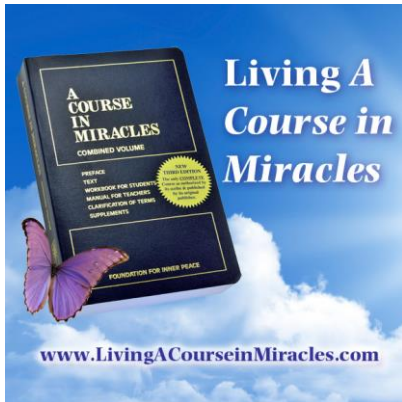


September 19, 2017



# Gratitude Has Healing Power



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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September 19, 2017

# Gratitude Has Healing Power

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.

Jennifer      Bonjour! Bonjour! So happy to be with you today! So grateful. **Grateful**, and that is our topic today, “Gratitude Has Healing Power”.

“Why are you so grateful, Jennifer?” you might ask. I’m doing the [Living A Course in Miracles](#) free class series, we started the first class yesterday, and we’ve got 10 more free classes. I just **love** doing it. I look forward to having a conversation with the other teachers in the class. We enjoy each other. It’s always fun, and I love sharing, so I’m grateful!

“Gratitude Has Healing Power,” our topic today. Let’s give thanks. Let’s give thanks for the power and the presence of Love moving through of us, **as** us, our very nature.

## Opening Prayer

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I place my hand on my heart, so deeply grateful and thankful that Love is all that we are, Love is all that there is. So grateful, so thankful to consciously attune to the perfect Love that lives in our hearts, that lives in our mind.

We are grateful and thankful to commune with the Holy Spirit, the Higher Self, the Holy Self. So grateful to allow ourselves to step into the unprecedented, unlimited flow of Love. Love is our healer, and we’re claiming this time together as a time of **deep** healing. We are grateful to lay on the Holy Altar Fire of Divine Love any resistance or reluctance to answering the call to Love.

In gratitude, we allow ourselves this healing time. In gratitude, we share the benefits with all because we’re One with them. In gratitude, we know it’s done. We let it be. And so, it is Amen. Amen. Amen. Yes!

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### *Radio Transcripts, Upcoming Classes & Gratitude!*

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Today in *Living A Course in Miracles*, today and yesterday, the topic is *Having a Spiritual Profession*. Then tomorrow, we have David Fishman. Lots of good stuff going on, so I invite you to check it out, all free, at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com).

If you're ever looking for the transcripts of these radio shows or would like a really good search engine for the radio shows to search for topics and things like that, you can go to [LivingACourseinMiracles.com/radio](http://LivingACourseinMiracles.com/radio), and you can get the transcripts there. Just an FYI.

And, a shout out to the people who have contributed and donated to the Power of Love Ministry to make this radio show even possible, and then certainly to make possible the *Living A Course in Miracles* classes that are free. They come with downloads and transcripts as well, and then the free transcripts of the radio show.

All this is done by contributions, donations. **Thank you!** Thank you for making it possible for us to make it possible for people in more than 100 countries around the world to listen, read, study, learn. And we've got so many more free wonderful things in the pipeline. Oh, I can't wait to share, but it's too soon. [laughs] Always cooking up something new!

### *God's Gratitude For Our Gift*

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Our topic, "Gratitude Has Healing Power." In Chapter 10, Section V, it's called the, *The Denial of God*, Section V, Paragraph 7. It says,

*"Your Father has not denied you. He does not retaliate, but He does call to you to return. When you think He has not answered your call, you have not answered His."*

When you think God has not answered **your** call, **you** haven't answered God's Call.

*"He calls to you from every part of the Sonship--"*

In other words, every part of humanity.

*"... because of His Love for His Son. If you hear His message He has answered you, and you will learn of Him if you hear aright. The Love of God is in everything He created, for His Son is everywhere.."*

So, we are the Love of God.

