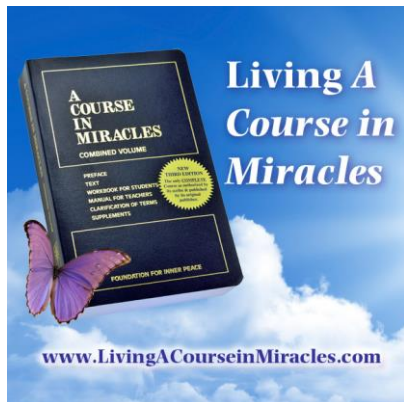


**January 30, 2018**



# Healthy Boundaries



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*January 30, 2018*

# Healthy Boundaries

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! Yeah! I'm **so** happy to be with you today. Thank you for joining me. I know we're transcending time and space together in order to have a healing. Yeah!

Just so grateful that we **can** join together in Spirit. Let's do as we always do and begin with a blessing

## *Opening Prayer*

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We take a breath, a deep breath, of Love and gratitude and center into our heart. I place my hand on my heart. So grateful and so thankful for the Love of God shining in my awareness. So grateful to Partner UP with the Higher Holy Spirit Self. So grateful and so thankful to consciously attune to the Infinite Love of God.

So grateful to lay on the Holy Altar Fire of Divine Love all sense of regret or resentment, shame, blame, hurt, worry, doubt, fear. We're giving it all to the Holy Spirit for healing. We're opening ourselves to a sweet transformation, ease and grace in all our movements, physical, emotional, mental, spiritual. Ease and grace, all the way.

We share the benefits of our healing, our expansion, our Clarity, our Freedom, our Joy, with everyone, because we are truly, truly One with them. So grateful. So grateful. **So grateful!**

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

# A Course in Miracles Weekly Radio Show

## with Jennifer Hadley

### *What Are Healthy Boundaries?*

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The topic of our conversation today is “Healthy Boundaries.” Yes! Mmm! I’m going to be starting with Chapter 8 in the *Text*. It’s entitled, *The Journey Back*. Section I is entitled, *The Direction of the Curriculum*.

Let’s just define what we mean by healthy boundaries here. It’s kind of funny to me -- a little odd, is probably a better word for it -- that Spirit pointed me in this direction of boundaries, healthy boundaries, because the message of *A Course in Miracles* is Unity, and so, no separation, of course.

What’s a healthy boundary? A healthy boundary is when you are not making choices that you regret. A healthy boundary is when you do not even entertain the **notion** that someone could take advantage of you.

One of the key things I learned was that, as a child, I really strove for independence. Interdependence was frightening and threatening to me, because I felt like in my family, things always had a price tag, but that price tag was not always made known.

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*A healthy boundary is when you are not making choices that you regret.*

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I had a traumatic experience when I was five years old, five, six years old. I know my parents didn’t **mean** to traumatize me. I know that, so I don’t hold it against them anymore, but I had this experience. It was a cold, winter night. There was a lot of snow on the ground. We were in Ann Arbor, Michigan, and I was very upset about something. I decided I was going to leave. I was out of there! Out!

So, I told my parents, “I’m leaving! I’m out of here.” I packed my little suitcase, and I was getting ready to go out the door. My parents said, “Listen. We understand you want to go. That’s fine. But hey, the stuff in that suitcase, that’s really **ours**, because we **bought** it. So, it really belongs to us. It’s **not** yours. You cannot take it with you.” That was really upsetting to me, to discover that the things I thought were mine **were not** mine, they were just on loan to me. That felt very violating.

Then I was like, “Okay.” I’m sure if, in my little child mind, I knew how to say “F-you”, I would have. I said, “Okay, fine. Take your suitcase and your stuff.”

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I headed for the door, and they said, “Wait. Wait. Wait.” One by one they made me take **all** of my clothes off. My winter coat, my boots, my hat. everything, so that I went out into the cold, dark snowy night naked. I was so determined, “You do **not** control me. You do not get to tell me what to do, and manipulate me, and control me. I cannot stand it.”

