

November 11, 2014



# Eliminating Distractions

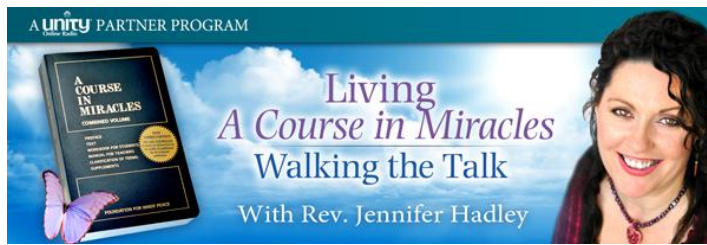


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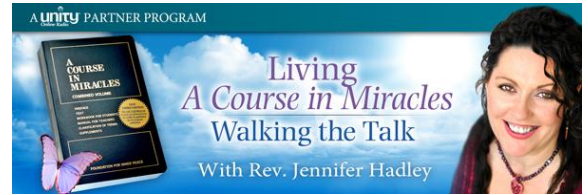
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**November 11, 2014**

## **Eliminating Distractions**

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! Happy day. Happy, happy day. Yes. Yes, I'm Jennifer Hadley and very happy to be with you. Our topic this week is *Eliminating Distractions* which is a great way to kick-off the holiday season. I'm very excited, Thanksgiving week, I'm going to have Gary and Cindy Renard and Cindy's mom, her sister and her brother on the show. They're all going to be back on the show, they've all been on the show together, I mean, not together, but in August of 2013. I did a show with Cindy, her mom and her brother and sister, I mean her brother-in-law and sister. That was really wonderful. Of course, Gary's been on the show many times.

If you're listening to this later on podcast or download, you can know that you can go and get those episodes at iTunes or to [unity.fm](http://unity.fm) website. They're all free for downloading. This is actually, 162<sup>nd</sup> or 163<sup>rd</sup> episode so there's a lot of episodes, a lot of free audio for you. You can [unintelligible] yourself on it.

That's going to be exciting. Thanksgiving week, we're going to talk about that. Next week, I'm going to be sharing about family healing for the holidays. That will be helpful.

## *Opening Prayer*

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Jennifer Let us pray as we always do begin with a prayer.

We place our hand on our heart and we take a breath of Love and gratitude together. We Partner UP with the Higher Holy Spirit Self. We call the name of God, Beloved I AM that I AM.

We gratefully open our hearts and minds to the very highest possibility of Love unfolding in our mind, in our heart, in our life. We are grateful and thankful to cultivate a willingness to know that truth that sets us free. To know that we are the truth, we are the Kingdom, we are the treasure of God. We're willing to know, not just for ourselves but for our brothers and sisters. We're eliminating all distractions, anything that keeps us from keeping our eye on the prize which is accepting the atonement for ourselves. Opening our awareness to realize fully that there is no separation, there never has been and there never will be because there could not be, it's not even possible. What's not possible cannot be and so we're willing to accept that for ourselves and we share that benefit of knowing and willingness with everyone because we're One of them.

In grace in gratitude, we let it be and so it is. Amen. Amen, Amen.

Yes! So grateful.

## *Everyone's Spiritual Journey*

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*Eliminating Distractions*, this is something that I don't know one spiritual student who doesn't have to deal with this. It's part of our journey, eliminating distractions. Yeah, let's dive right into this.

One of the things that it says in the *Course* is that we're far too accepting of mind-wandering and placing our focus and attention on things that don't matter at all. I know that there are a number of different spiritual teachers that have spoken about it and I speak about it all the time, that for many of us, 100% of our energy and focus or 80%, 90%, very high percentage is actually on problems and energizing problems. It's on the unhealed hurts, upsets, regrets, resentments, pain, blame, shame, guilt, etc. related to the past. I have a class, a yearlong class, called *Masterful Living*. The *Masterful Living Course* and this is the sixth year that I've been offering it. It's wonderful because at this point in the year, the people that are still in the class, still doing the work are really having wonderful breakthroughs.

They're demonstrating such willingness to look at their stuff and to offer it up for healing and the healing is happening.

Well, in class yesterday we were talking about this topic in a sort of tangential way. We were talking about how we have this belief that accomplishments will make us worthy. That accomplishing things in the world will somehow validate us and make us feel worthy. Now, most of us have either put a lot of effort into trying to prove that or we have run from that or we have collapsed into feeling unworthy and not accomplishing very much. It doesn't matter which route you choose because that also lead you to the same place and I would say, I personally have Ping-Ponged back and forth in them.

