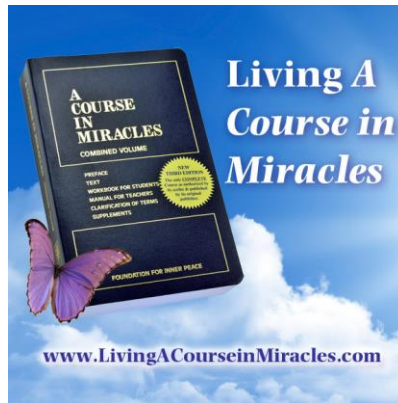


September 26, 2017



Transcending Darkness, Illness, and Depression

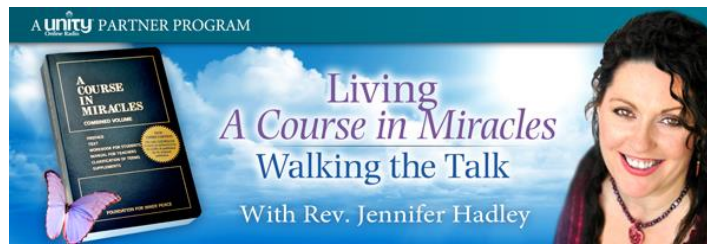


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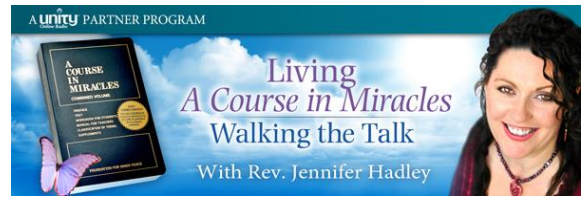
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September 26, 2017

Transcending Darkness, Illness, and Depression

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Hey, hey, hey! I'm so happy to join with you today. I am! I am! It's my last week in Vermont for a while. I'll be heading to North Carolina, where I'm going to be much of October. I look forward to it. We'll tell you a few things about that after we speak this word of prayer together.

Opening Prayer

I invite you to take a breath with me, to join with me, to open our hearts and our minds. I place my hand on my heart and I give thanks. Taking a breath of Love and gratitude, so grateful and thankful that we can **let the past go**.

So grateful to open ourselves to unprecedented, unlimited awakening awareness and healing. We are grateful, we are thankful, to consciously **attune** to the perfect Love that we already are. **So grateful!**

Taking this breath of Love and gratitude, we Partner UP with the Higher Holy Spirit Self for the purpose of remembering our true nature is perfect Love, and this is the true nature of everyone.

So grateful and thankful to consciously say, “Yes!” to letting go of the past, letting go of dark thoughts and false beliefs.

So grateful to **choose** to rise to the Light, to **see** the Light, to **know** the Light, to **feel** the Light within, leading us and guiding us, to a recognition of our own holiness. We’re relinquishing depression, we’re relinquishing dark thoughts, we’re relinquishing **anything** that could stand in the way of our happiness and our holiness.

We are grateful and thankful to share all these benefits with everyone, because we’re One with them. So grateful to allow it to simply be. We **let** it be. We get out of the way, and we **let it be!** And so, it is. Amen. Amen. Amen!

Mmm! **So grateful!** Yes! So grateful. Yes.

Invitation to Weekend of Freedom Retreat

Yeah, you know, I'm in the middle of doing this *Living A Course in Miracles* series of 11 classes in 12 days, and one thing I'm going to tell you-- just so I don't forget it, because sometimes I do forget to say the things you might be very interested in-- the first weekend in October, I'm doing a retreat. I'm one of the speakers.

It feels more like a conference to me, but it's at a wonderful retreat center, not at a hotel. It's in North Carolina at the Art of Living Retreat Center, up in the Blue Ridge Mountains in Boone, North Carolina. It's called *Weekend of Freedom* retreat. Jon Mundy, David Fishman, Regina Dawn-Akers, Maria Muldoon, and wonderful musicians, all kinds of things.

It's a wonderful opportunity to gather together with *A Course in Miracles* folks. If you like that kind of thing, which I do, it's a wonderful opportunity for us to play and have fun together in beautiful Fall weather up in the mountains at this beautiful Retreat Center.

