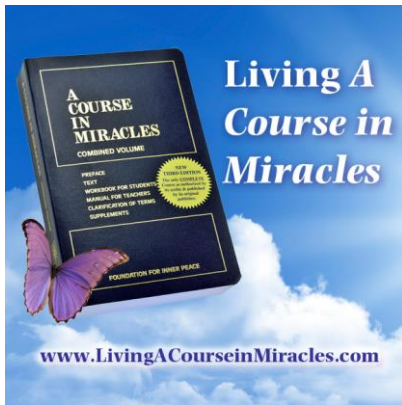


**May 9, 2017**



## Helpful Learning



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*May 9, 2017*

# Helpful Learning

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.

Jennifer      Bonjour! So happy to be with you. It's a fine Spring day in New Jersey where I am, and I am so, **so** delighted and joyful to be alive in this human experience and joining with you in this particular moment! I feel so **deeply** grateful -- grateful, grateful! -- that Love is all that there is. So grateful to say "Yes!" to Infinite Intelligence. Yes! Well, I'm Jennifer Hadley and I love to pray, and so we begin each episode here, coming to you live, with some prayer.

## *Opening Prayer*

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Let's take that breath of Love and gratitude. I like to place my hand on my heart, remind myself I'm wholeheartedly available to Love and be Loved.

So grateful and thankful to open ourselves to the Wisdom, the insight, the refreshment of the Higher Holy Spirit Self. So grateful and thankful to let go of all worry, doubt, fear, shame, blame, regret, resentment, hurt, guilt. We're letting it all dissolve and resolve permanently, back to the root cause, so we never experience it again.

We are grateful and thankful to open ourselves to Infinite Intelligence leading us and guiding us to our awakening. We are grateful to cultivate the little willingness that allows us to free ourselves, to liberate from all sense of lack and limitation. We are truly grateful to open our hearts and minds to each other and to the Love that we are. We are perfect already.

In gratitude, we share the benefits with everyone. In gratitude, we allow our healing to be. And so, it is. Amen. Amen. Amen.

Yeah! So, so good! Mmm! So grateful to join with you today!

# A Course in Miracles Weekly Radio Show

## with Jennifer Hadley

### The Body as a Learning Device

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Our topic this week is “Helpful Learning”. One of the things I do, sometimes, when figuring out “What is the episode about this week?” is I just flip through the *Course*. I just literally just hold the book in my hand, say, “Holy Spirit, You tell me. You decide for me.” I open the book, see where my eyes go, and this week it was Section V of Chapter 2. Gosh, I love Chapter 2, Section V of Chapter 2 in the *Text* is in entitled *The Function of The Miracle Worker*.

Our function is to love and be loved. Our function is to get out of the blocks to love, which are our judgments and our opinions.

So, how do we do that? It’s through forgiveness. What **is** forgiveness? It is the release of the meaning we've made of things. It's a release of our judgments and opinions. Yes!

---

*Healing is  
at the level  
of mind*

---

One of the things that this whole section tells us is that the body is a communication device, and what's the communication for? It's really about learning. It says, in Paragraph 1 of this section,

*“The body does not exist except as a learning device for the mind. This learning device is not subject to errors of its own, because it cannot create. It is obvious, then, that inducing the mind to give up its miscreations is the only application of creative ability that is truly meaningful.”*

In other words, the healing is at the level of mind. That's where we do our healing and that's even how we heal our body.

I did a class, a free class, one time called healing -- was it free class? I don't remember now. [laughs] I think it was a free class. It was called -- or maybe it was a *Living A Course in Miracles* bonus class. At any rate, it was called “Healing the Mind About the Body” and I just loved doing that class and preparing for it!

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

### *Release the Attachment of Fear*

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Going back to the beginning of this section, it starts with,

*“Before miracle workers are ready to undertake their function in this world, it is essential that they fully understand the fear of release.”*

So, there's a fear of releasing all of our attachments. Who will we be if we give up the false identity that we have created? Right? And here is one of the things, that we become identified with the body, we become identified with our role in our family. We become identified with our role at work. We become identified by the color of our skin, our gender or sexuality, our place of living in the world. All these things become part of our identification.