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

*“Look with peace upon your brothers, and God will come rushing into your heart in gratitude for your gift to Him.”*

Yes, yes, yes!

*“Look with peace upon your brothers, and God will come rushing into your heart in gratitude for your gift to Him.”*

Mm-hmm! Yes. Ah! Yes, yes, yes!

In Chapter 9, Section VI, Paragraph V:

*“You are not yet awake, but you can learn how to awaken.”*

Yay! So glad about that!

*“Very simply, the Holy Spirit teaches you to awaken others. As you see them awaken you will learn what waking means, and because you have chosen to wake them, their gratitude and their appreciation of what you have given them will teach you its value. They will become the witnesses to your reality, as you were created to witness God's.”*

Yes! So beautiful!

This is the thing about gratitude being healing, is when we are grateful for our brothers and sisters as they are, if we are grateful for our **experiences as they are, then -- then, then, then!** -- we are in a place of healing. Yes, we are.

### *Gratitude Shifts Us to a Place of Healing*

One of the things that I'm so grateful that I recognized, is that gratitude shifts my energy, gratitude shifts my vibration. What it does is, this is what actually **helps** me to see, and know, and feel, and hear clearly Divine Inspiration, Wisdom, Clarity, Guidance.

One of the most common questions I get from people is, “How can I recognize my intuition more clearly?” Have a gratitude practice. Have a gratitude practice.

For me, I am looking for things I can give thanks for throughout my day, be appreciative. I'm very aware that things are consistently changing in my life and in my experience. I recognize that things I used to struggle with and suffer with, I **don't** anymore. Things that used to bother me, I don't experience them anymore, or if I do, they don't bother me anymore. Things

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that used to worry me and frighten me, don't worry me and frighten me anymore, and if they did still happen in my life, they **wouldn't** bother me. I've seen these changes consistently, and I feel that I'm spiraling up all the time, so I give **thanks**. I give thanks!

I remember so many times when I've realized, "Oh, wow! My dad just did that thing that used to bother me." "My friend just did that thing that used to bother me." "My boyfriend just did that thing that used to bother me." "I just did that thing that used to bother me." But it didn't bother me this time. Victory is mine!" I say. "Victory is mine. I am so **grateful!** Yes!" And I even raise my hands in the air in the victory sign.

"Victory is mine! Victory is mine! Victory is mine! I am **grateful!** My mind is shifting and changing. I am healing. I'm setting myself free. I'm taking everybody with me!"

And so, that gratitude, that recognition, it helps me to feel "I **am** doing this!"

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*I am grateful!*  
*My mind is shifting*  
*and changing.*  
*I am healing.*  
*I'm setting myself free.*  
*I'm taking everybody with*  
*me.*

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### *Following the I AM Presence*

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This is one of the things I share in my classes, in my [\*Finding Freedom Bootcamp\*](#), in my yearlong [\*Masterful Living Class\*](#). I share that one of the healing practices for me is when I feel the ego resentment, regrets, those kinds of ego thoughts that are gnarly, and so unfun and upsetting, I've learned I can say to the ego, "You're not in charge anymore. **I** am in charge. The I AM is in charge of my life now, and so there's nothing for you to share here. **Your** expertise is not needed here. We're doing something different now. This is the time for you to learn and discover."

So, saying to the ego, "You **say** you would like more Peace and more Prosperity, more Joy, more Freedom. That **is** the direction I am going. You do not know the way. The I AM knows the way. I AM knows the way."

The ego does **not** know the way, and it helps **so much**, because the truth is the ego **does not** know the way to Joy, to Prosperity, to Wholeness, to Freedom, to Wisdom, to Love, to Harmony, to Clarity, to Freedom, to

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insight and all good things. The ego knows not the way, so let us not **depend** upon the ego to show us the way. That's going on a fool's errand. We've done it enough. Now, we can turn to the ego and say, "It's time for you to be still and be quiet, because **you do not know**. You have **no** authority. Experience has proven, so many times, you do **not** know what you're talking about." I am worthy as all are worthy. So grateful, so grateful, so grateful. Mmm!

