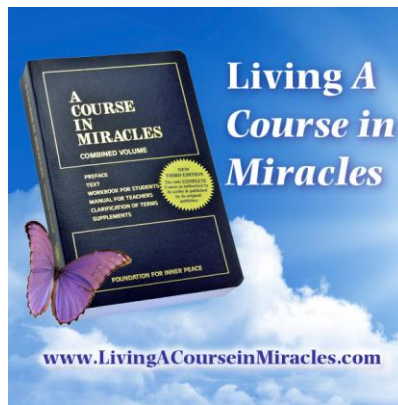


March 24, 2015



## The Mirror Effect

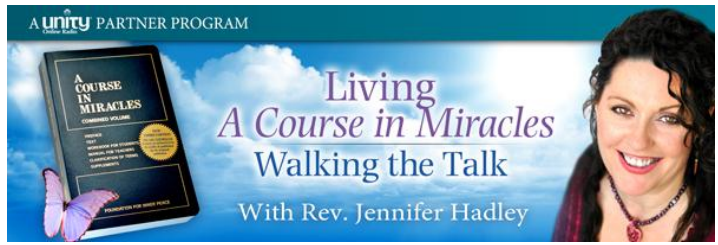


Copyright © 2015 by Reverend Jennifer Helen Hadley.  
All rights reserved. No part of this publication may be reproduced, stored  
in a retrieval system, or transmitted in any form or by any means,  
electronic, mechanical, photocopying, recording or otherwise without the  
written permission of the publisher.

Published by JenniferHadley.com. Printed in the United States of America.

For more inspiration to live a life of love,  
visit [www.JenniferHadley.com](http://www.JenniferHadley.com).





**The Mirror Effect..... 4**

    Opening Prayer..... 4

    Feeling the Love of God Within..... 5

    Mirror Mirror on the Wall ..... 7

    Reflections ..... 8

    App-date ..... 10

    Pre-installed Eyes of Love ..... 11

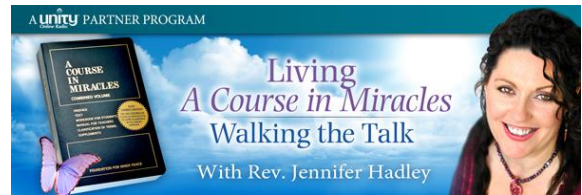
    We Got the Power..... 13

    The World We See is a Reflection ..... 16

    Pain is a Teacher ..... 17

    Keep the Ball Rolling ..... 18

    Closing Prayers..... 19



**March 24, 2015**

## The Mirror Effect

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 Hello, hello! So happy to be with you. I'm coming to you from Salisbury, England, where I've been here for—coming up on a week. Not quite. Just here for a short visit. I came for the equinox and some other things. I'm so happy to share with you right this very minute. We're going to talk about *The Mirror Effect* today, and hopefully, that will be incredibly helpful. It's one of the things that that's really helped me. Let's dive right in.

### *Opening Prayer*

---

I invite you to place your hand on your heart and take a breath with me. Let's open ourselves to the unlimited, to the unprecedented flow of Divine goodness. Taking a breath of Love and gratitude, we Partner UP with the Higher Holy Spirit Self to remember our true identity is perfect Love. It always has been and it always will be.

We're grateful and thankful right now to remember the truth that sets us free. Recalibrating right now. We make a holy offering of all obstructions to the flow of Love in our awareness. We're grateful and thankful to claim our inheritance. As the perfect givers and receivers of Love, we're claiming the Kingdom is within. We're accessing it right now.

Sharing the benefits with everyone because we're One with them. So grateful and so thankful to allow ourselves to have a healing right now. In

grace and gratitude, we joyfully allow it to be. We let it be, and so it is.

Amen. Amen,

Yay!

### *Feeling the Love of God Within*

---

So I was just going for a walk out to lunch in Salisbury, and it was hailing as I was coming back. It's funny in the spring, I always seem to catch a hailstorm, though it wasn't really a storm, just a sprinkling. Funny. Funny how that seems to work out for me here in the UK. I feel spring is springing, the daffodils are doing their thing, and the hail is coming down.