One of the things I notice about myself and my life, and many other spiritual teachers who are good friends of mine, is they're on the road a lot. I think of David Hoffmeister. Gosh! He's been tirelessly on the road for 30 years! Gary Renard, he's been on the road for **years**. Jon Mundy, he and I -- now we live an hour apart from each other. Trying to find a time when Jon Mundy and Jennifer Hadley can just get together and have lunch or dinner, forget it! It's crazy! Our travel schedules and this and that. [laughs] We're out on the road a lot.

---

*How we get to see beyond the illusion is we stop focusing on the meaning we've made of everything.*

---

You could say, well, it's so that we can connect with other people and we can share, but I connect with **far** more people via the internet than I could **ever** connect with in person. And I **love** to connect in person, of course.

But I **really** think the reason for the travel is to help us let go of all attachments and to see beyond the illusion, because **that's** how we get to see beyond the illusion, is we stop focusing on the meaning we've made of everything. That's what releasing the attachments truly is.

It says here that we have to --

*“... fully understand the fear of release. Otherwise they may unwittingly foster the belief that release is imprisonment, a belief that is already very prevalent. This misperception arises in turn from the belief that harm can be limited to the body.*

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

*That is because of the underlying fear that the mind can hurt itself. None of these errors is meaningful, because the miscreations of the mind do not really exist."*

This is something that many people find challenging to understand, that --  
"*... the miscreations of the mind do not really exist.*"

That this world, in fact, does not really exist.

The miscreations of the mind are the hurtful things that we say to ourselves and to each other. They are the things that we create in this world, and it could be -- or *A Course in Miracles* actually would say that we **make** them, the things that we **make** in this world -- the things that we bring into form, whether that form is a thought, whether that form is a belief, whether that form is a conversation that we had, whether it is a manifestation in our mental body, emotional body or physical body, or in our experience, in our relationships, in our finances.

*"... the miscreations of the mind do not really exist. This recognition is a far better protective device than any form of level confusion, because it introduces correction at the level of the error."*

### ***Correction of Level Confusion***

---

People ask me to talk about level confusion and things like that, so the level confusion is, I feel, best understood this way -- at least this what the Holy Spirit is sending right now for Clarity -- and that is that we **do** have a mental level, a physical level, emotional level, etheric level. These four levels, in other mystical teachings, they're called the four lower bodies, these levels.

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*Causation is  
at the level of  
the mind.*

---

And so, when there's **seeming** an issue in the body, the way to heal it is to work at the level of the mind, because that's where causation **is**, at the level of the mind.

It's very common for people to think -- well, for instance, my mother, according to the doctors, she died of lung cancer, and according to the doctors, perhaps it's because she was a smoker.

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Now, she quit smoking 30 years before she got lung cancer. I just don't believe any of it, and it doesn't really matter whether I believe any of it or not.

Do people get cancer because of something hereditary? Do they get cancer because of exposure to something? Well, you have to look at, well, did **everyone** who got exposed **get** it? **Is** causation at the level of form?

Life is so much more beautiful, powerful, joyful, and helpful if we can simply **allow** ourselves to be **willing** -- the little willingness -- to recognize that causation is **not** at the level of the form, and that's why it says here,

*“This recognition is a far better protective device than any form of level confusion, because it introduces correction at the level of the error.”*

So, if the error is at the level of the mind, **correct** it at the level of the mind.

It's just like if you have a river that's flowing, and downstream there's flooding that's happening, it's going over the riverbanks and you're trying to contain it at that place. It's far **better** to have a dam **upriver**, where you can control the flow of the river **all along** the river. It's the same thing with working at the level of the mind.

### ***A Prayer for Willingness***

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I'm going to invite you right now to just relax, take a deep breath, maybe put your hand on your heart, close your eyes and turn within, and we're attuning to the Holy Spirit, and we're willing to open our awareness to truly understand where we're trying to **“fix”** something at the level of form, to heal it at the level of form.

