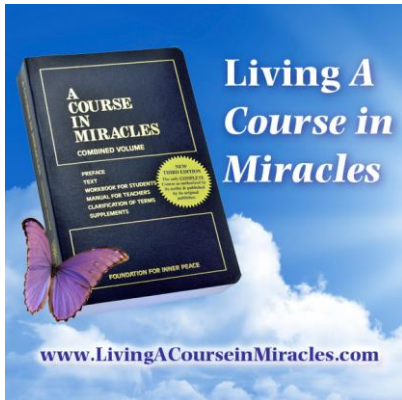


November 14, 2017



Keeping Guilt From Ruining Our Relationship





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November 14, 2017

Keeping Guilt From Ruining Our Relationship

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 Bonjour! Bonjour! What a blessing! Ah! What a **blessing!** What a blessing I am experiencing, and I'm so grateful to share it with you. Let's jump right in here, and start off with a prayer, as we always do.

Opening Prayer

I invite you to place your hand on your heart. We're wholeheartedly available for the Higher Holy Spirit Self. We're wholeheartedly available for our healing, our Clarity, our expansion, our awakening, our Freedom.

We're wholeheartedly available for the Higher Holy Spirit Self to remove from our awareness all blocks to Love. We're surrendering them all.

We are grateful, and we are thankful to allow ourselves to experience an **extraordinary** healing, and that's why we gather in this radio broadcast, to participate in an extraordinary healing that we share with the world.

So grateful and thankful to consciously join together for this holy purpose, sharing the benefits with everyone. We gratefully allow it to be. We know it's done, and so it is. Amen. Amen. Amen.

Transcripts, Prayers & Fundraising

Mmm! Yes! Yes, yes, yes! One of the many things I'm grateful for is, I'm grateful for you, the listeners, who have contributed to our fundraising campaign. Some of the wonderful people who participate in the Power of

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Love Ministry, which is the ministry I founded, it's a non-profit ministry organization, if you're new to the broadcast. We've been offering free classes, and daily prayer and inspiration, and this radio broadcast, and the transcripts of this radio broadcast, and transcripts of the free classes. So many *A Course in Miracles* resources for people all over the world, and people in over 100 countries participate in our free offerings.

For many people, I hear this all the time from people all over the world, that they don't have other people in their neighborhood that they can talk about *A Course in Miracles* with, and that what we're offering and sharing to them is really **so** important to them. People tell me all the time that they listen to the radio show every day, so they're listening to episodes every day. They're reading my [daily inspiration](#).

*Help us, at the
Power of Love
Ministry, shine
the Light.*

They're one of my Prayer Partners. I offer these [free prayers](#) that I record every day, and you can even download them and collect them. You can get them in a podcast, just like you can get the radio show in a podcast. All these wonderful free resources are supported by contributions, contributing participants in the Power of Love Ministry.

We have had two wonderful people, a group of wonderful people, actually, come forward to produce a fundraising campaign. We're calling it "Help Shine the Light". Help us, at the Power of Love Ministry, shine the Light. Be part of our team for shining this Light around the world.

If you are aware, as I am aware, of how difficult-- it certainly was for me-- to truly live the Love and walk the talk **without** support, that's why we're dedicated to offering as much support as we possibly can, and we have such wonderful people participating to help us.

Our fundraising goal is \$50,000. We've never done this before like this. We've got some beautiful folks who have put up \$25,000 as a matching grant, so every dollar that we raise is **matched**. Those of you who listen to National Public Radio and Public Television, you know what a matching grant is. It's a great gift to us, this matching grant. Because of that, we only have to raise \$25,000 and we've raised \$7,000, thanks to you, already! How wonderful is that?

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We're intending to raise another \$18,000 so we can match the whole amount that's been offered for matching. We are well on our way with that \$7,000. We've got until December 4th. It's not very long. This is a time for Thanksgiving for us in the United States. We're being thankful and grateful, and practicing that deep, deep gratitude, and no contribution is too small. Everything that you contribute will be doubled.

For some people it might be challenging to make a larger contribution. You could spread it out, make several small ones, if you wish. This is the time, though, right now in these couple weeks, so we can make the most and receive that entire matching of the \$25,000. \$7,000 raised, \$18,000 to go. I believe we'll do it. I believe we will.