It's the *Weekend of Freedom* retreat, and if you go to the Events page of JenniferHadley.com you can click through from there. This past week in *Living A Course in Miracles*, David Fishman gave us a \$50 off code, and that's WOFR50. To get \$50 off the *Weekend of Freedom* retreat.

I'll just say, nobody makes any money on these events. It's a **lot** of work for **no** money, but we do it to support the community and to support people

practicing together, getting to know each other. That's the way-- that's why we do these things.

I just wanted to say that before I forget, and I **didn't** forget!

Feeling Like a Failure

Our topic this week is *Transcending Darkness, Illness, and Depression*. It came to me very strong, because yesterday, I did a *Living A Course in Miracles* class with Maria Felipe, and her topic was *Being Happy at Work*. She has written a book called *Live Your Happy*, and so she was talking about that. I've known Maria for a number of years, and she's had a lot of rough times where she was really struggling, in many ways.

Just shutting this window here.

As she was talking, that's when this this topic came through from the Holy Spirit. What I have learned, over the years-- because I've seen it, time and again, people who **suffered** with chronic depression, feelings of darkness and illness, have been able to transcend **that** difficulty through spiritual practice.

It is to me, one of the most challenging things for people, because spiritual students who **feel** depressed, and feel **unwell**, and who feel emotional darkness, mental darkness, but are strong spiritual students, they sometimes judge themselves as being a failure, and they feel ashamed that they are not succeeding as a spiritual student.

What I have learned, working with so many thousands of people over the years, is that we don't know what anything is for. **Except**, everything in our experience is to **help** us on our path of awakening. There's no other reason for it, because this entire experience that we're having in this world is an illusion, so the only purpose of **everything** is our good. **Nothing** has come to torture us or punish us, nor **will it ever**. Everything has come to help us awaken. Awaken! Awaken!

This is our opportunity. We can choose to awaken, and not judge what's going on, and be very mindful of our choices.

You Will Never Lose Your Way

For me, when I was younger, I used to make a lot of choices that were about choosing darkness. I felt **attracted** to darkness. I felt attracted to sadness.

But, I'm not interested in that anymore. Good Lord! I'm grateful. Grateful! Grateful!

Today, in *My Daily Spiritual Espresso* blog, I was sharing a quote from the *Text* in Chapter 11, Section III, Paragraph 5. I find this very beautiful and comforting. It says,

"You will never lose your way, for God leads you."

Do you ever feel lost? Do you ever feel like, "I'm **so** lost! I'm so, so lost!"?

I was sharing with people the other day, and a lot of the people in the group were saying that one of the issues they had was that they would have challenges prioritizing, and they would feel overwhelmed with what **could** be done, what **should** be done, according to the ego, what they felt like doing. They would be spinning around inside all the choices, not knowing what to choose.

I get that, and I get feeling overwhelmed, and there's a practice for that. It's really tuning in, and what I call Partnering UP. Putting the Holy Spirit in charge of our day, in charge of our life. Then, we're not spinning around like that.

I sometimes do feel overwhelmed by my sense of responsibility for all of the things that people are asking me for. One of the things in my life is, I say, "Oh! Let's do free text messages!" And, I think, "Yeah! I can put that in motion." Then, I don't think about how many other decisions, and conversations, and e-mails, and things that I will have to engage in in order to bring it about.

Or, I say, "Oh, yeah! Let's do transcripts for all the radio show episodes and make it free for everybody." And then, I don't think about how many decisions, and questions and blah, blah, blah are going to go into putting all that together, making it available for everybody.

To me, things sometimes feel really simple. But then, I do, sometimes, feel overwhelmed by how many e-mails there are to respond to, and answer, and read.

So, I understand feeling overwhelmed, and my antidote to that is to tune in and Partner UP. Tune in, tune up, and not go it alone! That's been my go-to.

"You will never lose your way, for God leads you."

When we feel helpless, and hopeless, and lost, who's leading us? **Who** is leading us?

Feeling How We'd Like to Feel

I'm going to invite us to turn within here, and think for a moment, maybe some area of your life where you feel helpless, hopeless, lost. Just thinking about what that is.