Where's there something in our life that's really bothering us, and we have fallen into managing and coping, maybe even settling, at the level of form, and now we're deciding to work with the Holy Spirit, we're cultivating that little bit of willingness to have a healing at the level of the mind? And the good news is, we do not have to figure out **how** to have a healing. Our willingness is **all** that's required! There's actually nothing **more** for us to do. We **don't** have to figure it out. We actually **cannot** figure it out.

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*Our  
willingness is  
all that's  
required!*

---

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

And so, we're surrendering the idea that we **must** figure it out, that we **can** figure it out. Instead, we're allowing ourselves to **trust** our own ability to hear the Higher Holy Spirit Self, to hear the Voice of Spirit, to recognize it.

Taking a breath of Love and gratitude, we're grateful that we can surrender trying to figure it out, or even **needing** for things to be different, and we're moving into that place of great allowance -- **great** allowance! Taking a breath of Love and gratitude, we're allowing the Holy Spirit to **do** the correction at the level of the mind.

### ***We Will Be Guided***

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If we're not at Peace, it's because we must have decided wrongly, so now we're deciding to work with the Holy Spirit, to not do it alone, to not try to fix it, to not think that anything is broken, but instead, to recognize **everything** works together for our good, now and forever, and the Holy Spirit will undo all the consequences of our wrong decision, **if we allow** it, if we let Him, so giving it to the Holy Spirit, placing it on the altar for healing.

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*Helpful learning is  
to recognize that if  
we are willing,  
we will be guided.*

---

Then, here's where our work is -- our work is to **not** take it off the altar. And the thing that worked so well for me, is I've learned that there will **often** be a temptation to take it off the altar. "Oh! the Holy Spirit isn't fixing it the way I would **like** it to be fixed," and so the temptation is to take it off the altar and start managing it myself **again**, trying to work my will in the world of form **without** being divinely guided and directed.

This is one of our biggest challenges, is to move from thinking we **know**, and then feeling like we don't **understand** why things are the way they are, and we're trying to **figure out** why things are the way they are so that we can correct them. If we know **why** things are the way they are, then we can correct them.

We're doing all of this **thinking**, managing, manipulating, coping, coping strategies, **without** the Holy Spirit guiding us, directing us, so we just keep swirling around in the same lessons, over and over and over again. **Helpful** learning is to recognize that if we are willing, we **will** be guided. If we feel like we're not getting guidance, focus on the willingness.

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

It says here -- so we're focusing on correction at the level of the error, which is at the level of the mind, and it says,

*“It is essential to remember that only the mind can create, and that correction belongs at the thought level. To amplify an earlier statement, spirit is already perfect and therefore does not require correction. The body does not exist except as a learning device for the mind. This learning device is not subject to errors of its own --”*

In other words, the **body** doesn't make the body sick. Things that happen to the body are **not** what makes it sick or even healthy. It's **all** about working at the level of the mind.

### ***Work at the Level of the Mind***

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If you think of someone who has gained a tremendous amount of weight, is not in good physical shape -- not strong, their muscles aren't strong, their skeleton's not strong, their blood flow is not strong -- that they have been thinking negatively about themselves, and as a result, **seeming** to damage their body or mistreat their body. The **fastest** path of healing and transformation is to begin at the level of the mind.

We can have **so** much helpful learning through working this way, where we just start to practice, “I am **willing** to love myself, my body, and to be **grateful** for everything. I am willing to **love** myself, my body and be grateful for everything. This is all helpful learning to me. **Now**, I'm willing to love myself. Now, I'm willing to **value** myself. Now, I am willing to be healthy and harmonious, and to be truly helpful, and I'm going to let the Holy Spirit do the heavy lifting.”

And so, we can, throughout our day, start to pause and say, “Hmm! What's the best thing for me to have, to drink now? I **feel** thirsty. What is the thing that's going to be most helpful to me, the most nourishing to me?” And then, we'll see, “Oh! Maybe the **ego** has a certain idea that I need to finish that drink before it expires, I need to have that almond milk before it expires, or I need to make a smoothie because that's the healthiest thing.”