I am so grateful. So grateful for your love, your appreciation, your outpouring. It's wonderful. It's absolutely wonderful. Of course, all contributions are 100% tax deductible, because we're a non-profit charitable organization. Yes, we are! If we've had profits, we put them right back into more free offerings. That's how I roll. Free is great, and it works when people contribute. It works. God bless you and thank you.

Book: The Disappearance of the Universe

Yes! Another thing I'd just like to make known to you today. I put a link in [My Daily Spiritual Espresso](#), my blog today at JenniferHadley.com, Gary Renard's got a new book out, and it's about the lifetimes in which Jesus and Buddha knew each other. I started reading it, but I haven't finished it yet, so I'm going to savor it, as I always do Gary's books. He's promised to be on the radio show later this year. Of course, Cindy, his wife, was on last week. We can look forward to that, for those of you who are Gary Renard fans.

If you don't know who Gary Renard is, *The Disappearance of the Universe* is a very popular *A Course in Miracles* book. It really helps break down *A Course in Miracles*. If you've been struggling to understand *A Course in Miracles*, then *The Disappearance of the Universe* **might** be a great choice for you. There are several great choices. My personal favorite is *The Disappearance of the Universe*. Love the book, love Gary Renard, and so grateful for his contribution to our world.

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The Past is Not In You

Alright! Well, the Holy Spirit has done it again. You know, I ask, “What am I to share this week?” because it’s all good to me. Everything in that book is good to me. What I got this week is about guilt, and keeping guilt out of our relationships. Yeah, baby! Had enough of that, right?

One of the things that I witness is all the insidious ways that guilt creeps into our conversations, into our dialogues, into just our ways and means of navigating the world. It’s so **insidious!**

I just came back from Legoland, where I took my 12-year-old nephew for his birthday, his 12th birthday, a big deal. And, I had taken his two older brothers to Legoland. That Legoland, it’s sin city, I tell you! No, it’s not, of course.

I overheard a number of conversations where I could just hear the guilt in the conversation. We’re going to look at the *Text*, Chapter 13, Section X, it’s called *Release from Guilt*. Chapter 13 is entitled *The Guiltless World*.

A Course in Miracles tells us that guilt is our biggest issue, right? That’s how the separation shows up. We talked about this a couple weeks ago. This is when I—because what I do, sometimes, is I just kind of open the book and things like that, and this is what I got when I looked at the *Course*, and what the Spirit showed me to here.

“When you maintain that you are guilty, but the source of your guilt lies in the past, you are not looking inward. The past is not in you.”

Gosh, almighty, I love that! The past is not **in** us. It’s no **part** of us. Think about that. Just close your eyes for a moment with me. Turn within, unless of course you’re driving, just one eye closed. [laughs] No! But you might be able to put your hand on your heart, and consider-- I know people don’t want to look within, and I know that. I did a show about that earlier in the year, “The fear to look within”. We don’t want to look within because we think it’s just a garbage dump in there. That’s what *A Course in Miracles* tells us. We’re afraid that we’d just see nothing but sewage.

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The False Idol of Guilt

But, that's not true. That's where God **is**. It's in our heart. *A Course in Miracles* calls the heart, "the altar." It says our altar is crowded with false idols.

Our belief in guilt, our belief in our guilt is a false idol on our altar, and it **blocks** the flow of Love. We talk about removing the blocks to Love. Guilt is the biggest block to Love that we hold onto. Guilt is underneath so much. It's underneath the pain, the suffering, the hurt, the anger, the fear, the doubt, the worry. Guilt is always in there somewhere.

We cling to the blocks to Love that we don't even know, we don't even recognize.

What I like to do--and this is what we focus on in [*Masterful Living*](#), in [*Finding Freedom*](#), my courses where we work to remove the blocks to Love by handing them over to the Holy Spirit, we look at the ways we cling to the false idols, the way we cling to the blocks to Love that we don't even **know**, we don't even recognize. Just like some of the most insidious ways the guilt shows up. If we say to somebody, "Hey, what you did. It bothered me. It upset me." Why would we ever say that to someone unless we want them to feel guilty? Why would we ever tell someone what they did upsets us unless we **wanted** them to feel guilty? If we love them, if we care about them, why would we **want** them to **feel guilty**? It's not their fault we're upset. I am **never** upset for the reason I think.