I remember as it is my birthday month. My birthday is November 28, so I'm going to be 55, which I'm excited about. I remember when I was in my 20s, that I truly believed that accomplishing things in the world was what valuable, to me it was the only thing that was really valuable and it was essential to my feeling successful. Of course, I had to crash and burn on that one because I held on to it so tightly. Now, for willing to release and surrender these attachments to these false beliefs, we don't have to crash and burn, we don't have to suffer, we don't have to go through the mud and the valley of the shadow of death without companionship so or companionship that we're aware of.

### *Fantasies and Dreams*

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We were talking in class yesterday about how many of us, myself included, find things enjoy doing and then we turn them into a distraction, a self-medication and even a way that we actually make ourselves feel unworthy of the good in life. For instance, you can do it-- anything-- Anything that you medicate with, it could be fantasy, it could be playing with your dog to distraction and it could be anything that you're doing to distract yourself from how you feel and what's going on in your life.

I know a lot of people that do play things like online solitaire and poker and other kinds of games, video games can be used that way, certainly watching television, anything, sex, porno, all kinds-- Even reading spiritual books, yes, even reading spiritual books. You know if you're doing that, if you're doing anything like that. The way the ego works is so insidious. It really is. You've got to hand it to the ego because the ego will get you going

and coming if you're playing that game. If the ego was some kind of a salesperson, the ego would squeeze every last dime out of the you if you let it. We have these things that we love that if we do them in moderation and if we do them with Joy, if we do them with playfulness and the spirit of fun or a spirit of Peace and Harmony, there's nothing wrong with it, like exercising. Exercising can be good and exercising can be self-medication. Eating, eating can be very healthy, it can be delightful, can be fun, it can be entertainment, it can also be self-medication. Sex, sex can be a way of really expressing the holy relationship in becoming more intimate, more loving, more accepting, less attached, it can be a great adventure in spiritual practice, it can also be self-medication.

So many things that we engage in with the physical body can either be a distraction or they can be a benefit. Fantasy, just so you know, fantasy, who's the hero in the fantasy? It's like it says in the *A Course in Miracles*, who's the hero in the dream? Well, the body is the hero and the fantasy in the body is the hero in the dream. When the fantasy is-- Either positive or negative, because people have negative fantasies all the time, I know that was a habit I had to break with the negative fantasy habit, and the positive, both, I just like to fantasize. This dream is not good enough. I'm going to escape and have another one. I'm going to escape this dream and go to another dream. The dream inside the dream, the fantasy inside the nightmare is what it was for me.

When we are taking something that in and of itself is innoxious, like playing online solitaire, like eating or exercising, gardening, cleaning your house, answering your email, simple tasks don't have to have a lot of meaning, emotion, upset related to them and we take them into we're going to pacify ourselves with them, we're going to distract ourselves with them, then we're moving into that place of self-medication. For many people, what are they distracting themselves from? Invariably I have found it is feelings of unworthiness, feeling bad, wrong, inept, confused, afraid, guilty, ashamed, jealous, hurt. All of these feelings are what we're trying to escape. Then what happens is we use that self-medication as the escape door and then we feel guilty, we feel ashamed, we feel bad, we feel wrong or at least I have. I used the self-medication to help me escape from those feelings and what it actually did was intensify them. It intensified them. The ego got me going and coming. The ego tempted me into the self-medication as a

distraction and then punished me for accepting the temptation, for being weak.

### *The To-Do List*

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Now, many people are fans of having to-do lists. I do make to-do lists, sometimes I have to make a list of things because otherwise I will forget about them, I'll lose focus on them and do things that are more enjoyable for me than the tasks on my list. I don't enjoy doing things like grocery shopping and stuff like that. It's ok, I make it enjoyable experience but I would much rather do more spiritual practice, write a blog, do the things that I really enjoy and love doing. Connect with a friend, a loved one, be out in nature, I'd much rather do a lot of things than run errands. I find ways around that so I learn to be a blessing and go and be a blessing in store because part of my spiritual practice. I take the angels with me and I work it like that.

However, when we are people that have to-do lists, what can happen sometimes is we become a slave to the to-do list. I have done a number of counseling sessions with people who are really torturing themselves with their to-do list. You know what? That was me. When I was in my 20s, I had a whole bunch of things on my to-do list. You could say it was my bucket list but it really wasn't that. I don't have a bucket list anymore or I say, "The only thing that's on my bucket list is waking up and being truly helpful. That's it. That's it." There are things I'd like to try and what not but that's what I'm interested in. For me keeping focus is important.

