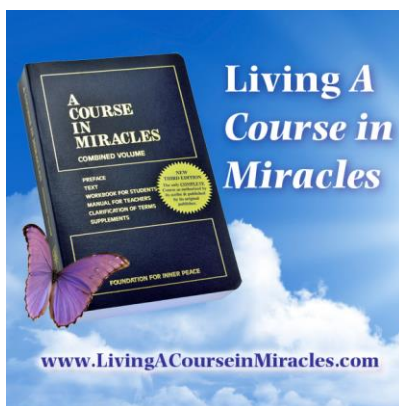


January 23, 2018



Behavior Modification

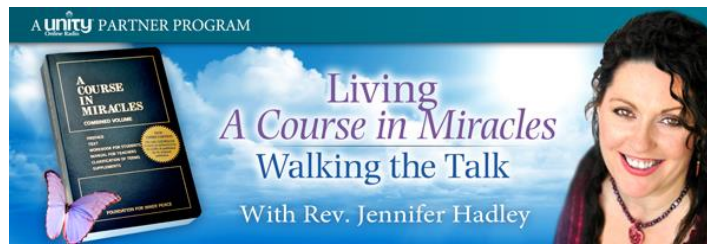


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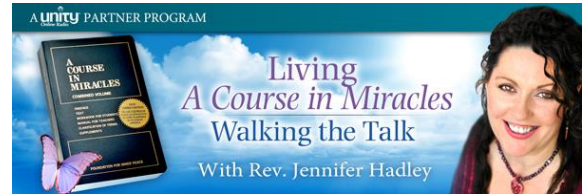
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January 23, 2018

Behavior Modification

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! Bonjour! Bonjour!

I am so happy that we get to join together. Let us begin with a prayer, as we always do.

Opening Prayer

So grateful to take this breath, this breath of Love and gratitude. We dive into our heart, and we say, “Yes!” We say “Yes!” to Partnering UP with the Higher Holy Spirit Self. We say “Yes!” to unlimited power, the Power of Love, shining in our mind, shining in our heart.

We are truly grateful and truly thankful to open ourselves to the unprecedented flow of Divine Wisdom and Clarity.

Truly grateful, truly thankful to allow ourselves the Freedom to be our true selves. We are grateful and thankful to give up any idea that we’re broken or need fixing. We Partner UP with the Holy Spirit to remember the truth that is our liberation.

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

Motivated by Spirit Instead of Ego

Ah! Yes! Well, since the time of recording is live, it's January, many people, including me, are thinking about this year, and what it is that we are calling forth. It is a time when many people do things like they join gyms, only later to, perhaps, not stick with it, and then feel like a loser. A lot of these kinds of decisions get made, because the ego is criticizing us. We're coming up short. We're not good enough. Something's **always** wrong with us in the eyes of the ego.

It can become a very strong motivator for people. I know I've experienced that in the past, myself. I made a commitment some years ago not to be led by the ego, and it requires a real vigilance. It really does. It's really **worth** it. It's **really** worth it! I decided that I wasn't going to work out and exercise any more motivated by the ego. Instead, doing what is motivated by the Spirit.

Now, one of the powerful sections in *A Course in Miracles*, in the Text, Chapter 4, Section 4, is called *This Need Not Be*. If you like what we're talking about today, you'll find that I've done other episodes around this section. It's powerful. In this section, it talks about being motivated by the ego. Jesus says to us here, Chapter 4, Section IV, Paragraph 2, He says, "*I have said that you cannot change your mind by changing your behavior, but I have also said, and many times, that you can change your mind.*"

"I have said that you cannot change your mind by changing your behavior..."
Let's just look at this, because *A Course in Miracles* makes it very clear it's not a behavior modification system. This is a really valuable thing to look at, behavior modification, because there was a time, let's say in the '60s and the '70s, and the '80s, when behavior modification was very popular. My father's Ph.D. in social psychology, so I can remember him talking about behavior modification, and the importance of behavior modification. And, I get it.