My ego was just -- but it was also my spirit. My Spirit, because I was **overwhelmed** by the manipulation, and my parents were **only** trying to teach me right from wrong. I **know** that now, and they had been raised by parents who, that’s how **they** had been raised, to manipulate the children, to control the children.

Now I have friends where they’re teaching their infants sign language, they’re explaining everything to them. They’re not treating their child like an object, you know, that they just put it over here, and move it over there, and stick the bottle in the mouth, and stuff like that. Every step of the way, they’re explaining things and honoring the child. It’s a really amazing difference that it makes in their life.

I know for a fact, my parents -- their motivation was the highest and best for me. They were really doing so much better than **their** parents did. Much more understanding, much more connected. But at the same time, that was a traumatizing experience for me.

### *Healthy Boundaries are Permeable for Only Love*

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Healthy boundaries are not a wall. It’s permeable, so the Love can flow in and out of that healthy boundary. But the manipulation, coercion, the guilt, the shame, the blame, the attack thoughts, does not permeate that healthy boundary. It can’t get in. It can’t get in, because we don’t **allow** it.

For me, it’s been many years of journey and learning, because I truly desired to learn how to be interdependent, **truly** present in the moment. Not regurgitating the past, and repeating it over, and over, and over again, in more and more painful ways, but to be able to stand fully present in the moment, to the opportunities to choose Love.

Self-Love is primary, because loving ourselves **is** loving God, because we are **of** God. We’re part of God. Right? God cannot be God **without** us.

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In Chapter 8, *The Journey Back, The Direction of the Curriculum* it begins with “*Knowledge is not the motivation for learning this course. Peace is. This is the prerequisite for knowledge only because those who are in conflict are not peaceful, and peace is the condition of knowledge because it is the condition of the Kingdom. Knowledge can be restored only when you meet its conditions.*”

“*Peace is the condition of knowledge*” and what *A Course in Miracles* tells us is that **all** knowledge is already available to us. We have total access **to** it, but for the walls we’ve put up in our mind, in our heart.

It says, in the *Course*, “Seek not for Love, but to remove the **obstacles** to Love that we have built in our heart.” That’s why we’re looking at -- healthy boundaries **are** that -- it’s like a permeable membrane in, around, our aura, around our field, our heart, our mind, our energy bodies, all the subtle bodies. It’s a permeable membrane that Love flows in and out, and unkind thoughts do not move in or out.

That was one of my prayers before I came to *A Course in Miracles*. I was working with the Violet Flame. Even before I was working with the Violet Flame, I got directed to create what Spirit helped me name as a “Purple Mirror-like Shield of Love”. Now I recognize it as this permeable membrane, but it’s mirror-like, because my intention was that any negativity would **not** permeate that shield. I didn’t wish to broadcast **any** negativity into the world. No attack thoughts. Let them, instead, bounce back to me, so I can have an awareness of them, and transform the energy by giving it to the Holy Spirit, so nothing would leave my field that was detrimental in any way, shape or form. And, vice-versa, nothing could come through.

*A Course in Miracles* teaches us that our loving heart is our protector, and this I’ve definitely come to understand. Everything works together for our good. There are no exceptions, except in the mind of the ego, except in the ego’s perception.

### *Seek First the Kingdom*

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Going back to,

“*Knowledge is not the motivation for learning this course. Peace is.*”

It’s telling us that Peace is the prerequisite for knowledge, and that

“*...peace is the condition of knowledge because it is the condition of the Kingdom*”.

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

Where's the Kingdom located? It is within. You see, I love these beautiful teachings from the Bible, even though I was not raised a Christian, and never have been a Christian. I loved Jesus' words in red in the Bible. I still do, and I studied the Bible for a year or so when I was in ministerial school. That was very eye-opening, heart-opening, and helpful to me.

One of my favorite teachings from the Bible is "Seek first the Kingdom, which is within, and all else will be added unto us." The Kingdom is our heart. *A Course in Miracles* talks about it being that altar space in our heart, and to have no false idols upon our altar, which is our heart. False idols on the altar, same thing as walls built as boundaries.

