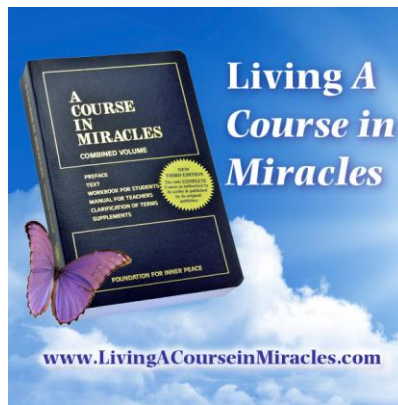


December 2, 2014



Healing in Time and Space

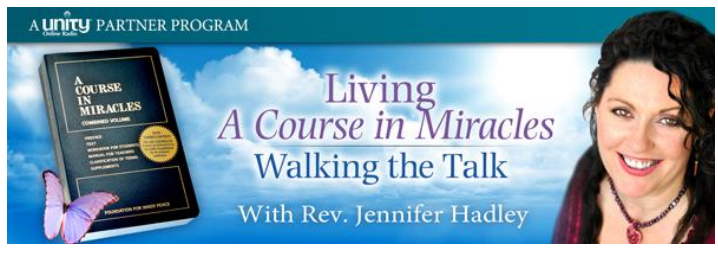


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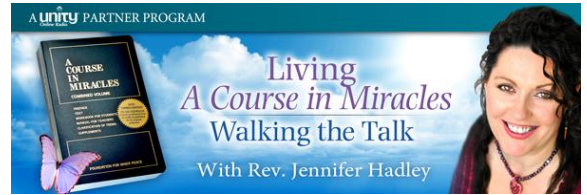
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December 2, 2014

Healing in Time and Space

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.

Opening Prayer

Jennifer Hey there. I'm so happy to be with you today as always. As you can hear it in my voice I've got a little something-something happening in my voice. That something-something that's not so pleasurable. Yeah, I'm just coming off Thanksgiving and that other national holiday, Jennifer Helen Hadley's birthday, which was the day after Thanksgiving. I'm calling it Purple Friday. Yes, everybody in the house got a cold. First cold I've had in two-and-a-half years, so whatever.

Here we go. My topic this week is healing, healing and the relationship between time and space and healing. I'm excited to share with you. As always, we are going to start with a prayer and a blessing.

Opening Prayer

I invite you to place your hand on your heart and take that breath of Love and gratitude with me and let us be so grateful. So very, very thankful that Love is all that there is, Love is all that we are. We consciously choose to Partner UP with the Higher Holy Spirit Self calling upon all that is holy.

Opening our heart, opening our mind to the presence of Love that lives in our heart. We take these breaths of Love and gratitude and we Partner UP

with the Higher Holy Spirit Self. We call the name of God Beloved, I AM that I AM and we declare that we are worthy of our true identity, we are worthy of knowing who we are, who sent us and why we're here.

In grace and gratitude, we are choosing to be truly helpful. We are choosing the atonement for ourselves and we are saying yes to our healing. In grace and gratitude, we let it be, and so it is. Amen. Amen, Amen, Amen.

Resources for Spiritual Growth

So just before I get into our topic this week on *Healing in Time and Space*, a couple of things I'd like to mention. Last week's show I had Gary Renard, his wife Cindy Lora-Renard, Cindy's Mom, Gary's mother-in-law Doris, and Cindy's sister Jackie and her husband Mark. So we had the whole family on. This is the second time I've had Cindy and her family on the show. This time Gary joined us. The first time was in August 2013, and so all of these episodes are in the archive. You can download them for free.

It's easy to find them at iTunes, at Stitcher, at Unity. FM so you can find all these—this is the 165th episode. All the episodes including all the many times I've had Gary on the show and shows with David Hoffemeister, Regina Dawn-Akers, Ken Wapnick, so many great *A Course in Miracles* teachers, Jon Mundy, Earl Purdy, Nick Sanchez, Nick Davis, and all the teachers pretty much many of them at least who had been a part of a *Living A Course in Miracles* family have been guests on my radio show. So, I encourage you to take advantage of that archive and tell people about it because it literally is a 165 hour of resource that's totally free for you.

