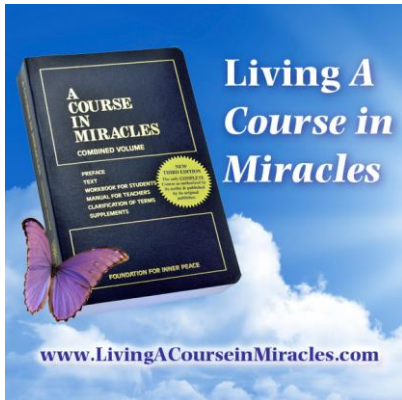


February 21, 2017



Relationship Clarity



 *Jennifer Hadley*
your daily shot of spiritual espresso

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February 21, 2017

Relationship Clarity

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.

Hey, there! Thanks for joining me today. I'm so grateful. Oh, yes! Today our topic is "Relationship Clarity". Yes! Let us receive the Clarity we desire, putting our focus and attention on that.

Let us begin with a prayer and a blessing as we always do. I'm Jennifer Hadley, and I love to pray, because I know it's a **powerful** tool. It is the most powerful tool I have. It helps me to connect. It **is** my connection with the Higher Holy Spirit Self and it is a tool to surrender, to purify and clarify my mind, to "take out the trash," as I say, and to join with all beings, to give thanks that so much is accomplished in each prayer and blessing. This is why, for me, prayer is such a powerful tool.

In fact, I'll just mention before I pray that I recently wrote a three-blog series. For some reason, that makes me think of "Three Dog Night". Three-blog series. It was all about politics and spirituality. You may have seen that. Many people found it helpful. Someone had asked me about spiritual activism, and I would say the primary tool **I** have as a spiritual activist is prayer.

Opening Prayer

Let's place our hand on her heart and Partner UP with the Higher Holy Spirit Self. It's this beautiful way, this attunement, to the Higher Holy Spirit Self. We give thanks. We give thanks that we **can**, and we **do**, open our heart, we open our mind, to the Higher Holy Spirit Self leading us and guiding us.

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We are willing to do as it is suggested in *A Course in Miracles* to begin with saying, “*You decide for me*” to the Holy Spirit.

We are grateful and thankful to call upon the Company of Heaven, the angels, Jesus and all that is holy to walk with us, and talk with us. We dedicate our time together, whether listening live or later. We dedicate our time together to **being** the Love, to walking the talk, and living the Love, to the very best of our ability, and through forgiving ourselves and others when we fall down on the job. We are grateful and thankful to lift ourselves with Love and compassion.

We're giving up the habits of playing small, of looking for lack, limitation, by choosing thoughts of criticism, attack, and separation.

We are grateful and thankful to reclaim pure connection with our true identity. The Oneness, the Wholeness, is ours.

In gratitude, we share the benefits with all beings because we're One with them. In gratitude, we open ourselves to relationship Clarity, to the Wisdom and the Freedom that we're calling forth.

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

ACIM App & Radio Show Archive

Once again, as promised, I'm taking questions. That's what I'm doing all this month, questions on relationship for the whole month of February. Usually, in February, I dedicate all the episodes to relationship, and of course, I come back to relationship all throughout the year.

In the archives, **many** relationship episodes of this broadcast. I believe this is the 276th episode. You can imagine we've covered relationship quite a bit. I never tire of it. I encourage you to search the archive.

Also, it's so easy to do on a smartphone or a tablet to sign up for the podcast either at Stitcher, if you're on an Android or at iTunes, if you're on Apple device. Then you can get free downloads of every episode, and you can easily search in the podcast apps that most devices have. Stitcher has an app. Apple has a podcast app. The podcast app, I know, works on the iPads. I'm not clear about other devices, but I bet you Stitcher's app works on those.

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And, just while I'm talking about those podcast options, if you listen to the show on a regular basis and you **value** it, will you please go to Stitcher or to iTunes and write a review? For Stitcher, for iTunes, those are the only things that really determine the rankings of whether or not the show is actually even seen by people who are looking for *A Course in Miracles* options, is your reviews. So, your reviews mean a lot.

