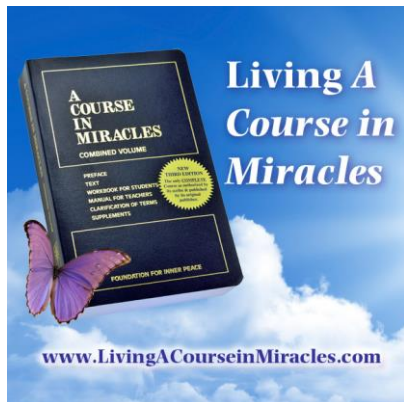


**May 16, 2017**



## **From Darkness to Light**



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*May 16, 2017*

# From Darkness to Light

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. 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*

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Jennifer Bonjour! Bonjour! So happy to join with you. Yes! Oh, my goodness!

Let's pray! Let's take that breath of prayer and gratitude, Love and gratitude. So grateful and thankful to open our hearts, open our minds, to the power and the presence of Love that's living through us and **as** us. So grateful, so thankful to consciously attune to the Infinite Intelligence, Divine Harmony, pure Love, the Grace of God.

We are grateful and thankful to open ourselves to unlimited, unprecedented, free-flowing Wisdom, Clarity, Prosperity, Harmony, Joy. All of these spiritual qualities and more are our true nature, and we're claiming it now in this Divine Partnership with the Higher Holy Spirit Self leading us and guiding us to our expansion, our healing, our Freedom.

So grateful and thankful to open ourselves to the Infinite Gifts of God, here and now. We're allowing ourselves to fully experience them, to fully remember and recognize our true nature.

In gratitude, we share the benefits with everyone. We let it be. And so, it is. Amen. Amen. Amen.

## *Cultivating Spiritual Insight*

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Yippee! Yes! I'm so happy to be with you today. Today is a wonderful *A Course in Miracles* day for me. We've started the [\*Living A Course in Miracles\*](#) series which is about "Cultivating Spiritual Sight" which is Divine Insight, Wisdom, Clarity. It is about opening our intuition, and being able to see, and know, and feel more clearly all the opportunities to choose Love and to

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stop repeating the pain, pain experiences. It's a wonderful series. I'm excited!

Tomorrow, I have a class with Jon Mundy. Then Friday, I have a class with Lisa Natoli. Next Monday with Miranda Macpherson. Next Wednesday with Gary Renard. Yay, God!

In between all those classes, I do my homework classes. I've got my class today about ending the crucifixion, so we can move into the resurrection. Did our first class yesterday. You can sign up for all of that that [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com).

And you can sign up for our [text messages](#), too, those inspirational text messages. And through that, you can also sign up for the *Living A Course in Miracles* series that way, too.

But the fastest way is to sign up is go to [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com). But if you're interested in the text messages, we're still working out the technology, but we got it going, and people have begun to receive them. If you text from your phone the word, "MIRACLES," all caps, "MIRACLES," to the number 35227, and you'll get a text back from us, and then you can tell us which inspirational text messages you'd like to receive-- would you like to receive class reminders, all of that, special announcements?

### ***Blocking the Light with Judgment***

---

Alright! Our topic today is "From Darkness to Light". It's because, when Spirit guided me to Chapter 25, Section VI, *The Special Function*, my attention went to Paragraph 2 here, where it says:

*"Eyes become used to darkness, and the light of brilliant day seems painful to the eyes grown long accustomed to the dim effects perceived at twilight."*

This is a beautiful way of saying that if we have become accustomed to the darkness-- right? Because we are blocking out the light with our judgments, our opinions, our attack thoughts, our thoughts of lack and limitation, resentment, regret, guilt, blame, shame-- if that's where our attention is, we're building, what we could say, is like a wall that blocks out the darkness from our sight. Right?

This is why our *Living A Course in Miracles* series is about cultivating spiritual sight. These are real classes. These are not just interviews. They really are real classes. That's what I like about this series is, it's not fluff

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pieces trying to sell things. We're really offering classes. All free, by the way. The transcripts are free. The downloads are free.

The whole thing is free. It's going to remain free, and that's because of donations and contributors, people who are actively supporting us doing this work. It's so great, because with the transcripts, then people who are deaf or hard of hearing, or for whom English is a second language, they can have those transcripts, and they can still fully receive the benefit, which I'm grateful for.