This radio show, by the way, is sponsored by the Power of Love Ministry, which I founded. It's a 501c3, so when you make a donation you help cover the cost of this radio show as well as the cost of the *Living A Course in Miracles* classes and all the many other free offerings that I offer at LivingACourseinMiracles.com, ACIMapp.com, ACIMretreat.com and JenniferHadley.com, so lots of free offerings. Actually at the retreat dot com, there's no free offering but we are planning for winter retreats in Baja, Mexico. There are two retreats that you can read about there. I'll tell you about them later.

Yes! Last week, I had Gary and his family on the show. That was a beautiful show. People let me know how much they appreciated hearing them speak about practicing *A Course in Miracles* in their family and how that came

about. Also the week before, which I think was November 18th, I did a whole show on family healing to help prepare people for the holidays. Again, these are helpful for you.

If you had over Thanksgiving, here in the United States we had a big Thanksgiving holiday last week. If you had upsets over the holidays that you've got triggered and you haven't gotten over them, I have my free forgiveness workshop *How to Get Over It* right on the Home page of JenniferHadley.com. That's another free resource for you. Of course, I offer daily prayer, daily written inspiration at JenniferHadley.com by means of my blog which I call *Daily Shot of Spiritual Espresso* and my *Prayer for Today*.

Alright, just letting you know about those resources to support your growth. I get many e-mails from people for which I'm very grateful. You can always e-mail me jennifer@JenniferHadley.com. I get many e-mails from people who let me know what they—sometimes, topics, suggestions, I'm always open to that for the radio show. I usually I literally open the book, I hold the book and then I say, "Holy Spirit, what would you have me share? I'm interested in being truly helpful, what would you have me share?" Holy Spirit speaks to me through everyone, so if anyone wants to make a suggestion please do. E-mail me at jennifer@JenniferHadley.com. People all over the world tell me that they're grateful for the radio show as a resource, so thank you to everyone who writes in.

Fallacies About Time

Alright, so we're looking at time and space and healing. One of the main things that the human race consciousness has come to believe is this idea that healing takes time, that time heals all wounds. In America, these are two popular sayings, "Time heals all wounds," and "Healing takes time." That is a complete fabrication. It's an illusion made out by the ego that many of us has come to believe.

Now I've been studying *New Thought* teaching. I started out with Eric Butterworth back in 1986, attending Unity services there in Manhattan with Eric and Olga Butterworth which were a God-sent to me. Then as you may or may not know, I'm a Science of Mind trained practitioner in the Agape community. I got most of my ministerial training at Agape through the Holmes Institute then graduated from the Agape School of Ministry in 2006. I had nine years of training as a practitioner and minister in the

Science of Mind teachings. I've been studying *A Course in Miracles* for many years. To me, truth is truth. Truth is truth.

One of the *New Thought* teachings that many of us are aware of is this idea that—not this idea, this what I think of as a fact that time and space are an illusion. The time and space continuum is an illusion. As we're undoing the ego, we're coming to the end of time. Time began as an instrument, a tool, for us to use to use in the mind in order to awaken to new heights of awareness, new expansion in the mind. So it's a tool. We've gotten caught on the wheel of karma, the wheel of Samsara, or as my Buddhist teacher Venerable Dhyani Ywahoo, my spiritual mentor. She's also Cherokee Chief. I'm Cherokee as well.

She talks about Sam's and Sarah's Bar and Grill, and for those of you who are Buddhists, you'll appreciate the humor in that. The Buddhists also teach that time and space are an illusion for the purpose of our awakening the mind. This adventure in time and space is the fastest path of awakening. We've chosen that. We've chosen to experience karma, the ego as a way of awakening. We're doing it. We're getting her done for which I'm so grateful.

This belief that time has something to do with our healing is a very, very closely held belief in the ego thought system. Those of us who study these new thought teachings of *A Course in Miracles*, Science of Mind, Unity teachings, we understand that the ancient mystics including Jesus have always told us that time and space is an illusion. Yet, while we say that we know that, we still hold on to this belief that healing takes time.

So, if we intellectually know something but we don't live as though we believe it, do we actually know it? In my spiritual practice, I came to see that I had this intellectual understanding of these teachings but I was not taking it all the way into my heart and living it. When I made the decision to do that, it was after years of really being dedicated and devoted to living it to the best of my ability that I came to realize, "Okay, my ministry is about *Living A Course in Miracles*, living these teachings."