### *Gratitude for the Truth In Us*

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Gratitude lifts our vibration so that we can see, and hear, and feel, and know more clearly what is Divine Guidance and Inspiration, and when we are grateful, it's a healing in our mind.

In Chapter 7, Section V, which is entitled, *Healing and the Changelessness of Mind*, Jesus tells us in Paragraph 11,

*"Come therefore unto me, and learn of the truth in you."*

So, the truth is **already in** us. We don't have to **seek** for it. It's **in** us. We look for the Kingdom within.

*"The mind we share is shared by all our brothers, and as we see them truly they will be healed. Let your mind shine with mine upon their minds, and by our gratitude to them make them aware of the light in them."*

So, let us be grateful that we **can** join with Jesus, and shine our mind with His into the minds of our brothers and sisters.

Think of this. Maybe there's a politician, or maybe there's a neighbor or a family member, somebody that you would like to change their mind because you think they're not in their right mind and you're upset with them, bothered by them, you're judging them. Here's the healing, right here.

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*Let us be grateful  
that we can join  
with Jesus,  
and shine our  
mind with His  
into the minds  
of our brothers  
and sisters.*

---

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

*“Come therefore unto me, and learn of the truth in you. The mind we share is shared by all our brothers, and as we see them truly they will be healed.”*

This, to me, is one of the most **important** things for us to understand about healing our own mind. He says,

*“Let your mind shine with mine upon their minds --”*

--of our brothers and sisters that we think are wrong minded, upon our friends, our family, our coworkers, our neighbors, our world leaders, anybody that we think is not operating from Love and from compassion. Let us shine our mind with Jesus **upon** their minds,

*“...and by our gratitude to them make them aware of the light in them. This light will shine back upon you and on the whole Sonship --”*

all humanity,

*“...because this is your proper gift to God.”*

**This** is why we’ve taken incarnation. **This** is our calling. **This** is our purpose. Let us **live** our purpose. Let us **live** our calling. It says, *our brothers and sisters will accept it--*

*“... and give it to the Sonship, because it is acceptable to Him and therefore to His Sons. This is true communion with the Holy Spirit, Who sees the altar of God in everyone, and by bringing it to your appreciation, He calls upon you to love God and His creation. You can appreciate the Sonship only as one. This is part of the law of creation, and therefore governs all thought.*

Mm-hmm. Yeah!

### *Gratitude For Learning Through Joy*

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And *A Course in Miracles* tells us that, in this very same Section, that “Gratitude is a lesson in sickness.”

It says, in Paragraph 7 of this Section V, Chapter VII,

*“The unhealed healer wants gratitude from his brothers, but he is not grateful to them.”*

So, I’m going to invite us all to take a moment here and see. is there anybody we’d like to receive gratitude **from** that we don’t have gratitude **for**? Anybody? Just taking a pause there.

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

Remember that one of the most valuable things *A Course in Miracles* teaches us is that we can learn through pain or Joy. We can be the unhappy learner or the happy learner.

The unhappy learner struggles to learn through experience. The unhappy learner is repeating the same experiences. **Why** are they repeating the same experiences? Because let's say that you have an experience where your loved one is rude to you and unkind to you, and you retaliate thoughts of revenge. You are cold, you withhold Love.

When I've ever experience with holding Love, what happens to **me** is, I start to feel unwell. Now I recognize it. I start to feel just lost and confused, and upset, and irritated -- ick! I don't even want to think about. Right? But that's what happens when go I down that path. **Who's** being punished then? Only **me**, because I'm the one that's **choosing** to feel this distress, and this upset, this withholding of Love.