*"Eyes become used to darkness--"*

Right? Haven't we all experienced that, where you get on a track, let's say, of--here's another way to think of it, get on a track of not exercising, and you get out of shape, and you just get used to not feeling great, not feeling strong, not feeling that you have vitality. Right? You get used to not feeling luminous and radiant, and you forget what it's **like** to feel radiant and luminous.

*"Eyes become used to darkness, and the light of brilliant day seems painful to the eyes grown long accustomed to the dim effects perceived at twilight."*

This is also reminiscent of the beautiful work that Plato did. The philosopher, Plato, who wrote about the--he used the analogy of the cave, that we are like prisoners in a cave that's lit by firelight, and we are chained to the wall. We're facing the wall, so we can't actually see what's going on, even inside the cave. All we can see are the shadows provided by the firelight. So, the distorted shadows on the wall that we're chained to, that's the best our view is, until we set ourselves free and get the heck out of the cave and stand in the light of day.

But imagine, if you did live in a dark cave, lit by firelight, chained to the wall for a very long time. You might even close your eyes a lot of the time, right? Just lean your head against the wall, your body against the wall, and you would get used to that, so that if somebody came and unchained you, and you had the freedom of movement, and you left the cave, and you went out into the brilliant light of day, it would be painful to your eyes. Right? It says here,

*"And they turn away from sunlight and the clarity it brings to what they look upon. Dimness seems better--"*

So, the light and the clarity are related. It says here,

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*“And they turn away--”*

The eyes have become used to darkness.

*“--turn away from sunlight and the clarity it brings to what they look upon.”*

They turn away from it.

*“Dimness seems better; easier to see, and better recognized.”*

Right? Because it's familiar. It's not requiring so much of this. If you've used to the darkness, or to the dimness, then to see in the brilliant light of day, and to see everything with utter Clarity, will seem like a stretch.

One of the things that I've been saying for a few years now, is that this time that we're in-- the years leading up to 2012 and the shift of ages, and the years since then-- it's for, my spiritual perception, my spiritual understanding, more and more light is pouring into this dimension to **help** us **see** more clearly.

### *Triggers Are Opportunities for Healing*

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For some, the experience of more light is painful, because it's as though-- this is the metaphor I use-- it's as though for many years, many lifetimes even, we've been storing everything we didn't want to look at, everything we didn't want to see, everything we didn't wish to acknowledge. We've been storing it, let's say, in a garage or in the basement. The time that we're in **now** requires us to take a look at everything that we've been storing. So, we're throwing open that garage packed with stuff that we don't want to look at. There's so much light showing us everything that we forgot about, and it's stored in that garage.

What I see, with the people who are in my [\*Finding Freedom class\*](#), my *Masterful Living* class, my counselling clients, all of these people-- what I see is they are in life situations **because** of their prayer work, and their spiritual work. They are being **presented** with the things that they haven't wished to look at, they haven't understood, the things they feared, the things that they held as resentments and regret, the guilt, the blame and the shame.

To the **untrained** spiritual student, it can seem as though all this stuff is happening **to me**, and it's a nightmare! But to the **trained** spiritual student, it can be like-- the image I'm getting is like a gymnast who's

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learning to walk across a balanced beam. Right? With their arms stretched out for balance, taking each step carefully, paying attention to what's going on around, and they have a strong core, right? A gymnast doing work on a balanced beam, doing flips and handstands and all those **amazing** things that those gymnasts are able to do, they have a **very** strong core, very strong abdominals, to be able to do all those stuff, to be able to stand on their hands and pull their legs up. They're doing that with their core, right? Their core muscles.

We need to have that strong core. Now, if you think about it, the Third Chakra, which is the Solar Plexus Chakra, that is really where our ego identification lives. This is why when we feel ashamed, we often feel sick to our stomach. It's because that Third Chakra, that Solar Plexus Chakra, our self-esteem, our perception of ourselves, our self-image is feeling threatened.

Actually, what's happening is there's either an opportunity for a healing-- right? Whenever we're triggered, there's an opportunity

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***Whenever we're triggered,  
we have these two choices.***

---

for a miraculous healing. And if we choose to accept it, we have a mission from God -- "Mission Possible. Mission probable." -- that we can choose this healing, this miraculous healing, **or** we can choose to **reaffirm** our beliefs from past, the false perceptions, the false beliefs, the judgments, and the opinions. Whenever we're triggered, we have these two choices.

