

February 6, 2018



Love Relationships



 *Jennifer Hadley*
your daily shot of spiritual espresso

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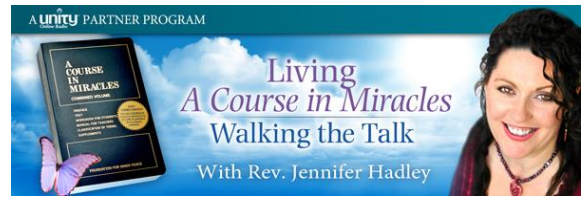
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Love Relationships

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!

Ah! I am so happy to be with you! Loving it! **Loving it!** Loving 2018! What an amazing energy! **Wow!** Well, I'll get into that in a minute.

Our topic today is *Love Relationships*. I'm going to have a surprise guest. You don't know who they are, but they are one of the most beautiful people I know. I invited them on to share.

Let's jump into our prayer.

Opening Prayer

Jennifer I place my hand on my heart and I give great thanks. I am so grateful for the Love of God awakening and living in my awareness.

I'm so grateful and so thankful that I can let the past go. I am so grateful and so thankful for the **willingness** that we share.

Grateful and thankful to wholeheartedly Partner UP with the Higher Holy Spirit Self, to let the past dissolve and resolve permanently, back to wherever it came from. We are willing to live in the present moment now, and to love fully, to love completely, to love without conditions, without any sense of regret or resentment. We're allowing ourselves to be made

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new. We're surrendering the blocks to Love. We're choosing the Atonement for ourselves.

In great gratitude we share the benefits with **everyone**, because we are One with them. In gratitude we allow it to be. We **let** it be. And so, it is. Amen. Amen. Amen. Amen!

Relationships: The Best Tool for Healing

"Love relationships." Oh, my gosh! That is the challenge. That is the challenge. And love relationships are -- *A Course in Miracles* tells us that our relationships with our brothers and sisters are the very best tool that **we have** to transform our life, to work with our thinking, to work with the mind, to work with Spirit, to work with the angels, and the Company of Heaven.

Our relationships are perfectly designed to support **us** in looking at our belief system. That's what they do! If we're **not** looking at our belief system, we're missing the opportunities for healing.

One of the things that I share in my *Masterful Living* class, my yearlong class -- which, by the way, I decided to re-open registration for one week only. This is my 10th year of doing *Masterful Living*, and offering this yearlong course, and I have **not ever** felt that we were so strong and so clear. I've added so many different components in last year, and this year, that we are just taking off like a rocket.

***If we're not looking at
our belief system,
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healing***

Sometimes I wonder if I do a good enough job of just letting people know about things, and about when registration is opening and closing. So, in case you missed it, and you felt shut out, I wanted to let you know that we have a lot of support for you, if you'd like to come in and join us, including we have some partial scholarships left, and we have --

You know, one of the things we have is what I call an Exploratory Call. So, if you think, "Oh, I'm not sure about this. I don't know if it's right for me," you can talk with one of my Spiritual Counselors who can just answer any

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questions that you have. I don't have any sales people, because I always trust everybody, their own intuition.

The Holy Spirit is the sales person that I use.

I realized, oh, maybe about 12 years ago, that the very best marketing plan **ever** is what Jesus talked about in the Bible, where He said, "*And I, if I be lifted up...will draw all...unto me.*"

When I was in ministerial school, I read that for the very first time, because I was reading the New Testament. I read that for the very first time, because I had been letting go of so many judgments and opinions, and so much blame, and regret, and resentment,. I was able to hear more and more clearly what the truth is.

Be the Light You Already Are

When I heard that, or read that, as if for the first time, recognizing it now as a statement of truth, what I got from it is, "Jennifer, put your entire focus on healing **your** part, on clearing **your** awareness, and then those who you can be of service to, **they will find you.**" "*...if I be lifted up...will draw all...unto me.*" That became my marketing plan, for real.

This is what I teach to the people who are in my Ministerial Training. We're moving more and more into a Ministerial Training. I'm sure I'll be talking about that in the months to come, but we have this Spiritual Counseling Training. That's one of the things that I teach, that this is the way to magnetize into your life, is to be the Light. To just **be** the Light that we already are, and so it's all about giving up the blocks to Love, which are the false ideas that we often hold so dear, and even hold so **habitually** that we don't even realize that we're doing it.

Folks in [*Masterful Living*](#) were talking about this yesterday, about how we **don't even realize** that we're making our relationships **harder**. I know that was true for **me**.