We're going to look at Lesson 189 today. Lesson 189, I feel the Love of God within me now. In preparing for the radio show, often what I do is I just tune in to the Holy Spirit. What would you have me share, because I'm really living that prayer for my purpose? I'm here only to be truly helpful. And the One who sent me will guide me what to say, what to do. So that's my way of working within is to tune into the Holy Spirit. What would you have me say on the radio show? What would you have me share?

Of course, now let's get to Lesson 2, of course, of course. We join together transcending time and space. How lovely is that? This Lesson 189 really made me think of the, The "Mirror Effect."

In this Lesson 189, it says, *"There is a light in you the world cannot perceive. And with its eyes you will not see this light."*

If you're looking for the light with the body's eyes, you won't see it.

*"For you are blinded by the world. Yet you have eyes to see it. It is there for you to look upon. It was not placed in you to be kept hidden from your sight. This light is a reflection of the thought we practice now. To feel the Love of God within you is to see the world anew, shining in innocence, alive with hope, and blessed with perfect charity and love."*

*"Who could feel fear in such a world as this? It welcomes you, rejoices that you came, and sings your praises as it keeps you safe from every form of danger and pain. It offers you a warm and gentle home in which to stay a while. It blesses you throughout the day, and watches through the night as silent guardian of your holy sleep."*

How's that?

*“It sees salvation in you, and protects the light in you, in which it sees its own. It offers you its flowers and its snow, in thankfulness for your benevolence.”*

Wow! Isn't that wonderful? I feel the Love of God within me now. It keeps us safe from every form of danger and pain. Why would we not choose to recognize this?

Insanity!

*“This is the world the Love of God reveals.”*

When we choose to align with the Love of God, which is our true nature, this is the world we experience.

*“It is so different from the world you see through darkened eyes of malice and of fear, that one belies the other. Only one can be perceived at all.”*

You've got to choose whom you'll serve and what world you'll see.

I love that we get to choose. We get to choose. We can see the world of pain and fear. We can choose that world and we can live in that world, or we can choose to live in the world that is alive with hope and blessed with perfect charity and Love according to our choices. Yes, only one can be perceived at all.

*“The other one is wholly meaningless. A world in which forgiveness shines on everything, and peace offers its gentle light to everyone, is inconceivable to those who see a world of hatred rising from attack, poised to avenge, to murder and destroy.”*

It makes me think of Lesson 68, my favorite lesson, “Love Holds No Grievances.” *“It is as sure that those who forgive will remember who they are as it is as sure that those who do not forgive will forget who they are.”* So, forgiveness is the way, of course. Forgiveness is the way salvation. It's the way to undo the world and all our pain and suffering. Yet, I bet we can think of something that we still have resentment or regret about, that we still have guilt or shame about. We're clinging to the world of hatred and fear that looking through darkened eyes of malice and fear, but we don't have to.

It says here, *“Yet is the world of hatred equally unseen and inconceivable to those who feel God's Love in them. Their world reflects the quietness and peace that shines in them; the gentleness and innocence they see surrounding them; the*

*joy with which they look out from the endless wells of joy within. What they have felt in them, they look upon, and see its sure reflection everywhere.”*

### *Mirror Mirror on the Wall*

---

When I was asking the Holy Spirit what would you have me speak about? What came to my awareness was Lesson 189 and I didn't remember what it was about. When I was reading it, this is what stood out to me, the reflection, the mirror. This is a common question that I get in class is people who are in spiritual studies, here, it talks about there being a mirror effect that we're seeing things mirrored back to us but oftentimes that seems confusing.

Many people are so familiar with the terminology, seeing things in a mirror that they don't even question whether or not they understand what that means. I find that that's very common. For instance, if you say in a room full of *A Course in Miracles* students, "All healing is at the level of the mind," people will nod and say, "Oh, yes, that's true." But if you ask everyone in the room to explain that, you say, "Well, how does that work?" A lot of people would just will be like a deer in headlights, "Oh, I didn't know there was going to be a quiz."

This is what happens to many of us is, spiritual students, and this was definitely my story was for many years I've been studying spiritual principles and teachings in the Science of Mind, the Unity teachings, the new thought teachings before I came to *A Course in Miracles*. Studying the Ancient Wisdom and the New Thought teachings, I became very familiar with the terminology.