When we don't love and respect **ourselves**, we have unhealthy boundaries. From that perspective, it appears that people can take advantage of us. But in truth, **no one** can take advantage of us. That's truly an illusion. We have to **allow** it for it to occur. So, if we're allowing people to take advantage of us, isn't it our responsibility to stop if we don't like the results of it?

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*When we don't love  
and respect  
ourselves,  
we have unhealthy  
boundaries.*

---

Now, what I learned about myself is, there's only one reason **ever**, in a million years, that I would wish to let anyone take advantage of me. That one reason is that I think there's some **benefit** I'm going to get in exchange for letting them take advantage of me. So, I'm allowing it. I'm giving that permission in order to get something back.

One of the things we give permission, one of the **reasons** why we give that permission, is to be a martyr, and it's about manipulating people to feel bad, to feel guilty, and to give to us from that guilty motivation. **No part** of that is Love. Our practice of *A Course in Miracles* is about removing the obstacles to Love in our heart.

I'm just going to invite you to go quiet here for a moment. We've got the Holy Spirit guiding us here. Let us look in the inner landscape and see where we are **feeling** that people are taking advantage of us. Where is that feeling that we have? What aspect of our life, our relationships, our activities, **feel** like someone's taking advantage of us? Just noticing that.

Now, let's see if we can be honest with ourselves, and see **why** that makes sense for us to engage in that way, to relate in that way. What is the

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

advantage that we **receive** when it **seems** like we allow other people to take advantage of us? What is it that we are **hoping** to receive in exchange for allowing that? It's going to be different for different people. Yeah.

If we're allowing someone, or inviting them, encouraging them, to take advantage of us so they, then, feel a bit guilty and they owe us, we're giving something to them in order to get something in return. **That's not loving to ourselves.** It's not loving to others. The **only** reason, the **only reason** we engage in behavior like that, is because we do not feel **worthy** of Love. That's the only reason.

The antidote for that is recognizing that **all** are worthy of Love. All are worthy of Love. No one has to manipulate for Love. Noticing where are you manipulating to get Love, to get attention, to get resources, to get appreciation, to get approval, to get recognition, to get praise? Where are you manipulating things in order to get that? That's a clear indication of a **deep** sense of unworthiness.

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*The fast track to healing  
this is being grateful that  
everything works  
together for your good,  
and there are no  
exceptions.*

---

What we can do is, we can actually begin with gratitude, gratitude that we're recognizing this often seemingly hidden behavior.

As a Spiritual Counselor -- I've been a Spiritual Counselor since 2000, so this is my 18th year of being a Spiritual Counselor. I have had **so** many people come to me for counseling. One of the primary issues for them is they feel that they're being taken advantage of, and when we break it down, they discover they're the instigators of it, and/or they allow it with **full permission.**

Then what they do is, they go into resentment, and they have some regret, and they feel some shame, and they feel some blame. What it does is, it keeps them cycling in a low vibration. When we're cycling in a low vibration -- complaining is part of that whole mixture there, right? That's blame, and shame, and all of that. It's just forms of complaining. You've heard me say before, complaining makes you a crap-magnet. But being grateful and praising makes you a Love magnet. You decide what you'd like to magnetize more of in your life.

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The fast track to healing this is being grateful that everything works together for your good, and there are **no** exceptions -- being grateful that you can change your mind, calling upon the Holy Spirit, calling upon Jesus and the angels, and asking for all of Heaven to support you in taking these patterns out of your mind.

That's what Jesus tells us, over and over again, "Just ask for our assistance. We can't take from you anything that you cling to. But, your **willingness** to let it go is **all** that's required for it **to be taken from you.**" No matter how entrenched that pattern, and that belief, of unworthiness is, it can be taken from you. I am here to testify, my friend! **Let me testify** that it works!