Podcasts & Transcripts Archives

One thing I'd like to share with you about this topic of relationships is -- if you're new to my radio broadcast, welcome! One of the things that I've done is -- first of all, we have a very searchable archive at [*Living*](#)

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aCourseinMiracles.com/radio. I bet you can just google *A Course in Miracles* radio.

But, look for the [Living aCourseinMiracles.com](http://LivingaCourseinMiracles.com) site, because there we have all the transcripts. We haven't transcribed all 326 or whatever it is, episodes, but we're on our way. We've done more than half, I think, and we're doing more all the time.

You can sign up for the podcast, of course. If you don't know what a podcast is, or how to sign up for it, we can help you with that. You can e-mail us at Admin@JenniferHadley.com. Likewise, if there's a show that you'd like us to transcribe that we haven't done already, you can e-mail Admin@JenniferHadley.com, and we'll get right on it. We'll put it to the top of the list.

It's a very searchable archive. One of the things that I've done is, I've dedicated February, almost every year, to relationships, the whole month. So, I have quite a number of relationship recordings, and I've done **so** much about that. People have told me it's been **very, very** helpful to them in understanding their relationship issues, and changing their minds about relationships.

Recognizing Opportunities for Healing

When we **really** decide to deepen our spiritual practice, and to truly live *A Course in Miracles*, **live** the Love, to walk the talk, and live the Love, **then** we recognize that the irritations, the frustrations, the upsets in our relationship, are a very powerful **moment**, that momentary experience of that outburst of emotion -- irritation, frustration, sadness, guilt, blame, shame, regret, resentment, hurt, anger, doubt, fear, worry, whatever that emotion might be that's not joyful, **that is** an opportunity for healing. Don't let it pass you by! This is what *A Course in Miracles* is **all about**. Don't allow those moments to go **unharvested**.

Because that's what I did for **decades!** The healing moment would come, and I would just regurgitate the same old thought. That's why we talk about -- not in *A Course in Miracles*, but the same Buddhist teachings and other ancient spiritual truth teachings, they talk about the Wheel of Karma, right? Being stuck in Samsara, this illusion.

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I would just keep repeating the same errors over, and over, and over again, and it was like digging the hole deeper and deeper. I got to a point where I'd taken so many spiritual classes, and read so many spiritual books, and done all this -- and yet, while I saw my life shifting a **little bit**, I knew there was **so much more** available, and why couldn't I unlock it? Why couldn't I find it? What was so **wrong** with me that I couldn't open the true door to the Light, to God?

Willingness to Go All-in

Then, through my willingness, continuously praying day, after day, after day, to awaken from the dream of separation, into my mind came this thought, "If I be lifted up, I draw all unto me." It came as a full teaching into my heart, into my mind, into the very core of my being. "Jennifer, put your **entire focus** on being loving. Just that. Don't even really think about -- like, don't focus so much on how to earn a living."

Because, I was living hand-to-mouth for a long time, and I had a terrible, huge credit card debt, and all of these things. I felt ashamed. I was self-medicating **a lot** with alcohol, with cigarettes, with exercise, with talking on the phone all the time, just eating, and all kinds of ways of self-medicating, and **avoiding** doing what I'm talking about here, which is taking the healing moments every time they come.

Whenever there's an upset, that's the opportunity to choose to Partner UP with the Higher Holy Spirit Self, and to activate the healing. That's what *A Course in Miracles* is **all about**. That's why the 365 days of *Workbook* Lessons are all about "Become present with Spirit. Let the past go through giving it to Spirit."

You know, I started my spiritual teachings, receiving them, really, for the New Thought teachings, it started with me attending services with Eric Butterworth, such a wonderful Unity minister in Manhattan, where I lived at the time. I went to services with him for years at Lincoln Center in New York. That was my introduction. I really appreciated what he offered, and I was so grateful for the introduction to New Thought.

But [it was] years, **decades** later, literally, before I finally said, "I'm going all-in for God". I didn't know **how** to go all-in for God. I just declared that's what I'm doing. I'm going to focus on being loving.

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So, whether I'm taking out the trash and I run into my neighbor, whether I'm sitting in traffic, which we do in L.A. a lot when I was living there, whether I'm cooking dinner, talking with a friend, shopping in a store -- whatever I'm doing, I am **here** to be truly helpful. I'm here to be loving. **That is my purpose.** Let me not delude myself that I'm here for any other reason. Even, I'm going to the bank to get some cash or make a deposit. No! I'm **going** to be truly helpful, to represent God Who sent me.