Alright! Let us dive right in here. I say thanks to all those who write reviews.

Diving in here to our topic of "Relationship Clarity". And, because I'm taking live questions on the phone, and I'm taking questions online, written-in questions, I got a few people who have written in questions. I posted it on the blog today at JenniferHadley.com my [Daily Shot of Spiritual Espresso](#), the link to either call in, listen in or type in a question. You can go there and submit your question, live, right here, right now. **Live!**

And, we'll do the same thing again next week. It'll be in a different link next week, but you can look forward to that. I send the blog out in the wee hours -- in the wee hours -- of Tuesday, so you can look for that, to ask me a question.

There Are No Private Thoughts

Alrighty! We've got Barbara writing in here. She says,

"Hi, Jennifer."

Not Barbara, Bernadette. Golly gee! Bernadette.

"Hi, Jennifer,

"I would so love to have more Clarity in all my relationships, especially romantic ones. I so often seem to lose my sense of myself, who I am and what I want. I get into pleasing mode trying to meet the needs of the other, wanting their approval and fearing their rejection. I would love to have more clear loving relationships."

And you shall, Bernadette.

One of the wonderful teachings in *A Course in Miracles* is that there are no private thoughts. How is it that there are no private thoughts? It's because we all share the same mind. One of the illusions and delusions

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of separation is this idea that we **can** have private thoughts, or the private thoughts are somehow **valuable**.

I know a lot about private thoughts, and one of the things that **cured** me of **desiring** to have private thoughts was I made the decision -- *A Course in Miracles* is very big on making decisions for our healing -- I made the decision that I would like to live as though my precious nephews and niece were always watching, my precious goddaughter and her little sister, that they're **always** watching me, observing every choice that I make, that every person who's in one of my classes is always watching, they're observing, because we're mentally connected in the mind.

And so, **if** I'm considering doing something that I wouldn't want anyone else to see, that I feel ashamed of, it's for **me** to hand it over to the Holy Spirit. And what am I handing over? I'm handing over the **shame** that I feel that I'd like to do something in secret and have nobody know about it. I am handing over the desire to do something that I think is **less** than loving, that is not a high choice.

*The doing of something
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the thought, or even
feeling the feeling,
and fanning the flames
of the upset feelings.*

The **doing** of something is the same as thinking the thought, or even feeling the feeling, and fanning the flames of the upset feelings.

Let me break this down a little bit further here. You know, that was a real turn for me. I just started to say, "Okay, if I think this thought now, is this the thought I'd like to share with everyone? Is this the thought I'd like everyone in my life to know that I'm choosing to think? Saying these words, taking these actions, whatever it might be. Making this choice. Would I like everyone to know that this is what I'm choosing?

Or, would I feel like, 'Hmm. I'd rather keep that a secret. I'd rather have that be private.'? If I **would** like it to be private, let me hand it over."

It's interesting what a shift it made for me. It was **so** pervasive, because I started to realize how I was making little choices that I didn't feel good about, and I felt ashamed about. The thought that I wouldn't wish for everyone to know about it became a stopper for me when I was really

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willing to accept the fact that, “Hey! It's an **illusion** that we have separate minds, and that our minds are not connected. So, since there are **no** private thoughts, I'm going to stop pretending that there **are**.” That was a **great** release of separation for me.

Let Go of Manipulation & Control

In our relationships, there are many times when many people do, say, or choose things that are a way of manipulating and controlling other people. So many little ways that we try to **get** people to do the things that we'd like them to do, or **not** do the things that we **don't** like them to do. These are all very sometimes overt, and sometimes covert, subtle ways that we attempt to manipulate people.

If you're feeling that you bend yourself to people please, it's a form of manipulation. It's a very **intense** form of manipulation, and it really means that you believe, on some level, that you are not lovable **unless** you are presenting a false self, that you, being you -- saying what you have to say, wearing what you have to wear, what you choose to wear, looking how you look, how your body is, how your life is, your career is, your home is, your health is -- that we have all these thoughts that these things are not lovable and, therefore, we make the assumption that other people won't love them either, so we will hide them, right? Pretend that they're not part of our experience, so that other people won't find us unlovable, because we make that assumption that this makes them unlovable.