In my experience of living them, I fall down every day. Every day I find myself going into opinion and judgment. Every day I find myself entertaining attack thoughts, thoughts of lack and limitation. The only difference is now I recognize it sooner, quicker, faster, with more ease and more grace. If I find myself caught in the web of the ego thinking, I start to

feel upset and I recognize, “Aha! I must be believing something that’s not true.”

Healing at the Level of the Mind

I’m inviting you this week right now as we’re transcending time and space together in this radio broadcast because most of the listeners listen later on download. What we’re doing is we’re transcending time and space, so I’m inviting you to turn within with me right now and just allow the I AM that I AM, the Higher Holy Spirit Self, your Higher Self, the Holy Spirit. Placing your awareness, “What is it that you are healing that is being healed or that you would like to have healed in your life in any aspect or area of your life experience that you believe time is a factor in that healing? Where in your mind you hold the time is a factor in your healing? Identify at least one thing where you are convinced that time is a factor in your healing.”

Alright, so let’s take a breath on that. Now, *A Course in Miracles* says, “All healing is at the level of the mind.” All healing is that level of the mind. I remember back in—gosh, it was a while ago now. Ooh! I can’t remember now. Was it 2011? 2012? Maybe in 2012. David Hoffmeister and I were hanging out for the weekend in California. We were talking about doing another *Living A Course in Miracles* class together. I think it was the *Living A Course in Miracles* Series 4, which I think was the one on healing. Each one has a different theme, each set of 16 classes has a different theme.

We were thinking about what would be the topic of his class. I said, “You know, David, here’s what I am getting. This was what the Holy Spirit was sharing with me, “That so many people hear this teaching from *A Course in Miracles*, all healing is at the level of the mind.” Of course, all healing meaning all mental healing, all emotional healing, all physical healing, all spiritual healing, financial healing, relationship healing. All healing is at the level of the mind. They hear that and they’ve heard it so many times that they think they know what it means. So they think that they know, “Oh, yes. Yes! All healing is at the level of the mind. I know that.”

That’s how I used to be, “Oh, yes. I know that.” But I was not living as though I knew it. So when I realized, “Oh, my God! I think I know that because I’ve heard it so many times, because I’ve taught it in my classes but I don’t live as though I believe it. That’s not how I live. Therefore, I must not know it.” That was one of the best “A-has” I’ve ever had in my whole

life because then I said to the Higher Holy Spirit Self, “Eureka! Here comes more Freedom. Here comes the actual healing because I am now going to focus on healing at the level of the mind. And this whole idea that time has any power whatsoever. I am giving it back to Spirit. I am not giving time any power anymore. Let all the power of healing be attributed to the power of the mind. There is One Mind, it is the Mind of God, which is my mind as well.”

Everything begun to change. I love this section. It’s Chapter 26, which is entitled *The Transition*, and the Section is number 8, which is entitled *The Immediacy of Salvation*. Salvation is immediately. Salvation is at hand. Healing is at hand. Here’s what it starts with:

“The one remaining problem that you have is that you see an interval between the time when you forgive, and will receive the benefits of trusting in your brother. This but reflects the little you would keep between you and your brother, that you and he might be a little separate.”

The remaining problem that you have is that you see an interval between the time when you forgive and the time when you receive the benefits of forgiveness. No such thing.

This weekend in our radio show, we’re stepping into the quantum. We’re willing to have extraordinary healing. If you’ve got something you haven’t forgiven, that you have haven’t gotten over, maybe that you don’t want to. But if you’re ready to release that judgment, to release the pain and suffering that you’re experiencing from not forgiving anything in your life, maybe my free *How to Get Over It* workshop could be of benefit to you. I invite you to go at JenniferHadley.com. It’s right there on the Home page for you. Sign up, I’ll send you the links, the downloads, all the different pieces of it totally for free.

I’m Jennifer Hadley. You’re listening to *A Course in Miracles* on Unity online radio where we’re walking the talk, we’re living the Love and we’re doing it right now because that’s the only time there is. 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*.

Effectiveness of Prayers Relative to Time and Space

Jennifer Thanks for joining me. I'm Jennifer Hadley. We're talking about healing and its relationship to time and space. We're in Chapter 26 of the *Text*, Section VIII, *The Immediacy of Salvation*.