Being Truly Helpful

We were talking about this with David Hoffmeister a couple weeks ago, how he had a practice early on in his study of *A Course in Miracles*. It's all about the **practice**. What he would do is, every time he went through a doorway, any doorway at all, he would say that "Truly Helpful prayer" on Page 28, which I will just say right now, so it's in the transcript, it's at the end of Chapter 2, Section V, which is the Section on *The Function of the Miracle Worker*.

It ends here.

"I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."

What I say to myself all the time is, I am here only to be truly helpful. I'm here to represent God Who sent me, or the One Who sent me.

Like, this morning. I went to Pilates. I'm there at Pilates, that's what I'm **there** for. You see? It's about recognizing that that's our purpose, and really **choosing** to be a loving presence in **every** relationship.

You go to pick up a pizza. There's a relationship that you're having with the cashier, with the people in the restaurant, if you're waiting in line with the other people in line. "I am here, waiting in this line, only to be truly helpful, and to represent God Who sent me."

When we have a spiritual practice that we take with us **all** the time, **when** we have a true goal to be loving, to choose the Atonement for myself -- being loving and choosing the Atonement for myself, same thing, because choosing the Atonement is about recognizing there **is no** separation, there

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will be no separation, there **has been no** separation, there **can be no** separation.

When I am willing to truly **remember** that, that there **can be no** separation, there **is no** separation, I'm more willing to be loving, because every bit of lovingness that I share is with myself.

Now, of course, Self-Love is one of the major issues that we are challenged by.

This brings me to my guest. I've invited one of the wonderful folks who was in *Masterful Living* class with me last year, and her name is Carol Mesrobian. Carol is just someone who **really** grasps what we were doing, and she practiced it last year. I'd like her to just share a bit about her experience, because it's not unique. It's really not unique at all. People sometimes think, "Oh, well, that can work for Jennifer, but it's not going to work for me," so I'd like to bring Carol in, so she can share her experience.

Carol, are you there?

Motivation for Change

Carol I'm here! Hi, Jennifer!

Jennifer Hi! Welcome! I so appreciate your taking time out of your day to join us. It means a lot to me.

Carol Me, too!

Jennifer Let me ask you a couple of questions, please.

Carol Sure.

Jennifer The first one is, before you took *Masterful Living* last year, were you a *Course* student?

Carol On and off. On and off. Not super regular, because I struggled with it on my own. I wanted to study it. There was a group at a Unity church, but it's a little distant for me, and so I really was sporadic with it. Yeah.

Jennifer For how long?

Carol Well, a few years. A friend and myself tried to study it. It was kind of like Greek in the beginning. But then I actually -- what really helped me was your free classes, your *Living A Course in Miracles* classes you offer twice a year, I believe. I tapped into that, and that was, I guess, the rocket fuel that

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propelled me and got me really motivated. It was wonderful. I gained a lot from it, and so that started me on my search, I guess. It seemed very natural to -- when you offered [*Finding Freedom*](#), I just hopped right on there, and loved it. Then [*Masterful Living*](#) came after that.

So, it's been a wonderful journey. I've loved every minute!

Jennifer Me, too! Now, let me ask you, when you were -- --you said you did [*Finding Freedom*](#) before [*Masterful Living*](#). When you came into class with me, what were the things that were bothering you that you wanted to change. What did you want to expand into?

Carol Okay.

Jennifer I know, sometimes it's hard to remember.

Carol Well, yeah, I know. But I wanted more Peace in my life on a consistent level. I didn't want it to be up and down, and my life was more emotionally up and down than I wanted, and that I desired. [*Finding Freedom*](#) just sounded wonderful to me, because I felt that it was going to be helping me with my practice daily, my daily spiritual practice. I had one, but it wasn't as solid as it is now. It wasn't as, I guess, rewarding as it is now.

And so, [*Finding Freedom*](#) did that. It was a first step, and it was wonderful. It was wonderful! I felt the beginning of more Peace in my relationships right away. Right away.

So, that was the biggest benefit that I felt. I just -- most of the time, I was contented, I was at Peace, and I could cope with whatever came along in my life on a daily basis with more success. Yes.

***“I felt the
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Jennifer Mmm! So, then in [*Masterful Living*](#), which you started at the beginning of 2017, did your goal for the year change? Was it the same? More of that?