Now, if you're going to consider, what is the--how would you **like** to feel about it? Instead of feeling hopeless, helpless, lost, how would you **like** to feel about it?

When it comes to doing this kind of work, I like to think of, what is the **spiritual quality** that I'm not vibrating with? If I'm not-- if I'm feeling helpless, hopeless, lost, confused, sad, depressed, what is the spiritual quality that I'm not vibrating with?

It might be Joy. It might be Clarity. It might be Peace. It might be Harmony. It might be Freedom. It might be Wisdom. It might be Abundance or Prosperity, Wholeness, Purity.

Just getting a sense of, what is the spiritual quality that you're not vibrating with?

Then, asking the Holy Spirit to take the reins, if you dare. Asking the Holy Spirit, turning it over, and say, "Holy Spirit, I recognize I'm not feeling well, I'm not feeling good, and I'd **like** to. I'd like to feel--" and then say to the Holy Spirit what you'd like to feel. "I'd like to feel Peace." "I'd like to feel Joy." "I'd like to feel Freedom." "I'd like to feel that I was accessing Wisdom, and Clarity, and Harmony."

Maybe **all** the spiritual qualities. Why not? Why **wouldn't** we wish to feel them all?

Saying to the Holy Spirit, "Please remove all blocks to the spiritual qualities awake and alive in me, and as me. Help me to recognize where I'm choosing

to block the flow of these spiritual qualities, so that I can **make** the more loving choice.”

What I began to see were all the ways that I was blocking the flow of Love, of Peace, of Harmony, of Wisdom, of Clarity. I began to see, “Oh! Yeah, right there, I can see now I've been choosing that. That's blocking my Prosperity!” “Oh! I have been choosing that! That's blocking my Wholeness!” “Oh! I have been choosing that! It's blocking my Joy!”

For me, one of the strongest, **strongest** ego attachments that I had was I had grown up feeling sad, in some ways. Honestly, I think in part it really just had to do with having a human experience made me sad, and living in density, and feeling not understood, and not understanding myself.

Then, when I got to be a teenager and into my early 20s-- well, much of my 20s-- there was a sense of sadness that was so familiar to me, it felt like home. It felt like my nesting place, so I would keep going back to it. I can remember, **so well**, energizing the thoughts that would make me feel sad and separate, because it felt like home to me. It felt so comfortable to me.

I sort of alternated between that sadness-- not quite depression, just sadness, just feeling deprived, feeling lost, helpless, and hopeless-- and angry. Anger was for, when I wanted to feel powerful, I was angry. I was sarcastic. I was mean.

“You will never lose your way for God leads you. “When you wander--” I did a lot of wandering. I mean in the mind and the heart, not on the land.

“When you wander, you but undertake a journey that is not real. The dark companions, the dark way, are all illusions. Turn toward the light, for the little spark in you is part of a light so great that it can sweep you out of all darkness forever. For your Father is your Creator and you are like Him.”

“Ideas leave not their source.”

Right? And then it says,

“The children of light cannot abide in darkness, for darkness is not in them.”

One of the things that I came to realize was that my dark thoughts, my thoughts of not enough, my thoughts of unworthy, my thoughts of blame and shame, regret, and resentment, guilt and jealousy, all those thoughts were like false idols. Mm-hmm. And, I decided not to have any false idols anymore.

Turning to The Light

One of the important decisions that I made was, I remember it. It was a seminal moment in my life. In 1986, I went-- inspired by Shirley MacLaine's book *Out on a Limb*-- I went with some friends to Peru.

We went there for a few weeks, and one of the things we did was we hiked from near Cusco out on the Inca Trail to Machu Picchu, which has become very popular since then. But this was 30 years ago, so it wasn't that popular then. I don't think you can do it the way we did it then. We camped, and we had guides, and we had hired a team of wonderful Quechua men to carry our tents and things, which was a good thing, because we climbed up as high as 14,000 feet, and it was not easy to breathe at that altitude. They would set up our tents for us, and they cooked for us. They were lovely. Really, really lovely.

The first morning out on the trail, I woke up just before the sunrise, hearing the roosters crowing nearby. I realized--I was reading Shakti Gawain's book *Living in The Light* at the time, which I really, really love that book, and I love Shakti Gawain. I did a bunch of work with her, and she was very helpful to me. I woke up that morning in the darkness, and I had a realization that I had been turned towards the darkness. I had been **focused** on the darkness, and that now it was time for me to turn to the Light.