### ***Life-Changing Choices***

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I was sharing about this in my year-long [\*Masterful Living Course\*](#) last night that I, for a long time, I was choosing the darkness. I was choosing the darkness, because it was familiar to me, and because I felt like I could be successful, **more** successful that way. I felt **more** assurance, more steadiness, **more** strength, if I chose to be mean, aggressive, attacking, punishing, shaming-- all of these things.

What happened was, because I started to pray, I couldn't **keep** doing it. I started to hear, and know, and feel, and sense more clearly, Divine Inspiration and guidance. So, I couldn't keep making the unloving choices. I started to make **more** loving choices.

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The thing that really turned the tide for me-- although it didn't happen quickly, but the thing that really made the difference for me-- was I started to find that it was **easier** to have compassion for people than to judge them and attack them, because I started to have **so much** self-recrimination for being mean, and judgmental, and attacking, because I used to be quite vicious and cruel.

So, the self-recrimination, the regret, the guilt, the shame, the feeling bad and wrong as a **result** of being cruel and unkind was **far** more intense than the fear and vulnerability I felt when I was choosing compassion for other people. I learned to stop judging everyone, and to start having compassion for them. And **because** of that, I was able to start having compassion for **myself**, and stop judging **myself** so intensely. That really was **completely** life-changing for me.

I worked at a very slow pace for decades because I was very resistant and reluctant. But then I decided to go all-in. I just said, "You know what? I'm going all-in with the spiritual stuff. I'm just going all-in for Love." It really kicked my butt a couple of years but was **so** worth it. I fully know what it means when it says here,

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### *Be Willing to See & Hear the Truth*

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*"Eyes become used to darkness, and the light of brilliant day seems painful to the eyes grown long accustomed to the dim effects perceived at twilight."*

And, we turn away from sunlight, and the Clarity it brings to what we look upon. Right?

*"Dimness seems better; easier to see, and better recognized. Somehow the vague and more obscure seems easier to look upon; less painful to the eyes than what is wholly clear and unambiguous."*

Dimness seems better, easier to see and better recognized. But, it's because our eyes are **untrained**. Remember that Jesus, in His teachings when He walked the earth, He said in His **beautiful** teachings, He said, "The truth, the wisdom, the clarity is for those who have eyes to see and ears to hear."

Eyes to hear and ears to hear.

How do we develop those eyes to see in the brilliant light, and the ears to hear? Maybe when there's a cacophony of sound, when there's a hurricane exploding in our life, we still can have the ears to hear the still, small Voice.

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What I love, **so much**, about the teaching of *A Course in Miracles* is it tells us, over and over again, you **don't** have to figure out **how** to develop these skills. You **don't!** **All** you must do is be willing, be interested in it. I am willing and interested in having the ears that hear the still, small Voice no matter what! No matter how loud and raging a hurricane is blowing through my life, I can still hear that still, small Voice. It is my friend. It is my guide. Right? And it brings us through the valley of the shadow of death. We're following **that** Voice.

This is what Jesus tells us in *A Course in Miracles*, that He stopped listening to other voices, and just listened to the Voice of the Holy Spirit. We can do that, too. We will be **taught**. You see, all we have to do is have that great willingness, and the desire to learn, and know, and have these skills. Because the truth is, that they're pre-installed. These skills are pre-installed. We just haven't **accessed** them. Right?

I have a friend of mine who, in the course of the last year, went from being about, maybe, 60 pounds

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*I'm just going all-in for Love*

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over the current weight he is now-- and he was not exercising, he was not in shape-- and he just did a triathlon last weekend. He's dropped those pounds! He's in **great** shape. He didn't figure out **how** to do it all. He was **willing** to follow expert advice, and that's what he did!

We have an expert, always available to us, rain or shine, day or night. Whether we are feeling desperate or relaxed, we have an expert that's always available to **lead us out** of whatever situation we're in.

One of the things that *A Course in Miracles* says, is that if we're not hearing the Voice for God-- and I say "hearing" and I say "Voice" because that's one of the things that *A Course in Miracles* tells us.

But, for me, I don't usually hear a "**voice**". I get a feeling, and the feeling itself has clear direction **in** it, it's encoded into it. It's like intuition, it comes fully formed ideas. It's not words. It's not symbolic that way. It just comes, and I **know** that I know, and I've learned to trust it.