### ***Cultivating Healthy Boundaries***

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So, the minute you start to feel some regret -- "Oh! I've over-given. I've given too much." **Bam!** Right there! As soon as you start to feel that, oftentimes in your lower chakras, you feel an "Ugh, God!" Instead of energizing that low vibrational thinking and feeling, **rejoice!** Move right into gratitude. "Oh! Look! I did it again! I can give it all to the Holy Spirit for healing. I'm **so** grateful, grateful, grateful! I just recognized that I fell back into that low vibrational behavior. Whew! Holy Spirit, I am willing, willing, willing! Please take these thoughts, these beliefs, these patterns out of my mind, out of my heart, out of my life, out of my memory! I am not interested in putting **any** more energy into them. **I am done!** I am complete. Thank you, God! Make it so now. Ah! **I'm so grateful! Thank you, thank you, thank you!**"

But you know, ego will want to say, "Hey, wait a minute! They **owe** me!" **No!** No, no, no, no, no, no, no, no, no! Give that thought up! There is **no** owing in God. There's just **no owing** in God. You either give it freely -- "*To Have, Give All to All*" -- you either give it freely, or don't give it! Give it freely, or don't give it.

You know, it's like sometimes I have -- it doesn't happen to me anymore, but it used to happen to me -- I would give them my time and my energy with the agreement that the person was going to pay for the class, pay for the session, whatever it was. But sometimes people didn't keep their agreements. Well, I let it go, you know. It's like, I don't need to do another class or session with them unless they make restitution, and in the

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meantime, “Go with God. God bless you.” There’s no owing here. I’m not interested into holding onto debts and debt-ing, and I’m not interested in complaining. **Big** lessons for me! I’m glad I learned them. This is all part of cultivating healthy boundaries. **Yes!**

### *A Course in Miracles Conference 2018*

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Just as we’re going to go to our break here, I’d like to let you know that the *A Course in Miracles* Conference is coming up at the end of February. It’s in San Francisco. Power of Love Ministry, we have discount tickets. We have discount tickets. We bought them with the idea that we would be able to support people by going to the Conference on the discounted ticket price. We also have payment plans, and we do have some of these tickets left. I really am inviting you to please share and let people know, so that we don’t end up having a loss. If you’re interested in those *A Course in Miracles* tickets, you can go to [JenniferHadley.com](http://JenniferHadley.com) on the Events page, or you can go to [ACIM.news](http://ACIM.news). That’s the website. [ACIM.news](http://ACIM.news), and you can learn all about it there as well. So, check it out. If you’re interested, again, we have payment plans, and we have reduced ticket prices. Check it out!

I’m Jennifer Hadley. We’re talking about “Healthy Boundaries” and *A Course in Miracles*. 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*.

### *Transcripts, Podcasts, Apps & Study Groups*

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Welcome back! Welcome back! We’re talking about “Healthy Boundaries.”

Just before I dip back into that topic, I woke up thinking about telling you this, this morning. We’re still completing the transcription of all the radio show episodes. You can find those radio show transcripts at [LivingACourseInMiracles.com/radio](http://LivingACourseInMiracles.com/radio). If there’s an episode you really would like to have the transcript of, and we haven’t transcribed it yet, just write to [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com), and we’ll put it to the top of the list. We’d love to do that for you.

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

One of the reasons we're transcribing all these radio shows is because the deaf have no way of accessing this material except through transcription. And, the other reason is that we have so many, thousands of people around the world, who listen for whom English is a second language, and having the transcript helps them to more clearly understand it.

So, a giant huge, massive "Thank you!" to all the people who make contributions and tithing offerings to help support this work, so we can make it available to more people.

Also, I realize I don't often say enough that we have the free *A Course in Miracles* app. You can go to [LivingaCourseinMiracles.com](http://LivingaCourseinMiracles.com) and get it through there. You can also go to [ACIMapp.com](http://ACIMapp.com), and get it there. The app is free for downloading, and it's free because of wonderful, generous donations from people, so that we **could** make it free. It has all three books - the *Text*, the *Manual for Teachers* and the *Workbook*. You can do things like set alarms to remind you to do your practice. You can look things up. You can search for words and phrases. You can highlight. You can bookmark.

We do approximately 1-2 updates per year, so if you do have suggestions that you'd like to make about the app, write an e-mail to [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com), and we will take your suggestions for the app. It's available for iPhones, for iPads, and for Androids, all those platforms. We've invested the money in all of that, so I invite you to do that.