However, when I really made up my mind to become wholeheartedly become available for God to be truly helpful, to really have that living prayer of, "God, use me. I'm Yours," and, "This is my greatest joy to align my will with Divine Will and to be a vehicle, an agent for Divine Love for that's what I'm truly am." Teaching of Love for that is what you are. When I came to the awareness that that what was I was interested in more than anything else, and I truly surrendered. Of course, I'm still surrendering all the time. I'm still discovering every day. Throughout the day, "Oh, I've been holding this back. Oh, boy, I've been holding that back."

This was akin to the conversation we talked a lot about this on the recent Baja, Mexico *Living A Course in Miracles* retreat, and you can still—I believe

you can still sign up for the—you can get all the audios and the videos of those retreat teachings. I think they were very good. I think it's a really great deal for all those I think more than 20 hours for like under \$100. That's at JenniferHadley.com on the Events page there, the Baja, Mexico livestream of the retreat that we did a couple of weeks ago.

One of the conversations we had there. I know Regina talked about it, David talked about it. I talked about it. Dave Hoffmeister, Regina Dawn Akers. It's such a common conversation for us *A Course in Miracles* students that we're always discovering new ways that we've been aligning with the ego, energizing the ego that we didn't even recognize. "Oh, now we see it." It's a constant process of surrendering what we've been holding back from the ego. Indeed, Regina and I talked about this a few weeks ago on the radio show, when she was my guest on the radio show.

## *Reflections*

---

It's wonderful to be able to use the mirror effect to help us recognize where we have not been seeing clearly. The world is, according to *A Course in Miracles*, a projection of our minds, so what we're experiencing in the world is going to be evidence of what our beliefs are and our beliefs are generating our thoughts, our emotions and our experiences.

*A Course in Miracles* in, "The Fear and Conflict" section, talks about belief and thought combine into a power that can literally move mountains, and that our experience of conflict in the world is because we have an inner conflict. So, the end to all conflict in the world is changing our mind about it.

*"Seek not to change the world but to change your mind about the world."*

So that's what we're doing as *A Course in Miracles* students. It's really the same teaching that Gandhi gave us, "Be the change you'd like to see in the world." Be inside to see it outside. Be it to see it is what I say.

When someone is wholeheartedly aligned with Love, there's nothing to fear in the world. If you have a lot of fear, then what that really is evidence of is you're believing your opinions and judgments, and it's disturbing your Peace. You're looking at the world making it real as so it could hurt you. But think of it this way, how could situations, circumstances, events, even

the physical body, how could any of those things hurt you if they are a projection of your mind?

The good news is, your mind, your beingness is unhurt. It's unbreakable and it doesn't need any fixing or correction. I love that. We're all still in our natural, pristine state. We're all still the Son of God, the Christ presence, but we've forgotten that, and we are delusional. Our healing is a process of disillusionment. We become disillusioned with the illusion.

In this Lesson 189, it talks about the reflection everywhere.

*“What they have felt in them they look upon, and see its sure reflection everywhere.”*

I'm going to invite you to take a moment here with me and to consciously look at what you're perceiving in the world, particularly consider the things that bother you most. The things you might feel angry about, worried about, fearful about, upset about, hurt about. What are the main things that are bothering you that you're seeing in the world? It could be in your physical body, could be in your relationships, and it could be in your finances. Think about those things.

You could even think about things in the world such as war and the seeming destruction of the water and the planet, and the climate changes. You can look at all these things in the world and just notice what are the things that particularly bother and upset you? Pick one. Perhaps the one bothers you the most. And be willing even if you can't make heads or tails of it, you can't make any sense of it all, but decide you're going to take responsibility for it.

That responsibility for sight, “I'm responsible for the world I see, and everything is just as I wish it would be.” Right? Page 448, “The Responsibility for Sight,” in the text. I love that. Decide the most upsetting thing in your life. You're going to take total responsibility for it, and somehow, some way, it's just as you wish it would be. And it is mirroring back to you some belief in your awareness something you believe is true. That is why it upsets you, because you're believing something that isn't true. You think it's true—and you look—

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*.

*App-date*

---

Jennifer

Hey there. Sorry about the abrupt going to break there. We had a little technical difficulty as sometimes it happens. Just before I go back into our topic today about the mirror effect, I want to mention a couple of things. This radio show is produced by Unity Church Network, as you well know, and in conjunction with the Power of Love Ministry, which is the ministry I founded. We are the ones that also produce the *A Course in Miracles* app, which is free for iPhone users and iPad users. You can get it free at iTunes, just like you can get all the recordings.