The very second that I start to think that one other person is the **reason** why I'm upset, I have lost my mind. That's what *A Course in Miracles* says. You know what? It's why it's right up there in the front few Lessons, right? The very beginning, "I've given everything in this room, on this street, in my world, in my mind all the meaning that it has for me. **I** am the one." Then, after that's established, what's the next point that Jesus makes for us?

"I am never upset for the reason I think."

I'm always upset because of the meaning I mad of something. It's my interpretation. Who's in charge of our interpretations? **We are!**

It's certainly understandable, I want to say, it's certainly understandable that someone runs over your cat with their car. It would be totally

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understandable to say, “They’re responsible for my cat’s death. It’s **them**. It’s because of them that I am despondent, and I am grieving so deeply. It’s because of them.”

Totally understandable. However, is it true? It’s **not** true, but it **seems** to be true. The **world** would say it’s true, but the world is delusional. Our Freedom, our Peace of mind, comes from disconnecting from the mindset of the world, and that’s what *A Course in Miracles* is. Of course, it’s a mind training so that we can get back to our right mind. We always know that when we’re upset or irritated, even a little tiny bit, we have slipped into the wrong mind. Always. Without exception.

Blame Leads to Guilt

That’s challenging. I know for myself, there was something I **liked** about being upset. “I’m right about this.” I liked being right about this. We even take that extreme example, if someone ran over my cat with their car. Well, the cat maybe ran out in the street.

I have a friend who accidentally killed a child with their car, because they didn’t see the child. They were backing up, and the child was behind the car and scrunched down, couldn’t see them. Certainly didn’t **intend** to kill anyone. Of course not! Things like that happen. Do we understand why they happen? We **do not**.

How do you say, “Oh my gosh! My friend ran over my child and killed my child with my car!”? How can I make sense of that, and say, “Oh, it’s all good!”? No! We don’t **do** that. That would be insane. That would be unthinkable.

But we can, eventually, come to a place, after we have experienced our human grief, and we’re ready to have a different view. For some people, it might be six weeks. For some people, it might be six years, sixteen years. There’s no rules on this. Nobody is doing it wrong if they haven’t recovered in their grief. Everybody’s got their **own** curriculum.

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Eventually, maybe not even in this lifetime, but eventually, we can get to the place of, “Everything is gently planned for my good.” While it doesn’t make sense—like for me, I say “Well, how could my mother’s horrific death from cancer be all good? How could it be gently planned? How could that long, slow, painful death be gently planned by One Whose only purpose is my good?”

I can’t reason it out with an ego-mind. It will **never** make sense, so I have to just accept it. And through my acceptance I demonstrate my willingness, and through my willingness demonstration there is Peace in my mind. But if I blame—it would be easy for me to blame the doctors who recommended certain things that were really not helpful, but I don’t know what anything is for. I don’t know what anything is for, except it’s been gently planned for my good.

Now, does it mean that we don’t speak up? Of course, it doesn’t mean we don’t speak up. But, how can we speak up without blame and without guilt? **That’s** the thing for us to learn. This is **how** we are able to, “Seek not to change the world, but to change our mind about the world” and be a shining Light of Love in this world, because that is **far** more productive and **far** more valuable, and completely in alignment with our **destiny**, our purpose, than shaming, and blaming, and placing guilt on people.

“When you maintain that you are guilty, but the source of your guilt lies in the past, you are not looking inward. The past is not in you.”

Holiday Resentments Bring Guilt

For me, and I’ve talked about this a lot, I had many Thanksgivings that I ruined. Because my birthday’s November 28th, and so many times, my birthday is on Thanksgiving, or it’s the day before, or the day after, or that weekend. It’s usually in that period. I grew up celebrating my birthday at Thanksgiving with my family. When I was a little kid, I just thought everybody was excited because it was my birthday, and the whole country was celebrating. Yeah! [laughs] I loved it! I loved all the family gathering and the turkey and everything. It was wonderful to celebrate my birthday on Thanksgiving.