When I was in my 20s, I am really starting on this spiritual journey and waking up. I realized that I hated myself, I didn't love myself and I didn't know what to do. I was trying to figure it out and I remember going to a four-day workshop at the open center with [unintelligible] sometime in the late 80s. One of the things that we worked on in that four-day workshop was to come up-- At least this is what happened for me, I came up with a list of things from that I wanted to do, that I wanted to accomplish. I was approaching it as these are things I have to accomplish in my lifetime, I have to accomplish them. Through the work that we did, I asked myself, "Why do I have to accomplish them?" And the answer was, "In order to be worthy of Love." And I made up my mind right then and there to give up the list of goals. To give up that to-do list. I decided that I was going to eliminate the belief that I had to do anything to be worthy of Love. So, I put

one thing on my to-do list and that was to love myself and I made that my number one priority.

Now, my priority is awakening and yet everyday there are many things they call my attention away from that. It could be a memory from the past that is something unhealed, a negative pattern from the past that's not healed, that's coming up for healing and I take that not as a distraction anymore but as an opportunity for my healing and I work with it in my spiritual practice. I move it from the pile of distractions where I have to energize it and believe it and go with it and get on the pain train and ride it to Margarita Ville.

### *My Offerings to Help You in Your Awakening*

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Now, instead I moved into the pile of things that are part of my spiritual practice that I'm using to help myself awaken. I'm using it like a trampoline to jump to a higher level of awareness by releasing it, resolving it and dissolving it and that's so much of what I cover in all my classes including the Living *A Course in Miracles* class, *Finding Freedom* and my yearlong *Masterful Living*.

Speaking of *Finding Freedom*, *Finding Freedom* is on right now, it's my 7-week spiritual boot camp and you can join any time you like. I've rebuilt it so that people don't have to use their schedule as a distraction. If you're ready for spiritual boot camp, you're ready to really rock out the rest of this year or any time at all you're ready to cultivate that willingness and just do the work and you like a personal guide, personal mentor, that's me. Check it out. Check out everything I'm offering at JenniferHadley.com and one of the main things I'd like to tell you about this week is I have a special offering, *My #1 Tip for Spiritual Success* class, I'm doing Saturday, November 15<sup>th</sup>. I've put a whole package together that's only \$11. You'll get all these hours with me if you are interested.

I'm Jennifer Hadley and I'm so happy to be with you. We're talking about *A Course in Miracles*, we're living the Love, we're walking the talk and we'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*.

### *Distractions of the Ego*

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Jennifer I'm Jennifer Hadley. We're talking about *Eliminating Distractions* and just before I go any further. Last week, there was an error uploading the episode to the podcast. If you're listening to the podcast, last week, an old episode was uploaded by error, so if you just delete that from your files then you can download the correct episode. Stuff happens.

Chapter 8, "The Journey Back," Section I, "The Direction of the Curriculum," Paragraph 2, "*The distractions of the ego may seem to interfere with your learning, but the ego has no power to distract you unless you give it the power to do so. The ego's voice is a hallucination. You cannot expect it to say "I am not real." Yet you are not asked to dispel your hallucinations alone. You are merely asked to evaluate them in terms of their results to you.*"

Let's do that. For the person who is distracted from their practice of Love, distracted from their spiritual practice, distracted from being focused on what's truly important which is releasing attachments and communing with God. To me, it's those two things that I asked Spirit, "Okay, what do we put in here?" The two things to focus on that I got for us today is eliminating attachments which are massive distractions and communing with God. As we eliminate attachments and distractions, same thing, then we have more bandwidth, we have more energy, more time, more attention, more focus to place in communing with God which we can do by being in nature, playing with the child in a really connected loving way, a heartfelt way. We can do it through meditation but meditation can also be self-medication and distraction and I'm so glad that *A Course in Miracles* talks about that. We could also distract ourselves by being volunteers and being of service in community because it depends on what your motivation is.

Right now, as we're moving into the holiday season, there're so many opportunities to be distracted. Let's go back to this quote, "*The distractions of the ego may seem to interfere with your learning, but the ego has no power to distract you unless you give it the power to do so.*" For instance, as we're coming into the holidays, there can seem like there's more to do. There are

parties to have, parties to go to, parties to prepare for, there's extra cooking very often, though a lot of times people just go to the store and pick up something, now they don't make their own. Just fine, not judging that. But still, takes time to go to the store and pick things out and blah, blah, blah. There are the distractions of preparing for travel and traveling, they're all these things. But, they don't have to necessarily be a distraction because if we do them in an open-hearted, open-minded way with a clear motivation that it contributes to our awakening that the entire day--whatever we're doing it's a journey of identifying attachments and releasing them. Identifying attachments and releasing them.