Anytime I withhold Love it's going to decrease my Prosperity, it's going to decrease my Abundance. And remember, Prosperity is wellbeing. That's my understanding. Prosperity is being able to get a good night sleep, having good digestion, having a good bowel movement, having a Clarity of mind. Prosperity is **not** just financial Abundance. It's being in the flow of Love, feeling prosperous, feeling like things are expanding and growing in the All Good. So, there's no way I can experience Prosperity and Abundance **and** be withholding.

In my life experience, people who have wealth sometimes are **not** abundant, because they have wealth, they have money, but they're not in the flow of Love, so they don't **feel** abundant. They don't **feel** prosperous. They're **worried** about money. There's **never** enough. Why? They're focused on "not enough", lack, limitation. They're focused on separation, the "haves" and "haves nots" [laughs], and they're focused on withholding, very often. "Who deserves what? I don't have enough to share." Right? Hoarders don't have enough to share, which is, of course, insane. We're not meant to hoard anything. It just stops the flow.

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---

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

People who don't practice non-judgment are people who have forgiveness issues. There's a lot to forgive, because that's what forgiveness is, it's non-judgment.

Let's say that I'm not forgiving, I'm judgmental, and my brother and my sister is attacking me and I take it personally. Instead of a cry for Love, I take it personally. I become resentful and I smack back, or I smack by withholding Love, and then I start to experience that constriction, and then that constriction becomes the limiting factor and my happiness is **further** diminished.

So I had the diminishment because my happiness was circumstantial. Right? "If people like me, I'm happy. If they don't like me, I'm not happy." My happiness is circumstantial. It's not unconditional, it's conditional.

In that case, I'm going to be trying to manipulate and control people to **make** me happy, and there's often going to be withholding there and "giving to get", which is manipulating. Withholding, of course, is also manipulating.

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*The thing I'm  
most grateful for  
in my life is my  
ability to let  
things go.*

---

So if I'm engaging in all that kind of behavior in my relationships, there's no gratitude for anything, right? What is there to be grateful for in **that**?

The thing I'm most grateful for in my life is my ability to let things go, because I remember what it felt like to hold on to resentments and to make myself miserable. I remember that. Yeah.

*"That is because he thinks he is giving something to them, and is not receiving something equally desirable in return. His teaching is limited--"*

So, the unhealed healer has a limited teaching

*"...because he is learning so little. His healing lesson is limited by his own ingratitude, which is a lesson in sickness."*

Yeah. And if we're doing that, we **know** we're doing that. We **know!** So why continue to learn through the ego? Good Lord! **Good Lord!** It's so **painful**. It's so painful!

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What's the other option besides learning through our experiences with the ego? It's remembering. It's joyful to remember.

I know so well how joyful it is, because there have been so many times in my history when I remembered, "Ah! I could choose Love instead of this resentment. Ah! I could choose Love instead of this anger. I could choose Love and extend Love instead of being withholding and judgmental. Oh, I have a choice! I'm so grateful I have a choice. I **see** I have a choice, and I'm willing to make the choice that's best for **everyone**. Yes!"

Yeah, so we learn to change our mind. Yes!

### *Gratitude Builds Spiritual Muscle*

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Gratitude is a spiritual practice that builds the muscle of our heart. It builds the muscle of our loving heart. It brings us so much benefit, and the wonderful thing, too, is I have some friends who are super grateful. Their gratitude practice is **so strong**, and I love to be with them because they'll be grateful for all kinds of things. They remind **me** to be more appreciative and more grateful, and when I'm grateful and appreciative, then I am **aware** of my blessings.

Right now -- I'm a person I like to have three or four beverages with me all the time, so I have a wonderful smoothie that I made this morning with bananas and Maine blueberries, ginger and lime. Yummy! Grateful for that. I'm grateful I have the things to make that. Grateful that I have my NutriBullet, which I take with me on the road now, and I have the things, -- the fruits and the ginger. So nice! A good lime. I have a wonderful glass of fresh apple cider here. I **love** apple cider! I'm in Vermont. It's wonderful. It's apple picking time. How wonderful! And then I've got my amino acid drink. I've got some wonderful coconut water. Good Lord! I've just got an array of delicious healthy beverages to support me when I'm talking, and talking, and talking. You put out a lot of liquid on your breath, even if you're not aware of it, so it's good to keep replenishing, replenishing, and stay hydrated. How blessed I am. I'm grateful for that.