Then, as I got older, it was **less** lovely. I wanted to have my own separate celebration, because my ego wanted to be celebrated, and I wasn’t sure that I was fully loved, you know. I needed the displays.

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I've shifted so much, but I ruined some Thanksgivings, and I do mean I ruined them. I threw a fit. I got so angry. I was mean and rude and unkind and threw things and --yeah. Right up into my 20's, I can remember being **so angry** at Thanksgiving, and even having people at my house ruining my own Thanksgiving dinner that I prepared. Why? Why would I do that?

So many times, I did it because I hadn't let go of the past. I was feeling **guilty** about the past, and I was feeling **resentful** about the past. All that, mixed into a really gnarly and noxious stew of emotion. My ego would be, at Thanksgiving, "This is the time for revenge! This is it! You can't let this go on!" So, I would erupt like a volcano. Not all the time, of course. But it happened enough times that it made an impact on my family.

I'm so grateful that I know for a fact that everyone is fundamentally good, and there are no exceptions.

Plus, even if I didn't erupt, I would make just enough snarky comments throughout the day and the weekend, to make it unpleasant for people to be around me. "Why would they want to be around me? I'm unpleasant." and then I feel unloved. You see how we do that? I would always need to be smarter, better, stronger, funnier, sassier, whatever it was, than everybody else. Why? Because I had this deep, deep, deep, deep sense of inadequacy of being, not just inadequate, but **wrong**. "Something is terribly wrong with me. I'm fundamentally bad!" That's what I believed. Fundamentally bad.

Now, I'm so grateful that I **know** for a fact that everyone is fundamentally good, and there are **no** exceptions. There's no such thing as someone who's fundamentally bad. You can **feel** it, but it will never make it **true**. You could write your whole life upon the world as nothing but one long demonstration of fundamentally bad, or fundamentally evil, or stupid, or ugly, or mean, or unlovable, but it will never, **ever** be **true**. Now, I **know** that, So it doesn't come up for me anymore, because it's just not true for **anyone**.

These ways of making people feel guilty, little tiny ways that we do it to other people. "Ugh! Really? I don't want to have dinner at that time! Oh, come on!" What's that designed for? It's designed to make people feel bad about what **they** would like. They're, "harshing your buzz". They're ruining your day. They're destroying your happiness. Whenever, ever, ever

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we intimate, even slightly, that someone is not making us happy, they are making us unhappy, just even a little bit, we are trying to make them feel guilty.

Why would we do that if we love them, and why wouldn't we love them? Why don't we love everyone? They're a part of us. They're **never** going to be separate from us. They're **always** going to be a part of us.

You know, I have friends, very close friends, who have things about their body that are different than other people. Their hand is differently formed, feet differently formed. I've got quite a few people like that in my life. It's like saying, "Oh, that part of me is not good." But why? You can't separate that part of you and say it's not good. You really can't. You can say, "Oh, I don't **like** this part," but I don't know. Why go to all that trouble? I can't see it any more. I can't see the value of it any more. It's a habit. It's an old habit from the past.

At these holiday times, there's this tremendous opportunity for us to move **out** of the past and to move into the present moment.

Making Others Guilty

It says here, and I love this. This is Paragraph 8.

"Now it is given you to heal and teach, to make what will be now. As yet it is not now. The Son of God believes that he is lost in guilt, alone in a dark world where pain is pressing everywhere upon him from without. When he has looked within and seen the radiance there, he will remember how much his Father loves him. And it will seem incredible that he ever thought his Father loved him not, and looked upon him as condemned. The moment that you realize guilt is insane, wholly unjustified and wholly without reason, you will not fear to look upon the Atonement and accept it wholly.

"You who have been unmerciful to yourself do not remember your Father's Love. And looking without mercy upon your brothers, you do not remember how much you love Him."

Him being God.

"Yet it is forever true. In shining peace within you is the perfect purity in which you were created. Fear not to look upon the lovely truth in you. Look through the cloud of guilt that dims your vision, and look past darkness to the holy place where you will see the light. The altar--"

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Remember, that's your heart.

"...to your Father--"

Your heavenly Father.

"...is as pure as God Who raised it to Himself. Nothing can keep from you what Christ would have you see."