*If you're feeling that you
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manipulation.*

But, you know, I have to say I've seen many, many, many people who love someone very much in their life who is going through a difficult time. Might be their health. Maybe in their health, they're completely incapacitated.

I certainly saw that in my mother. Many people have raised children where they're cleaning up the vomit, and the messes that the human bodies can make at times. When it's child, for some people that's more

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acceptable. When it's an adult, it's less acceptable. Adult bodies shouldn't **have** these issues, these problems.

Just to make it plain, we have all kinds of things that happen with our bodies all around our sexuality, and things can be very messy, they can be -- you know, all kinds of things can happen, right? You can be sleeping with someone, you got diarrhea in the bed at night, you're not expecting it. It becomes a mess. Right? All kinds of things happen.

If our relationship is highly conditional, if it's a special relationship, those things can really be a deal breaker.

I remember seeing a video by Sarah -- oh, the comedian, she was in *Trainwreck*. Amy Schumer. She's a bit vulgar, quite a bit vulgar actually. She also keeps it real, sometimes, and she was saying on -- I saw her interviewed on some chat show, where she said she had been in a relationship, with a man she really cared about, for about six months, and they went for a romantic long weekend in Paris, and they both got very sick. They got vomiting and diarrhea. They both did.

She said that the sounds that her body was making in the bathroom, she just knew that her boyfriend, being able to hear them and seeing her experience of this -- even though he was having the **same** experience, that she thought, "This will be a deal breaker for him. He will not be able to recover from having seen me like this."

Of course, that wasn't true, because he actually cares about her, and when you really care about someone, that stuff is inconsequential. It just is.

But here's one of the things that happens for many people, is they don't have unconditional Love for **themselves**, so they're people pleasing themselves. They're trying to fit some standard of lovability that they're falling short of all the time, so they assume that because **they** don't love themselves, no one else can really love them if they know who they **really** are. This is a **big** challenge for **most** people.

I remember how I used to bend the perceptions about me, and the way I would present myself, and feeling that I needed to hide certain things, and pretend certain things were happening when they weren't happening. All kinds of stuff, because I needed to pretend I was more loving, more spiritual, more kind, more thoughtful than, perhaps, I

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really was and I needed to present a false self because I did not love my true self. I thought that my true self was the ego self. Okay?

As I became **willing** to say, “Okay, there are no private thoughts, so I’m just going to stop operating as though there are.” That gave me a tremendous amount of relationship Clarity, because I **really** began to love myself at a much more fundamental level. I started to discover, for realies, that I am fundamentally good. Whereas before, I **really** suspected and **believed** that I was fundamentally bad.

Through my willingness to love myself exactly as I was -- however I felt, whatever I was thinking, whatever I was doing to love myself, and stop judging myself -- then, I began to shift of **out** all a lot of the habits and activities that I thought were so bad and wrong.

Be Your Authentic Self

For my whole adult life, I engaged in self-medication. When I was in college I was bulimic. I was binge eater, and I would, from time to time in my 20s, go back to being bulimic for short periods of time. I did all kinds of things to try and make myself **feel** better. I tried different kinds of drugs. I tried working out in a way that was actually punishing at times. I really was trying to manage, control and manipulate my body and my life, so that **I** would feel I was worthy of Love.

I had a lot of thoughts like, “I can't be happy until this happens.” “I won't be lovable until this changes.” I **so** believed those thoughts, and then because **I** believed them, I figured everybody else believed them, and so I was not being my authentic self.

People think that their authentic self is when they say what they're thinking all the time. But that's not authenticity.

Now, another thing that creates relationship confusion is about **authenticity**. People think that their authentic self is when they say what they're thinking all the time. But that's **not** authenticity. I've talked about this before. People are afraid to be authentic because they think that that will mean it's complaining when they feel like complaining, attacking when they feel like attacking, criticizing when

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they feel like criticizing, being sarcastic, and just letting fly with everything that they think. But that's in **no** way remotely authenticity, because all that stuff is of the ego, which is completely **inauthentic**.