Remember, too, that you can get all these radio shows via podcast, which makes it **so, so** easy. From your device you can go to the podcast app on your device and in that app, search for me, Jennifer Hadley, or search for *A Course in Miracles* and you'll see, there, the podcast. Then it just makes it so easy to track which ones you've listened to, which ones you haven't, blah, blah, blah.

Also, because we have so many episodes in the podcasts now, we're having to start a **new** one. I'll be telling you more about that as that progresses.

If you would like to make a contribution, you can do it at [LivingaCourseinMiracles.com](http://LivingaCourseinMiracles.com) or [JenniferHadley.com](http://JenniferHadley.com). Yeah! Yes, yes, yes!

Oh! One more thing! I knew Spirit had one more thing for me to share with you, and that is, a lot of people get inspired to start *A Course in Miracles Study Groups*, so we have a Study Group support audio library. We have a few recordings, I'm going to add another one, that are all about how to

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start a Study Group, how to run a Study Group, facilitate a Study Group, promote a Study Group. Wonderful, wonderful recordings with great people who have been doing Study Groups for more than a decade. They know a lot about it. We've just got this wonderful little library of recordings. I'm encouraging you to make use of that at [LivingaCourseinMiracles.com](http://LivingaCourseinMiracles.com), [Study Group Support](#).

### *Peace is the Motivation for Learning the Course*

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Alright! Back to "Healthy Boundaries." This is such an important topic, because it's one of the great ways that the ego has to suck us into a low vibration, is complaining that people are taking advantage of us, people don't respect us. But what I have seen, personally, is that the more I have a really healthy respect for my physical body, my emotional body, my mental body, and the more that I release all the judgments, I **do not** find that people try to overstep my boundaries.

I did find that, for quite a while, it was a real thing. I found it on all sides -- sexually, from men trying to take advantage of me, or just trying to see what they could get. People now understand I have healthy boundaries. I'm **broadcasting** it. Remember, we all share the same mind, so I'm **broadcasting** my Self-Love, so people **know** they're not going to be able to control me or manipulate me. It's not going to work. I'm disinterested in it.

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*People now  
understand I have  
healthy boundaries.  
I'm broadcasting it.*

---

There are times when people try. They try with their emotions, with their upset, to try to manipulate me, to whatever. Spirit knows when to help someone and when to not to, when it's controlling and manipulation. It's **so** obvious. There's **no** sense of confusion anymore. I used to have **so** much confusion.

Now, I see that the confusion comes from just what it's talking about here in Chapter 8, Section I.

*"Knowledge is not the motivation for learning this course. Peace is. This is the prerequisite for knowledge only because those who are in conflict --"*

Conflict is really similar to confusion.

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*“...those who are in conflict are not peaceful, and peace is the condition of knowledge because it is the condition of the Kingdom.”*

I have an awareness when people are trying to control or manipulate me. People will still, sometimes, try to make me feel guilty, but it doesn't work. They recognize it doesn't work, so they go on to someone else they can successfully manipulate. Yeah. Very common.

One of the ways that people have these unhealthy boundaries, or lack of boundaries, is they have people in their life saying unkind things to them. Now, one of the ways we can look at that is, are they actually reflecting back to us our own inner dialogue?

I find that people **rarely** say anything unkind to me anymore. I'm not speaking unkind to myself at all. **At all!** That is **over!** So, I just don't find it reflected back to me from the world. Every now and then someone will say something unkind to me, but it's **so** clear it's a cry for Love. There's **no** confusion about it. This, I know, is a direct result of my **deep** commitment to only speak kindly to myself. I don't motivate myself with pain or fear. Like, “Oh, you better do -- this!” “Oh, if you don't do -- that!” No! I do not speak to myself that way anymore. Uh-uh! All motivation is loving, loving kindness.