Here's the thing-- our willingness is **all** that's required. Consider this-- every time we attempt to make someone feel guilty by, in any way indicating, inferring, blaming them for how we **feel**--for how we **feel**-- If we say to them, "Ugh! You know? I really don't appreciate that you--" we're trying to make them feel guilty. We're trying to make them feel

Every time we make these little comments like these, blame them for our small annoyances or our big ones, it does not matter. There is no big or small in God! It's just not **true**. God's not like that, because God is everywhere, omnipresent, always the same. There's not "more" God in one place and "less" God in another. There's not "more" God here and "less" God there. There's not "more" good here, in my heart, than there is in the heart of a terrorist. No! But there's the recognition in the mind, right? But the **goodness** is the same. The perfection, the Beauty, the Wholeness, is truly the same in all.

If I say to my brother or my sister, "Ugh! You have annoyed me! You've frustrated me! You've hurt me! You've angered me! You've upset me!" I'm trying to make them feel guilty. You know what the net effect of that is? It's going to add to their own belief that they're not worthy, that they're not good enough, that there's something wrong with them, and they should never look within, because to look within is to look upon a trash heap, a waste dump, a sewage pile.

That's what a huge portion of people believe. If we try to make someone feel a little bit guilty, we are actually, automatically, discouraging them from looking within and finding the Love in their heart. Do you see how— gosh, I'm going to start crying! You see how criminal that is?

We think it's so insignificant to say to somebody, "Ugh! You're late again! Really? Thanks a lot!" Right? We make these little comments, trying to make them feel guilty, trying to make them feel ashamed, because that's how we talk to ourselves.

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It's the fear of other people's recrimination that makes a lot of people do so many different things. For one person, it makes them stay home all the time and watch television, instead of being with people. For another person, it's going to make them eat so much that they feel **numb** all the time. For another person, it's going to make them **drink** so much so they feel numb all the time. For another person, it's going to make them **work** so much, so they don't have to think about how they feel.

I know it seems crazy to the ego. It doesn't make any sense at all. But these little bits of guilt that we drip, drip, drip around, they **pollute** our life, our heart, our mind, of course. But they also are diminishing our brothers' and sisters' possibilities of looking within and finding the Light within. Remember, there's only one. So, if we do that to our brothers and sisters, we are doing it to ourselves.

Put Spirit in Charge of Your Holidays

I truly know, from my own spiritual practice, the practice of stopping that in your family **will** transform your family. This is why my [*Masterful Living*](#) class is a yearlong class. I'm telling you this now, so you can get in spiritual shape for the holidays, so that you can have the best holidays you've **ever** had in your whole life! Or turn things around in your family. Just making that commitment, that even if you feel irritated and bothered by other people, and what they're doing and not doing, you're **not** going to lay that sticky, icky goo of guilt onto them, because they **are not** the reason you're upset.

You're never upset for the reason you think. You're upset because of the interpretation you make of it. The interpretation comes from living in the past, unresolved feelings from the past. The Holy Spirit **will** resolve those feelings **for you if you let** the Holy Spirit do it!

Who's in charge of letting the Holy Spirit do it? The person who **seems** to be annoying you? **No!** They can't do that **for** you. **You** have to make that decision, to let the Holy Spirit do it for you. No one else can make that decision for you. Only you can make that decision for you. But you make that decision for you, and it blesses your whole family and everyone that is in their lives, too.

So, this year, when you're preparing for your holidays, and you're thinking of gathering with other people, think about walking in to all those rooms of

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situations, all those Christmas parties, and holiday parties, and all those different things, every store, every busy store, everywhere you're going, that you're there to be **truly helpful**.

It doesn't take a lot. It doesn't! Just those little snarky comments, those little bits of irritation, the turning off the Light, and turning within, and going cold-- not doing that any more. That even when somebody **seems** to be doing something you don't like, that you can just practice with those little things, keeping your heart open, keeping your heart available for the Love of God to shine through.

Because when we do that, it really **does** encourage other people to match. It's another matching opportunity. Isn't it wonderful? **Gosh, we're so blessed! It's so wonderful!**

Oh! It's time for me to take a break. I'm going to invite you to go to the PowerofLoveMinistry.net, and if you'd like to make a contribution to contribute to our matching funds so we can get that done, wrap it up, I would appreciate it. PowerofLoveMinistry.net.

