

October 11, 2016



# Compassionate Listening

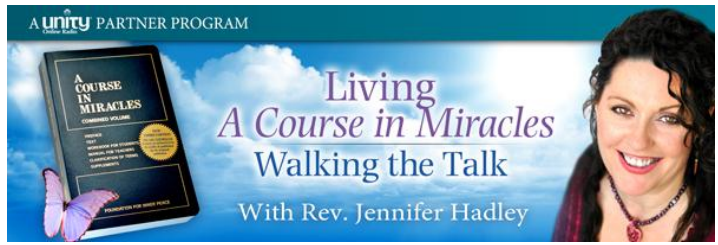


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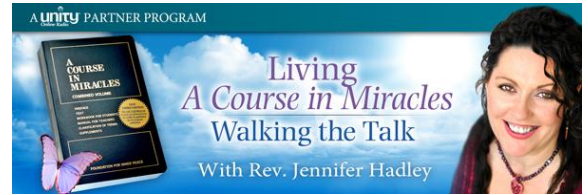
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**October 11, 2016**

## Compassionate Listening

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

Here is your host, Reverend Jennifer Hadley.

Jennifer        Hey there! So grateful, so grateful for this life experience that we're having. Life is so precious. I used to hate life, literally. "I hate this life," I used to say, and now I can honestly say, "I love it." It's an amazing adventure. I love it even when I don't like to so much. I still love it. I still feel grateful. Grateful for this precious gift of learning because I'm a learner. One of the things I say every day is. "Oh, there I go learning again. I'm learning again." It makes it light-hearted.

Well, I have a lot to share today and I am excited. I'm Jennifer Hadley and I'm excited about life. Let's begin with a prayer as we always do.

### *Opening Prayer*

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I invite you to place your hand on your heart, take a breath of Love and gratitude with me. So deeply grateful, so thankful that Love is all that there is, Love is all that we are. It's our true nature. It's our true identity. So grateful and so thankful to consciously set aside all belief in lack and limitation, all sense of regret and resentment. Letting go of all fear and giving it to the Higher Holy Spirit Self and Partnering UP with the Higher Holy Spirit Self to remember and recognize our true nature is perfect Wholeness, perfect Peace, true Wisdom, dynamic Love. We are the purity of Love. I AM the purity of Love.

We are grateful and thankful to claim an awareness of our true identity to stand in that awareness and to see the truth and nothing but the truth. We are grateful and thankful to allow the Holy Spirit to lead us and guide us, to decide for us. We are grateful and thankful to place our Trust and Faith in Love. We are releasing any and all deceptions, self-deception about what Love is.

We're opening our hearts and minds to be compassionate listeners, empathetic listeners. So grateful, so thankful to allow ourselves to have this healing and to have it right now. We don't have to wait. In Gratitude, we share the benefits with all. We let it be, and so it is. Amen. Amen, Amen. Amen.

### *Who Will Answer the Call?*

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Yes! Oh, my goodness!

So first, I have a big announcement to make, and I'm excited about it. We are doing the next *Living A Course in Miracles* class. Yes, we're doing a fall class. We had a different topic last fall at the Power of Love Ministry. So I'm excited to share that we are doing *Living A Course in Miracles* again. It's a beautiful class series. We've got 11 classes, similar to what we had in the summertime.

We've got five teachers. So joining me are some teachers. I've done classes with all of them before. I love each one of these beautiful people. We have Colin Tipping, the author of *Radical Forgiveness*. We have Alan Cohen, *A Course in Miracles Made Easy* and many other books. Of course, Colin's written many books, too. David Fishman, the host and leader of ACIM Gather. A beautiful teacher and writer as well. We have the fabulous, ever present James Twyman, Jimmy Twyman.

They are all beautiful teachers. We've got a beautiful series lined up for you. I love the topic that Spirit gave for this series which is, "Time to Rise and Shine: Taking Spiritual Action."

"Time to Rise and Shine: Taking Spiritual Action."

*A Course in Miracles* students know that, for us, taking spiritual action is an inside job, that we're taking action by purifying our heart and mind of all misperceptions and false beliefs, and that allows us to be a loving dynamic

healing, truly helpful presence in this world. So we're grateful to offer these series of classes.