Behavior modification is that, let's say, you are grossly overweight. So, your behavior modification is you're going to modify your behavior, so you're going to modify your eating habits, and you're going to modify your exercising habits to increase calorie burning, and decrease calorie intake, and things like that, in order to shift from being grossly overweight to being at a more reasonable weight. Understandable. This is what most people would tell you, what most doctors would tell you, and things like that.

But, it's behavior modification, and as anyone--most people who've done this, **without** changing their mind, then they usually find that they gain more weight, and things will--it may take some time, but there's going to be that yo-yo, that boomerang. Then, you've worked so hard to take off, let's say 100 pounds, and then you gain back 150. How do you feel then, right? How do you feel then? You feel like such a loser. Right? The whole thing is orchestrated by the ego, all that behavior modification.

Change Your Mind Instead

It's very tempting at the beginning of the year. "Oh, I'm going to do things differently this year. I'm going to modify my behavior. I'm going to lose weight. I'm going to do this, and that." A lot of times, we fall down. We can't get up, and then we feel worse than if we had never made any changes whatsoever.

That's why *A Course in Miracles* tells us **not** to go for behavior modification, but **instead** to change our mind. This is what Jesus is saying to us. "*I have said that you cannot change your mind by changing your behavior,*" First, you change your mind, then your behavior will naturally align, rather than the other way. *A Course in Miracles* tells us all healing is at the level of the mind. There is **no** other kind of healing.

You know, we can have an intellectual approach, and say, "Well, scientifically, blah, blah, blah." But we're talking about **permanent healing**. Not a temporary--I don't even know what the word is. **Side track**. We're going for permanent healing.

I have absolutely come to know that permanent healing is possible for all of us, so going for permanent healing is **worth** it. It's worth it! It does take courage. It does take strength. It takes trust, and it takes faith. It takes all of these things. In fact, it helps us to **build** these things, which is even better. Even better!

Changing our mind. He says here, "*When your mood tells you that you have chosen wrongly, and this is so whenever you are not joyous, then know this need not be.*"

Now, for those who of you who have been in class with me, you've been in my *Finding Freedom* class, you've been in my *Masterful Living* course, you know I talk about the "Divine Alarm Clock". This is what He's saying here.

“When your mood tells you that you have chosen wrongly...” I call that the Divine Alarm Clock going off. I feel that this is one of the most helpful and important things that *A Course in Miracles* tells us.

In Chapter 2, Section VI, *Fear and Conflict*, one of my favorite parts of the whole Book, if not **the** favorite section. It’s just so helpful, and so clear. I love Chapter 2, and Section VI is all about fear. What He tells us there is that the correction of fear is our responsibility, and that when we go to God, and we say, “Take the fear away,” what we can **really** help ourselves with, instead, is to ask for healing in the **conditions** that led to the fear. Healing the **conditions** that **led** to the fear, because the conditions are our thinking, right?

Lesson 190, “*Pain is a wrong perspective.*” Fear is pain. Pain is fear. When we have a wrong perspective, we’re going to have pain, we’re going to have fear. As difficult as it may be to **accept**, the truth of it is, without that pain, without that fear, we wouldn’t have any way to really **know**, and recognize, that our thinking is stinking.

There’s nothing wrong with **us** when we’re in pain, when we’re upset, when we feel like a loser. There’s nothing wrong with **us**. No, there’s **not**.

Ask & It Is Given

But there **is** something stinking with our thinking. The stinking thinking can be corrected by Jesus, by the Holy Spirit, by our Higher Self. You can call It the Guardian angel. You can call It the I AM Presence. You can call It the Holy Spirit. You can call It whatever you like, but that I AM Presence, that Guardian angel, that Holy Spirit, that Higher Self, it has the ability to correct things at the level of the mind, and **all** that’s required, **all** that is required, is our willingness. **Nothing additional is required.**

“Ask and it is given.” These are all the teachings, and they all fit together like the most beautiful pieces of the most perfect puzzle.