I'm Jennifer Hadley, and I **love** *A Course in Miracles*, and that's why we're talking about it. We're on Unity Online Radio. We're living the Love, we're walking the talk, and 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*.

Masterful Living & New Year's Reboot

We are back! We're back. Yes!

I'd like to make a couple of announcements just while I'm thinking of it here, before I get into this passionate conversation about guilt. Yeah, you can see I've learned so much from holiday experiences, I just wish to share, so that no one repeats my absolute misery, misery, misery So grateful that that is gone. That's gone!

You know, that's part of what really keeps me doing the yearlong [Masterful Living Course](#) is people have so much healing like I've had. It's a **huge**

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commitment in my life to do it. It's my whole life, really, is doing this. Gosh! I just wouldn't wish to do anything else—except go to Legoland with my nephew, occasionally. No! I love all of life. I really do. Thank God, I love all of life now, because I sure didn't use to. Oh my gosh!

And, one of the things that I was just telling my wonderful engineer, Jeff Comfort, who is comfort to me week after week for --we've been doing this now for six years. This is our seventh year, Jeff. It's amazing! I'm going to be at Unity Village, which is where Jeff is now. He's in the control room there at Unity Village. I call into the control room, that's how we do it. I call him from all over the world, wherever I am.

I'm going to be there [New Year's Reboot Retreat](#). It's December 28th to January 1st. so it's four nights and five days. I got inspired to do this because people--when I do a three-night retreat, a four-day retreat, people are like "Oh, I wish it wasn't ending!"

I just did a whole thing, 11 days with people, and they're like, "I wish it wasn't ending!" That's a wonderful thing. We're going to have **so** much fun this New Year's. I swear to you, I don't think there's any way to have that much fun while you're healing that old sticky, icky, gooey clutter in the mind. I just don't think there's a way. If anybody else knows a way to have a lot of fun doing it, please tell me about it, because I'd like to go check it out. We have a really good time, and we are going to have a good time this New Year's.

I'd like to mention something to you. I've never done this before. I always like to do new things, but I get inspired by Spirit. Spirit says, "Do this, do that," and I'm, "Oh, that was a good idea!" When we just opened [Masterful Living](#) registration--it's open now. People are registering, not every day, but they are frequently registering now. It's going to amp up as we get to the end of the year.

So, those of you who have been thinking about *Masterful Living*, maybe thinking about the retreat, if you sign up now, you can get a discount of \$300. If you sign up for the retreat and [Masterful Living](#), you can get a \$300 discount on the retreat. How amazing is that? I think it's amazing! Spirit gives me these ideas, and I say, "Okay! I want to do it!" Because I know if I don't, it doesn't go well, so I've learned to listen.

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And that's one of the things we dig into in [Masterful Living](#). It's a big part of the curriculum, developing trust and Faith to **follow** Spirit's guidance so that we don't have all that regret. It really works!

Let's see. Do I have any other announcements? *Masterful Living* registration is open. I did a class, a free class, it's kind of a preview class of *Masterful Living* called [Relationship Healing and Harmony](#), and I shared five tips to improve your relationships starting **right now**. They're pretty simple, but a lot of people never even thought of it before, and they make a real difference in relationship. **Perfect** tips to share for the holidays, and so I invite you to go, you can get that. It's a free download, and it's a free transcript, as well. We have an audio, a video and a transcript. We've got you covered!

It's a big part of the curriculum, developing trust and Faith to follow Spirit's guidance so that we don't have all that regret.

We like to spend the money to transcribe things, because a lot of—we have so many people who listen who are not native English speakers, and so we like to give it to them. Some people don't even like to listen to the audios, they only like to read the transcripts. **And**, as I often say, too, listen and read at the same time. You will be amazed at your retention. So, go get that [Relationship Healing and Harmony](#) class at [JenniferHadley.com](#). It's totally free for you. These things don't stay up forever, so go get it now.