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### *We're Not Really Learning - We're Remembering!*

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It **was** something I had to learn I had to do, because I had to cultivate the **willingness**. The willingness and the learning, the growth of my willingness and the experience of seeming to learn, are the **same**. So really, I was willing to **remember** that I have these skills, and that **seemed** like learning, because the concept of learning is familiar to us in our human experience. We go to school to learn things. Right?

But in our spiritual growth, we don't **learn** things, really. We remember them, because we all share the same mind. All the insight, all the information, all the Love, the Peace, the Joy, the Beauty, the Freedom, everything is all in one. Awareness is in the One Mind.

So, we can learn-- train ourselves to go there and **get it**, to be in tune with it **all the time**, and that's what *A Course in Miracles* is, the mind training, for. Yes! Of course.

*"Somehow the vague and more obscure seems easier to look upon; less painful to the eyes than what is wholly clear and unambiguous. Yet this is not what eyes are for, and who can say that he prefers the darkness and maintain he wants to see?"*

This is such a beautiful help to us. If we say we'd really like to see, then can we also say we **prefer** the darkness?

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**Awareness is in the One Mind.**

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I'm just going to invite you here to turn within, and to take a breath, and invite the Holy Spirit to show you where you are **preferring** the darkness. Where are you turning away from the guidance, the insight, the support, the help? Where is the Higher Holy Spirit Self messaging you, guiding you, but you're still clinging to the darkness, to playing small, to being a victim, being a martyr, complaining?

I know for myself, for a long time in my relationships, I needed to feel **superior**. I needed to feel mentally superior, emotionally superior. I didn't feel comfortable with Oneness. I wanted the separation, the specialness, and the superiority, because I had **no** faith at all that I was lovable. So, I needed these delusions of specialness and superiority in order to feel **safe**.

Of course, I **never** felt safe. I know I was blocking intimacy and Love. And, I changed my mind. I changed my mind. I opened my mind to the Higher

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Holy Spirit Self, and I began to **practice** simply being present to what was being offered to me in the moment. The opportunity to move out of darkness was being offered to me in **every** moment. Clarity was being offered to me in **every** moment.

“For those who have eyes to see and ears to hear.” It says,

*“The wish to see calls down the grace of God upon your eyes, and brings the gift of light that makes sight possible.”*

I know this to be true.

### ***Seeing Everyone as Perfect***

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*“Would you behold your brother?”*

Would you behold your brother as the Christ? Would you behold your brother as free? Would you behold your brother as perfect? Would you behold your brother, your sister, your mother, your father, as they truly are? Or, do you need to see them the way that you’ve built the story up around them. Right?

Sometimes we look at our family members, and all we see is our history. We don’t see them as **others** them. We don’t see who they **really** are. We **only** see our projections. Are we willing to let those go? Can we still feel **safe** if we let that go? Are we willing to see our

husbands, our wives, our brothers, our sisters, our mothers, our fathers, our children as already perfect, not needing **any** improvement? Can we **truly** love them as they are? Can we look in the mirror at our own reflection, and stop thinking that we need self-improvement, that there’s something wrong, and just say, “Yeah, it’s all good!”? Can we? Can we say the cellulite is all good? Can we say the hesitancy is all good?

Can we say, oh a seeming weakness-- “Oh! It’s all good! It’s all good! It’s all part of the experience we’re having of remembering our true identity and stop judging it.” Just notice it and say, “Yeah, I see that! But I don’t need to label it bad **or** good.”

*“The wish to see calls down the grace of God upon your eyes, and brings the gift of light that makes sight possible.”*

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***The opportunity to  
move out of darkness  
was being offered to  
me in every moment.***

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This is **ours!** This is ours to **receive**, if we're willing. And **only** the release of our judgment will let it. So, we're willing to release our judgment, and then the judgment **can** be lifted off of us. Isn't that wonderful? I love that! I'm so grateful that that is so.

### *Opportunity to Expand*

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One of the wonderful things about the work that I get to do--I feel very grateful for the work I get to do, is my [Spiritual Counseling Certification Program](#). What I see in that program is **so** many people transforming their lives. I'm getting ready to do a [Spiritual Counseling Training Intensive](#) in June.

These weeklong Intensives are part of the Certification Program, but **anyone** can come and do the Intensive. In the Intensive, it's a weeklong Intensive, and the next one is in Upstate New York, June 19<sup>th</sup> to the 26<sup>th</sup>. It's an opportunity to really expand your intuition. It's about being able to be **far** more present with people, and develop much greater communications skills, much better listening skills, and speaking skills.