I used to **know** all of these statements in the sense that I was very **familiar** with all of these statements. But I didn’t put it together in a way that I **truly** knew it, **truly** understood it, until I was **willing** to actually **live** it.

So, if you’d like to move out of the pain that behavior modification actually, will generally, ultimately cause when there’s no change of mind; if you’d like to move out of these repetitive cycles of quitting drinking, quitting

smoking, quitting sex addiction, or whatever it might be; if you'd like to move out of these painful cycles of struggling with addictive compulsive behavior, the only way I know that actually **works** is to Partner UP with the Holy Spirit and, day after day, many times a day, call for the **release** of the cause of --we could call it the problem, the challenge.

He says here, "*When your mood tells you that you have chosen wrongly, and this is so whenever you are not joyous, then know this need not be. In every case you have thought wrongly about some brother God created...*" including yourself, "*and are perceiving images your ego makes in a darkened glass.*"

It goes on to talk about if you feel depressed, if you feel sad, if you feel anxious, if you feel afraid, if you feel guilty, if you feel ashamed, if you feel **anything** that is not joyous, it **need not be**, and it's because of us thinking an attack thought about someone. Someone, indeed.

The behavior modification is about, really, trying to override the impulses, right? Behavior modification is "My impulse is to overeat. My impulse is to eat too much, too often, and to medicate with food," let's say. So, the behavior modification is to have portion control, right? The impulse to overeat is ego-driven. It's ego-driven. It's because we're making decisions with the ego, and not with the Spirit.

The decision to self-medication with alcohol is one that's coming from the ego. It's not coming from the Spirit. It doesn't **ever** come from the Spirit, and we **know** that. We know that. The tendency, then, is to follow the ego, and follow the obsessive compulsive, impulsive behavior, and then to chastise ourselves for being weak.

So, here you have the ego driving the behavior, indulging, whatever it is, and then the ego comes right around and gets in a second hit for attacking us for listening to the ego. It's a double whammy. Behavior modification, it feeds the ego.

Now, I get that for some people who are really grappling with addiction, the ability to have impulse control is really important-- **and, and, and, and**--not denying that. But adding an 'and'-- **and**, let's put Spirit in charge. I've seen it work **so well** for so many, that it's what Jesus talks about when He says, "Begin your day with saying, 'You decide for me.'"

Back in December, I think it was--we did some episodes. December 2017, we did some episodes. I like to try and say the year when I can remember it,

because we have episodes going back to 2011, and you never know who is going to listen to what, when, right?

Hearing the Still, Small, Voice

Going back to December 2017, I think it was, we were doing the Holy Spirit's *Rules for Decision*, which are really about giving the day over to the Holy Spirit to lead us and guide us. It's something that definitely-- it's like getting into a new groove, where we're beginning to **really** have a **desire** to hear, to recognize, that still, small Voice for God. The ego's never going to recognize it. The ego's going to do everything it can to drown it out. And it is a **small** Voice. It is a still, small Voice.

Our job, if you will, is we ask for Divine Assistance from the angelic realm, from the ascended master realm, from the Holy Spirit, the Higher Self, from Jesus, Mary. Everyone you can think of, ask them to help you clearly identify the Voice for God.

For me, **many** times it's a feeling. Sometimes it's a thought. It's never a voice, really, not a literal voice, at all. It's, more often than not, a feeling. For me, it's a feeling. But for you, it might be images, subtle images that you see in your mind's eye. It's a combination of things. But we start to recognize that it has a particular vibratory frequency, in a sense, and we start to recognize that vibration. Just like you recognize the vibration, or the tonal quality, of your mother's voice, your father's voice. We start to recognize the tonal quality of our heavenly Mother's, our heavenly Father's Voice, and we train ourselves to go, "Oh, wait! What was that?" Listen again.

That's the **great thing** about the Holy Spirit's Voice, or that Voice for God, that still, small Voice, the Guardian angel, the I AM Presence, whatever you wish to call it. It is **highly** repetitive. **Highly, highly** repetitive.