Mentally, I made that decision to turn and face the **Light**, instead of having my back to it and facing the darkness. Instead of being interested in the darkness, and what I **didn't** like, and what I **didn't** want, and what I couldn't stand, and what bothered me, and made me angry, and fearful, and all-- instead of putting all my attention on **those** things, I made the decision to turn and face the Light, and to find and see the Light within me.

That changed my life, that decision that I made in that tent that morning in Peru. It really changed my life. I decided to put my attention on the Light.

Many years later, I had a wonderful teacher named Nina Fosh when I was in film school. She taught acting and directing actors on film. I was her teaching assistant for a while. She had a saying, "Focus on the Light. The darkness will take care of itself." That was when I adopted, "Focus on the Light, Jennifer. Focus on the Light. Focus on the Light. Focus on the Light."

I trained my mind to focus on what I didn't like, thinking that that gave me power, always watching what I didn't like, being vigilant for the darkness, being vigilant for the pestilence, being vigilant for the vermin, and the sadness, and the things that weren't to my liking.

I had decided to stop focusing on that, and to start focusing on the Light, and the Light **in** me, and the Light **around** me, and the Light in others. It changed my life! Yes, indeed!

We're talking about *Transcending Darkness, Illness and Depression*. I'm Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio, where we **are** living the Love, we're walking the talk, and I will 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*.

New Year's Reboot Retreat

We are back! We're back! But not in black. [laughs]

Alright! I am doing a retreat at Unity Village at New Year's. My *New Year's Reboot* Retreat at Unity Village. It's going to be four nights, five days. This is really going to be just **lovely**. My New Year's retreats are about really clearing me a mental and emotional clutter that gets in our way from living a life of Love and clearing out the things that do seem to ferment into darkness, and depression, and despair.

I can tell you that I did a New Year's retreat, called my *New Year's Reboot* retreat last year, and it was just beyond what I even had hoped for! It was **so** inspiring! It was **so** energizing!

That is why I am doing even an extra day now, just because I just like to go a bit deeper in clearing out the clutter of the past and anchoring that New Year. I encourage you to check it out. You'll know if it is right for you.

We See What We Focus On

We're talking about *Transcending Darkness, Illness and Depression*. I just love this quote. I am going to read it again for you. It is Chapter 11, Section III, "You will never lose your way, for God leads you. When you wander, you but undertake a journey that is not real. The dark companions, the dark way, are all illusions. Turn toward the light, for the little spark in you is part of a light so great that it can sweep you out of all darkness forever. For your Father is your Creator, and you are like Him."

I think what's so significant in here is, if we are letting God **lead** us, we'll never lose our way. But, if we are focused on the dark, we'll just see darkness. It is not that we have lost our way. It's more like we **paused**, right? "If you make your bed in hell, I will be there **with** you. If you make your bed in hell--" So, why make our bed in hell? I don't know!

In the Paragraph before, it says,

"Walk in light and do not see the dark companions, for they are not fit companions for the Son of God, who was created of light and in light. The Great Light always surrounds you and shines out from you. How can you see the dark companions in a light such as this? If you see them, it is only because you are denying the light. But deny them instead, for the light is here and the way is clear."

So, consider that.

"How can you see the dark companions in such a Light as this?"

We are made **of** Light. We are part of the Great Light. It surrounds us, and it shines out **from** us. We **are** Light Beings. The **only** way that we are seeing the dark companions, and the darkness, is because we are denying the Light. There is a **big** clue. Let us **not** deny the Light.

Here's where our brothers and sisters can help us to rise above our own dark thoughts. Because it is our **job** in this world, it is our **purpose** in this world, it is our **responsibility** in this world, to see the Light in our brothers and sisters. That's **our** responsibility. Let's do that! Let's just do what we are here to do, which is see the Light in our brothers and sisters. If we are actively seeing the Light in our brothers and sisters, we'll see the Light in **us**.

"The children of light cannot abide in darkness, for darkness is not in them."

“The dark companions, the dark way, are all illusions. Turn toward the light, for the little spark in you is part of a light so great that it can sweep you out of all darkness forever.”