People have been able to have **extraordinary** life-changing-- **truly** life-changing, healing, expansion, Clarity through doing the healing work that we do in that Intensive. It is **intense!** It's a great healing and a clearing.

It's wonderful for anyone who's **interested** in becoming a spiritual counselor, anyone who's **already** a coach, a life coach, a counselor, a therapist. We've had all kinds of professionals come and take this training.

You can also get CEUs for the training, as well. So, I invite you to take a look at that at [JenniferHadley.com](#). My *Spiritual Training Intensive* in June.

Don't forget to sign up for *Living A Course in Miracles* at [LivingACourseinMiracles.com](#).

I'm going to take a break here. You're listening to *A Course in Miracles*. I'm Jennifer Hadley. We're on Unity Radio, where we're living the Love, we're walking the talk, and I'll be right back!

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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*.

### ***Our True Saviors***

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Jennifer      We're back! I'm Jennifer Hadley, and we're talking about shifting from that attraction to darkness, and keeping the darkness going, to living in the Light. We're in Section VI, Chapter 25, *The Special Function*, and Paragraph 3.

*"The wish to see calls down the grace of God upon your eyes, and brings the gift of light that makes sight possible. Would you behold your brother? God is glad to have you look on him. He does not will your savior be unrecognized by you."*

Remember, *A Course in Miracles* tells us that **other** people are our saviors. They help us to **see** ourselves. God does not will your **savior** be unrecognized by you.

I'm going to invite you to just think about **all** the people that you see, experience, in your day-to-day. Maybe some of them are on television. Maybe some of them are in your house, they are in your workplace. Wherever they are, every single one of them has been **sent** to be your savior. Because, as you're willing to see them as they **truly** are, you will see yourself, and that's how they **function** as our savior. And, we are **their** savior, because through our willingness to see the Christ in them, we are redeeming them, in **their** mind, **because** we share the same mind.

And isn't it true that we see **so** many spiritual students who long for Peace, who long to be loving, to be kind, to be gentle, to be patient, to be harmonious, to be awake, to be a healing presence, **but** they still **cling** to their opinions and judgments of their **saviors**. We cling to the judgments and opinions **of our saviors!** Consider that. It says,

*"God does not will your savior be unrecognized by you."*

What about as we walk through our day-- visiting stores, going to meetings, talking with our children-- whatever we're doing silently, we say to ourselves, in our mind's eyes **to** our saviors, "You are my savior, and I

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recognize you. You are my savior, and I am **willing** to recognize you. You are my savior, and I am willing to be **willing** to recognize you.”

### *Ending the Loneliness*

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It says,

*“Let him no more be lonely, for the lonely ones are those who see no function in the world for them to fill; no place where they are needed, and no aim which only they can perfectly fulfill.”*

Do you know someone who’s lonely? I’ve known some **very** lonely people, and this is **so true**. This is **so true!** It says,

*“Let him no more be lonely, for the lonely ones are those who see no function in the world for them to fill; no place where they are needed, and no aim which only they can perfectly fulfill.”*

This is what dissolves the loneliness, is that we recognize we have a **function** in the world, and we’re actively filling it. **That’s** what ends the loneliness. Some people think, “Oh, no! The special relationship, or the holy relationship, **that’s** the thing that’s going to end the loneliness.” No! It’s fulfilling your function, and here is what’s we’re going to talk about now.

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***You are my savior, and I recognize you.***

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*“Such is the Holy Spirit’s kind perception of specialness; His use of what you made, to heal instead of harm.”*

Right? So, we give the Holy Spirit the special relationship, and the Holy Spirit is going to make use of it to **heal** our mind, not to harm.

*“To each He gives a special function in salvation he alone can fill; a part for only him. Nor is the plan complete until he finds his special function, and fulfills the part assigned to him, to make himself complete within a world where incompleteness rules.”*

This is our special function, to make ourselves complete, to accept the Atonement, which is the full realization that there is no separation. **How** do we make ourselves complete? We **recognize** the Unity of all life.

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### *We're Already Complete*

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Remember in the *Jerry Maguire* movie, there was a scene where, in the beginning, they are-- the two protagonists-- are going into the elevator, and there's a deaf couple in there and they're signing to each other. I can't think of the name of Jerry's character's girlfriend, but she can read sign language, and so she says that the man, the deaf man says, to the deaf woman, his sweetheart, "You complete me." And the thought that that is **so** romantic and beautiful. Right? But it's a complete and a total special relationship, the idea that "You complete me", in the context that they are using it there.