This is Episode 180 of this radio show. If you go to iTunes and you search for me, you'll find the radio show and other free things. There are hundreds of hours of free audios that you can download there when you search for my name at iTunes. You don't have to be an iTunes user to get the radio shows. You can follow the link in my blog, or at Unity FM, there's—you can subscribe to the podcast and download all the episodes very easily. They're all free.

Then also, if you're interested in *A Course in Miracles* app for your iPhone or your iPad, it's called *A Course in Miracles* app, ACIM, complete with deluxe features, and it's totally free for you to download and use. We're still polishing it up. I'm put in all the features that I would like most in an app, and I really enjoy it and I hope you will, too.

We're getting ready for the next *Living A Course in Miracles* series, so I'll be talking about that next week. You can join in and get all those free classes. We'll have 16 free classes for you. We've got some wonderful teachers: Jon Mundy, James Twyman, and—gosh! I can't think of them all right this second but wonderful *A Course in Miracles* teachers that I dearly love.

All of this is sponsored by the Power of Love Ministry, which is a non-profit organization. We're 501C3, so all contributions are tax deductible. If you would like to support this radio show and the Power of Love Ministry, the *Living A Course in Miracles* classes, the *A Course in Miracles* app. We would love to see your contribution.

There are two ways to do that, one is you can go to [powerofloveministry.net](http://powerofloveministry.net) and make a contribution there. The other thing you can do is you can go to [JenniferHadley.com](http://JenniferHadley.com), and on the Events page, I, for a Love offering, have my *New Year's Reboot* class. It was a bonus class for my year-long *Masterful Living* students. It's a really good class, very

ACIM-focused, almost a two-hour class. It was really juicy. For a Love offering, whatever you like, you can make an offering and get that download, that's another way to make a contribution, on the Events page at JenniferHadley.com.

By the way, we're just about to close registration for *Masterful Living*. It will be closed for the whole year and then we'll start registration again at the end of the year for next year. So if you'd like to get in for my year-long class, now is the time. You can access those details also at the Events page at JenniferHadley.com. You also can get a couple of free preview classes. There's the *Fortify Your Faith* and the relationship—I think it's *Relationship Rescue*. Yeah, those are on the Events page and they're free as well.

Last year, *A Course in Miracles* student from 102 countries around the world enjoyed this radio show and the *Living A Course in Miracles* classes. I'm so grateful that what we're doing is appreciated by people around the world. So grateful that we can offer it free to so many.

### *Pre-installed Eyes of Love*

---

Alright, so let's see. Back to The Mirror Effect. Oh, by the way, if you love this radio show, will you write a review at iTunes? The more people that write reviews, the more that iTunes shows it to people when they searching for *A Course in Miracles* things. All 180 episodes are totally free. It's a great way to pay it forward. Thank you very much.

Alright, so we're talking about The Mirror Effect. That whatever we see in the world is a reflection of what's going on inside of us. Think about—we were talking about just before we got cut off at the break time, we were talking about that one thing that bothers you most that you see somewhere in the world. It could be even your emotional body, your physical body, something you think about yourself. Or it could be a situation or a circumstance in the world. It could be a relationship in the world. Think about that, one thing that really seems to bother you the most and take total responsibility for it.

“The Responsibility for Sight.”

*“I'm responsibility for what I see and everything is just as I wish it would be.”*

That's a little condensation of a prayer on Page 448 in the text, “The Responsibility for Sight,” is the name of that section. So helpful because

“The Responsibility for Sight” is part of the forgiveness process. It really is. Forgiveness isn’t saying, “Hey that’s okay that you did that to me,” or, “I’m going to forget that you did that to me,” or, “I’m going to forgive myself for being an idiot.” No, it’s not that at all.

Forgiveness is really releasing the meaning we made of it. Labelling it bad and wrong and moving it to that place I don’t know what anything is for except that it’s for my learning and I can see it with the eyes of Love. So that’s where this Lesson 189 starts with.

*“I feel the Love of God within me now.*

*There is a light in you the world cannot perceive. And with its eyes you will not see this light.”*

When we look with the world’s eyes, which means looking through the past darkly, then we’ll be blinded by the world. But we have the eyes to see the perfection, to see the wholeness, to see what things are truly for. This is my high intention, my aspiration in my human experience is to recognize what things are for so that I can truly harvest the learning from my experience and stop rejecting the learning by labelling things as bad and wrong.