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*The fastest path of healing and transformation is to begin at the level of the mind.*

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

“But, maybe, the thing right now is to have something else -- have some brown rice or to have some vegetables. Well, I feel like I’d like to have something sweet.”

Just to really notice what's really going on. If we think the craving is in the body, then there's a lot of helpful learning to come, because **all** cravings are at the level of the mind. Cravings for sugar, cravings for salt, cravings for sex, cravings for cigarettes, cravings for drugs, it's all at level the mind. Doctors won't tell you that, scientists won't tell you that! They'll say, “Oh, no! It's at the level of the body.”

### ***God's Thought System***

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In *A Course in Miracles* teachings, we're working with a **different** thought system. We're working with **God's** thoughts system and practicing, trusting that, not putting the ego in charge of our spiritual practice, but **willing** to serve our function as a miracle worker to really experience helpful learning.

And so, in this section, if we go to Paragraph 7 - - so, we're in the section, *The Function of the Miracle Worker*, Section V of Chapter 2, it says,

*“Corrective learning always begins with the awakening of spirit, and the turning away from the belief in physical sight. This often entails fear, because you are afraid of what your spiritual sight will show you.”*

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*We're working  
with a different  
thought system.*

*We're working  
with God's  
thoughts system.*

---

So, if you feel **afraid** of trusting the Higher Holy Spirit Self, if you feel **afraid** regarding **your** ability to hear and recognize the still, small Voice, that's normal. And we **think** it's because we won't hear it correctly and we'll follow the ego, or, that we are not capable, that we're not good enough, that there's something wrong with us. All of these things are going to come up for healing because they **must**, and the ego will **convince** us that we are **afraid** because we're going to screw it up -- that it won't work, that we will get worse, that our life will fall apart, that we will fail, that we don't have what it takes. All of these fears are coming up for healing.

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But this is what it's saying to us here,

*"... you are afraid of what your spiritual sight will show you."*

**You** are afraid of what your **spiritual sight** will show you.

You know what our spiritual sight is going to show us that we are afraid of? That we are **perfect**, and that all the stories, with **all** the details of why we're not good enough -- why something's wrong with us, why we've been betrayed and how we've been betrayed and the meaning that we've made of it, all these elaborate stories that we **have made up**, that we **tell** ourselves, that we've become **identified** with, we're going to have to **let them go**, and we don't **want** to let them go because we **made** them, we put **so** much energy into them.

It goes on to say,

*"I said before that the Holy Spirit cannot see error, and is capable only of looking beyond it to the defense of Atonement. There is no doubt that this may produce discomfort, yet the discomfort is not the final outcome of the perception. When the Holy Spirit is permitted to look upon the defilement of the altar, He also looks immediately toward the Atonement. Nothing He perceives can induce fear. Everything that results from spiritual awareness is merely channelized toward correction. Discomfort is aroused only to bring the need for correction into awareness."*

### **The Divine Alarm Clock**

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So, this is one of the most helpful things for us to understand, it's what I call the "Divine Alarm Clock". So, when there is discomfort, it's so helpful for us to remember this statement here --

*"Discomfort is aroused only to bring the need for correction into awareness."*

So, the upset that we're feeling, whether we're irritated, or frustrated, or feeling sad, or feeling a craving, feeling an aversion, feeling angry or hurt, there is something to **correct** in our thinking.

If we start managing things at the level of **form**, then what we're doing is we're saying, "Oh, no! I'm upset because of what's **happening**. I'm upset because of what you **said**. I'm upset because of what you **did**," rather than recognizing, "I'm upset because of **my** interpretation of it. I'm upset because of the **meaning** that I've attributed to it. **I'm** upset because I have

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

an **attachment** to how I think it **should** be or how it shouldn't be, I have an attachment, a wanting, a craving, a needing, and **that's** why I'm upset."