With the election, and people experiencing the floods and the hurricanes and the terrorism, many challenges in this world right now, being able to rise and shine is what we're being called to. We're being called to that. In the *Course*, Spirit says, or Jesus says, that many are called—actually in *A Course in Miracles* what Jesus says is that, “Many are called but few are chosen,” should be, “All are called but few choose to listen.”

All are called, not just a few. All are chosen, not just few. But will we choose to listen? Will we choose to answer the call? Many of us are reluctant to answer the call. Many of us are reluctant to listen, why? Because we feel unworthy. But we're not unworthy. We are the living, loving presence of God. How can we possibly be unworthy of being ourselves? It doesn't even make sense. But to the ego it makes sense. So we are shifting this identification from ego identification to Spirit identification.

### *Ways to Answer the Call*

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One of the ways that we can develop a skill that helps us is compassionate listening or empathetic listening. But we have to understand what that really means in *A Course in Miracles* terms. *A Course in Miracles* doesn't have much to say about compassion. For me, compassion is loving understanding without empathy as we have come to know it. Most people, when they think of empathy, they think of, “I feel your feelings. I feel you. I feel you, man. I feel you. I feel your pain.”

Well, no one is benefited when more people feel their pain. When we have more people feeling their pain, what's—was I helpful? It's not even remotely helpful. This was something I had to learn when I started counselling people as I discovered I'm an empath, so I naturally, intuitively can feel other people's pain very easily. I realized through my experience as a new counsellor, that as a new spiritual counsellor when I first started out that I was using my intuition to feel other people's pain in order to discover what was going on with them in order to understand how to support them.

I was using my intuition, guided by my intellect. I was using my intuitive ability to empathize with other people and feel what they were feeling, but the intellect was doing the work, not Spirit. So when I realized what I was doing, and that it was not at all necessary to feel other people's pain in

order to understand that I could just be that open vessel and say, “Spirit, you guide me, you decide for me what to say, what to ask, when to say something and when not to say something. You guide me. You decide for me.”

Who am I asking when I’m asking Spirit to do that? I’m really asking what I call the Higher Holy Spirit Self, which is the Holy Spirit, which is the I AM presence, which is the Guardian Angel. They are all words—White Fire being, they are all words for the same thing. It’s our direct connection to the One Mind. So that I AM presence, that Holy Spirit, whatever you wish to call it, will always guide us. It’s always as I say live streaming all the time. Divine Wisdom, pure insight, clear guidance, the most loving highest and best choices are always available to us all the time 24/7, and it’s just do we choose to listen.

All are called. Let us choose to listen. We are One with Him who is our source. Let not my mind deny the thought of God today. I only think that thoughts I think with God. So this is our Divine impetus in this world, in our experience. Empathy, traditionally, we think of empathy as meaning, “to feel your pain.”

### *The Way of the Holy Spirit*

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Now, here’s what Jesus has to say in Chapter 16, right in the first section, “True Empathy,” is the name of it. Chapter 16 is entitled, “The Forgiveness of Illusions.”

It says, *“To empathize does not mean to join in suffering, for that is what you must refuse to understand.”*

So, “refusing to join in suffering.” Empathy is not joining in suffering. That is the ego’s interpretation of empathy, and it’s always used to form a special relationship in which the suffering is shared. So when we’re in that empathy of, “I feel your pain, I feel you,” we’re in that place of energizing a special relationship.

Now think about it, if we’re in this relationship with Jesus, remember He’s there with us all the time. This is what He tells us in *A Course in Miracles*, He’s always there for us all the time. He will never leave us. Amazing! We can’t even understand that from a human perspective. We can only

understand it from transcending time and space, eternal omnipresent, omnipotent, omni-active sensibility.

We just have to take it on faith that He is there with us all the time, always available to help us 24/7. And not to help us achieve the goals of the ego but to achieve our goals, which are the goals of Spirit because we are Spirit, we are not the ego. He is inviting us to have empathy with the Holy Spirit.

I did a radio show on this one time. I'm not sure, I have to look that up, but our way is to empathize with the Holy Spirit, so that instead of feeling other people's pain we're feeling the inspiration, the guidance, the pure perfection of Spirit.