What authenticity is, is when we love ourselves enough to just be ourselves. Just **be** how we are, unapologetically, and that we are accepting and have compassion for ourselves.

For me, that was the **main** thing that changed in my life, was developing that sense of compassion for myself, and stopping trying to manipulate, manage, and control myself.

And you know, it was even just a few years ago, that I was still **really** realizing how much I was making choices that were all about the ego, from the ego, what I should or shouldn't do. Right? Thinking things, just so many kinds of ego thoughts. All of that is confusing, and its **lack** of Clarity.

*What I desire is to be
wholly loving,
completely loving, all
the time.*

You're saying that you often seem to lose the sense of yourself, who you are, and you say, "what I want" and that you go into people-pleasing.

For me, what's been helpful is to give up wanting **anything**, and to move into my heart, and begin to really tune in into the deep **desire** of my heart. "What is it that I truly would like? What is it truly desire?"

When I began to do that, I truly felt, "What **I** desire is to be wholly loving, completely loving, all the time. To really truly be compassionate with myself and with others. The deep desire of my heart is to be patient, and kind, and generous, no matter what. The deep desire of my heart is to be in tune with the Infinite at all times, always making loving choices. The deep desire of my heart is to be Joy-full and to live from the overflow of Joy, and Wholeness, and Freedom, and Beauty, and Prosperity, and Wisdom, and Clarity, Harmony, Abundance. That's the deep desire of my heart."

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Whereas before, when I was a people pleaser and thinking that there were things wrong with me, the things I **wanted** were more money, what I thought was the perfect body, the perfect mate. All of these things I **wanted**.

Now, I'd love to have that the perfect partner for me. Absolutely! I'd love to be in a powerful, beautiful, romantic, spiritual, sensual partnership. I'm not right now, and that **is** a deep desire of my heart, to meet that man, and be in that relationship.

But I don't feel that something is lacking **in me** because I don't have it right now. **And**, I do not wish to move into a place of thinking that somehow my life, my way of living, needs to be different in order for **me** to be lovable, because that's insane.

What I was saying before is, that when we love each other, truly love each other, whatever the circumstances are -- physical illness, even physical limitations -- none of that means anything.

There's a beautiful, beautiful movie that Helen Hunt directed called *The Sessions*. It's about a man who was paralyzed from the neck down. He was interested in having -- was he paralyzed? I'm trying to remember now the exact details. I saw the movie so long ago. But he hires Helen Hunt's character to teach him about sex and sexuality, because he's been incapacitated for so long, or much of his life. He doesn't know anything. He hasn't had any sexual partners, and he'd like to explore that aspect of this life.

So, he hires her. She's a therapist, and she helps him in the most beautiful way, and then he goes on to fall in love and get married, even though he is unable to walk or use his arms.

You see, we can have this **tremendous** experience of great Love when we can get out of the ego thought system. How do we do that? It's through our **willingness**. That's **all** that's required, and that's the very most that we can do, is **be truly willing**.

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So, if you'd **really** like to have a relationship Clarity, Bernadette, giving **up** people pleasing, giving up thinking you can have private thoughts, or that there's any value to controlling or manipulating, or in any way trying to manage other people and their perceptions of you. Giving up all of that, which is very intense addiction for many people, is the way to go. How do you do it? Again, just be willing. Give it all to the Holy Spirit.

Speaking of giving it to the Holy Spirit, I am going to give over here. It's time for me to take a break.

One thing that can really help as I'm going to break, I have a free [How to Get Over It](#) forgiveness workshop on the homepage of [JenniferHadley.com](#). Forgiving **ourselves** is one of the number one things that helps us have relationship Clarity. **Forgiving ourselves**. I encourage you to go and get the [How to Get Over It](#) forgiveness workshop, for free, on the homepage of [JenniferHadley.com](#).

I **am** Jennifer Hadley, and you are listening to *A Course in Miracles* 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*.