If we're experiencing the darkness--I know, I remember this from my own experiences, it was because I was choosing **not** to see the Light. This is it a nutshell. We're choosing **not** to see the Light.

And, we can ask ourselves, "**Why** would not I want to see the Light?" But you know what? Sometimes, I think, "You know, don't even-- don't even analyze it. Don't try to figure out what you're doing wrong. Just turn towards the Light."

That helped me-- I mean, it literally **transformed** my life. I decided to **stop** focusing on the darkness and I started to put my attention on the Light. It was retraining myself. It was a **total** retraining.

The great news is, we have a Personal Trainer. Did you know you have a Personal Trainer who is on staff, on call, 24/7? Even when you're sleeping, you can have the Holy Spirit working **with** you and **for** you.

Jesus has told us that there is **no** moment when we are not with Him. He is **with us** wherever we go. **Spirit never takes a moment off**. So, no matter how dark we feel, it **always** comes from denying the Light. We don't need to figure out **why** we're denying the Light. It will be revealed to us as soon as we are willing to know, so **why** try to figure it out. Right? That is like arguing with your resistance.

Just **give** the responsibility, **give** the task, **give** the heavy lifting to the Holy Spirit, and say, "Holy Spirit, do You know what I realized? I have been facing the darkness, and it is time for me to turn and face the Light. I know the Light is within me. I have been told the Light is within me. I am not so sure. I am not seeing it, not feeling it yet. Maybe it scares me. But all of that, I am just going to roll all that worry, doubt and fear, all that resistance and reluctance, going to roll all up into a ball, put it in a suitcase and hand it to You. Please take it! I don't **need** any of this anymore! My obsession with the darkness is **over**! My **interest** in the darkness is over! Now, I am going to accept my **new** job working for "God, Incorporated," seeing the Light in my brothers and sisters and seeing it in **myself**."

“I will be healed as I let Him teach me to heal.”

Right? That is the “Purpose Prayer”, Page 28:

“I am here only to be truly helpful.”

That's the first line. Last line,

“I will heal as I let him teach me to heal.”

Lesson #1 in the teaching to heal, “See the Light in your brothers and sisters.” The darkness is an illusion. Why focus on it?

The Ego Makes Us Feel Deprived

Let us just take a pause here and see, who in your life do you maybe enjoy seeing the darkness in? Is there is some character on the screen of your life that you have labeled dark, bad, wrong, evil, stupid, ignorant, malicious? See the Light in them for your **own healing**, because the Light is **there**. It is in everyone, and if we can't see it in ourselves, the fastest way to get there is to see it in our brothers.

Yes! Making that journey *From Darkness to Light*, that's the Section that we're in. We're part of a Light that is so great it can sweep out **all** darkness. We cannot abide in darkness, for darkness is not **in** us. It is not our **true nature**. Yeah. **So** beautiful that we **can** transcend it.

Do you know, *A Course in Miracles* has a teaching about depression. It says-- this is in Chapter 12, Section III, *The Investment in Reality*.

“To identify with the ego is to attack yourself and make yourself poor. That is why everyone who identifies with the ego feels deprived.”

Right? Because you're deprived of your experiences. [technical issue] next. I am actually going to repeat that last part.

“That is why everyone who identifies with the ego feels deprived.”

“To identify with the ego is to attack yourself and make yourself poor.”

Right? Because, you--in your mind, you cut yourself off from the Kingdom, which is within. Right? Because you are cutting yourself off from the Light, and that's why you feel poor. It says,

“That is why everyone who identifies with the ego feels deprived. What he experiences then is depression or anger, because what he did was to exchange Self-love for self-hate, making him afraid of himself.”

Undoing Depression

Alright. Let's understand this. For **me**, I used to have that sadness, but the sadness was really because I was cutting myself off from the Light. So, I went back and forth between sadness and anger, confusion and anger. A lot of people **do** get depressed. I have a **lot** of close friends who have gotten depressed and are challenged with depression.

When we identify with the ego, we feel deprived and then what comes next is depression, or anger, because what we did was, we exchanged Self-Love for self-hate. Right? So, we feel deprived because we are identified with the ego, which is cut off from the flow of Prosperity. The ego is cut off from the flow of Beauty, and the flow of Wisdom, and Clarity, and Freedom, and Harmony, and the All-Good.