We've been looking at this section, *It Need Not Be*. The next one after that is entitled *The Ego-Body Illusion*, and it begins with one of my favorite quotes from the *Course*. "*All things work together for good. There are no exceptions...*"

In this moving-out of behavior modification into ever-lasting healing, permanent healing, healing it back to the root in order to have new fruit, that's what I like to say. Let's heal it back to the root to have new fruit. One

of the critical steps for us in this journey of healing is to recognize **all** things work together for good. There are no exceptions.

All Temptation is of the Ego

Even if you're morbidly obese, let's say, it's **still** for your good. See, the ego wants to say, "No! It's because I'm a loser! A loser, loser, loser!" No! It's for your good. How can it be for your good? We many not understand it. Remember, the ego will **never** understand what the Spirit already knows. If we don't understand it, we're looking at it through the lens of the ego, and it's **okay** not to understand it. When we look at things through the ego, we will not understand them, because we're looking through a lens that is distorting things.

Perception is projection. Projection is perception. What does that mean? It means that we look at the world and we don't see what's there. We see with our belief system, and we interpret what we see so that it matches up with our belief system, and that's what perception is. It's the projection of our belief system **onto** what we **think** we see.

If we can take whatever situation is causing us a great deal of pain, where we're experiencing obsessive compulsive behavior, maybe we're obsessively worrying about something, maybe we're, in a sense, obsessively, compulsively **sad** about something, fearful about something, maybe we're angry about it--whatever that disturbance is, what Jesus was talking about, our mood not being wholly joyous--if there's the behavior, the obsessive-compulsive behavior, then one thing we can know is, when we're struggling with temptation, **all** temptation is of the ego. All temptation is related to the body, and the body protecting itself, pleasuring itself, that kind of thing.

"All things work together for good. There are no exceptions..." If we'd like to move out of the pain and the suffering, the pain of the wrong perspective, we must start to claim everything for our good. That's not easy to do. The ego is **not** going to be excited about claiming everything for our good.

But here's how we do it. We say, "Everything works together for good. There are **no** exceptions. **This is a fact.** I am willing to accept this fact **in order** to see my good, to feel my good, to know my good, to experience my good, to have my good. **I am willing** to accept that there is good, even in this." It has to be, no matter what it is. "I am willing to accept it. There is

something good in this. It's encoded into it **by the very Love of God**, by God's perfection. It is encoded into this, and I **will** receive it. And I am not going to **delay** my good by complaining **anymore.**"

Complaining is like Poison

You may have heard me saying complaining makes you a "crap-magnet", and having gratitude makes you a "Love-magnet". You decide which you'd like to be.

I was a chronic complainer. Chronic complaining, and I can see what a different it's made in my life to make a commitment to not complaining.

Now, do I never complain? No. I don't never complain. I sometimes complain. This morning I went to Pilates, and they had us do Pilates on the floor, on the mat. The floor was cold. I did not prefer it. It was not my preference. But, I just accepted what it was, and I put on a wrap, so I could be warmer. But, just sitting and complaining, it's like taking poison. It's just going to make you sick in some way. It's going to make you feel less than joyous. Love, let us Love ourselves so much that we can't do that anymore.

Alright. We're going to talk more about transforming this mindset about behavior modification into true and lasting, **joyous** healing when I come back. It's time for me to take a break.

You're listening to *A Course in Miracles* on Unity Online Radio, where 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*.

We're back! We're talking about behavior modification as a ploy of the ego to keep us spinning around without changing our mind. Of course, all healing is at the level of the mind, so it's the changing of our mind that is the real healing. Let us have the spiritual maturity to really go for the lasting healing rather than the Band-Aid that doesn't work. Yeah. Let's not be deluded by the ego anymore.