*It says here, "The capacity to empathize is very useful to the Holy Spirit, provided you let the Holy Spirit use it His way. The Holy Spirit's way is very different. The Holy Spirit does not understand suffering, and would have you teach it is not understandable."*

*"Holy Spirit does not understand suffering, and would have you teach it is not understandable."*

So the very idea that teaching to empathize with people and their pain is not even understandable to the Holy Spirit, because it says:

*"He does not join in pain, understanding that healing pain is not accomplished by delusional attempts to enter into it, and lighten it by sharing the delusion."*

So pain is a delusion. We don't lighten people's pain by sharing it. We just increase it. So this is why I teach the way I teach it is that empathy/sympathy is looking down on someone, having pity for them. Empathy, the way ego understands it, is joining with people in their pain, and that's not helpful. Compassion is having loving understanding. We're understanding, and we have Love. Love is the healer. This is what Jesus is inviting us to do, to empathize with the Holy Spirit. And from that place, we can have compassion. We can have loving understanding without identification.

*It says, "The clearest proof that empathy as the ego uses it is destructive lies in the fact that it is applied only to certain types of problems and in certain people."*

So that's the thing, the ego is selective with who it has compassion for and empathy for. But if we think of being in empathy with the Holy Spirit, then we're going to be in empathy all the time for everyone, everywhere in all situations and all circumstances, and this will be empathizing with

Strength, with Wisdom, with Purity, with Beauty, with Truth, with Love, with Harmony, with Clarity. That's what we can empathize with and be a powerful, compassionate listener.

Being able to be that loving space without moving into the ego's idea of empathy, we're joining with our brothers and sisters, joining with the Holy Spirit but not joining in the delusions of lack, attack, limitation and separation, which are the causes of the suffering.

This is the deep spiritual practice, and it's something we all inherently know how to do. So we could think about we're learning how to do this and we're developing this skill, but actually it is innate in us because our mind is the One Mind. If the Holy Spirit knows how to do it, so do we. We have forgotten and we can remember.

### *Reclaiming Our Spiritual Skills*

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So I like to think of it that way, that we are developing a skill in a sense of that we're reclaiming that skill. You could look at it much the same way in that, let's say, you once knew how to ride a bike and you haven't ridden a bike in 50 years. You can relearn that skill. You know when I was a teenager, I used to ride my bike around my neighborhood and I could easily ride down the street, easily, without my hands on the wheel. Hands free. And I can steer the bike and take corners and do all kinds of things.

Would I jump on a bike now? I don't get on bikes very often anymore. Would I start riding without my hands? Not immediately. Would I start taking corners? Not immediately. But I could reclaim that skill. So we have all these spiritual skills. These are, "the everything," being added unto us. So, "*Seek first the kingdom,*" which is within, "*and all else will be added unto you.*"

It's all the remembrance of all the gifts and talents that are the gifts of God that are ours today. They are ours today. They are ours the day that we claim it, the moment that we claim it.

Let me take a sip of my tea here.

I'm in Virginia, I'm in my way to North Carolina. We've got our *Forgive and Be Free* retreat this weekend. Gosh! I just feel like it's perfect timing for us to do this retreat this weekend. We have a beautiful small group. It's going to be really lovely and intimate. Absolutely gorgeous in the Blue Ridge

Mountains and a beautiful retreat center, in Art of Living Retreat Center in Boone, North Carolina. The views are spectacular. The air is spectacular. I Love their food. They have an ayurvedic spa. Yummy-yum-yum-yum! So if you are interested in joining us—

*A Course in Miracles* tells us forgiveness is our function, so we are going to truly have a healing this weekend. I can feel it coming. We are going to really as I say, “Throw it down.” Throw down the gauntlet and go for it. So if you’re ready to roll up your spiritual sleeves and jump in at the last minute, you can do that. We could even help you probably with a payment plan. All the details are in the Events page at [Jenniferhadley.com](http://Jenniferhadley.com). We’re also going to be doing a retreat there at the end of the year, beginning of the year, *New Year’s Reboot*, so you can check that out as well.

### *Incompassionate Listening*

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Okeydokey. Compassionate listening.

I’d like to give you some examples of my own life, of how I have been learning to experience this first-hand, this compassionate listening. So I’ve talked about many times that I used to be so intensely critical and judgmental. I also have ways of being defensive because I felt so insecure, so unworthy of Love, so bad and wrong. By my very nature I’ve felt it. I really believed that my nature was wrong. Just wrong! Uncorrectable, unfixable. Damaged goods.

I didn’t know how or why I got there, but I used to believe it so strongly. It affected everything in my life, so I was extremely defensive and attacking and critical and judgmental, because I didn’t want anybody to get too close to me and see what a hot mess I was. I was not listening to people. I was listening for clues of how I could attack them, how I could judge them, how I could distance myself from them.