### *Kindness is My Religion*

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The Dalai Lama so beautifully said many years ago, “Kindness is my Religion.” It's a wonderful way to express *A Course in Miracles*. “Kindness is my Religion.” It includes Buddhism, and everything. Everything that's true. It says in here,

*“Knowledge can be restored only when you meet its conditions.”*

Peace is the condition. When our mind is in conflict -- the basis of all conflict in the mind, and you can read this in the *Fear and Conflict* Section in Chapter 2, which I recommend so highly to really just **know** that Section -- all conflict comes from **saying** you want the Peace of God, but then **choosing** things that will not bring you the Peace of God will not maintain the Peace of God in your awareness.

So, if I **say** I want the Peace of God, but I think it's okay to have an attack thought against myself or others, then I'm going to feel conflicted, because I have a very fundamental conflict. I'm saying I want one thing, and I'm

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

choosing something else. It's like going into a restaurant and saying I really, really want to eat cooked food, because I know that's best for my body, but only eating raw food, and then feeling sick. My body doesn't like much raw food, especially in the winter time. That's the thing. Why would I be eating raw food, because somebody says it's better for me? Sometimes people **do** say that to me. It's like, "Okay. You can say that. But I know what my experience is. I love myself. I'm keeping my commitments to myself."

It says here, "Knowledge can be restored **only** when you meet the condition of the Kingdom by having Peace in your heart. It says,

*"This is not a bargain made by God, Who makes no bargains. It is merely the result of your misuse of His laws on behalf of an imaginary will that is not His. Knowledge is His Will. If you are opposing His Will, how can you have knowledge?"*

When we are being unloving or unkind to **anyone**, even just in our thinking, then we are blocking knowledge, we're blocking insight, we're blocking all the things that will help us make better decisions. We are not fostering the conditions that bring insight, and Clarity, and Freedom, and Prosperity, and Joy, and Wholeness.

Jesus goes on to say,

*"I have told you what knowledge offers you..."*

Right? It's restoration.

*"...but perhaps you do not yet regard this as wholly desirable."*

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### ***Do Not Give Ego Power - Decide Otherwise***

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In other words, you're still interested in exploring your opinions and judgments, your perceptions.

*"If you did --"*

Regard knowledge as wholly desirable,

*"...you would not be so ready to throw it away when the ego asks for your allegiance."*

*"The distractions of the ego may seem to interfere with your learning, but the ego has no power to distract you unless you give it the power to do so."*

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

This is the **key** here with healthy boundaries. **Do not give ego power.**

How do you stop giving ego the power? Every time you **don't** feel peaceful, it's because you gave ego the power. Just give it back to the Holy Spirit. "Holy Spirit, oh! I just started to feel annoyed. I must be giving the power to the ego. I'm taking it back. Please know I am **willing** to be peaceful. I **choose** to be peaceful." Right?

It's that beautiful, beautiful prayer at the end of Chapter 5 that's so, so helpful to us. It says here, Page 90 in the *Text*, if you realize that you're not wholly joyous, then, **hello!** The ego has the authority.

Jesus says,

*"Therefore, the first step in the undoing is to recognize that you actively decided wrongly but can as actively decide otherwise. Be very firm with yourself in this, and keep yourself fully aware that the undoing process, which does not come from you, is nevertheless within you because God placed it there. Your part --"*

And this is so critical,

*"...is merely to return your thinking to the point at which the error was made and give it over to the Atonement in peace."*

What does that mean? It means if you start to feel a disturbance, that you can stop and go, "Okay. I'm going to take a breath and realize I'm starting to feel disturbed. So, I'm going to invoke the Holy Spirit, and I desire to return my mind back to the point where I made the decision to choose ego instead of Love, to choose separation instead of union. I'm going to give everything that has occurred since then to the Holy Spirit for healing."

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### *Parents' Prayer*

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This is the prayer that Jesus gives us to do that. He says -- this is the prayer,

*"I must have decided wrongly, because I am not at peace. I made the decision myself, but I can also decide otherwise. I want to decide otherwise, because I want to be at peace. I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I will let Him. I choose to let Him, by allowing Him to decide for God for me."*

Jesus tells us,

*"Say this to yourself as sincerely as you can, remembering that the Holy Spirit will respond fully to your slightest invitation."*

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This is why I call this the “Parents’ Prayer”, because often times parents feel guilty for having snapped at their children, or manipulated them, or whatever they might have done. Just give **all** the consequences of your wrong decision to the Holy Spirit for healing. You are **entitled** to restoration. You are **entitled** to miracles, and that’s what restoration is. You are **entitled** to remember the knowledge of God. You are entitled, and your willingness is **all** that’s required.