"The one remaining problem that you have is that you see an interval between the time when you forgive, and will receive the benefits of trusting in your brother."

Let's think about this for a second here. Is there actually an interval of time that is necessary between choosing to forgive and actually forgiving and receiving the benefits of that forgiveness? Now I teach a class called *Prayer Power*. It's a three-part class and I'll be teaching it in January.

By the way, I'll just mention I have my year-long course. It's called *Masterful Living Course 2015*. This will be the seventh year I've offered it. I can't believe it's been seven years now. We start every year on January 1st. People are enrolling right now. If you'd like to give yourself that gift of a whole year to deepen your practice and your studies and to have a spiritual community doing this work with you in an intimate loving trusting environment with people from all over the world, me supporting you week after week in class, *Masterful Living Course* might be for you. You can go to JenniferHadley.com and on the Class page or on the Events page you can read about *Masterful Living* and see if it's right for you.

If it is, trust that. You'll know that. If it's not right for you, if you're not interested in having that guidance and support and deepening your studies, you'll know that, too. One of the things we do is we start the course every year with two weeks on setting New Year's intentions and aspirations, not resolutions. You can actually just sign up just for the *New Year's Intentions* two-part class. Then we go into my sequence of *Stop Playing Small*, *How to Stop Playing Small* and *Prayer Power* to set ourselves up for the New Year.

You can take these classes individually. You don't have to enroll in the whole year. I'm actually doing a preview class tomorrow Wednesday, December 3rd, so you can sign up for that, *How to Stop Playing Small* with a focus for light workers who are playing small. It's a free class. You can read about that on the Events page on JenniferHadley.com.

Anyway, in my *Prayer Power* class, one of the things I talk about is how when I'm teaching prayer and talking about healing in a workshop setting where I have people in front of me I'll just ask everybody in the room, I'll

just ask them this question, I'll say, "Let's say that my neighbor stops by to visit me. As they're walking out of the door they say, "Oh, by the way, will you pray for my cousin?" I say, "Sure. Absolutely." Then they go out the door."

After they're gone, after my neighbor is gone, I realized, "Oh, wait a minute, I don't know their cousin's name. I don't know the cousin's gender. I don't know how old they are. I don't know where they are. I don't know what the challenge they're experiencing is that my neighbor wants prayer around. I don't know any of these details." Can I effectively pray for the cousin not knowing any of those details?

When I asked a roomful of people I'll say, "Who thinks that it's not possible to effectively pray for someone if you don't know the details?" Nobody raised their hands. I asked, "Does anybody think that the prayer will be less effective because I don't know those details?" Nobody raises their hands. So that tells me everybody understands at least on a heart level that prayer has nothing to do with knowing those details.

Now another thing I say is since I don't know where that person is in time and space, will the prayer take longer to take effect because I don't know where they are? Is distance and that knowledge of where they are in time and space a factor in the healing? Nobody thinks that it is. Literally, I never had anybody say, "Oh, yeah, that's a major factor or even a minor one." That tells me that even though most people haven't thought about it, they, on a heart level know that time and space are not a factor in the effects of prayer.

What I can tell you is that when my mother was sick with cancer and we had a meeting with the oncologist. The oncologist acting the guidelines given to them by their malpractice insurance company told me that there was nothing that could help my mother heal from the cancer and that in fact if she took chemo it would be more likely to hurt her and possibly kill her than help her, based on what he knew of my mother and what he knew of the chemo that he was prescribing for her.

I asked him, I said, "Are you basically prescribing this chemo because if you don't you're liable with your insurance company? He said, "I think you understand the situation." and I said, "So you're telling me that nothing can help her, changes in diet, prayer—I mean not prayer, exercise?" I listed

a whole bunch of things, acupuncture, homeopathy, all these things. He said there's no evidence to support any of those things can help.

Now I knew that people had all kinds of success with changing their diet and all that but his insurance company, as he was telling me, would not allow him to affirm that. What he said was, "There's one thing that I can tell you I have seen worked but I can only tell you off the record. I'm not telling you as the doctor." I said, "What's that?" He said, "Prayer. If you know anybody who prays, get them praying for your mother because prayer works."