The greater the attachment, the more **intense** the upset can get triggered. Or perhaps, the more we've buried it, like a landmine that we don't wish to access or look at. Right!

Some things we have **such** a strong identification with -- it could be the "I'm bad", "I'm wrong", "I'm helpless", "I'm hopeless", "It'll never work for me" buried **so** far down that we just don't even try anymore, we don't even think about it. We just affirm "It doesn't work for **me!** It doesn't work for **me!** It doesn't work for **me!** It doesn't work for **me!**" because our **belief** that we **can't** do it, that we **don't** know how, that we **don't** have what it takes and we're a loser is buried **so** deeply down that we **cannot** bear to look at it. We've buried it so deeply down **because** we cannot bear to look at it.

Here's the thing, just imagine this -- that somebody said to you, "Oh, your face is green. Your skin has turned green. It's scaly like a reptile. What's happening to you?" You'd think of *Metamorphosis*, right? He wakes up and he's a cockroach. Right? You'd think of something like that. If somebody says to you, "Oh, your face is green and scaly. What's happening to you?" Well, you **could** just bury that thought deep down, "Oh, I can't. I can't look at that."

But, wouldn't somebody who loves themselves and cares for themselves go look in the mirror and go, "That's not true at all! Why are you saying that to me? That's not even true!" You see?

But **we're** the ones who are saying that there's something wrong with us -- **we're** the ones, and we won't go and look and see if it's true or not because we **believe** it. And then what we do is we create this whole **persona** around it. Right. Haven't we all seen that in our **own** experience?

Sometimes it's more obvious in someone else. Someone else has had an injury, or their body parts are deformed in some way and the meaning that they make of it is this or that. They think it's so true, that they can't entertain that it's **not** true because they've built **so** much around it. "I can't have true love because my arm is deformed. Nobody's going to love me."

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It's a very common thing that people make these assumptions and they get **so** attached to them. Whenever there's upset and fear, there's a great attachment, and the good news is we can release the attachment, and the more upset we feel in the moment, the closer we are to a breakthrough if we **just** give the heavy lifting to the Holy Spirit. **That's** helpful learning. Helpful learning is to realize just how **profoundly** the Holy Spirit can undo **all** the consequences of a wrong decision. I have a lot more to share about that. We're going to go into a break here.

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*Helpful learning is to realize just how profoundly the Holy Spirit can undo all the consequences of a wrong decision.*

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### ***LACIM Class Launch***

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Gosh! I am **very** excited to say that today we're launching the next *Living A Course in Miracles* classes. Yes, we are, so you can sign up for that at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com). We're going to start with the first class Monday, May 15<sup>th</sup>. All of these classes are free, the transcripts are free, the downloads are free. In addition to myself, we've got Gary Renard and Lisa Natoli, Jon Mundy, and Miranda MacPherson, such a wonderful crew here offering these classes! We're cultivating spiritual sight, so we're cultivating our intuition, our ability to see correctly. We've got 11 free classes for you and that's at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com).

It's time for me to take a break. I'm Jennifer Hadley. You're listening to *A Course in Miracles*. We're on Unity Online Radio, where 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*.

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

### *Text Message Sign-Up*

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Jennifer        Hey, hey, hey! We're back! I'm Jennifer Hadley, and we're talking about "Helpful Learning".

You know, we can learn so quickly when we're willing! But you see, when we have already decided we **know** what everything is about the learning just slows right down, because the Holy Spirit is not our teacher anymore. Right? We're really learning a lot through the **ego. Wow!** So painful! Golly gee!

I would like to mention something before I forget it, because I often will find that the show's over and then I go, "Oh! I forgot to say this or that!" Even though I make notes, it still doesn't matter. I just get caught up in the energy of it.

One of the things is, I'm told we're going to launch these text messages finally tomorrow. I know a bunch of people have signed up for them already. You aren't really receiving them. If you would like to sign up for the text messages, you can do it this way -- you text the word "MIRACLES" to 35227, and then, you can sign up for whichever text messages you would like.