I just spent a week in my brother’s home, with my nephew, and my brother and sister-in-law. I had a lot of flashbacks of how I used to relate to them because—for instance, I’ll give you this. I remember years ago, maybe 27 years ago, I was talking with my brother. He and his wife had just bought a used car. They didn’t have much money and they had a young child. So they bought a used car, and I asked if the car had airbags. My brother said, “No, it doesn’t have airbags.” I was critical. I said, “Oh. Gosh, why didn’t you get a car with the airbags?”

Of course, my brother got angry with me. Why did he get angry with me? Because I was really attacking his judgment. Here he is, he's trying to do the very best he can for his family. They didn't have the money to get the car with the airbags, and it's something he doesn't care. I grew up in a car without airbags. So I was just looking to find fault with him. He felt it. He felt the attack. He got really, really angry with me. I can certainly understand why. I was intentionally finding fault with him. That's not compassionate listening. He didn't ask me what I thought. Why am I telling him what I think when he didn't even ask me?

I can tell you that I've had innumerable conversations with parents who have experienced anger from their children because their parents giving them advice about things no one asked them about. So many times, I have talked with so many parents and grandparents; Many, many grandparents that are telling their children—especially spiritual grandparents. Of course, those are the ones I talked to. They're telling their children, giving them advice about vaccines, and about organic food, and about sugar, and nutrition, and on and on and on, giving their children advice about how to raise their grandchildren.

The children get really annoyed, and pissed off, and angry, and hurt and resentful. Then the parents seem to say, "I don't understand why they are so mad at me." Well, every single one of those comments, you are making the assumption they don't know what they're doing and that they are in need of your help. It does take a village to raise any human being, any child. I would say it takes a village to raise a minister. I have a village. I depend on a large village every day to get through all the things that I'm doing. Believe me.

But it takes a village to raise anyone, and when people are just coming along and saying, "You didn't do this right. You didn't do that right. You didn't do this right. You didn't do that right." It becomes wearisome. Very, very wearisome, and it's painful. I'm painful. It's painful. Yeah. I just said, "I'm painful," because I'm relating to this experience of being as critical as the idea of trying to be helpful. It feels painful for everyone involved.

That's not compassionate listening because one of the things that—it takes a lot of spiritual people a long time to learn is that if people are not asking for our advice, they don't want it. They don't want it. And if people are giving advice to people who don't want it, it's disrespectful. It's condescending. It's judgmental.

“You need my advice because without it, you don’t know how to live your life well. You’re making mistakes without my advice.” It’s disrespectful. It’s not necessary.

The other thing is from *A Course in Miracles* perspective; it’s really making everything real. So this is the thing that helps us so much in terms of the healing of our mind is to really think about it in terms of every day in every way, empathizing with the Holy Spirit, empathizing with Jesus, empathizing with the knower Who knows instead of the ego.

*It says, “Yet of this you may be sure; if you will merely sit quietly by and let the Holy Spirit relate through you, you will empathize with strength, and will gain in strength and not in weakness.”*

Where does this strength comes from? It comes from being loving. It comes from being patient. It comes from being kind. That’s the only kind of strength that Jesus talks about. So we can do that in all of our relationships. We can identify with the Higher Holy Spirit Self and sit quietly by and let the Holy Spirit relate through us.

I understand there are times that you might think, “Oh, gosh! I’m so upset if my children feed that food to my grandchildren. I think it’s bad. I think it’s wrong.” What’s upsetting you is your thoughts, not the food. Because truly, truly, Spirit can transcend the form. It always does, but not if we’re making it real. So this is where the rubber meets the road in our spiritual practice.

I remember having a conversation years ago with someone who was really into organic food and eating vegan, super, super into it. Super identified with that whole culture and everything. They said, “You know, Jennifer, I went to this event. They were serving apples there and my friends were eating the apples and the apples were not organic, and I got so upset and so angry.”

It really was a trigger for me and I realized, “Okay I have something I can heal here,” because I mean I grew up, they didn’t have organic apples. We didn’t even know about organic apples. But if we make everything real, then we’ve lost perspective. This is where our spiritual practice really starts. It starts with these mundane things. And being able to be the compassionate listener, the empathizing with the Holy Spirit listener, this is what we can do. It changes everything.