Going back to Chapter 8, Section I, Paragraph 2.

*“The distractions of the ego may seem to interfere with your learning, but the ego has no power to distract you unless you give it the power to do so. The ego’s voice is an hallucination. You cannot expect it to say, ‘I am not real.’ Yet you are not asked to dispel your hallucinations alone.”*

You don’t have to do it alone!

*“You are merely asked to evaluate them in terms of their results to you.”*

Just look at the results. “Ugh! I feel sad now.” “Ugh! I feel angry now.” “Ugh! I feel frightened now.” “Oh! I feel like something bad happened now.” “I must have given my power to the ego. The ego’s the hallucination. Let me choose the Kingdom, which is within, and all else will be added unto me.”

It goes on to say,

*“If you do not want them on the basis of loss of peace, they will be removed from your mind for you.”*

Just like at the end of Chapter 5,

*“I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I will let Him.”*

So clear! This point is made over, and over, and over, and over again through *A Course in Miracles*. But I don’t meet very many *A Course in Miracles* people who **work** with this, and that’s why we **really** work this to a **nub** in my [Masterful Living Course](#). After the course of a year, anybody who’s willing and practices this, has **profound** transformation. **Profound** transformation!

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**You are entitled to  
remember the  
knowledge of God.  
You are entitled,  
and your  
willingness is all  
that’s required.**

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

### *New Year's Rocket Fuel and Masterful Living 2018*

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Hey, and right now I'll just mention right now that I'm in the midst of my New Year's Rocket Fuel class. I **love** doing this work at the beginning of the year. It's **so** powerful, and it just shapes the trajectory of our whole year. This is the first module in my [Masterful Living Course](#). If you get the New Year's Rocket Fuel right now, you'll **also** get my [New Year's Reboot](#), **plus** you'll get a month of my [Sacred Circle](#). It's like one of the best offerings I have all year long, this New Year's Rocket Fuel.

I'll tell you a little secret, which is you could probably get into [Masterful Living](#). I know you can! You could say, "Oh, I love this so much! I want to do [Masterful Living!](#)" even though registration is closed. New Year's Rocket Fuel, great opportunity for you to **really** do this work with me in a very, just a very clear, like, do the inner work! Not just **read** about it. Not just **think** about it. But we are actually **doing the work**. Come join me! Please! If you need a payment plan, we'll give you a payment plan, and it's not a big cost.

### *You Are the Will of God*

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I just want to get to here, finish "Healthy Boundaries."

A little bit later in this Chapter 8, in Section II, Paragraph 7, Jesus says,

*"When I said, 'All power and glory are yours because the Kingdom is His,' this is what I meant: The Will of God is without limit, and all power and glory lie within it. It is boundless in strength and in love and in peace. It has no boundaries because its extension is unlimited, and it encompasses all things because it created all things. By creating all things, it made them part of itself. You are the Will of God because that is how you were created. Because your Creator creates only like Himself, you are like Him. You are part of Him Who is all power and glory and are therefore as unlimited as He is. "*

Healthy boundaries are what we **need** to have in our mind, in our heart. It's that permeable membrane. **Only** Love permeates. In this world, this is what boundaries are for. But the truth is, we are unlimited, and there **are** no boundaries, so we have to have clear limits to people's manipulation and coercion. There you go!

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

It's time for me to close us out here. Remember the *A Course in Miracles* tickets. We do have some left. We'd like to get rid of them all. Come meet me in San Francisco! I'm coming early, I'm staying late. We're going to have such a good time! And, we've got payment plans.

### *Closing Prayer*

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Let's take that breath.

So grateful and thankful that the Love of God is **all** that we are. We share the benefits of our healthy boundaries with everyone, because we are One with them.

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

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