One thing I have done in the past is I have organized prayer circles for people who were receptive to it where we would pray once a week for somebody or even at times once a day on the phone using FreeConferenceCall.com or other system like that. So prayer works. And prayer—the words do not matter. *A Course in Miracles* tells us that what's in your heart is what matters. God knows what's in your heart. "*Words are but symbols of symbols.*"

Now words also represent what we're thinking. For me, I've become extremely mindful of my words. When I miss-speak, and I can tell energetically that I'm saying is not going to create the effect that I would like, then I will correct myself. If you spend any amount of time with me, if you listen to a lot of these radio broadcasts you'll hear me correct myself. I do it at least once a day for sure. I teach the power of prayer because I know how powerful prayer is and I know that it has nothing to do with time and space. That it is powerful quantum healing because it is healing the mind. It is clearing the mind.

If you're interested in studying this, one of the best books I can share with you that inspired me personally is the *Quimby Manuscripts* by--the collected letters and I think there are some talks in there by Phineas P. Quimby who taught Mary Baker Eddy who founded the Christian Science. Quimby is considered the godfather of or grandfather of *New Thought*. He used to work at the level of the mind and only at the level of the mind and his teaching are really beautiful and powerful and very interesting reading if you're into that kind of thing. So I encourage you to study that if you're interested in quantum healing.

Healing and Forgiveness

The Immediacy of Salvation.

The one remaining problem that you have is that you see an interval of time between when you forgive and when you receive the benefits of that forgiveness.

Now if you've been listening to my radio show or my classes, you know that I teach that, "What forgiveness really is the release of the meaning that you have made of it." the meaning that you have made of whatever occurred or did not occur is your judgment. It's your opinion, and those are the only blocks to Love that there really are, they're false beliefs. They're the meaning that you made up that has nothing to do with Love, with truth, with goodness, with Wholeness, with Freedom, with Joy, with Peace, with Prosperity and Abundance.

One of the things that I share, for instance, in my *Daily Spiritual Espresso* blog inspiration yesterday, December 1st, I wrote a blog about healing poverty consciousness. If you're interested, you can go and read that there. One of the things I talked about was if you're really interested in healing poverty mindset, patterns of poverty thinking in your own mind, put some real attention on what you're thinking and start—get a little notebook that you can easily carry with you. Of course, these days, many people can do as I do, take notes in my phone.

I've an iPhone. I have an older iPhone and I use it, I use the Notes and I take notes in there. You can take notes and put them in there what are you thinking, the lack and limitation thinking. You might even start to put down the time, so what time is it, what was the thought of lack and limitation that you had? Now lack and limitation is not just about finances. You can think, "Oh, there's not enough coffee. There's not enough Love. There's not enough information. There's not enough of anything."

Put down—start to write down, each day keep a log what time is it, what is the thought of lack and limitation. Just to start to list every time you noticed them. It's going to make you hyper aware of your thinking, which is a really good thing because all healing is at the level of the mind. You'll start to notice that you have the same recurring negative thoughts. The same recurring thoughts of lack and limitation.

I know for me right now I have a cold. What I'm noticing is I've been feeling unwell for a couple of days. What I noticed particularly about this experience of having this cold, this is the first cold I've had in two-and-a-half years. Although I've had—you know my sinus get dried out when people the heat on really high. Last year at Christmas I was staying in a house that was—where there was so much heat in the bedroom. My sinuses got dried out and so my sinus has flared out intensely. But this is the first cold I've had in two-and-a-half years, at least the last time I can remember having one.

What I noticed this time is that I'm not having thoughts of like, "Oh, I feel terrible. Oh, I'll be glad to feel better. Oh, when is this going to end? Oh, this is a bummer. Oh, I'm suffering." I'm not having any of those thoughts. I'm just noticing how I'm feeling and noticing that while this is less than comfortable, it's really not that bad. And that I'm grateful that it's really not that bad. I'm grateful that I can feel its shifting and changing. I had one day when it started, one day when it was worse, one day when it started to feel better, and now another day where it's feeling even better. But it's changing, it's shifting into my voice. I'm just noticing it without ascribing any quality to it, bad, wrong, pain, suffering. So, I'm not really experiencing suffering as a result of it.