I'm grateful that I had the time to make this smoothie, to make these drinks and bring them to my side so I have them during the radio show. I'm grateful for the radio show. I'm grateful for -- this is Episode 308. Good Lord! I'm grateful that Spirit would even provide that much for me to

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**share.** It's easy with the *A Course in Miracles*. It's so big, and so clear. So grateful, grateful, grateful that I **can** be grateful.

I can be grateful that I got four hours of sleep. I used to be I'd be upset that I got **only** four hours of sleep. Now, I can be grateful, "Well, I did get four really good hours of sleep", let's say. Because every now and then, I don't get a full night sleep because of traveling or something like that. I can be grateful. "Oh! I have to get up 3:30 in the morning for that plane. I can be grateful that I **can** get up and I can still do some spiritual practice even, before I go along my way. How grateful I am that I can do that."

Gratitude lifts our vibration, and it helps us to recognize the **contrast** between when we weren't grateful and when there wasn't much to be grateful for -- when there were no delicious beverages, when I used to sleep nine hours and **still** I never woke up refreshed. Yes.

Things are changing. We're grateful for the little changes, the major shifts because major, major shifts come from continuous little changes. Drip, drip, drip.

Well! I can see by the clock it is time for me to take a break. I'm going to invite you to go to [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com). Sign up for the free classes. If you cannot join me live, remember that you can get the downloads! Oh, you can get the downloads. That's wonderful.

I'm Jennifer Hadley. You are listening to *A Course in Miracles* on Unity Online Radio, and I'm grateful you're listening. Don't go away! I'll be right back.

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*.

Get ready to focus on your intent to be the Love, be the Peace, through practical application as we return to *A Course in Miracles: Living the Love, Walking the Talk*.

### ***The Only Gift Spirit Wants***

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Jennifer      Welcome back! Welcome back! Mmm! Just listening for my guidance here. Chapter 4, Section VI, Paragraph 7. This section is called *The Rewards of God*. It says here --

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This is Jesus, of course. I think it's important for us to understand who's talking to us, and He's going to talk about the Holy One here. The Holy One is the Holy Spirit.

*"I will go with you to the Holy One, and through my perception He can bridge the little gap.,"*

Right? The gap between, which is the **belief** in separation.

*"Your gratitude to your brother is the only gift I want."*

I'm going to just pause there, because I'm going to invite us all to turn within, myself included. Let's think about our relationship with Jesus, the Master Pastor, who's taught us so much. This great, great Teacher, this elder brother who walks with us and talks with us every day, who's told us in *A Course in Miracles*. "You can **never** be alone. I'm **always** with you."

*"I will go with you to the Holy One, and through my perception He can bridge the little gap. Your gratitude to your brother is the only gift I want."*

Jesus is with us 100% of the time, available 100% of the time to lead us and guide us, and even to decide **for** us whether or not to choose Love or fear. If we choose, we can have Jesus decide for us, and the only gift that He wants is our gratitude to our brother.

---

*"Your gratitude  
to your brother  
is the only gift  
I want."*

---

So, let's just scan our life. Is there anyone in our life that we're going to withhold our gratitude for and not give it to Jesus? Is that really how we want to roll? Saying, "Jesus, I love You, but the one and only thing You want is too much to ask of me. I **cannot** be grateful for that one. Cannot do it."

Now, when I contemplate this, what I think of is, "Why would I ever wish to withhold my gratitude for my brother?" Let me think about that. Because I prefer to keep my judgments. Hmm! Do I **wish** to live in constriction? Do I **wish** to block Prosperity and healing, and Harmony, and Wholeness, and Joy, and Freedom, and Clarity, and Wisdom? Harmony? Abundance? Are these the things I wish to **block** in order to be ungrateful, resentful, jealous? Hmm! I don't **think** so. It's not a good trade. It's a terrible trade!"