So, a lot more to share about this. It's time for us to take a break. I'm Jennifer Hadley and you're listening to *A Course in Miracles* on Unity online radio, where we're living the Love, we're walking the talk. I'll be right back.

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

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

### *Of Elections and Difficult Conversations*

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Jennifer Welcome back. We're talking about compassionate listening. Jeff, my engineer, we were just talking about the election and who we're going to vote for. We're going to vote for God this year for a change. I voted for the devil a lot in the past. I'm going to vote for God this year. Just kidding. Just kidding. Honestly, I feel—I'm amazed at how completely peaceful I feel about this election. I'm really grateful for that. I'm really grateful for that. I know that everything works together for good, so there's nothing to fear.

I'm looking to make the most loving choice and to vote for the candidate that appears to be the most loving. Sometimes I'm not sure. I'm not sure. Sometimes I wish I could get one of those bumper stickers and put it on my car that says, "Somebody else for president." Yes, so those are just my feelings about it. It's an intense time and it's a great opportunity to practice. Practice, practice, practice! And compassionate listening is related to this.

We had a conversation in *Masterful Living* class, and someone was talking about how to have conversations with people who have different political views, also how to have conversations with people who are really angry and upset as many people are about this election and how it's going and the things that are unfolding and being revealed.

What is it all for? It's to get us to think about these things. Life is not happening to us. There's a One Mind here, so the unhealed bits are coming up. They're in our face for healing. Part of my spiritual practice is, when things are coming up for healing, I go, "Yes! I'm grateful for the things that are coming up for healing. I am grateful that I can heal and change my mind about these things. I am grateful that I don't have to be passive, that life is not happening to me. That my life is the life of God, my heart is the heart of God, my mind is the mind of God, my very hand is the hand of God.

I'm grateful and thankful to work for God Incorporated in every moment and every choice and every decision. I'm willing to be the peace of God, and to be it joyfully and to know true Joy as the impetus for my life."

So every time there's a trigger, I can affirm the truth that sets me free and heal, heal, heal, and that is a practice that has truly worked for me.

So in talking with someone who is really triggered, really upset, whether you agree with their politics or not, first of all, remember, if I defend myself, I am attacked. We don't need to defend ourselves, our positions, our point of view, that's really useless defending it, really. It's just—it's a fool's errand, it's the ego's errand to defend our position or anything like that.

I had a conversation with my sister-in-law the other day, and I was saying that while I might have a preference for one candidate over the other, I have no fear regardless of who wins because I know everything works together for good. I still have a preference but I have no fear. She was saying that she was not going to fear the outcome of the election. I was saying, "Yeah, me neither. I have no fear about the outcome because I have faith in God."

It's up to us to look for the most loving choice that we can find. That's up to us. The Holy Spirit works for everyone and everything. I have, over the years, had *A Course in Miracles* students who looked at the election and said that opposite results where one student wants Obama, the other one doesn't want Obama, and each one thinking that if they don't get what they want, it's a travesty. So it's all perception. Only Love is real, looking for the loving choice, that's my path.

So in talking with people who are upset and bothered about this, to be able to say, with compassion, and to, first of all, do exactly what Jesus is telling us here, "Sit quietly, quietly by and let the Holy Spirit relate through you." Then we empathize with strength. And we'll gain on strength and not on weakness, then, we can actually be helpful.

So that's the thing is, if you're having a conversation, a difficult conversation with someone you love, or maybe even with someone you don't love about the election, stop in the middle of the difficulty. Don't continue. Take a pause. Wait quietly by and let the Holy Spirit relate through you. Allow yourself to be guided by the Holy Spirit. This is our living spiritual practice. This is what walking the talk and living the Love

actually means. That's what being really truly empathetic is, it's empathizing with the Holy Spirit and being moved by the Holy Spirit.

Being in that symbiotic relationship we could say, in that communion relationship with the Spirit, so we can do our higher will rather than the ego's will. This takes practice. It definitely takes practice. We can learn it very quickly but it does take practice because it takes willingness because it's a different way of being in the world. It's a different way of listening. So we stop listening to the ego and we start listening to the Holy Spirit. Right now, there's so much opportunity to practice in this election. Let's not miss the opportunity.