This cold is bringing me benefit because it's showing me how my mind is shifting. I know in the past when I've had flus and colds, it was always very tempting for me to go into complaining over my discomfort and to really like, "Oh, what can I take? How can I heal this?" I'm just not going into this mindset this time. The real difference for me, and I'm noticing the quality of my experience is different as a result of it. I'm also not thinking that this is going to heal over time. I'm perfectly willing to have it completely stopped right now.

I know this experience of thinking, "Okay, I'm going to forgive and then time is going to have to elapse before the quality of my relationship of my brother or sister whom I'm forgiving is going to shift. But it doesn't take time. It doesn't take time. I have experiences all the time that—not all the time but on a regular basis where something comes up with a relationship with somebody in my life where it feels difficult, it feels challenging, it feels like an old pattern has come for healing. I have learned to take total responsibility for it and to do the healing in my mind and to do it by

releasing the judgment and the opinion. It's also that judgment, that opinion is an attachment.

Moving into Quantum Healing

For people who are working with healing the physical body, many times they are not willing to recognize that there is a gift in their physical experience. So they reject it and think that their physical experience is bad or wrong. They form an opinion about that physical experience and they hold on to it not recognizing that as it says in Lesson 135, “*Everything is gently planned by One Whose only purpose is our good.*” So even that experience of physical debilitation is part of the Divine Plan. For me, one of the biggest healings in my life is the recognition that giving thanks for everything just as it is allows me to accept the gift in it.

Emma Curtis Hopkins, the great mystic who was a student of Mary Baker Eddy, who found the Christian Science. Emma Curtis Hopkins was the teacher of teachers. She was the teacher of Ernest Holmes, the founder of Science of Mind, and she was the teacher of Charles and Myrtle Fillmore, who founded the Unity Teachings. She used this—she had this method of looking at something that seemed to be less than a gift. She would say, “*You are of God and I demand my blessing.*”

We can do that with anything to recognize that everything that comes to us brings a blessing for us. Otherwise, we would not be experiencing it. So often we reject the answered prayer, we reject the teaching that's right in front of us. We could change our mind about that and that's what *A Course in Miracles* is all about. Time does not take healing. Let us eradicate that belief from our awareness and support the whole human race in moving into quantum healing. All healing is at the level of the mind.

I'm Jennifer Hadley. I'm so happy to be sharing with you. We're talking about *A Course in Miracles*, living the Love, walking the talk on Unity online radio. I'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 in the discussion, visit us on Facebook at *A Course in Miracles Pledge* where you can join with a 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*.

Forgiveness Unblocks the Flow of Love

Jennifer We're back talking about time and space and healing. I'm Jennifer Hadley. It says here one of the big problems that we have, the one remaining problem that you have is you see that interval between the time you forgive and the time that the healing happens. I'd like to share a story with you right now. I'm living with my brother's house. We get along fine now but we didn't get along well for a long time. There was one point—gosh, I can't even remember when it was. Back in the '90s, mid- '90s sometime, '97, something like that. I was visiting him, he was living in Brooklyn. Had a couple of young kids, married. I was visiting him from Los Angeles.

We were out to dinner and we got into a terrible fight over something completely innocuous. The upshot of it was that I really felt like that I just don't want to ever talk to him again. I don't want to see him again. I'm done with this relationship. I went into that special relationship. I'm cutting it off. Of course, that's crazy. How can you end a relationship? That's an illusion. If we're all One and we're all eternal Infinite Love of God, it's just a crazy illusion that you could ever end the relationship.

There's just a perception that you could ever end the relationship in time and space. So I knew that but yet I wanted to get him back. I wanted to hurt him. I want to cut him off. I wanted to end my suffering and the ego will tell you that if you stop talking with someone, somehow that will end your suffering. If you stop relating to them, that will stop your suffering. That's, of course, insane. You only have those thoughts if you're engaged in a special relationship.

At that time, I was learning to pray. I was learning how to do Science of Mind treatment, and so I did a treatment to have a healing in my relationship with my brother. Then sometime after that, not too long, I was literally walking down the street, I remember exactly where I was when it came to my awareness, "Ah, the reason that I feel like my brother doesn't love me is because I do not feel worthy of his love because when we were younger I treated him badly. He would get upset, he was my little brother, he'd get upset. He'd do something to hurt me and I would hurt him twice as bad." I felt guilty and ashamed for it, so I did not feel worthy of his love.