We're doing reminders for the [\*Living A Course in Miracles\*](#) classes that start next week. You can sign up for those. We're also doing inspirational text messages, *A Course in Miracles* text messages and also, we're doing the Jennifer Hadley text messages and things like that, so inspiration for you to support you and staying on track.

Alright! I got those announcements done! [laughs]

### *Learning is Necessary*

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We're back to our section here, *The Function of The Miracle Worker*, Chapter 2, Section V, and this is also the section where the special principles of the miracle workers are.

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It says here, following up on this Paragraph 7, where it talks about --

*“Corrective learning always begins with the awakening of spirit, and the turning away from the belief in physical sight.”*

It's about **our** willingness to recognize that we see with our **mind**, we hear with our mind. Everything really is with our mind. We don't see with the body's eyes, we see with our mind, and all that's required is our willingness to **recognize** this. We **don't** have to figure it out. The Holy Spirit will **show** it to us.

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*“Corrective learning always begins with the awakening of spirit...”*

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Now, it says here, this is Paragraph 8,

*“The fear of healing arises in the end from an unwillingness to accept unequivocally the healing is necessary.”*

One of the ways to have helpful learning is to recognize that **healing** is necessary. For me, as part of my journey, in every class that I offer -- and I teach quite a few classes. I've got my yearlong [Masterful Living Course](#) and we've got *Year 1*, *Year 2*, *Year 3*, and *Year 4*, which is called *Ascension Pathway*. I've got four sections, so that's a lot of sharing, teaching these weekly classes and all the other things I do -- my [Sacred Circle](#), my [Finding Freedom Spiritual Bootcamp class](#). All these things that I'm offering, I am **always** saying, every single day, somewhere I'm saying, “I'm still learning. I'm still learning. Learning is necessary.”

What **is** learning? Learning is healing, healing is learning, and it's **necessary**, so I don't pretend that I've got it all figured out, I don't pretend that I know more than I'm aware of.

My awareness is expanding and increasing all the time, and what I experience in my ever-expanding awareness is that, more and more, I **see** the causation of things. I see, “Oh, it's **that** thought that's disturbing me.”

I could say, “What's happening here is I'm upset because of the traffic. No! I'm upset because of the **meaning** that I **make** of the traffic.” I could say that “I'm upset because I'm going to be late” or “I'm upset because I might have an illness, a diagnosis or prognosis.”

But is that **why** I'm upset, or am I upset because the **meaning** I **make** of that, that something is bad, something is wrong, something is out of alignment, something isn't good?

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A lot of times, we just don't know why things are the way they are, but we don't **need** to know. **Why** do we need to know? Why does the ego need to know? Because **then** it could pronounce judgments, **then** it can find where its identity is in relationship to what's going on.

But we're moving out of that, so really, truly helpful learning is the willingness to see that causation is **not** in the **world**.

Right now, a lot of people are deeply upset about what's happening in the political situation, but that's not why they're upset! They're upset because of the meaning they make of it, the interpretation that they make of it and there's the thought that "The way things are is bad or wrong. It should be different. It's not good."

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*Truly helpful learning is the willingness to see that causation is not in the world.*

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But if we can't see through all directions of time and space, how do we **know**? How do we know?

*"The fear of healing arises in the end from an unwillingness to accept unequivocally that healing is necessary. What the physical eye sees is not corrective, nor can error be corrected by any device that can be seen physically. As long as you believe in what your physical sight tells you, your attempts at correction will be misdirected. The real vision is obscured, because you cannot endure to see your own defiled altar. But since the altar has been defiled, your state becomes doubly dangerous unless it is perceived."*

We have to recognize that we have defiled the altar. Right? The altar is, in essence, our heart, so we're holding grievances in our heart.

*"Love holds no grievances." [Lesson 68]*

*"Teach only love, for that is what you are. [T-6.I.13]"*

Our true nature, Love, **can't** actually hold a grievance. It's just the **appearance** that's happening with the personality. We can actually have tremendous helpful learning by simply being willing to say, "With the Holy Spirit, all that I perceived is false, and I'm willing to disconnect from it. Holy Spirit, I'm willing to let **You** guide me, so I see what's real and **only** what's real, rather than all my interpretations and the story I made up of it."