We can have a conversation with somebody who is really got a different perspective than we have, has a different value than we have, has a desire for a different outcome than we do, and have loving understanding for that, and to be able to talk with them like this. It's always helpful whether the conversation is about anything. It could be arguing about what to eat for breakfast. It doesn't matter whatever it is that you're having a difficult conversation about. To be able to say back to the person what you're hearing them say but to say it with gentleness, with kindness, with compassion, allowing the Holy Spirit to be the speaker.

So not saying back to them, for instance, saying, "So what I hear you say is you want this candidate because you're what's important to you is,"—and then being divisive and sarcastic. That's not what I'm talking about. But to be able to say, "Okay, this candidate, or this breakfast food, or this meal choice, whatever it might be because a lot of people in relationship fight about food. What to eat, where to eat, these kinds of things. To be able to say, "Okay, so what I'm understanding is, this is what you're thinking about these things and this is what you're feeling about these things. Or it seems like this is what you're feeling about these things. It seems like this is what you're thinking. Is that correct?"

So just really to honestly check in. "Am I hearing you correctly? Is that what you mean?" But if we have any judgment in our thought, the person will know it. The person will know it. We have One Mind, of course, they're going to know it. And if they know they're being judged, they don't feel the Love. Then, why are you even talking? Why even have a conversation? Wait until you can be in your loving heart.

That's one of the things I've just learned to do is just not even engage. If I'm in judgment, "Okay, I'm in judgment right now. I think I need to clear my heart and mind about this. Let's talk about it later." Or, "Okay, I'm going to be honest with you. I'm feeling judgmental right now. It's not the best time for me to have a conversation. I'd rather do this later out of respect for you because you don't deserve my judgment. I love you too much. You don't deserve my judgment."

Just be honest about it. See, this is the great thing having compassionate listening and clear communication is being honest. What is being honest mean? Well, in the *Manual for Teachers*, the teachers of God, the characteristics, honesty is one of the characteristics, the second one. What does it really mean? It means being consistent, consistently loving. If we say we're interested in waking up and being a truly helpful, loving presence in this world, then let's be consistent with that, let's be honest with that, and allow the Holy Spirit to work through us.

This is one of the things that I see in my own life, that the more I let the Holy Spirit lead me, guide me, speak through me, do the heavy lifting, I don't have to figure out how to do anything. I'm guided all the time. You know I travel so much so I'm encountering weird and different things all the time. For instance, I have experiences like this where I think I've screwed the cap on to my tea mug but I haven't, and Spirit will gently say something like, "Don't put that there." If I did put that there, it will spill all over the place.

The ego is like, "Why not put it there?" But I'm learning, just follow Spirit. Spirit's got a reason. Then when I start to pick it up, "I realize, oh, the cap is not on it. "Oh, that's good. I can put the cap on it and it will be fine." It's about that compassionate, empathetic listening to the Spirit.

Remember, Spirit is speaking to and through all of us, so when we're listening to anyone, if we're not listening with the heart, we're not really listening. So then what are we doing? What's the point of trying to have a conversation if nobody's really listening to anybody? Because every experience can be a healing experience. Why have an ordinary nothing-experience that just keeps repeating the past when you can have a healing experience? Be willing to have that beautiful listening experience guided by the Holy Spirit.

So be able to say to someone, “Okay, this is what I—I want to make sure I’m hearing you correctly. Sounds like you’re saying this, this, and this. And this is what you’re feeling. This is what’s going on for you. Am I understanding you correctly?” And to just be able to say, “Okay, I get that for you, this candidate represents this and this and this, and that’s really important to you. I get that. I get why that’s important to you. I get why you like them because of that and I appreciate that. I appreciate that.”

It is the path that you’re on and the choices that you’re making regarding talking about this election and thinking about this election helping you to feel more peaceful and more harmonious, as I recall you have. You could talk about it like that.

You could say, “What is it that I can do to support you in achieving your goals and your values regardless of whose elected president?” What’s the vision that you have for our country? What’s the most important to you?” And seeing—looking from where you can agree versus the ego way, which is to look where, why you disagree and where somebody is wrong, and somebody is bad.

### *Blessing Everyone*

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It’s so easy to look at the candidates and say, “You know, this one’s a liar, that one’s a liar,” because they’re both proven that they’re liars, the two main—the Democrat and the Republican. They’re both—they’re both on record as lying and being deceitful. Looking at being having a conversation, instead of calling this one a liar and that one a liar, okay, so they’re both liars, now what do we do? Now what do we do? How do we actually be a loving presence, holding the highest and best for everyone, blessing both candidates? Because either one could be the next president of the United States, blessing all involved.