You can see it **why** it feels like self-hatred to cut ourselves off from all this magnificence, and then complain that somebody did it **to us**. Right? "They have victimized us." When, really, we exchanged Self-Love for self-hate. Mmm! Yeah.

That's the thing about depression, so the undoing of depression is really to turn to the Light. It is **not** to analyze the past. It is not to say, "Oh, why did I make this mistake?" We do not **need** to do that.

It says in *A Course in Miracles* that the ego is going to lead us to depression. That is really the only place it **can** go, anger and depression.

It also says that, in the Section, *This Need Not Be*, it talks about the cause of depression is feeling that we have been denied something. But, the **only** one who can deny something is ourselves, and "*this need not be.*"

The Truth

It says in Chapter 17 here, Section VIII, which is entitled, *The Conditions of Peace*, it says,

The holy instant is nothing more than a special case, or an extreme example, of what every situation is meant to be. The meaning that the Holy Spirit's purpose has given it is also given to every situation."

In other words, there is **never** a moment when we can't experience that Holy Instant of connection and Wholeness.

It says here,

“Faith has accepted every aspect of the situation, and faithlessness has not forced any exclusion on it. It is a situation of perfect peace, simply because you have let it be what it is.”

That’s the Holy Instant.

It says,

“This simple courtesy is all the Holy Spirit asks of you.”

And, here it is,

“Let truth be what it is. Do not intrude upon it, do not attack it, do not interrupt its coming. Let it encompass every situation and bring you peace. Not even faith is asked of you, for truth asks nothing. Let it enter, and it will call forth and secure for you the faith you need for peace. But rise you not against it, for against your opposition it cannot come.”

This is where **praying** to **know** the Truth that sets us free is **liberating**. Let us pray to **know** the Truth. The Holy Spirit **will** show us the Truth hiding in our mind, if we are willing.

Remember how I was saying that in *The Holy Instant* Section, it tells us that depression comes from feeling, believing, that we've been deprived of something, but **no one** can deprive us but ourselves? If we are **asking** the Holy Spirit to **share** with us the Truth that sets us free-- the Truth is encoded into our being. It is encoded into that spark of Light that always remains-- let us put our attention **on** the Truth, and then think of all that will be given.

“Not even faith is asked of you, for truth asks nothing. Let it enter, and it will call forth and secure for you the faith you need for peace. But rise you not against it, for against your opposition it cannot come.”

And then, it says,

“Would you not want to make a holy instant of every situation? For such is the gift of faith, freely given wherever faithlessness is laid aside, unused.”

How do we lay aside our faithlessness? I have found that just having a conversation with the Holy Spirit, the Mighty I AM Presence, Jesus-- however you would like to think of it or describe it. It doesn't really matter.

Just start having a **conversation**, having that **relationship**, a **real authentic, relationship**, with the Higher Self, and say, "Okay. This faithlessness stuff-- where my Faith is in the ego, and I don't have Faith in

God. I don't have Faith in Love, I don't have Faith in myself, I don't have Faith in anyone or anything **except** the ego, and what makes me miserable--I don't Trust anyone, **including** the ego-- although I still listen to the ego, which means, 'Oh! I guess I **must** be trusting ego!' -- but, to say, 'All of this nuttiness, I am going to give it to You, Holy Spirit, for healing. I do not know how You are going to heal it. I do not **need** to know **how**, but I am **willing!**'"

Again, and again, and again, and again, we give it away, and give it away, and give it away, until [snaps fingers] it's gone! It **happens!** I have seen it, not just in my own mind, but in others.

"To you who have acknowledged the Call of your Redeemer, the strain of not responding to His Call seems to be greater than before."

Isn't that the truth?

"To you who have acknowledged the Call of your Redeemer, the strain of not responding to His Call seems to be greater than before. This is not so. Before, the strain was there, but you attributed it to something else, believing that the "something else" produced it."

A-ha! The strain was there, but we attributed it to something **else!** That is the blame game of the ego. That is the **not** taking responsibility of the ego. This is why responsibility brings healing. It transforms our whole life.