### *Attachments*

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Attachments, I like to say they tether us the past, they tether us to the illusion rather than supporting us in waking up, accepting the atonement for ourselves and realizing our true identity is perfect Love. So, attachments are a massive distraction. You know you have an attachment when you feel uncomfortable. When you literally feel physically uncomfortable there's an attachment at work even if you have gas pains something's going on, something's going on. The great thing is about this spiritual practice is right here in what Jesus says to us. I'm going to repeat the whole thing here. *"The distractions of the ego may seem to interfere with your learning, but the ego has no power to distract you unless you give it the power to do so. The ego's voice is a hallucination. You cannot expect it to say "I am not real. Yet you are not asked to dispel your hallucinations alone. You are merely asked to evaluate them in terms of their results to you. If you do not want them on the basis of loss of peace, they will be removed from your mind for you."*

*" They will be removed from your mind for you."*

How clear is that? How clear is that?

*"If you don't want them on the basis of loss of peace, they will be removed from your mind for you."*

Many people, their spiritual practice, their spiritual studying and seeking is based on I've got to stop the pain, the suffering. They want to eliminate the symptoms, they're not focused on the cause. The cause is a belief in separation.

Any time you're distracted by the ego, you don't have to struggle with it. Every attachment you notice that you have, just offer it up to the Holy Spirit. "I'm not interested in this anymore. Please take it out of my mind so I never think it again. I'm done with it. And, since all minds are joined together, eliminate it from everyone's mind, so no one thinks it again."

How do you know you have an attachment? Again, you might feel physically uncomfortable, emotionally uncomfortable, mentally uncomfortable. If you feel discomfort, agitation, irritation, frustration, if you notice that your breath has gotten really shallow, you're holding your breath, these are all signs of attachment. You feel sick to your stomach, you're worried, ashamed, afraid, doubtful, jealous, hurt, resentful, you're thinking thoughts of revenge, you're complaining, you're feeling physical upset. Remember, pain is a wrong perception and that wrong perception is an attachment. So, the cause of all pain and suffering is attachment. How wonderful is it that? *"If we don't want these attachments on the basis of loss of peace, they will be removed from your mind for you. Every response to the ego is a call to war and war does deprive you of Peace, yet in this war there is no opponent."* Because the ego isn't real.

This is the re-interpretation of reality that you must make to secure Peace and the only one you ever need make. Remember, it's all about our willingness to learn and our willingness to let our teacher be our guide. Over and over and over again, this is what we talk about on this radio broadcast, over and over and over again. When our mind wanders to "How am I going to solve this problem?" Which it does a lot, doesn't it? "How am I going to solve this problem?" You know if you're thinking that thought that you believe you're on your own and you have forgotten that there is someone that is working with you, always with you, always for you, never against you, that knows even better than you do what you want and you've lost touch with it. You've become distracted.

### *Keep Your Focus*

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The best way I know to eliminate distractions is to keep focused on what is most important to me. Now, what I know for many people is that what is driving them is what they want to experience in the world. That's what's driving them versus what they would like to attain in terms of their awareness which and that attainment to me is really the elimination of all false beliefs. The message that I have found that is the most effective in

terms of eliminating distractions is really simply to keep my attention focused on what I deeply truly desire. It's very easy to get pulled off focus if what you really want is in this world. Remember, what you want you don't believe you have.

The endless wanting, craving, needing which is all attachments, that is never going to be fulfilled, never. Even if you get what you think you want and you have that temporary, meaning time-based sense of satisfaction, it won't last because what is really going on when you get what you think you want and you feel that temporary satisfaction, what's really going on is for one moment you believe that you have what you want but it's not true and so the craving will start again. What we're doing when we're looking in the world for that fulfillment we can only have a temporary momentary satisfaction.

### *Trusting Your Guide to Help You*

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However, if we're seeking the atonement for ourselves, then we have a guide to walk with this every moment of the day helping us to eliminate distractions, to eliminate attachments, to eliminate the cause of all suffering and there's nothing we can't do together. The I AM Presence, the Holy Spirit, the Higher Self, God and us.