Mirroring - Seeing Ourselves in Others

Alright! Welcome back. I'm Jennifer Hadley. We're talking about "Relationship Clarity". Talking about relationships all month this month. It's a favorite topic of *A Course in Miracles*. *A Course in Miracles* tells us that the way **out** of all our suffering is through our holy relationships. I've done a number of episodes on relationships, talked about holy relationships in detail, and special relationships.

Today, we're talking about "Relationship Clarity" and we have Narjus -- not sure exactly how to pronounce that. Hope that works -- who writes in. First, she says,

"Hello, beauty Jenny,

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“Thank you, first of all. Thank you for being so amazing and answering my question.

“I always meet, most of the time, men with whom I don't have an intellectual connection. This makes me feel sad and lonely most of the time. I feel the men I meet don't have my same knowledge and vision of life, and I struggle to be with them, because I feel they don't understand me, and they find me boring and heavy.

“On the other hand, I find myself to be this woman who fights to show all the world that my intelligence is worthy of respect, because I come from masculine --” or not sure what word this is “...culture. I always felt a lack of recognition in me.

*“I'm wondering now. It seems like I see **that** part of me, the one who values intelligence and feels insecure about intelligence, **that** part of me, in the men I date, and they are not intelligent and not understanding.*

“How do you think I can break this cycle, and finally accept myself fully, and can bring into my life an intelligent loving man in my life? I know my question is very complex. Feel free to summarize it.

Thank you, thank you, thank you. Lots of love from England.”

Alright! First of all, there's definitely something that's going on, because this is what I was talking about in *Masterful Living* class yesterday. It's been on my mind for days now. It keeps coming up, so it must be some collective consciousness activity for me to share with people. That is really it's about mirroring.

What is mirroring? This is great to get Clarity. Many times, people are confused about what is it, what is mirroring? When we talk about it in spiritual circles.

A Course in Miracles talks about projection, and it talks about the cry for Love. For instance, you seem to be aware, Narjus, that you're seeing in the men you're dating is, you're seeing the projection. You're seeing the reflection that is the projection.

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For instance, **you** have a belief that your intelligence is somehow not worthy of respect, and so you have had to fight to **prove** your worth, your intelligence. Now, you're meeting men that you feel are **not** that intelligent, or not as intelligent as you, and so they are not understanding you, feeling connected with you, feeling that energy of connection with you. You feel like they're on a different wavelength than you are, you're on the different wavelength than they are.

When we see something in the world that **bothers** us, what's going on is, it's a reflection of something we believe. Because the only thing that ever, ever, ever, **ever** can upset us is something **we** believe. We **think** we're upset by things in the world. We **think** we're upset by what's happening. We **think** we're upset by what others are doing, and what they're saying, and what they're thinking. But actually, we're **only** ever upset because of what **we** believe, and what **we** think, and the tendency is to blame **others** for our upset.

One of the most expedient paths of awakening and Clarity, one of the **fastest** paths, is to take **total** responsibility for everything we see, and that is a core tenant of *A Course in Miracles*. It's one of the most basic **fundamental** teachings of *A Course in Miracles*, is that we must recognize that what we **see** is a projection of our own mind, and if it bothers us, it's a projection of something that we don't like, that we have an opinion or a judgment about.

What I'm hearing is, that **you** have some opinion and some judgment about intelligence, Wisdom, mental capacity. That **you** have been feeling judged, **you've** been feeling you need to fight to prove yourself.

Well, in my experience, in my own life, **if** I feel **confident** in myself, I don't fight to **prove** it to anyone, ever, because I feel confident. What difference does it make what other people think? It's only been when I felt insecure that I felt a **need** to fight or prove it to someone else. When I **didn't** believe it, when I felt insecure about it.

Love is Not Conditional

What I sense is going on with you is that **you** feel insecure. You're judging your **own** intelligence, your capacity, your genius, your brilliance, your gifts and talents, your worthiness, and so you're projecting it out onto the world and seeing it in the men you're dating,

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because they're showing up like angels, offering you an opportunity to choose unconditional Love instead of conditional acceptance.