It says,

For what the "something else" produced was sorrow and depression, sickness and pain, darkness and dim imaginings of terror, cold fantasies of fear and fiery dreams of hell. And it was nothing but the intolerable strain of refusing to give faith to truth, and see its evident reality."

"Such was the crucifixion of the Son of God. His faithlessness did this to him. Think carefully before you let yourself use faithlessness against him. For he is risen, and you have accepted the Cause of his awakening as yours. You have assumed your part in his redemption, and you are now fully responsible to him. Fail him not now, for it has been given you to realize what your lack of faith in him must mean to you. His salvation is your only purpose. 8 See only this in every situation, and it will be a means for bringing only this."

Accepting the Truth. It will be revealed to us. Be on the hunt for the Truth. "Is this true?"

Well, one litmus test of the truth is, "Does it bring Peace? Does it bring Harmony? Does it bring Clarity? Does it bring Freedom?" If it doesn't, must not be true. "Is it true for everyone?"

Because, that's the great thing about the Truth, is we do not have **personal versions** of the Truth. We can **say** that we do, but we **don't**, because we are all One. How can we have different versions of the Truth? It's not possible! We can let that go! Hmm.

Yes, and we are **not** deprived. We are **not deprived!** So grateful! And, we don't have to be tortured!

Turning away from the darkness, turning to the Light. Yes! These are simple things that we can do. We put the Holy Spirit in charge of them, and we choose the Truth that sets us free.

Classes, Transcripts, Podcasts, Trainings

I would like to just fill you in on a couple of announcements. We are in the last few classes, we have got four left-- yes, four left, in this *Living A Course in Miracles* series of classes. They are all free. You can register now, and you can get all the classes that we already did, plus, the ones we are going to do, at LivingACourseinMiracles.com. That is where you register.

If you would like to get transcripts of this radio show, you go to LivingACourseinMiracles.com/radio. We are transcribing all the radio shows in the archive, so you can get them there.

And then-- what else? You can also sign up for the podcast. It's great way to get all the radio shows, and then and you've got access to all of them. At LivingACourseinMiracles.com/radio, you can find them there, that podcast, you can sign up for the podcast there.

My *Forgive and Be Free* retreat is coming up in a couple of weeks. It is also at the Art of Living Retreat Center, and it is immediately followed by my *Spiritual Counseling Training Intensive*.

I just would like to say a couple quick words here about my *Spiritual Counseling Training Intensive*, because it is open to everyone. It is really a **deeply healing** experience. It is for people who are professionals, as well as people who are **not**. At every single one, we have a mix of people who are trained professional therapists, counselors, healers, coaches, as well as people who are considering having a counseling career, as well as people

who are just interested in deepening their own spiritual exploration. It is quite a mix of people. One of the main focuses that we have is clearing out the unworthiness. Because it is hard to be a successful spiritual counselor, or coach, or **anything**, and have a lot of unworthiness. So, we put a big focus on that, so that we can get to the deeper work.

I encourage you, if you have any interest at all, to check out what I have written about this *Spiritual Counseling Training Intensive* or the *Forgive and Be Free* retreat at JenniferHadley.com on the Events page.

Do not forget, too, you can sign-up for the daily free text messages at JenniferHadley.com, or LivingACourseinMiracles.com, or ACIMtexts.com.

Alright! That is plenty.

I think the only final thing to say before I pray is, “Thank you!” to all the wonderful people who donate to make this radio show possible! You make the transcription possible. You make the radio show, itself, possible. **All** of that is thanks to the wonderful people who support and make donations on an ongoing basis, so that we can keep all of these flowing. So many people listen to the radio show and English is not their first language, so the transcripts really help.

Closing Prayer

Let’s take that breath of Love and gratitude together. So grateful and thankful that God **Is**, and that the Truth is eternally, infinitely, our very nature. We are **accepting** the truth, saying, “Yes!” to the Truth.

So grateful, so thankful for the Love of God living as our life.

In gratitude, we share the benefits with everyone, because we’re One with them. In gratitude, we let it be. And so, it is, Amen. Amen. Amen. Amen.

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

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*

A Course in Miracles Weekly Radio Show with Jennifer Hadley

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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.