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Jesus is saying, “The only gift I want is your gratitude for your brothers and sisters.” So then I think, “Well, why would Jesus want my gratitude for my brothers and sisters? Why would that be of any interest to Him? Why would He **care** about whether or not I’m grateful for the person in my life who seems to irk me, or why would He care if I’m grateful for the person who I think is so wrong minded, so cruel, so vicious, whatever thoughts I have that I find it difficult to be grateful for that person? Why would He **care**? Why would **this** be the gift He wants?”

Knowing Jesus, as I do, it could **only** be because that gratitude is going to **help** me. It’s going to help remember my true identity. It’s going to remember that I am **worthy** of Love. It’s going to help me release the sense of separation. It’s going to help me to heal my life, my heart, and my mind.

That’s the **only** reason why He would want me to be grateful to my brothers and sisters on this planet. I know that about Him.

So, the only thing He really wants for me, **from** me, is to allow myself to recover from a sense of separation and to allow myself to be returned to Wholeness in my heart, in my mind, and He’s telling me “The way there is gratitude.”

Let’s be good students. Let’s be good siblings to our brother Jesus and give Him the only gift that He wants, the only one He asks for. Well, He’s not even asking for it right here. He’s just saying, “That’s the only thing I **want** from you. Do you want to give Me a gift? Give Me **that**. gratitude **to** your brother, your sister.”

Let’s think of the person that we could **least** be grateful for. What I’ve learned, is I can be grateful for things just as they are, even when I don’t **like** them, because I’ve had enough experiences in my life where something that, on the face of it when I first found out about it, seemed horrible, seemed terrible, seemed like nothing good could come of it. But something **did**. It turned out there was a blessing encoded into that experience. I’ve been fired from jobs, I’ve been dumped by friends, and when the things happened, oh, didn’t feel good! I didn’t like it. I wished it were different.

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*The only thing He  
really wants for me,  
from me,  
is to allow myself to  
recover from  
a sense  
of separation.*

---

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

As I grow in spiritual maturity, I am able to say, “I don’t know what anything is for, so I’m not going to label this bad. Everything works together for my good. I’m going to **accept** that all things work together for my good.”

He says here,

*“Your gratitude to your brother is the only gift I want. I will bring it to God for you --”*

The gratitude,

### ***Love Sets All Things Right***

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*“...knowing that to know your brother is to know God. If you are grateful to your brother, you are grateful to God for what He created. Through your gratitude you come to know your brother, and one moment--”*

Just **one** moment,

*“...of real recognition makes everyone your brother because each of them is of your Father. Love does not conquer all things, but it does set all things right.”*

**There’s** an important understanding for us to have in order to practice gratitude.

*“Love does not conquer all things, but it does set all things right.”*

So, if we look at this world and we see where there’s injustice, where there are people intentionally deceiving others, where there’s racism and things like this, we can **still** be grateful to our brother for their existence, for them.

---

***“Love does not  
conquer all things,  
but it does set all  
things right.”***

---

You know, I’ve learned that even when someone, their choice, what they’re doing **seems** to bother me, I recognize that what’s **actually** happening in my mind is that this person, sent by God to me, to help me recognize the splinter in my mind that can be healed so I can be free, and this is how all my brothers and sisters can help me even through triggering me. Jesus says,

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*“Because you are the Kingdom of God I can lead you back to your own creations.”*

“Because you **are** the Kingdom of God, I can lead you back.” Then He says in Paragraph 8,

*“As you come closer to a brother you approach me, and as you withdraw from him I become distant to you. Salvation is a collaborative venture. It cannot be undertaken successfully by those who disengage themselves from the Sonship, because they are disengaging themselves from me.”*

You know what I can testify to, was I’ve lived a lot of my life alone because I had so much self-judgments, self-condemnation, insecurity, unworthiness, and I was getting triggered so often by other people, I **preferred** to be alone. It felt more peaceful to me, and in the alone time I’ve had, I did a lot of deep work.