We're **already** complete. Every single one of us, we're already complete! No other person can **complete** us. What **removes** the **perception** of incompleteness is recognizing our Wholeness, which is also recognizing our Unity with all life. This is the path we're on. It says,

*"To each He gives a special function in salvation he alone can fill; a part for only him. Nor is the plan complete until he finds his special function, and fulfills the part assigned to him, to make himself complete within a world where incompleteness rules."*

*"Here, where the laws of God do not prevail in perfect form--"*

So, "Here" meaning in this 3D world,

*"...where the laws of God do not prevail in perfect form, can he yet do one perfect thing and make one perfect choice. And by this act of special faithfulness to one perceived as other than himself, he learns the gift was given to himself, and so they must be one."*

The "one perfect choice" is forgiveness, and by this act of special faithfulness, by this forgiveness "**to** one perceived as other." So, our brothers and our sisters are the ones perceived as "other" than ourselves, and through this we learn the gift has been given to **us**! And so, we **must** be One.

*"Forgiveness is the only function meaningful in time. It is the means the Holy Spirit uses to translate specialness from sin into salvation. Forgiveness is for all. But when it rests on all it is complete, and every function of this world completed with it. Then is time no more. Yet, while in time, there is still much to do. And each must do what is allotted him, for on his part does all the plan depend. He has a special part in time for so he chose, and choosing it, he made it for himself. His*

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*wish was not denied but changed in form, to let it serve his brother and himself, and thus become a means to save instead of lose.”*

### ***Every Upset is a Gift From God!***

---

We've **chosen** the script, we've **chosen** the function, we've **chosen** the path that's laid out for us. Basically, all we must do, the whole way, is just **forgive**.

What is forgiveness? It is the **release** of the meaning we've made of things. It's the release of our **attachment** to **our** interpretations.

Remember, going back to what I was sharing at the beginning, whenever there's an upset, there is an opportunity for a miraculous healing **every single time**. Every single time! But, you know, a lot of times when there is an upset, we just kind of push it away. We manage and cope with it. We make a meaning of it that's not true, and we **don't** make use of the opportunity for the miraculous healing.

One of the things that really helped **me** so much, was the Holy Spirit showed me that so much has gone into **arranging** the thing that's going to trigger my upset. A lot of things have to come together and converge in order to **perfectly** upset me. [laughs]

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***Every upset is a gift from God!***

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So, every upset is a **gift** from God! It's a miraculous opportunity for us to turn to the Light and stop choosing the darkness. Every single one of them.

If we can have this practice of Love and gratitude, gratitude and Love, that the moment we start to feel the **least** bit of distress, upset, irritation, that we go into, "Ah! I'm so grateful! Here comes my miraculous healing! I don't have to fear how to have a healing! The Holy Spirit will make it so. The Holy Spirit will arrange it perfectly. All **I** must do is be willing, and I give thanks! I give thanks for my willingness. I give thanks for the Holy Spirit doing the heavy lifting. I give thanks that I **am** triggered, and I **am** experiencing a miraculous healing that's already started, it's already begun! I'm in the midst of it. How wonderful! How grateful!"

Instead of trying to drown out the fear, or manage and cope with the situations, and think that the situations and circumstances are the **cause** of our upset. Oh! Could we just stop thinking that thought, that we are

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upset because of what's going on? I'm **never** upset for the reason I think!  
Ever, ever, ever!

Forgiveness is the **only** function meaningful in time. Let me get about my  
Father's Business.

Mmm! **This** is how we do it!

### Knowing the Why is not Curative

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Jumping down to Paragraph 7,

*"The Holy Spirit needs your special function, that His may be fulfilled. Think not  
you lack a special value here. You wanted it, and it is given you."*

It looks as though, why would we choose this or that, that seems so  
painful? Why would we choose that?

Well, the "Why would we choose it?" sometimes is not a helpful question. If  
we can just **accept**, "I **have** chosen it. **This** is why I **am** experiencing it."

Going back to *Responsibility for Sight*. Right? Page 448, *Responsibility for  
Sight*. "I am responsible for what I see, and everything is just as I wish it  
would be." That's how I say it.