New Year's Rocket Fuel & Reboot Classes

You know, I'll just mention here, *Masterful Living* 2018 is off and running! If you are interested in just getting a leg up on the year with us, and doing some of this work, I have my New Year's Rocket Fuel series of classes, which includes my New Year's Reboot. You can also just get my New Year's Reboot. We're doing some really deep and beautiful, transformative work in these classes, and if you'd only like to do those, you definitely can. It's also an opportunity for you to really see what *Masterful Living* is like, and then perhaps if you wanted to keep going, I'm sure we could work that out.

Check it out at JenniferHadley.com, my New Year's Reboot class and then also my New Year's Rocket Fuel, which includes the New Year's Reboot. Check that out if you'd like my support in really anchoring your year and having a completely different year. I really feel that, for those of us in *Masterful Living* this year, myself included, it's going to be the best year ever. I'm **very** excited about what we're creating together.

Opening Prayer

We're back to Chapter 4, Section V, *the Ego-Body Illusion*. “All things work together for good. There are no exceptions except in the ego's judgment. The ego exerts maximal vigilance about what it permits into awareness, and this is not the way a balanced mind holds together. The ego is thrown further off balance because it keeps its primary motivation from your awareness and raises control rather than sanity to predominance. The ego has every reason to do this, according to the thought system which gave rise to it and which it serves. 6 Sane judgment would inevitably judge against the ego and must be obliterated by the ego in the interest of its self-preservation.

A major source of the ego's off-balanced state is its lack of discrimination between the body and the Thoughts of God.”

This is where we're getting the part about the behavior modification.

“A major source of the ego's off-balanced state is its lack of discrimination between the body and the Thoughts of God. Thoughts of God are unacceptable to the ego, because they clearly point to the nonexistence of the ego itself.”

Thinking the Thoughts of God

What's an example of a thought of God that's unacceptable to the ego? Unity. Oneness. In the *Manual for Teachers* it talks about who are the teaches of God? The teachers of God are **anyone** who has, for one moment, had a break in that sense of separation from their brothers and sisters. In other words, a teacher of God is anyone who, for even a brief moment, saw **their needs** as being the same as their brothers and sisters. They saw, for a moment, the Unity, the Oneness, with another brother or sister. That's what turns us **into** a teacher of God, is that Unity awareness, even if it's just **one thought**.

The thoughts of God that are unacceptable to the ego are the thoughts of extending Love, extending Compassion, extending kindness and generosity-- now, here's the important caveat-- **without needing, or wanting, or expecting, anything in return**.

Because, think of it this way. If I give to you with no thought of **anything** needed in return, I'm giving to you knowing that I'm giving to myself, because I'm One with you, that there's no loss when I give to you. If I have \$100 and I give you \$50, there's no loss, because I'm One with you. If I see your feeling afraid, and I extend compassion, and kindness, and warmth, to you, comfort to you, and I have **no thought** that I'm losing anything-- I'm not losing any time, I'm not losing any effort, nothing is being lost, I'm just extending to my **own self** that we are united-- that's when we're thinking the Thoughts of God.

But if I'm sharing with you, extending to you, giving to you, and I'm keeping score, I'm expecting something in return, that is not the Thought of God. That is not the Thought of God. That's the thought of the ego.

This is why I say one way to identify our ego identification is, if we feel unappreciated. We can only feel unappreciated when we're giving to get something in return. If we're giving to be generous, if we're giving to express God's Infinite Giving-ness, then there can **never** be any disappointment, even if our giving-ness is met with a bucket of water in the face.

If we're not expecting anything in return, if we have **no** needing, wanting, craving, we're just sharing, because we can, because we feel guided and directed to, **then** we're thinking the Thoughts of God. And, there can be no

loss. You see, when we're aligned with the Thoughts of God, there can **be no** loss.

But, let's say that we're generous, and generous, and generous in order that people will see how generous we are, in order that people will appreciate us, in order that people will validate us, or in order that people would give something to us in return. Then, we are trying to manipulate people, and we're **affirming** our lack by doing so. When we affirm our lack, what are we going to experience more of? Lack.