I also, for those of you who've been listening to the radio show for a very long time, or maybe people who have been in [Masterful Living](#) before and things like that, I'm adding new things. Boy, I'm adding quite a few things to *Masterful Living* this year, and I'm very excited about it. Spirit has really got me on fire! I'm inspired, and I'm excited to share with you some of these new things that we're going to be doing in *Masterful Living* this year to really support our growth.

Doing things like looking at the guilt in our relationships is part of what we do, so we're really looking at it. This is the thing I was saying earlier, that I did a radio show early in the year, I think it was in January maybe, or early February, about that Section in the *Text* called, *The Fear To Look Within*, that we're afraid to look within because we've interpreted all of our acts as unkindness, towards ourselves and others, and we've made the meaning of it that we're unlovable. We don't love ourselves, so we think we're

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unlovable. What? It's crazy! Imagine if everyone in your life thought they were unlovable and they wouldn't let you love them. Life would be really unpleasant, right?

Pets Demonstrate Being Great Receivers of Love

This is the thing about cats and dogs. One of the greatest things about cats and dogs, everybody thinks the greatest things about cats and dogs is that they love you. **No!** The secret thing about cats and dogs is **they let you love them!** That's the thing! They let **you** pour **your** love onto them.

My experience with cats and dogs is, if you want to love on them, they know you, they're all in for that! Oh, yeah! They'll turn over, give you their belly. Cats, dogs, they'll hang out all day. They'll come back again and again, saying "Would you like to love me now?"

My brother's dog, Dixie, she left this world recently, and I'm missing her. I'm at my brother's house, now, in New Jersey, and Dixie would come over and she'd be like, "Would you like to love on me now? Because I'm available."

She wasn't coming to give **me** affection. She was coming to give me the opportunity to give **her** affection. You see, this is what dogs do, cats do, is they open to receive, and they're such good teachers.

I meet so many people that if you—I find this all the time, that if I'd like to be loving with them, they're a little stand-offish. If I just want to appreciate them, they're like "Oh, no! You don't have to say anything nice to me. You don't have to appreciate me." I **feel** like it, though. I moved to appreciate you. I feel moved to love you, and to recognize you, but people are like, "Oh, no. No. Please. No, no, I don't need that." I'm like, "Nobody is saying **you** need it. I would like to express it!" Watch for that this holiday season, right?

Because the thought is that people who are receptive to Love, receptive to appreciation that they're egotistical. But it's the **opposite!** It's the opposite!

People who **need** it, who **want** it, who crave it, they're a bit repulsive, aren't they? Right? Why do they need it, want it, crave it? Because they don't give it to themselves. It's an inside job. "Seek not to change the world, but to change your mind about the world."

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Healing Guilt in Our Relationships

So, here's how we change our mind about the world. Just in time for the holidays! We change our mind about the world when we decide—I was just talking about this in class last week somewhere. I'm trying to think of where it was I was talking about it, saying, "Look. The whole world loves us." Every particle of life loves us, because it's of God. All of it. The whole of the illusion created or made, for us, **by** us. We **are** of God. There's nothing that exists that's not part of God.

A Course in Miracles tells us, "This world does not exist, but this projection is of our own making." Because it's projected **by** us, and we're **part** of God, we can learn to see it correctly, that **all** of life is here to love us and support us. **All of life!** No matter how it looks, no matter how it seems, and if we open our mind to receive it all as Love, **that's** flipping the switch. Mmm!

"Insane ideas have no real relationships, for that is why they are insane."

This is, again, Chapter 13, Section X, *Release from Guilt*, Paragraph 2.

"No real relationship can rest on guilt, or even hold one spot of it to mar its purity."

For those of us who would like to experience really, truly loving relationships, you've got to get the guilt out. We've got to get the habits of guilted others, blaming others. Blame and guilt go together, hand in glove.

"For all the relationships that guilt has touched are used but to avoid the person and the guilt. What strange relationships you have made for this strange purpose! And you forgot that real relationships are holy, and cannot be used by you at all."

The thing that we do is, we start to say to our Higher Holy Spirit Self-- to ourselves, the best part of ourselves, the clear part of ourselves, the part of ourselves that can never be marred, or tainted, or confused-- that Higher Holy Spirit Self, "Teach me to Love without attachment. Teach me to see clearly, to know clearly. Remove the blocks to Love in my mind. All false perceptions be gone."