But what I find now is I like, I **prefer**, to be around other people. I prefer to live with people, because now I can live with them harmoniously and be loving, and I’m more in the flow of Love. So, I **prefer** to live with other people now.

I still like to have my space to do my work and to do my spiritual practice, but I can do my work and my spiritual practice in all kinds of circumstances now, because my mind is less distractible and it’s more peaceful.

### ***Seeing Divine Opportunities For Gratitude***

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There’s this constant growth and shifting and changing, and I am grateful for it. I’m grateful to see it and to **know** it. Gratitude is a healing practice. It’s a wonderful spiritual practice that we can take with us all of the time. Oh, yes! Mmm! Yes! Ah! I’m just basking in that gratitude now.

Let’s really, truly think of someone that you have, perhaps till now, felt ungrateful for. What if you accept that they’ve been sent by God to help you see where there’s a dark spot in your mind that you’re allowing, that you’re accepting, that you’re tolerating? Think about that.

What if you can, say, think of them in your mind, bring a picture of them into your awareness and say **to** them, “I’m willing to be grateful **to** you and **for** you. I am trusting that my elder brother Jesus knows the way, and this is my gift to Him, my willingness to be grateful **to** you and **for** you. I am willing to have a healing in my mind, and to know the truth about you and myself.” Hmm! Ah! **So beautiful!**

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

*“Look with peace upon your brothers, and God will come rushing into your heart in gratitude for your gift to Him.”*

Then in Chapter 12, Section I, He talks about gratitude some more, very beautifully. Chapter 12 is the chapter entitled *The Holy Spirit’s Curriculum*. The first Section is entitled, *Judgment of the Holy Spirit*. In Paragraph 6, Jesus tells us,

*“Only appreciation is an appropriate response to your brother. Gratitude is due him for both his loving thoughts and his appeals for help, for both are capable of bringing love into your awareness if you perceive them truly.”*

This is what we’re doing. We’re looking at our brothers and sisters and we’re grateful for their loving thoughts, because no matter how negative they are, they probably do have some loving thoughts. Maybe they have a dog, maybe they have a grandchild, maybe they really love peach cobbler or something like that, and they’re able to be grateful for something such as that. We can hold that in our mind that there’s something -- some loving thoughts that are in their mind, and so that we can be grateful **to** them for their loving thoughts.

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*“Only  
appreciation is  
an appropriate  
response to  
your brother.”*

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Because we share the same mind, wouldn’t we, of course, be grateful for their loving thoughts? And by our gratitude for their loving thoughts, wouldn’t there be **more** of them? Because what we put our attention on expands. This is our Divine Opportunity to give thanks for these things.

*“Gratitude is due him for both his loving thoughts and his appeals for help, for both are capable of bringing love into your awareness if you perceive them truly. And all your sense of strain comes from your attempts not to do just this.”*

All your sense of strain, difficulty, comes from your attempts **not** to be grateful for his loving thoughts.

*“How simple, then, is God’s plan for salvation. There is but one response to reality, for reality evokes no conflict at all. There is but one Teacher of reality, Who understands what it is. He does not change His Mind about reality because reality does not change.”*

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Yes! So grateful! Only appreciation is an appropriate response to your brother. We are learning, and we can move out of the pain of learning and start to remember. Mm-hmm! Ah! **Yes!** So wonderful, so grateful. Yes!

### *Texts, Upcoming Trainings & Retreats*

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Well, you know, I'd like to, speaking of grateful, as I mentioned, I'm feeling so grateful today because of the [Living A Course in Miracles](#) classes, and we're focusing on taking Spirit to work with us and having a spiritual profession, having a spiritual work, regardless of what our profession is. I love this topic because it's time now where so many Light Workers are feeling activated, but not all feel **worthy** of answering their call, so I feel grateful to be able to support people in this.