I’m interested in stopping myself from rejecting the learning by trying to manage, cope, manipulate things in the world, trying to change the world. For a long time, I was very intent on rearranging the chairs on the deck of the Titanic while not recognizing the boat is sinking, girl. It’s sinking. Who cares what the chairs are arranged as? There’s no better or no worse. We’re sinking. So finally I said, “Okay, I don’t know what anything is for. I’m going to stop thinking that I do.”

Then I began to discover that, “Oh, yes, the eyes of Love are pre-installed in my awareness, because I don’t actually see with the body’s eyes. I see with the mind.” It’s possible for me to see the world clearly for what it is. It’s a projection of my mind. The best use of the world is to allow it to be that mirror or reflection for me to see what I’m looking with. What I see in the world is evidence of what I’m looking with.

It says here. . . Alright, so they were seeing the reflection of what we’re looking with everywhere.

It says, *“What would you see?”*

What would you like to see?

*“The choice is given you. But learn and do not let your mind forget this law of seeing.”*

Okay, here is the law.

*“You will look upon that which you feel within.”* That’s the law of seeing.

*“If hatred finds a place within your heart, you will perceive a fearful world.”*

Okay, so if you perceive a fearful world, and it says here. . .

*“Hold cruelty in death’s sharp-pointed, bony fingers. If you feel the Love of God within you, you will look out on a world of mercy and of love.”*

### *We Got the Power*

---

We get to choose what world we’re going to experience. It doesn’t seem like we have that kind of power, does it? But we do. I think it was on the Baja, Mexico retreat that I was sharing. We were talking about it—I think it was Regina, David and I, we were talking on a panel, and saying that the greatest lie that had ever been told was that we’re powerless.

And what is true is that we have this incredible power. It’s the power of the mind to project at the world and to make things seem real. We have the power to see a world of Beauty. Yes! We have the power to see a world of Peace and to bring it to manifestation through choosing forgiveness, through choosing to make forgiveness our function in this world. To fulfill our function, which is to forgive the world the ego made by aligning with the Higher Holy Spirit Self to know our true identity and to recognize the true identity of our brothers and sisters. Yeah.

It says here, *“Learn and do not let your mind forget this law of seeing: You will look upon that which you feel within.”*

To me, it’s incredibly helpful that what I see in the world is reminding me what I’m thinking and so then I can say, “Okay,” instead of blaming the world on the world, instead of blaming it all, I’m going to take responsibility for what I see and say, “Ah, this is a projection of my mind.”

For me, the most simple way I work with this mirror effect is if something bothers me, then it’s something I’ve disowned in my mind. I have a false belief. It’s showing up on the mirror. I’m not going to be mad at the mirror for reflecting back to me what is showing up in my mind, what I am choosing to believe. Now I might be choosing it unknowingly. I might have

placed a veil in my awareness because I don't want to take responsibility. I don't want to say, "That's their fault. That's their problem. They're doing something bad or wrong. I don't want to take responsibility for it. So I want to blame the mirror for what it's showing me."

Just think of the most practical day to day experience that you have with the mirror, and imagine that you're looking in the mirror on the bathroom mirror, let's say, because most of us have a mirror above the sink in our bathroom. Let's say you look in that bathroom mirror and you don't like what you see, and you smashed the mirror. You yelled at the mirror, you blamed the mirror. You defiled the mirror. You hate the mirror.

Well, if you were watching someone do that, you would think that, "They must not realize the mirror is reflecting, and that's all its doing is just reflecting." The mirror does not have free will and choice. The world of effects does not have volition. It does not have free will. We have free will to choose.

Whom we're going to serve? We're going to serve Love and see a world of Beauty, Peace, Harmony and Love, or are we going to serve the ego and see a world of pain and suffering? It's possible to look upon the world and know what everything is for. So that's the awakened state. That's what we're going for. But we can't get to the awakened state by still being willing to blame the mirror for what it's reflecting to us. Many, many people are highly distracted by what they see in the world.

Be the change you'd like to see. Be it to see it.

