and I went quiet, partly because I was also -- I **really** got triggered. This was many years ago, but still, I really got triggered, and I had a class to teach. I was just quietly processing. I knew I couldn't leave the room, I had to be at the dinner table. I was the host and the cook, and I was just letting everybody else shine, and I went quiet.

The next morning, he came at me and he was mad at me. "I didn't appreciate that you were so quiet at dinner last night. I really wanted you to share and shine, and you were just so quiet." I don't remember exactly what he said, but he was angry and upset with me, and attacking.

Because I had learned to pause so I can hear my heart, so I can hear the still, small Voice for God within, I did. I paused. I listened to him. I know I don't need to defend myself, right? Because then I am affirming I **am**

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attacked, I **can** be attacked, and that I'm vulnerable. At the time I was really learning to practice that "One with God is a majority, and since this is an illusion, I cannot actually be **hurt**. There's only the appearance or the illusion that I can be hurt."

But I had been so defended my whole life, you know, I learned that when I was defending myself all the time, I learned in that silence you can form a really good attack response that can just take their breath away. I'm a wordsmith, and I would figure out the meanest, cruelest thing I could say. That's how I used to operate.

So now, I was using that pause to listen to the still, small Voice, and I **did**. I got clear guidance. So, when my dad finished saying what he needed to say, I was **able** to take responsibility for my choices the night before, and I was able to actually have compassion for **him**, and I did that first. I acknowledge.

You know, this is a classic technique. I'm a counselor. I'm a trained spiritual counselor. I've been counseling people for, this is my 18th year of counseling people as a professional, and my 12th year as a minister. As a trained professional, I was able to just acknowledge what he was sharing with me **first**. Not make him wrong. Not try to change his mind. But just acknowledge him. And, not take it personally. Even though he was attacking me and intending it to be personal, I **don't** have to **take** it that way.

The more I Love myself, the more what other people do is not personal to me, and I know it, I see it, I feel it, and therefore it doesn't **bother** me. It's a **cry for Love**. There's a lot of crying for Love right now. People are freaking out and melting down right now, unless they have an anchored spiritual practice.

I'll tell you, last night, just as an aside, last night Spirit wouldn't let me go to sleep. I was praying for **hours** before I finally fell off to sleep. Then I kept getting woken up to pray again, pray again, pray again, pray again. I was praying for everyone I could think of, praying for everyone on the planet, our government, friends, family, relatives, students always. Everyone the ministry touches, praying, praying, praying.

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Accepting What Is

Anyway, back to me and my dad. So, I listened to him, and then I acknowledged him and how he felt. It doesn't mean I'm saying he's **right**. But I sure don't have to say he's **wrong**. Just acknowledging someone they can relax, and then they can hear **you**.

This is one of the most powerful relationship tools that we have -- learning to listen to ourselves, learning to listen to others, without reaction. Just acknowledging. It is part of acceptance. Accepting what is.

Accepting what is was, in that moment, was he felt **hurt**. In that moment, **because** he felt hurt, he also felt **afraid** that I was not reliable, not dependable, that he couldn't trust me, that maybe I didn't really care **enough** about him to do what he liked. He was angry because he was afraid, and because he felt hurt, and he felt all of that because of how he **interpreted** it. Of course, he interpreted **my** choices, **my** actions through the lens of **his** history -- his history with me, his history with women, his mom, his wife -- my mother. All of that.

*If you're not
consistent,
you're not so
truthful,
you're not so
honest.*

I was able to, in the listening to him, give him my full attention, listening to how does he feel? What's going on with him? What's his perception? And instead of my old way, to turn it and take it like a knife, and stab him in the heart with it, and then twist it all around, now I was looking for how can I extend Love and be compassionate with him?

Consistency Leads to Harmony

Why? Because I am being the Love of **my** life, and that's what feels best to **me**. So, in a sense, you could say it's very **selfish**. I'm interested in Harmony. We all have different values in life, and my highest value is Harmony, harmonious living, harmonious relationships. I strive for Harmony. It's a high -- to me, that Harmony is very much an alignment with the *Characteristics of God's Teachers*, in the *Manual for Teachers*. The first one is trust, and the second one is honesty, and honesty, Jesus describes, as consistency.

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You know, if you truly are interested in the Peace of God, you're going to be **consistent**, and that's being honest, that's being truthful. If you're not **consistent**, you're not so truthful, you're not so honest.

I was cultivating that consistency in that moment, and my father was actually **helping** me. And, because I've told this story many times, including in class last night and now, that this is helping not just me and him, but it's helping anyone who hears my story, and everyone, because we share the same mind.

So, I listened to him carefully, to understand how he felt, in order to have Compassion. It's important that in my listening, I had the intention. My aspiration, Harmony, to live as the Christ Presence, to demonstrate Love, Compassion, Beauty, affluence, Wisdom, Joy, and to be harmonious. My intention was to be compassionate and understanding, and to **improve** our relationship. My goal was to listen with the ears of Love, to let the Holy Spirit be my interpreter.

We can make these decisions in an instant, and we can train ourselves -- this is what the mind-training of *A Course in Miracles* is all about. We can train ourselves to listen this way.