That we **have** chosen it. So, hmm!  
Instead of asking "Why have I chosen  
it?" I've chosen it **for my salvation!**  
That's why! **That's** why! There's no  
more complicated reason than that  
that can **help** us.

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***"I have chosen it.***

***This is why I am  
experiencing it."***

---

Only the **ego** wants to know more precisely why. Why does the ego want to  
know more precisely why? Well, the ego will tell you that it's because then  
it can prevent it in the future. But that's **not how** things are prevented in  
the future, by knowing why. Right?

If you wake up with a terrible hangover because you drank a bottle of  
tequila the night before, **you know why** you have a hangover! You **know  
why** you feel sick. You **know why** your head is throbbing. You **know  
why** you feel terrible! Does it prevent you from doing it again? No! No, it  
does not! It didn't prevent **me!**

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You know what prevented **me** from doing it again? Wanting to turn to the Light. Choosing my special function. Non-judgment. I started to raise my vibration up through making compassionate loving choices instead of angry, bitter, unforgiving choices, judging choices. **That's** what made me not interested in drowning my sorrows with alcohol, anymore. Knowing **why** I felt so terrible when I had a hangover **never** stopped me from having a hangover!

When you are looking for, "**Why** is this happening to me? What am I doing wrong?" give it all to the Holy Spirit, and say, "Look! Clear guidance! Clear insight! That's what I'm interested in. I'm willing to follow it." Then, start to notice when you're getting the guidance and going, "Yeah. No. Yeah, I'm not going to do that."

I did that for **years**, noticing that I was saying, "Yeah. No. I **see that's** the higher road. I'm not in the mood for the high road right now. I'm going on this **lower** road. I guess I **do** want to re-experience the pain of that, because--oop! There I go. Oops! I did it again!" like Britney Spears.

Just being **aware** where we're choosing the darkness, **that awareness** is healing!  
Awareness is curative!

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***Awareness is  
curative!***

This is the path we're on, of cultivating the willingness to turn the Light. And, where is the Light? It is **within**.

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### *Share in the Name of Love*

I did an episode earlier in the year, maybe in February, about why we're afraid to look within. You might find that helpful.

We're coming up to the end here. Just a reminder that [Living A Course in Miracles classes](#) are on right now. They're all free. Downloads are free, transcripts are free. We've got Jon Mundy, Lisa Natoli, Miranda Macpherson, Gary Renard. Wonderful series!

If you see postings about the radio show, [Living A Course in Miracles](#) at Facebook, or on your Twitter feed, or something like that, can you retweet, please? Can you "like" and share at Facebook? Because that really helps us. We spend money to advertise *Living A Course in Miracles*, to be able to reach **new** people. So, if you can "like" those ads, and share those ads, that helps the ministry to save money.

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The way they we're able to do this radio show, and all this transcription, and all the free classes and offerings that we do, is through the generous and kind contributions of people who are interested in promoting *A Course in Miracles* teachings, and who are grateful and thankful. So, I would like to say "Thank you!" for all those who tithe, all those who make one-time donations, and all those who participate, because **that's** how we do it. We do it **together!**

Every day, I receive e-mails from people who don't have funds, don't have the money to buy these kinds of classes and things, and they are **so** grateful! People who, for whom English is a second language, all kinds of people. You know, for deaf people, English is a second language, too, many times. God bless you and thank you for your contributions!

Don't forget, if you would like to sign up for those [inspirational text messages](#) and the reminders, you can text the word, "MIRACLES," to 35227.

And, to all those who wrote me that yesterday's first class in this *A Course in Miracles* series has already helped them, thank you! Thank you for taking the time to write to me! You can always write to me at [Jennifer@JenniferHadley.com](mailto:Jennifer@JenniferHadley.com) or [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com) if you need assistance with anything.

Alright! Oh, one last thing! If you'd like a particular episode of the radio show transcribed, and we haven't transcribed it yet, please just send an e-mail to [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com).

### *Closing Prayer*

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Let's take that breath of Love and gratitude together. So grateful and thankful to place my hand on my heart, and to recognize this Gift of God, this Unity of all life, is already ours, and we are grateful and thankful to release **all** the blocks to Love, so that we **can** walk in the world as a Teacher of God, teaching only Love, for that is what we **truly are**. We're willing to **see** this in our brothers and sisters. We're willing to **fulfill** our function.

We are grateful and thankful to forgive, to let go and let God.

In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

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

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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 wonderful. 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.