It says here, what would you see? The choice is given you. *"If you feel the Love of God within you, you will look out on a world of mercy and of love."*

It says in Lesson 189, *"Today we pass illusions, as we seek to reach to what is true in us, and feel its all-embracing tenderness,"*

This is what we're choosing, to feel its all-embracing tenderness. That's the truth that of what is in us. That is our Divine nature. So remember, Lesson 189 starts with, *"I feel the Love of God within me now,"* and then there is this light within us. Yes, and this light is a reflection the thought, *"I feel the Love of God within me now."*

*"Today we pass illusions, as we seek to reach to what is true in us, and feel its all-embracing tenderness, its Love which knows us perfect as itself, its sight which is the gift its Love bestows on us."*

Yes! So let us see clearly now.

♪ I can see clearly now. . . ♪

*“We learn the way today. It is as sure as Love itself, to which it carries us. For its simplicity avoids the snares the foolish convolutions of the world’s apparent reasoning but serve to hide.*

*“Simply do this: Be still, and lay aside all thoughts of what you are and what God is; all concepts you have learned about the world; all images you hold about yourself. Empty your mind of everything it thinks is either true or false, or good or bad, of every thought it judges worthy, and all the ideas of which it is ashamed. Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this Course, and come with wholly empty hands unto your God.”*

That can seem like a very tall order. A very tall order and yet it would not be given to us if it were not possible for us to fulfill. This is our sacred journey, and we’re on it together. Yes, we reflect each other. So when we see something that upsets us, it’s reflecting a false belief that we have yet to surrender.

Remember, our little willingness is all that’s required, so we don’t have to figure out how to get rid of the false beliefs. We just have to be willing to invoke the Holy Spirit to do it for us. That’s why I say let the Holy Spirit do the heavy lifting. Our job is to be willing. Yes, we’re willing to see, and know, and feel, and hear the truth that sets us free. This is our holy calling.

I’m Jennifer Hadley, and if you are interested, go to [JenniferHadley.com](http://JenniferHadley.com) on the Events page there. You’ll also find the sign there for the *A Course in Miracles Conference* coming up in April next month, just a few weeks away. I found out some new tickets have become available so you can sign up if you’d like to join us in New York.

You’re listening to Unity online radio *A Course in Miracles*, where we’re living the Love and we’re walking the talk. 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, every way. Now back to *A Course in Miracles: Living the Love, Walking the Talk*.

## *The World We See is a Reflection*

---

Jennifer     Alright, I'm Jennifer Hadley and we're talking about Lesson 189 in the workbook, "*I feel the Love of God within me now,*" which talks about this mirror effect that everything we see in the world is a projection of our mind. It's a reflection of what we believe.

Remember there's One Mind and that we're all joined together in this One Mind, in this human experience. We can't have any private thoughts. How can we have a private thought if our minds are joined together? We're giving up all our investment in the illusions and recognizing that the world we see is a reflection. It helps us to do that because whenever we're bothered by something we see, or something that we feel, or experience in forms. Remember, thoughts, emotions and physical feelings are all part of the world of form including situations and circumstances that we see or think we see with the body's eyes. All that is part of the world of form. It's all a projection of our collective mind.

What bothers us reflected in the mirror is evidence of false beliefs because the truth doesn't bother us. Love, Beauty, Wholeness, Harmony, Freedom, Creativity, Wisdom, Clarity, Prosperity, Abundance, the spiritual qualities of life, which can be expressed through our mental, emotional, physical bodies and world, these spiritual qualities, these are what are true. They are always livestreaming all the time. They are our true identity. They are the real world, these spiritual qualities.

If what is being reflected to us is bothering us, it's evidence of a false belief. Remember, lesson—actually, the very next lesson, "*Pain is a wrong perception.*" Lesson 190. It tells us that, "*Pain is a wrong perception.*"

When we are seeing something in the world that's beautiful and that we appreciate, right there is our opportunity to recognize, "A-ha! That's a reflection as well! That is a reflection as well." Sometimes when people will say that they love me, that they love something about me, I just say or think, "Well, just remember, I'm One with you. I'm a reflection of you and I think that's wonderful."

Now sometimes, we look at the world and we see something that seems horrendous, heinous, horrible, depraved, but it doesn't upset us at all. Very often there are spiritual students who will say, "Gosh, there was just a death of a loved one, but I don't feel upset because I know the truth. Is there something wrong with me? Have I become dead to my emotional

body because I'm so much up in my head with my spiritual thoughts?" No, this is not true.