You know, here’s the thing about blessing and praying for someone, if we pray, if those of us who really would like to be truly helpful, if we pray for all the terrorists in the world, all the wannabe terrorists, all the potential terrorists, all of them, every day and bless them, there would be a lot less terrorists because blessings are not going to further their cause of destruction and fear. Blessings will further the cause of Love because that’s the only thing a blessing can be.

The ego thinks that blessings are money and resources and stuff of this world. But blessings are when we can see and know and feel and hear more clearly the voice of Love. So let's bless everyone all the time and be a blessing, that's compassionate action, taking spiritual action and being that loving presence.

I'd like to share a conversation I had with my father many years ago where he was angry with me because I had been distant the night before when we had dinner guests. He came to me and he was angry about it, "Why weren't you outgoing. I expected you to be the hostess with the mostest, and you weren't that at all, and you really let me down. I'm very disappointed." He came at me like that.

So I just said, "You know, Dad, I get it. I really get it that that's what you wanted me to be in that moment. And I get that I let you down and I'm sorry for that. And if you ever see something like that again where you think I'm not behaving the way you'd like me to behave, or the way I normally behave, or what you anticipated, come to me and take me aside and just say, 'Honey, are you okay? You seem distant. You seem annoyed.' Or whatever it might be in that moment and just say, 'Are you okay? Do you need any extra support? How can I support you?'"

Just like, I was talking about a parent. One child was in the car and another—they picked up the other child, the older child gets in and says something derogatory about the younger child. The parent wants to attack the older child and say, "Hey, I don't appreciate that. You're bad, you're wrong for making that derogatory remark."

But what if instead, the parent says, "Oh, honey, you just got in the car. Did something happen at school that you're not feeling very loving right now? Do you need some extra loving? Shall we pull over and have a little conversation? What's going on? What's bothering you?"

Because when people are attacking, there's some things bothering them, and we can be compassionate with them. We can have loving understanding with them but we must take that pause and join with the Holy Spirit if we're feeling annoyed, irritated, intimidated. Take that pause. Take that pause.

I'm talking to myself here. I know I'm talking to myself today. I love life. It's true, I love life. I've got a few things to share with you.

### *Next Attractions*

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*Living A Course in Miracles*, the new classes. You can register today. We start next Tuesday, the 18<sup>th</sup>, so please check that out and register and share it with your friends. If you see it at Facebook, won't you like it and share it? That just spread the news of these free classes. Also, we've got the *Forgive and Be Free* Retreat in North Carolina this weekend.

Next month, November, in Thailand. *Spiritual Counselling Training Intensive*. You know what, that whole training is so much about being a great listener. I love that we have parents and grandparents, all kinds of people who have no interest even in doing any kind of counselling, come and take the *Spiritual Training Intensive* in order to be able to have deeper, more beautiful relationships and clear communication.

You can consider that and come to Thailand and have a great vacation retreat as well. So, two great events in November. Remember, too, that this is listener supported radio. It's your donations that support that radio show. We are hot and heavy transcribing the radio shows. We've got more and more, and we're going to be putting them up soon. I know I have been saying that for a while but we're really figuring out the best way to do it. It will be up soon, and your contributions are making that possible. So I thank you. I thank you.

Your contributions also make the *Living A Course in Miracles* classes free. The transcripts are free. The downloads are free. The whole thing is free. We've got some new things in store for you. Just wait and see.

### *Closing Prayer*

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So I invite you to take your hand and place it on your heart. Let's take that breath of Love and gratitude. So grateful, so thankful that the Higher Holy Spirit Self is our buddy and goes with us everywhere, that we are already pure, perfect, whole and complete.

We are grateful and thankful to remember and know that this is so and to share the benefits with everyone because we're One with them. In gratitude, we allow the healing to be. We know it's done, and so it is. Amen. Amen, Amen,

Have a great week, everybody. I love you. Mwah!

## *A Course in Miracles* Weekly Radio Show with Jennifer Hadley

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.

This program is brought to you in part by [Jenniferhadley.com](http://Jenniferhadley.com), a global resource providing tools, insight, and support for those seeking to live *A Course in Miracles* every day, in every way. Online at [www.Jenniferhadley.com](http://www.Jenniferhadley.com).

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.