We're eliminating distractions. Distractions are resentments and regrets, unforgiveness, major distraction. That's why I offer on my website at JenniferHadley.com, there's a free workshop. If you have any forgiveness that you're not doing, it's called *How to Get Over It*, it's free forgiveness workshop. It comes with a number of different pieces, you can do it whenever you want, you download it, it's totally for free on the home page at JenniferHadley.com. Please share it with friends because I love every time I get an email from somebody that says, "Oh, my God, I have been holding on to this pain and suffering for 10, 20, 30, 40, 50 years and I did what you suggested and it worked! It worked! It worked!" I am all about having tools that work. This is the foundation of all that I do and because I was once feeling so lost, I felt like it just was impossible for me that I could never succeed and I felt so...just really unworthy, not good enough, bad, wrong, I had all those feelings operating. So much upset and despair, real despair. To the point of wanting to kill myself. But, I didn't give up and I didn't kill myself and step-by-step I was led to a point where I really became willing to keep my attention and focus on simply being Love, being loving

and waking up. I didn't really know how to do it but what came through from my personal guide was all kinds of instructions, what to do, how to do it, why to do it, when to do it, where to do it and all of these tools are what I share in my classes. One of the main tools is this recognizing when there's upset, that's the divine alarm clock is going off showing you that you have an attachment.

Attachments only distract you from waking up. If you really say you'd like to wake up, the next time you feel upset, irritated, bothered, afraid, don't buy into it, don't energize it, don't make it real, if you really, really would like to wake up rather than just feel better. If you really would like to wake up and know yourself as God and be truly helpful to be a loving, beneficial presence on this planet. Then when that upset comes, call the name of God, Beloved I AM that I AM. I did an episode about this in September about calling the name of God. I encourage you to listen to that. Call the name of God, Beloved I AM, this is right out of *A Course in Miracles*. The angels will surround you and enfold you, they'll run interference for you, ask for help. What did Jesus tell us? The Holy Spirit will do it for you. You have to value Peace more than being right, more than being distracted.

### *I'd Rather Have Peace*

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However, people who do not feel worthy of God's love usually don't have a spiritual practice of any real value. People who don't feel worthy of Love, who don't feel good about themselves, they don't feel worthy of that sweet diving connection. If that's you, like it was me, then I encourage you to offer that to the Holy Spirit so it can be taken from you. I'd rather have peace than feeling unworthy, I'd rather have peace than feeling ashamed, I'd rather have peace than feeling afraid, I'd rather have peace than taking offense, I'd rather have peace than blaming someone for my problems, I'd rather have peace than feeling guilty. So, it's about really having that living spiritual practice. It's not about being able to meditate for hours [unintelligible], it's not about that at all. It's about a moment by moment desire to know God as you, as myself. The way there is Partnering UP, that's what I call it, Partnering UP over and over and over again.

Yes, it says here in Chapter 23, "The War Against Yourself," in the introduction. Paragraph 4, "*Let not the little interferers pull you to littleness. There can be no attraction of guilt in innocence. Think what a happy world you walk, with truth beside you! Do not give up this world of freedom for a little sigh*

*of seeming sin, nor for a tiny stirring of guilt's attraction. Would you, for all these meaningless distractions, lay Heaven aside?"*

I don't think so. Not today anyway. Thanks for joining with me. We've got more to come. I'm going to take a little break here.

I invite you to go to JenniferHadley.com. Check out the offerings there and you're listening to *A Course in Miracles* where we're living the Love, we're walking the talk. We're eliminating distractions on Unity Online Radio. We'll be right back.

You've been listening to *A Course in Miracles: Living the Love, Walking the Talk*, with Reverend Jennifer Hadley. If you have a question or comment about today's program or if you'd like to join the discussion, visit us on Facebook at *A Course in Miracles Pledge* where you can join with the community of like-minded people who have pledged to live *A Course in Miracles* every day in every way.

Now, back to *A Course in Miracles: Living the Love, Walking the Talk*.

### *Upset is a Sign that is Untrue*

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Jennifer We're talking about *Eliminating Distractions*. Chapters 23, "The War Against Yourself," "...for all these meaningless distractions, lay Heaven aside?" It's a great question for us to ask ourselves. I remember, one of the first episodes I did of the show back in 2011—2011, I think it was. Ken Wapnick was on the show and I asked him, "Well, what do you do when you have that mind-wandering, you know, when something comes up for you? He said, he quotes *King Lear* to himself, Shakespeare's *King Lear*. And he says, "*That way madness lies.*" So, I say and I think that's a great one. "*That way madness lies.*"

Another one here is, "Would you trade this for heaven?" Will I trade this frustration and irritation for heaven? When we're feeling upset, it's always because we believe something that's not true. Always we believe something that's not true.