What I'm hearing is that **if** these men were more wise, more intelligent, more learned, and more interested in **having** that kind of intellectual connection with you, you would value them **more**. You would be more interested in them, you would like them more. That's **totally** and completely **conditional** relationship.

I would imagine that you actually do not **wish** to have conditional relationships, because conditional relationships are just the wrong experience of special relationship. All special relationships are conditional. All holy relationships are **unconditional**. Love **cannot** be conditional. If you'd like to have Love, it only comes in that one flavor, unconditional, because that's the very nature.

I love what Shakespeare wrote about love.

"Love is not love

Which alters when it alteration finds,

Or bends with the remover to remove:

it is an ever-fixed mark,

That looks on tempests, and is never shaken;"

*All special relationships
are conditional.*

*All holy relationships
are unconditional.*

*Love cannot be
conditional.*

Love is not Love if it shifts and changes when you find out things about them. The idea that our loving relationships, our intimate relationships, would be **conditional** is such a basic ego thought system, and it keeps us in our head, in our intellect, rather than in our heart.

Now, here's the thing. Loving people wholeheartedly and unconditionally, to the ego, it's the **ultimate** vulnerability. It's the ultimate vulnerability to love unconditionally, which is why the ego is **incapable** of it.

To me, the thing is to give it all to the Holy Spirit and say, "I'm willing to love without condition. To really love. I'm willing to love wholeheartedly, without conditions, and hold nothing back. And, I'm willing to find out just how strong that makes me, that there is a great strength in the loving without conditions."

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First, you start with **yourself**, loving yourself **without** conditions, and everything else will be healed. **Truly**, everything else will be healed when we love ourselves unconditionally. Just start to really listen to the dialogue you have about yourself, and how you're trying to improve yourself. Right?

One of the big issues for many people is that they believe that they **can** be improved, that they **should** be improved, that there's something wrong, bad or lacking, so we go on these tangents of self-improvement.

Masterful Living Retreat and ACIM Easter Conference

Now, what's coming up for me is, in the next month, in March, March 16th to the 19th, I'm offering a weekend retreat. It's a long weekend, three nights, four days in the New York area, in Garrison, New York at a beautiful retreat center there.

I'm calling it the *Masterful Living* Retreat. This is part of what we're going to **really** focus on is **Self-Love**, taking out the trash, clearing the mental clutter, the people pleasing, all of these thoughts, habits and patterns, that keep us from being available for pure, perfect Love, which is **always** unconditional. It's going to be the last weekend before Spring starts. I invite you to come and join us.

Also, while I'm mentioning events, I am speaking at the *A Course in Miracles* Easter Retreat, Easter weekend in Utah, with James Twyman and David Hoffmeister, Lisa Natoli, a bunch of other friends. Reverend Tony. A whole bunch of us are going to be there in Utah. It's going to be a great weekend in the conference. I encourage you to check that out in Utah.

As always, with any of these events, if you feel called, you'll know it. Follow your intuition, and you'll be grateful. With my retreats, we have payment plans. We can offer you payment plans to anybody who's really interested in doing to deep work.

Retreats are different than a conference. A conference you get to have the option to listen to all the different speakers and connect with lots of people. On the retreat, we have a lot of fun, but we also do a lot of deep work, a lot of clearing and taking out the trash, as I say. Clearing the clutter, mental clutter and emotional clutter.

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Two very different kinds of weekends. One is in April, one is in March. Check out all the details at the Events page at the JenniferHadley.com.

Letting Spirit Guide Our Relationships

Alright! I'm going to take a sip of my spiritual espresso here. I've got a question here from Michelle, who writes,

"Hi Jennifer,

"I love your show and your insights.

"I've been having a relationship difficulty with a man I've been dating. He likes to run off after we have difficult conversations about our relationship.

"He texted me and said he loves me. He said he was going into seclusion to learn more about himself. I've not contacted him, since he has told me he would be in seclusion. He has done this more than once throughout the relationship. Usually, I contact him.

"This time, I decided to leave him alone until he decides to come forward. I don't think this back and forth is healthy. What would the Course say about this?"

Oh, that's such a good question, Michelle!