I heard his cry for Love, loud and clear. Then I started by acknowledging that I understood what he was telling me he **felt**. I didn't take on any kind of accusations or attack. In a sense, Spirit filtered that out. It was **there**. His intention **was** to make me feel bad, and guilty, and ashamed, and recalcitrant.

Living & Applying the Course is Loving

But **my** intention always is going to supersede. When my intention is loving, it's going to supersede **anybody's** negative intention, because Love is **infinitely** stronger than **any** divisiveness, because Love is real, you see.

We strengthen **in our heart** when we practice it. You can't just **read** *A Course in Miracles*. If you're not **practicing** it, it's **nothing**. It's just words bouncing around in your mind, and a sense of failure because you're not applying it. That's why my classes are **all about** applying it.

People back away from the application. They don't wish to look that deeply. They don't wish to have the dialog, and the conversation, and go to the nub with things. I understand that. I avoided it for a long time myself. I was

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terrified of looking deeply within. That's why I did that episode, "The Fear to Look Within" back at the end of January 2017.

Anyway, I said to him something like, "So, Dad, I hear that, you know, this **really** upset you and you feel like I let you down." "Yes! I was very disappointed in you!" he said to me. I said, "And I get that you feel **hurt**, and you were relying on me, and depending on me, and I didn't come through for you." "Yes! Yes, yes, yes!" I said, "I'm sorry for that." I just took responsibility for --

You know, it was **really** having compassion right there. "I'm sorry that you feel that way. I'm sorry." But I wasn't like [snarky tone] "I'm sorry you feel that way! But hey! You have to think about what was happening --!"

What I said was -- and here's what I'd like to ask of **you**. Like, I had compassion for him, and he **felt** that, he appreciated that. He appreciated that I could acknowledge how he felt. Everybody likes to have their feelings acknowledged, even though all upset is of the ego. The ego relaxes when it feels acknowledged.

If you'd like to not argue with somebody's ego, **acknowledge** what they're saying, what they're trying to communicate to you. Even if you don't agree, even if you think it's absolute, utter B.S., just acknowledge it, so the ego will relax and hear what **you** have to say, and then only communicate Love.

Communicate Only Love

So, I said, "You know what, Dad? I felt really triggered last night. I'm sorry. I didn't see it coming. It wasn't what I intended. Not at all. And so, I thought the best thing for me was just keep quiet, make sure the dinner's nice. Everybody was talking and chatting. Nobody needed my conversation. I had a class to prepare for."

I said, "But I understand. Here's the thing I'd like to ask of you, Dad. In the future, if you ever see that I'm struggling, and I'm triggered, just come to me, put your arms around me, put your hand on my hand, my shoulder, and just say, 'I see you're challenged. How can I help you? What can I do?' Offer to help me, rather than resent me. That would be great."

He got it, in that moment. We didn't have to have any more conversation, because **right there**, my not making him wrong, he felt my Love. That was

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the thing that was upsetting him from the night before. He was questioning, did I really Love him? Was I disrespecting him? But as soon as he saw, “Oh, I really love you. You’re listening to me,” then he relaxed, and then we had a wonderful, deep, healing conversation, and our relationship really improved.

I had a similar conversation with a boyfriend one time. I had gotten upset with what was happening. I got upset, and his instinct was to back away. And I said, “Don’t do that. Come closer. Come closer, and say, ‘I see you’re upset. How can I help you?’ Don’t try to get out of my way so you don’t get hurt. Come closer and ask if you can help me. And I probably--” This was a while ago, years ago, in fact, more than a decade ago, but I said, “I’ll probably push you away. I’ll probably say, ‘No! I don’t need your help! I don’t want your help! Get away from me!’ But don’t you go! Come closer. **Insist** on saying something like, ‘I’m not going anywhere. I’m going to stand right here until you give me something I can do to help you. Or, you just need to know, I’m not going anywhere. I’m right here.’”

It’s our listening to our heart and loving ourselves. We can give people clues of how to improve our relationships. It really comes from the commitment to **being** the Love of your life, rather than managing and coping. So much managing and coping, and it’s -- oh! The older you get, the more you manage and cope it. It is **distressing!** It is discouraging! It is disheartening!

*Being empowered comes
from loving ourselves
by really caring about our
own feelings,
and not fanning the
flames of the upsets.*

Being empowered comes from loving **ourselves** by really caring about our own feelings, and not fanning the flames of the upsets. Oh, boy! I could go another hour, **easy**, on this topic! Maybe we will! We’ll see what Spirit has for us next week.

It’s time for us to pray. Next week I’ll be getting ready to go to San Francisco.

Oh! I have a treat for you! Jon Mundy and I, we’re going to do some things together, so stay tuned! Good things are happening!

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Closing Prayer

We take a breath of Love and gratitude. So deeply grateful and thankful for the Love of God shining in our heart, in our mind. We give thanks for every opportunity to Partner UP with the Higher Holy Spirit Self and to answer the cry for Love.

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

Thank you to everyone who sends a donation and contributes to this radio show. You are a blessing that goes all over the world! Mwah! God bless you! Have a great week!