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### *Disconnect From Your Story*

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One of the most helpful learnings is that we can **disconnect** from our story, from our interpretations, from the meaning we made of things, no matter how **entrenched** we are, no matter if we're seemingly on our deathbed, and this is **exactly** what, for instance, Anita Moorjani's life is **for**. That's what it's about, telling us.

She was a death's door, as they say, seemingly minutes from her -- she died! Didn't her physical body die? I read the book a few years ago, I've forgotten right now, but she was she was gone! She had a near-death experience.

But her body, no matter how ravaged it was -- and it **was** ravaged! -- it was **really** crippled, and broken, and beaten, and just tremendous sickness. She bounced back so quickly because she had a healing at the level of the mind.

How did she have that healing? Her **willingness**. Her willingness.

You see, this is the thing -- when we think we have to make it happen, then we're not really **learning**. The **simplest**, most helpful learning is "I don't have to make anything happen. I **allow**. I don't have to figure out **how**, I **allow**. I am willing to have a healing."

But if we are so attached to this idea that we're not good enough, that we're bad, that something is wrong with us, **will** we allow ourselves to be completely renewed and made whole? Right?

This is why the question is asked, "*Wilt thou be made whole?*" [Bible, John 5:6] **Or** "*Wilt thou cling to the interpretation, the meaning we've made of things?*"

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*When we think  
we have to make  
it happen, then  
we're not really  
learning.*

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### *Healing as a Temporary Solution*

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It says here, Paragraph 9,

*"Healing is an ability that developed after the separation, before which it was unnecessary. Like all aspects of the belief in space and time, it is temporary."*

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So, healing is temporary, meaning it's a temporary solution to a temporary problem.

*“However, as long as time persists, healing is needed as a means of protection. This is because healing rests on charity, and charity is a way of perceiving the perfection of another even if you cannot perceive it in yourself.”*

So, **here** is where our helpful learning is our **ability** to recognize that our brothers and sisters are helping us by giving us a **reason**, a focus, of where we're going to open our mind to be charitable in our mind.

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*Healing is ...  
a temporary  
solution to a  
temporary  
problem.*

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### ***Be Receptive to Love & Support***

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For instance, in my Masterful Living Course class yesterday, we were talking about really being **receptive** to other people's Love and support, and to feeling that we're understood.

For me, for my personality, it used to be something I really, really **needed**. I needed people to **understand** to me. I needed to feel that people understood me. I needed to understand or feel that people really could get me and see what I was going through, feel what I was going through. I needed that empathy.

Because I'm an extremely empathetic person, very empathic person, I needed to know that people could get me and understand me and relate to me. I needed to know that they **cared** enough to do that.

I don't feel that way anymore, but it was **so** much needing, wanting, craving for me for a **very** long time.

And so, one of the ways that I **healed** my mind in this regard, working with the Holy Spirit, was to **cultivate** the ability to see that everyone around me was **already** beautiful, everyone around me was already perfect, everyone around me was already **whole**, and that nothing was wrong with them.

I **really** focused my mind to **drop** thinking that people are wrong and bad, there's something wrong with them, they should be different, all of that. To let all that fall away became my goal.

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So, as I began to have **way** more compassion and understanding for other people, and I stopped judging them and attacking them, and thinking they should be different -- lo and behold! I began to learn that **I** was whole and perfect, **I** was lovable, **I** was beautiful!