This is one of the things that can **dramatically** change your life, is to look at where you're actually giving to get as a form of behavior modification. Let's say you have this deep sense of lack and limitation, and you're trying to transform it by being more generous. You're giving to get, then, and you won't **feel** the expanse in your Prosperity, in your Abundance, in your sense of well-being, because you're giving in order to get. You **will be** affirming lack and limitation, and you will experience **more limitation**.

Rather than doing things in order to be appreciated, in order to be seen, in order to be recognized, in order to be thanked, or acknowledged, in any way, shape or form, give **only** because you're being guided and directed. It's a wonderful feeling!

I think one of the most wonderful things is to do, is to give anonymously. I mean, there are times when it's really valuable to give in a way that's very visible, to inspire others to consider giving as well. I do like giving anonymously, without a lot of fuss or attention. I don't need to tell anybody about it, talk about it, because it just feels, to me, like God knows everything. God knows the motivation in my heart, and so that's why we don't need to ever say how great a job we're doing, or brag about anything. God knows everything. Everything is being well kept track of.

And, if we're giving in order to get something, we're not giving from the heart. We're giving from the ego, and it's like, don't even bother! Don't even bother! Instead, maybe instead of giving \$1000 dollars from the ego, give \$1 from your heart. Make cupcakes from your heart and give them away. It's so worth looking at these mind shifts and making new habits.

"All things work together for good. There are no exceptions except in the ego's judgment." One of the ways to open ourselves to the healing at the level of the mind is to-- like I was saying before the break-- to accept that everything has good encoded into it for us. Instead of complaining about

what we don't like, let's actually use our thoughts and our words to open ourselves to the good, to fully receive it.

Laying All "not good" on the Altar

What I'm going to invite you to do right now is to think of something that bothers you, that you have felt really, perhaps, devastated by. Really bothered by, really hurt by. Probably not that difficult to think of something.

Now, let's open ourselves to the Holy Spirit to the angelic realm, to the ascended masters, to the higher dimensional beings, the Holy Spirit, the guardian angel, the ancestors, to all that is holy, the company of heaven, and let's lay this thing that we have labeled 'not good', let's lay it on the altar and make an offering of it. Like it talks about in the *A Course in Miracles* Song of Prayer, that booklet. Let's lay it on the altar, and let's say, "All my judgments about this, the unforgiveness, the resentments, the regrets, the guilt, the blame, the shame, the hurt, the anger, the fear, the doubt, the worry, every negative thought that I've had about this, I'm laying them on the altar. I'm willing to give them up, and I'm willing to accept that there is good encoded into this for me to receive, and I'd like to exchange **all** these judgments and opinions, **all** this upset, for that good. I'm willing to receive my good **now**. Holy Spirit make it so. I'm going to leave it on the altar. I'm not going to take it back."

And, if there is a temptation to go back to complaining back to judging, we remind ourselves, "Nope! I left that on the altar for the Holy Spirit. I'm accepting my good. I'm willing to accept my good. My willingness is all that's required. There is good encoded into this, and I **will receive it, fully**. I make a holy offering of all of these complaints, all of this upset. Holy Spirit, please take it out of my mind, so I **never** think it again, and please do the same for **anyone else** who has this kind of thinking. Let all minds be healed of these false thoughts. Mmm! I accept my good. I accept my good! Thank you, God!" **Grateful!**

Going back to the ego-body illusion, Section V in Chapter 4, it's my Page 65, where it says, "*A major source of the ego's off-balanced state...*"

Remember, when we're identified with the ego, we don't ever feel balanced, and it comes from a "*...lack of discrimination between the body and the*

Thoughts of God. Thoughts of God are unacceptable to the ego, because they clearly point to the nonexistence of the ego itself."

Right? So, if we're thinking thoughts of Unity, that points to the non-existence of the ego.

It says, "*The ego therefore either distorts...*" the Thoughts of God, "*...or refuses to accept them. It cannot, however, make them cease to be.*" Thank, God!