Even though he and I weren't getting along well, he was unkind to me, I was unkind to him. We were very argumentative, picking at each other. We had this big fight where I said, "I don't think you love me. I don't want

to spend time with someone who doesn't love me." He said, "I do love you I just don't like you." That's where we left it. I was really thinking I don't think I'm ever going to speak to him again. But I didn't decide that. I was just in the ego contemplating it. But nonetheless, I turned it over in prayer and I did a heartfelt Science of Mind treatment which I wrote out and energized.

Then I had this realization that I couldn't feel his love because I did not feel worthy of it, so the love was there but I was blocking it with this belief that I was unworthy of his love from the meaning that I had made of things decades before. See how it works? What I realized in that moment is that I need to forgive myself. So I did. I literally did exactly what I teach which is I forgave my judgments. I offered the judgments up to the Higher Holy Spirit Self for healing. I said, "I don't need to judge myself as unworthy anymore. He did what he did, I did what I did. We were kids. I don't need to carry that burden anymore. I forgive myself. I release the judgments I've been holding against myself. I now realized I'm worthy of Love just as I am without improvement."

Two weeks later my brother called me and said, "My wife and I are thinking of coming to visit you for Christmas, which was about eight weeks away and bringing the kids." Now my brother had never come to visit me in his entire adult life ever and never expressed an interest in that ever. So, I had just been to visit him maybe a month before, six weeks before we had this horrible fight where I literally thought we might never speak to each other again. After two weeks of contemplating that, I did the prayer treatment. Then after about two weeks of having forgiven myself, making that realization, my brother calls me and says, "We'd like to come for a visit." At first I was kind of like, "Really? Wow!" This was like how does that happen. "That would be great. Yeah, please come."

Then I hung up the phone and the next day I realized, "Oh, my God! I did the prayer treatment, I forgave myself and my brother has had a total about face." We didn't have a conversation about it. We didn't talk about it. We just shifted our minds. I shifted my mind and his mind shifted, too. I wrote him an e-mail and told him this. Now my brother doesn't believe in God but I still told him anyway. This is like a miracle. I explained about forgiving myself and feeling bad and all of that and praying on it. He wrote me back right away saying, "Wow, that's really interesting because it was exactly

two weeks ago that I got the idea to come visit you but it took me two weeks to tell you.”

So, what my brother was saying was that basically the very time that I forgave myself and released the block to receiving his love, it came into his mind to come and visit me. He talked to his wife about it. They agreed on it and it just took him two weeks to tell me. That changed my life. It taught me so much. It taught me, “Yeah, all healing is at the level of the mind. It taught me that prayer works, that prayer is the most powerful tool I have right alongside forgiveness.”

What is forgiveness? It’s releasing the judgment. I learned all of that through my willingness. I was willing to be the fulcrum point of Love in my relationship with my brother and to take total responsibility. And through that taking responsibility, the healing steps to take were revealed to me in my mind. I chose to engage with them. I followed my intuition and it led me and my family into quantum healing. It was the beginning of a total reconstruction of my relationship with my brother. I’m so grateful that I followed the steps I was given, and those are the ones that I now teach.

Yeah, so I invite you if you’d like to join me in my free class this week. It’s *How to Stop Playing Small* for light workers. You can read about it on my Events page at JenniferHadley.com. Also, take a look you might be interested in my year-long *Masterful Living Class*. It starts on January 1st. If you think you might be interested, sign up now. Don’t procrastinate because you know what happens, something else comes up and something else becomes more important than our healing.

I’m so happy to be joining with you today. One more shout out for the Baja, Mexico *Living A Course in Miracles* retreat. Read all about it at ACIMretreat.com. If you appreciate this radio show, you can always make tithe or donation at JenniferHadley.com or LivingACourseinMiracles.com.

Closing Prayer

We take our breath of Love and gratitude, our hand on our heart. We give thanks for our healing. We give thanks that we can change our mind. We give thanks that all healing is at the level of the mind.

In grace and gratitude, we accept our healing. We share the benefits with everyone because we're One with them. We let it be, and so it is. Amen. Amen. Amen.

Thank you. Have a great 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.