The Holy Spirit can do it if we ask it. If we desire it. But if we're looking for ways to be cold to someone, to cut them out, to punish them in any way, think of all those little punishments that we contemplate, that we keep going. "Yeah. No, I'm never going to invite them to my party again,

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because I'm mad at them. I'm punishing them." Right? That's what people do. I used to do that all the time. "Oh, no! I'm punishing them!" That's what I thought in my mind.

But when we're punishing others, we're actually punishing ourselves because we're taking ourselves out of the flow of Love. It's like taking ourselves out of the flow of fresh air. We're taking ourselves out of the flow of fresh food and fresh nurturance, when we withhold Love. It turns our whole physical, mental, emotional, spiritual being into stagnation when we withhold Love.

Punishing Ourselves for Guilt

I would invite everyone who's listening to open themselves to the flow of Love and see if it doesn't heal different aspects of your life. I **know** that it does, because I've **seen** it many, many, many times. It heals the physical, the emotional, the financial, the mental. Love is the only healer there is. There is no other healer, because Love is our natural state.

Relationships are used only by the Holy Spirit "*...and it is that which makes them pure. If you displace your guilt upon them, the Holy Spirit cannot use them.*"

If we're putting the guilt into the relationships, whether we're feeling guilty or trying to make **others** feel guilty, then the relationships **can't** be used for that purpose of our healing, because we're instead declaring, "No! No healing for me! No healing for them! I'm punishing myself. I'm punishing them. There's not going to be any healing here."

That truly is, my friend, the by-product of the slightest irritation, frustration, snarkiness, blamed on somebody else. It's like wearing one of those Hazmat suits that say, "No Love Allowed In Or Out." "Not Worthy. They're not worthy. I'm not worthy. Guilt, guilt, guilt, guilt."

We think that just that little thing that says "What do you mean you forgot to pick up the ham? Oh, God! Oh, come on! How many times? Oh, forget it! I'll just do it myself!" **That** is a way of broadcasting to the whole Universe "**No** love for me! **No** love for anyone else! Nothing but shame. Nothing but blame. Fundamentally **bad**. You. Me. Everybody!" I know, it's like, "Wait a minute. Could it really be that way?" Yes! Yes! This is what we're being told here.

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If you displace your guilt upon them, the Holy Spirit cannot use them.

Meaning, our relationships.

For, by pre-empting for your own ends what you should have given Him, He cannot use it for your release.

Relationships are meant for our **release**. But, if we think, “Oh, no! Our relationships are meant for punishment, for manipulation, for control!” we’re saying, “I know better than God. God, get out of here!”

And the Spirit of Love stands aside and waits.

“No one who would unite in any way with anyone for his individual salvation will find it in that strange relationship. It is not shared, and so it is not real.”

Final Announcements

Oh! **I love** *A Course in Miracles*, and I love you! Thank you for joining me today.

[Masterful Living](#) registration is open. [New Year's Reboot Retreat](#) at the end of the year. We're going to have a hootenanny at Unity Village. No, we're going to do some deep spiritual work, **and** we're going to have a lot of fun! It's not just play. We're going to do some clutter-clearing.

Our “Help Shine the Light” campaign, We've got \$7,000 of our \$25,000 raised. We're going to have that \$25,000 matched. We've got only until December 4th to raise the rest of it. Do me a favor? Help me get it all raised before Thanksgiving. Please? I'd like to have it all done. We're well on our way. \$18,000 more, and every penny you give right now is being matched.

Speaking of matching, let's place our hands on our heart and give great thanks.

Oh! [Powerofloveministry.net](#). Powerofloveministry.net for your donations. [JenniferHadley.com](#) for the retreat and for the [Masterful Living](#). Don't forget the \$300 discount on the retreat, if you sign up for *Masterful Living* now.

Closing Prayer

We take that breath of Love and gratitude, grateful, grateful, grateful--
grateful! -- to open our hearts and minds to the Holy Spirit.

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We're putting all of our relationships on the altar. **All** the thoughts of guilt, known and unknown, felt and not felt, we're giving them to the Holy Spirit for healing. So grateful and thankful to let them go.

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

I love you! Mwah! Have a great rest of your week!