This morning I was preparing for my spiritual practice very early, 4:30 in the morning, something like, it was dark outside and so I was beginning in bed and I thought came into my mind of scarcity, lack, limitation as regards for a project I'm working on. It went through my body like a jolt, "What if--!? Ugh." Lack, limitation. So, I did my practice and so I said, "I know the

thought can't be true or wouldn't upset me. The truth is not upsetting, the truth is liberating and I'm not interested in thinking this thought anymore and I am so grateful it's come into my conscious awareness. I'm so grateful because now that I see it with my mind's eye. Now, that I recognize it with my awareness. I can make a holy offering of it and give it to my Beloved, the Higher Holy Spirit Self and we can both rejoice that more freedom has come because of my willingness to allow it to be taken out of my mind for me." Yes. And then, I did my healing practice working with energy, something I teach in some of my classes and I felt great. I have felt more free the entire rest of the day because of that, more at peace because of that. The more we eliminate these distractions that our attachments, the more peaceful we feel, the more liberated we feel, is that not a worthy goal? Yes, it is.

Attachments come in the form of two flavors, this is what I say. Cravings and aversions and you may have heard me talk about this. I haven't spoken about this in a while, it's always worth revisiting. I revisit it every day because I am literally looking in my mind for attachments. When there is agitation, frustration, emotional upset of any kind, first of all, I'm never upset for the reason I think I'm upset because I am choosing to believe a thought that is a distraction, it's an attachment, and my mind is wandering.

*"And as distraction ceases to arise to turn us from our purpose, we will find that half an hour is too short a time to spend with God. Nor will we willingly give less at night, in gratitude and joy."*

Lesson 153, "In my defenselessness my safety lies" talks about going from five minutes to 30 minutes and that as we give up distractions, we will find that half an hour is even too short a time to spend with God. We want to be with God all day long. Yes. We'd like to be truly helpful, helping others to also find their way, to be with God, their true identity.

### *Releasing Attachments and Communion with God*

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This is one of the major perks of eliminating distractions like attachments, cravings, aversion, addictive and compulsive tendencies and temptations of the body is that you literally have far more time to be in that communion. That's what I was saying before, when I asked the Holy Spirit preparing for this, talking about distractions, I said, "What are the key things to share about?" And I got, "Releasing attachments and communion with God."

That communion with God can look in the outer world like many things but it's a feeling that we have. That feeling really begins with our aspiration. We aspire to be in loving, we aspire to be truly helpful, we aspire to be a beneficial presence. In that aspiration, we begin to follow the guidance and so we're led and guided where to go, what to do, when to do it. Yes, we are and it works! From *A Course in Miracles*, the *Text*, Page 29, it's what my note is right here for the second. I'll give it to you.

Chapter 2, my purpose, this is our purpose. *"I am here only to be truly helpful. I am here to represent Him who sent me. I do not have to worry about what to say or what to do because He who sent me will direct me. I am content to be where ever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."*

That's it. That's our communion. We can walk in that communion being guided. How wonderful. Our guide is going to teach us how to heal and to be a healing presence. Our guide is going to take from us everything that we're willing to offer in exchange for Peace. When we value Peace, more than upset, more than our beliefs, more than the attachments then the whole root cause of suffering can be removed from our mind. It doesn't get any better than that.

This is the fast track. This is why *A Course in Miracles* works for those who are interested in waking up beautifully, quickly and in great fellowship. It's a self-study course but look how many study groups we have to join together and to live the Love together.

Speaking of that, Baja, Mexico Retreat. People are signing up, I know we're going to fill-up. Come join me for a winter getaway with Jon Mundy, Regina Dawn-Akers, David Hoffmeister, Maria Felipe and more. Awesome Living *A Course in Miracles* Retreat Baja, Mexico. All the details, [JenniferHadley.com](http://JenniferHadley.com).

### *Closing Prayer*

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Alright. I invite you to place your hand on your heart. Remember, my class on Saturday, too, *My #1 Tip for Spiritual Success*. And, with our hand on our heart to take that breath of Love and gratitude and we recognize that we are the love of God. We always have been and we always will be. We're eliminating any belief in something else. We're eliminating all distractions.

We're living the Love and we're sharing the benefits with everyone because we are One with them.

In grace and gratitude, we joyfully let it be and so it is. Amen. Amen, Amen, Amen.

I love you I thank God for you. Have a great rest of your week.

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