Well, the *Course* would say don't **judge** it, and don't try to control it or manipulate it. One thing is, I hear -- I can feel and understand how, to the ego, this is totally unacceptable. Totally! Because, the ego doesn't have a relationship with the heart. It really only has a relationship with the head. The ego likes to make decisions like, "I'm not going to contact him. I'm going to wait for him to contact me."

I would say, just give that thought up to the Holy Spirit, and say, "Holy Spirit, **you** decide for me. **You** lead me. **You** guide me."

The other thing is to know, absolutely, that — and this is **my** saying. This is not from the *Course*. I've had this saying for a couple of decades, and I say -- "What's mine is mine and ever shall it be so." So, it's not **possible** for my sweetheart to be in a relationship with somebody else. My sweetheart is in a relationship with me. I don't have to wonder anything about that.

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It's also about **not** being possessive. Again, in my old practice of spirituality, I said "What is mine is mine and ever shall it be so." As I moved into a greater awareness of the Oneness of all life, I realized that only Love is **real**, and that our loving relationships are **eternal**. **Because we** are eternal, our relationships are eternal, and what is **real** does not pass away with time, space, distance.

What I imagine, Michelle, is that, like the other people who have written in questions today, **you** would like to have a **real** relationship, a holy relationship.

What I would do, in your circumstance -- and what I would do in **any** relationship circumstance, and have done, and do practice -- is to give the relationship to the Holy Spirit and say, "Holy Spirit, **you** guide us. **You** direct us. You let me know. If there's something for me to say, something for me to do, You let me know."

It really comes from that beautiful prayer on Page 28, I call it the "Purpose Prayer" because it tells us, right before the prayer, this is how you live your **purpose**. You say, "I am here only to be truly helpful, and the One Who sent me will direct me, will tell me where to go, what to say, what to do, and on this I can **depend** and I **never** worry, so I'm just going to follow that guidance."

Guidance Versus Ego

This is the trick for many people is, **are** they willing to follow the guidance they get? Are they willing to **trust** it?

How do you know it's guidance versus ego? Guidance is a still, small, Voice. It's highly repetitive. It doesn't say, "You better **not** do this. Don't you **dare** contact him while he's on his sabbatical or finding himself! Don't you **dare** contact him!" That's what the ego would say. Or the ego might say, "You **better** contact him, or he'll forget all about you!"

But the truth of the matter is, you're in a relationship of the heart **forever**, and if **you** are interested in being in a completely committed, unconditional relationship, wouldn't you like your partner to find that in **his** heart, and bring it to **you** to share with you, versus thinking that "If he does this, he **doesn't** love me. If he does that, he **does** love me.

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All that stuff, it's **all** conditional, and I'm really interested in letting go of **all** that conditional stuff in relationships."

A lot of people say things that they don't actually **mean**, and a lot of people do things out of fear.

Love Unconditionally

To me, it's not paying any attention to a lot of that, but really paying attention to my **own** heart. How am **I** being in this relationship? Am **I** being conditional? Because if **I'm** being conditional in my loving, in my acceptance, then I'm going to see that reflected back to me.

Now, many times I've been in a relationship with somebody who -- like for instance, I have some people in my life that I'm very close to, that are **very** dear to me, that get offended by me. Like, I might say, "Right now is not a good time for me. I can't talk right now," and they go right to "Okay. Well, I'm sorry I bothered you," and then hang up. Then I'm thinking, "Okay, that doesn't have to do anything with me. That's a cry for Love."

*If I'm being conditional
in my loving,
in my acceptance,
then I'm going to see
that reflected
back to me.*

Then, I can call them back, message them, whatever Spirit guides me to in that moment, and say "It felt like you got her feelings hurt. I'm really sorry about that. I was on a conference call, and I saw it was you. I love you so much. I just wanted to let you know I can't talk right now. But hey! Can you talk at 2 p. m. tomorrow? That would be a good time for me. I'm thinking that, maybe in that moment, you were feeling vulnerable, and you got hurt by what I said. But just know that I love you, and you're so important to me. I like to be able to talk with you later."