What it is, is when we say something in—I mean it might be possible you're denying how you truly feel. However, if you're at Peace, chances are you're seeing it correctly. You're perceiving it correctly. For me, what I notice is if I'm looking upon things in the world, because I'm a spiritual counselor, I've been a counselor for 15 years doing sessions with people, individuals and couples. It's very common for people to tell me of things that are very distressing to them, upsetting to them. The sense is that something bad or terrible is happening that shouldn't be happening.

I totally understand that. However, if we're at Peace with what is happening, what that is telling us is that we don't have any false beliefs about it, and what we're perceiving is actually a cry for Love. So then, as spiritual students, our responsibility is to be able to look at it with Love, with compassion and to know the truth that this experience in the world of form, in time and space, is temporary.

Of course, time, temporal, time and space, temporary, and it is a projection to help us see what is the collective thought and to be a healing, loving beneficial presence to be truly helpful. So we might be called to pray to know the truth. We might be called to lend a hand or to show up physically, but what we're called to do mostly is to know in our mind that all is well and that everything is unfolding perfectly for the highest and best of all.

### *Pain is a Teacher*

---

Now one great thing that helps us in this is knowing that the highest and best for anyone has to be the highest and best for everyone because all minds are joined. So it's not possible for something to be good for someone and bad for another, because we're all One. If you look at anything including if it's in your physical body, your emotional body or your mental body, if you look at anything and you're experiencing pain and distress, it's a wrong perception. That's the next lesson, 190." *I choose the Joy of God instead of pain.*"

*"Pain is a wrong perspective. When it is experienced in any form,"*

Which means mentally, emotionally or thought or physically,

*“It is a proof of self-deception. It is not a fact at all. There is no form it takes that will not disappear if seen aright. For pain proclaims God cruel. How could it be real in any form? It witnesses to God the Father's hatred of His Son, the sinfulness He sees in him, and His insane desire for revenge and death. Can such projections be attested to? Can they be anything but wholly false? Pain is but witness to the Son's mistakes in what he thinks he is. It is a dream of fierce retaliation for a crime that could not be committed; for attack on what is wholly unassailable. It is a nightmare of abandonment by an Eternal Love, which could not leave the Son whom It created out of love.”*

Pain is a wrong perspective. Who among us does not have some physical or mental or emotional pain? And let us instead of trying to change something in the world, even in the physical body, take it and make it a holy offering to the Holy Spirit. Say, “This pain is my teacher and I do not need to learn through pain anymore. I’m not interested in learning through suffering anymore. I’m willing to learn through direct insight. I’m willing to cultivate a great willingness that allows me to learn through direct insight. Suffering is not my way anymore. I am willing to be led and guided by the Holy Spirit. Let me live in accordance with the Divine Will rather than trying to work the ego’s will.”

The mirror is reflecting back to us. The mirror is everything in the world of form. Thoughts, emotions, experiences, physical feelings, all of it is a reflection. Things are either a cry for Love, or evidence of false beliefs that we can take responsibility for. Make a holy offering of them to the Holy Spirit and allow ourselves to have a renewal of the mind. That’s the thing that’s going to heal the circumstances.

### *Keep the Ball Rolling*

---

Yes, indeed. Pain is a wrong perception. Wow! It goes by so fast. It’s time for me to close up shop here for another week. I will be in New York at the conference if you’re there. Again, there are—I just found out from Reverend Tony there are a couple of tickets left. So if you go to JenniferHadley.com, on the Events page there. Pretty much everything I talked about, you can access through that Events page including that *A Course in Miracles Conference*. You’ll see the red clock icon in there.

Remember, if you’d like to make a contribution to the Power of Love Ministry that hosts this show, you can do so at [PowerofLoveMinistry.net](http://PowerofLoveMinistry.net) or

you can make a contribution and get a download of my bonus class which was called *New Year's Reboot*, also on the Events page, JenniferHadley.com.

### *Closing Prayers*

---

Hand on our heart. Taking that breath of Love and gratitude together we are grateful and thankful to choose Love right now. We make a holy offering of all discordant thoughts and beliefs.

We share the benefits with everyone because we're One with them. We simply let it be, we allow it to be. We know it's done and so it is. Amen. Amen. Amen.

I love 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.

This program is brought to you in part by 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.