This is what *A Course in Miracles* tells us when it tells us that our brothers and sisters are our saviors. Right here, it's telling us,

*"... as long as time persists, healing is needed as a means of protection. This is because healing rests on charity, and charity is a way of perceiving the perfection of another even if you cannot perceive it in yourself. Most of the loftier concepts of which you are capable now are time-dependent. Charity is really a weaker reflection of a much more powerful love-encompassment that is far beyond any form of charity that you can conceive of as yet. Charity is essential to right-mindedness in the limited sense in which it can now be attained.*

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*"... as long as time persists, healing is needed as a means of protection."*

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*"Charity is a way of looking at another as if he had already gone far beyond his actual accomplishments in time."*

So, our ability to look at our brothers and sisters, and affirm that they're **already** perfect, supports us in recognizing that truth in ourselves.

### ***Cultivating Spiritual Sight***

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So, it's great and glorious, helpful learning to learn **how** to cultivate the spiritual sight to see things correctly.

This is why this upcoming [Living A Course in Miracles class series](#) of 11 free classes that starts on May 15<sup>th</sup> is about cultivating spiritual sight, it's about seeing beyond appearances, seeing what's real, dropping the story, really healing our mind. It's about releasing the pain patterns of the past and expanding into Love.

We're going to go **really deep** in this series. That's why it's this group of teachers. These are the deep, deep ones, and they know. They've been doing this work for **years**, and they have truly transformed their lives and their relationships, even healing their body temple, because Jon Mundy, he was a death's door. Lisa Natoli's gone through incredible physical transformation.

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I'm not sure about Miranda. I'm trying to remember if she ever told me about that. Gary, **certainly!** We've seen it's healed the scoliosis. **Forgiveness** is the way!

### *Invitations & Offerings*

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I invite you to register for the [Living A Course in Miracles series](#) at [LivingACourseinMiracles.com](#). If you're on our e-mail list, you'll be getting an e-mail. You can click the link there to register.

Remember, too, to sign up for our free text messages. You can text the word "MIRACLES" to the number 35227 and then you'll be able to sign up for whichever text messages you would like.

I would like to remind you, as we're just about to close out here, that in June, June 19<sup>th</sup> to the 26<sup>th</sup> is my week-long [Spiritual Counseling Training Intensive](#).

We have all kinds have people come and take [Spiritual Counseling Training Intensive](#) because it's really about self-healing. Everyone who takes it has **tremendous** breakthroughs in their **own** healing -- inner healing, their emotional healing, their mental healing. I've even witnessed physical healing, so there's that.

We have all kinds of people take it, so we have people who are therapists, trained therapist, psychologists. We've had people who are family therapists and social workers, life coaches. We've had people who are businessmen, family, mothers, grandmothers, fathers.

Everybody's taking it for their own reasons. Some people are doing it for the educational units, they need the CEUs or their licensing units for their licenses as professionals. Some people are doing it because they're interested in becoming a professional [Spiritual Counselor](#) and they're going to go for Certification. I have a [Certification Program](#)

This training in June, all the details are at [JenniferHadley.com](#). I welcome you! We've got a **great** group already signed up and we're going to have an **amazing** time! Yeah!

These classes, the text messages, everything that we're offering pretty much at [Living A Course in Miracles](#) -- the [A Course in Miracles app](#), which is free at [ACIMapp.com](#), we've got all kinds of things, we've got the payment plans

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for all kinds of things, for the paid things and so many free things -- all of it is really made possible by the people who contribute.

Whether it's literally \$1, \$2 or \$3, \$5, \$10, \$1,000, **everyone** who contributes, **you** are making all of these free things possible and I thank you for that! That's how we're offering these [\*Living A Course in Miracles classes\*](#) to thousands of people all over the world because of **your** donations. We don't have to charge for the recordings anymore. We can give them away because of **your** donations, so you're paying it forward and people all over the world are discovering *A Course in Miracles* because of **you!** So, thank you for that!

### ***Closing Prayer***

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Let's take that breath of Love and gratitude. So grateful and thankful that Love is all that there **is**, Love is all that we **are**, and we can have helpful learning.

We can **give up** the habit of learning through pain and we can discover the ease and the grace of learning through Joy.

Truly, we're sharing the benefits of our learning with everyone, because we're One with them.

In gratitude, we let it be. We know it's done. And so, it is. Amen. Amen. Amen. Amen.

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