Speaking of supporting people, we've got the "Weekend of Freedom", *A Course in Miracles* weekend in Boone, North Carolina at the Art of Living Retreat Center. Dov Fishman, who's part of the *A Course in Miracles* series, he's going to be there, as well as I will be there, Jon Mundy, Regina Dawn Akers, and a whole bunch more *A Course in Miracles* folks. I know it's going to be a lovely, intimate gathering.

Then for a deeply healing gathering, the second weekend in October, my [Forgive and Be Free](#) retreat. That goes right into my [Spiritual Counseling Intensive Training](#). This intensive training is for the people who would like to train their mind to be more loving, more compassionate and to be more open to intuition and guidance. One of the main things that we focus on is healing unworthiness, and so this is open to all kinds of people. Yes, we do have therapists and people come who are looking for Continuing Education Units and things like that, but we also have business people who come to increase their business skills. We have grandparents to come increase their ability to be loving grandparents. We have life coaches and family therapists, and we have a whole group and a mix of people, and so I invite you, if you feel called, to check it out.

Then at the end of the year, we have our [New Year's Reboot](#) right there at Unity Village. We're going to be doing that, and that's going to be wonderful! So refreshing and restoring.

I tell you, the more I do this work, the more Clarity I have about how to put *A Course in Miracles* into active practice in order to truly **live** it and to truly transform our lives, and that's a **wonderful** thing, and I feel very, very

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blessed that I have so much to share. Just **loving** training Spiritual Counselors! I have a [Certification Program](#) now, and seeing people more and more step into their power and into their profession. Those who wish to really do it professionally are **really** having some beautiful success.

Just letting you know these are some of the things that are coming up. When we do have a chance to get together in person, I love to do the **deep, deep** healing work so that you really do feel that afterwards, a year later, several years later, you **feel** the difference.

The first retreat I ever did, four years later I ran into someone who had come to the retreat. I didn't know them before, I didn't know them after, but they recognized me somewhere else, and they said, "Oh, my gosh! Jennifer! I haven't seen you since the retreat. How are you?" Of course, I remembered them. They said, "I have to just tell you, Jennifer. That retreat four years ago completely changed my life. **You** changed my life."

I said, "Well, I don't know how to change anybody's life but my **own**, personally, but I'm glad **you** changed your life and that you were inspired to do so, and to follow through, and that you did that deep healing work with me."

So this is **my** calling, is to help facilitate these things, and I know if you feel called to join, you will.

Don't forget, too, we have the free text messages that you can sign up for. You text "MIRACLES" to the number 35227 or go to [ACIMtexts.com](http://ACIMtexts.com).

And, go to [JenniferHadley.com](http://JenniferHadley.com) for more on the events and retreats. We have an [Events](#) page.

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### *Closing Prayer*

Ah! Let's take that breath of Love and gratitude here, and be grateful to ourselves, grateful to each other, grateful to all of life that we have the clear pathway that *A Course in Miracles* is.

So grateful to Partner UP with the Higher Spirit Self, to Partner UP with Jesus, to give away all misperceptions, all regrets and resentments, and step into gratitude for ourselves, our precious life, to have gratitude for our brothers and sisters, and that we **are willing**. We're willing to let the past go, and to be prosperous and loving in the moment now.

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

God bless you! Mwah! Have a **great** rest of your week!

Thank you for tuning into *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley.

Join us every Tuesday morning at 10 a.m. Central for more tools and insights into how to express your beliefs from moment to moment, every day, in every way. *A Course in Miracles: Living the Love, Walking the Talk* only on Unity Online Radio, the voice of an awakening world.

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While there, we invite you to visit [Jennifer's blog](#) where you can join with the community of like-minded people who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support, as you come to walk your talk and live *A Course in Miracles* every day, in every way.