"It therefore tries to conceal not only "unacceptable" body impulses, but also the Thoughts of God, because both are threatening to it." Right? So, the ego tries to conceal "unacceptable" body impulses. The ego is "*concerned primarily with its own preservation in the face of threat, the ego perceives them as the same.*"

So, the body impulses that are not acceptable-- so the sexual impulses, the addictive compulsive impulses, are just as unacceptable to the ego as the thoughts of God. This is what it's saying here.

It says, "*By perceiving them as the same, the ego attempts to save itself from being swept away, as it would surely be in the presence of knowledge.*"

"Any thought system that confuses God and the body must be insane. Yet this confusion is essential to the ego, which judges only in terms of threat or non-threat to itself. In one sense the ego's fear of God is at least logical, since the idea of Him does dispel the ego. But fear of the body, with which the ego identifies so closely, makes no sense at all.

Seek & Ye Shall Find

The body is the ego's home by its own election. It is the only identification with which the ego feels safe, since the body's vulnerability is its own best argument that you cannot be of God. This is the belief that the ego sponsors eagerly. Yet the ego hates the body, because it cannot accept it as good enough to be its home. Here is where the mind becomes actually dazed. Being told by the ego that it is really part of the body and that the body is its protector, the mind is also told that the body cannot protect it. Therefore, the mind asks, "Where can I go for protection?" to which the ego replies, "Turn to me." The mind, and not without cause, reminds the ego that it has itself insisted that it is identified with the body, so there is no point in turning to it for protection. The ego has no real answer to this because there is none, but it does have a typical solution. It obliterates the question from the mind's awareness. Once out of awareness the question can and does produce uneasiness, but it cannot be answered because it cannot be asked."

“This is the question that must be asked: “Where can I go for protection?” “Seek and ye shall find” does not mean that you should seek blindly and desperately for something you would not recognize. Meaningful seeking is consciously undertaken, consciously organized and consciously directed. The goal must be formulated clearly and kept in mind. Learning and wanting to learn are inseparable. You learn best when you believe what you are trying to learn is of value to you. However, not everything you may want to learn has lasting value. Indeed, many of the things you want to learn may be chosen because their value will not last. “

*“Seek and ye shall find.” We’re seeking to remember the truth that sets us free. I just am so grateful that I finally **got** that if I’m trying to understand things, it’s because I’m looking with the ego, which will not ever understand anything of value. So, when I’m trying to understand “Why does she do that?” “Why doesn’t he do this?” “Why is this the way it is?” “Why can’t I --blah.” “Why do I keep--blah?” You know, all of these questions that the ego’s **endlessly** asking, trying to understand. Insanity! It’s **not** worth a moment of our time.*

So, we give it up to the Holy Spirit. The Holy Spirit is **in** us, and the knowledge of God is ours already. Let us claim it. Instead of trying to figure things out, like behavior modification, let us instead go for healing at the level of the mind, put the Holy Spirit in charge, and just say, “Lead me. Teach me. Guide me.” Everything works together for good. There are **no** exceptions. I’m **not** going to make any exceptions anymore. I’m **not** complaining anymore. I’m claiming my good now, and everything that I don’t like, I’m giving it to the Holy Spirit for healing. Everything. No exceptions.”

And so, it is. Amen.

Let’s pray on that.

Closing Prayer

So grateful and thankful to turn within here. As I do so, I’d like to give a big, big thanks to all the people who support this radio show. You’re contributions **matter**. They make it possible for us to offer more and more, to be able to do the transcription of the radio shows, to be able to update the *A Course in Miracles* app, which is still free for androids, for iPhones, for

iPads. Still free for you to download. More is coming. More is **always** coming, and I'm excited about that.

I give thanks. I give thanks to the Holy Spirit leading us and guiding us all. So grateful to Partner UP with the Holy Spirit, and to accept the good that is ours to receive, to reject it no more.

We are grateful and thankful to claim our healing, permanent healing, back to the root, at the level of the mind.

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

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