To not say, "Well, screw them!" You know? "I'm tired of that stuff, having to deal with that stuff!"

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A lot of times when I talk with adults who are in relationships of all kinds with other adults who are behaving in ways that show they've been hurt, and they haven't healed, the tendency for many is to say, "You know, I can't tolerate that! I've got to get that out of my life!"

And I say, "Well, what if they were your **child**? What if you were related to them? Would you just say, 'I am never going to speak to them again! I'm done with them! I don't like -- I can't handle that behavior!' Or, would you be able to have the capacity to open your heart?"

Like children, they'll have tantrums and say, 'I hate you! I hate you!' because you don't want to give them candy. But, there's no **hatred** there. They're just looking for some way to attack because they feel **hurt**, and this is how they learn, hey, they don't have to do that. They can say, "I don't like --" but they don't have to attack. Right? We **teach** them.

But if we say, "Fine! You hate me, I hate you back!" You know, or we attack back, well then, we're just mirroring it back to them.

This is **our** big learning curve.

What I invite you to do, my dear, is to go deeply into your heart and really **allow** yourself to feel the deep desire of your heart about relationship, whether it's with this man or not, and give it all to the Holy Spirit and say, "I'd **like** to have this kind of relationship, and I would like to love without conditions." Then, allow the Holy Spirit to make it so.

ACIM App

Oh, my gosh! The hour goes by so fast! It's time for me to wrap it up here. Whew!

I'll be taking questions next week. Watch the blog next Tuesday to send in another question.

I told you about the retreats, and the Conference in Utah Easter weekend with James Twyman and all the other peeps out there.

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I'd like to let you know that we are updating the *A Course in Miracles* app with an Android version. You've been asking for it for years, we're making it! We still need some Android testers. You can go to ACIMapp.com.

We are also updating the Mac version, the Apple version. If you'd like to test that, you can also go to ACIMapp.com You'll see you can write to us there, and we will help you get the test version, so you can help us. Yay! Thank you!

If you **like** the app, if you've been using it and you like *A Course in Miracles* app --which has deluxe features, it's called [A Course in Miracles Complete with Deluxe Features](#). It's totally free at iTunes. And soon, we'll have it available for the Android, as soon as we finish that testing - - then, would you please **write** a review at iTunes? We really need some review writers there. It will help so much.

And, it's free! **Hello!** It's free! It **does** require internet for use, because otherwise it would take a **long** time to load, because it gives you all three books -- the *Text*, the *Workbook*, and the *Manual for Teachers*. It's a **great** resource. You can set reminders. It's really a wonderful thing. We'd like to invite everyone to come and use it for free and share it with friends.

Alright! Remember that this radio show is a listener-sponsored radio, and we're transcribing the radio shows. You can write to Admin@JenniferHadley.com if you have a particular episode you'd like us to transcribe. Just let us know, we'll put it at the top of the list.

Lots of resources for you at LivingACourseinMiracles.com and JenniferHadley.com. Your contributions, your donations, your tithes and offerings are what make all these free things **possible**. So, thank you, thank you, thank you to all those who have contributed!

Closing Prayer

We are going to say a blessing and a prayer here and bless all of our relationships. We're calling forth relationship Clarity in our heart, in our minds.

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We place our hand on our heart and we say “Yes!” to the Holy Spirit leading us and guiding us, deciding for us.

We are willing to live a life of pure Love without conditions. We're grateful to raise our vibration so that we can see, and feel, and hear, and know, more clearly, what Love is and live a life of profound Love.

We're sharing the benefits of our awakening, our healing with everyone, because we're One with them.

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

God bless you! I love you! Have an amazing rest of your week! Mwah!

Thank you for tuning in to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Join us every Tuesday morning at 10 a.m. Central for more tools and insights into how to express your beliefs from moment to moment, every day, in every way. *A Course in Miracles: Living the Love, Walking the Talk* only on Unity Online Radio, the voice of an awakening world.

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While there, we invite you to visit Jennifer's blog, where you can join with the community of like-minded people, who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support as you come to walk your talk and live *A Course in Miracles* every day, in every way.