Carol Mm-hmm. It was pretty much the same. There were a few goals. I wanted, I **desired**, a more successful relationship with my husband. We've been married a very long time. But again, that was up and down, also, and I wanted, I desired, a more loving, consistently loving, relationship.

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I realized, as with most things that I've begun to learn, it's **me** that needed to make the changes. And so, I realized taking responsibility was important, and I began to do that.

So, yes. The goals were relatively the same, but more deeper, more intense, and obviously more rewarding for me.

By the end of 2017, I realized that I have established a consistency and a more constant sense of Peace that I have not had before. So, that had happened. What I had desired, the deep desires that I had for my life, were truly realized in more than one way. Yeah.

How to Take Responsibility

Jennifer Now, *A Course in Miracles* tells us that we have to take responsibility for what we see, that that's the way out of the misery. And that's one of the key teachings that we work with in [*Masterful Living*](#). How did you apply that in your marriage?

Carol That's hard --

Jennifer How did you really do it day to day? Yeah.

Carol Yes, it was hard.

Jennifer It's very challenging.

Carol It was like almost overwhelming when I saw that verse, and I thought, "Good grief!" But then I realized, if we **are** truly One, it made sense, and it began to -- the pieces began to fit in my heart and mind, and I began to understand the connections. So, if we are One, then my husband is actually my brother also, and so whatever affects me affects him, whatever affects him, affects me. And so, I began to understand that relationship.

I was very happy with the "Divine Alarm Clock", which is when -- those moments you just spoke about, when I realized I had goofed, or made a mistake, or chosen a less loving way. Then I would begin to understand that I could ask God for help. I could release my upset, my anger, my disappointment, whatever it was I was feeling, and receive a healing. And so, as I received a healing, I knew then that my husband would, also.

So, **those** connections in my heart and mind began to solidify and began to make sense to me. And so, **when** those things happened, it wasn't just with my husband. If I saw somebody in the store having an argument, or

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unhappy, I would then ask for a healing in that relationship, because we're One with those people. We may not know them but we're all One.

Yeah. They were those wonderful concepts in *A Course in Miracles*, three or four of those biggies, that really helped me. Really helped me.

And my husband began to not -- pretty soon after, he began to realize we didn't argue the way we used to, pick on each other, and little silly stuff that interrupts the Peace of your day when you get into that nonsense. And that was truly nonsense.

Jennifer Mm-hmm.

Carol It wasn't worth it. So, yeah. My husband began to **value** what I was doing, and echo my desire to have these classes, and to do this work, and he was genuinely happy with the outcome. We've had a wonderful year, a wonderful year together. Probably the best we've had in a very long time.

Jennifer Oh, that's so wonderful!

Yeah. It's hard to believe that, really, all our relationships can **profoundly** change when we're willing to take responsibility, **and** to change our minds, over and over again, throughout the day. When you start, like you said, it's overwhelming. When you start, it is like --

I always notice this at the beginning, the first few months of [*Masterful Living*](#). Sometimes people come in and say, when we start talking about releasing the judgments and the blocks to Love, people are like, "Oh, no! I'm like the least judgmental person I know!"

Then a few months later, they're like, "Oh, my God! I'm so judgmental!" Because they start to do the practices, which highlight in their mind all these blocks to Love that they hadn't even seen before, and it can be overwhelming.

All our relationships can profoundly change when we're willing to take responsibility, and to change our minds

Rewards of Support & Clarity

Carol Well, it wasn't overwhelming enough to stop me. I mean, at first, I thought, "Whoa!" But then once I made the connections, I was okay. Do you know what I mean? It made sense to me, and I understood it, and that's when I

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really wanted to go for it. Once it connected, it didn't take that long. So, yeah. Yeah.

Jennifer Yeah. So, your **willingness** is such an important factor. You were really willing to **practice**. You really had a great desire. I can feel it, for just having loving relationships.

Carol Yes. Yes! Absolutely!

I have to say, though, Jennifer, your classes and **all** the detail--you've so much detail that goes into [*Masterful Living*](#). You've taken care of everything. Even the willingness. You have these little willingness cards.

I mean, that's what you help us with, **everything**. We really -- it's **so** enriching and so rewarding, because you're with us every step of the way. I **never, ever**, felt that "I'm in this all by myself" and "I've got to do this all alone", and "I have to accomplish this." There -- it's set up, it's constructed, the classes, in such a way that **everything** is supported. Every part of the journey that we make in this year is very much supported by you and your staff.

So, we're **never** left by ourselves. They're really -- and I've said this, there are **no** negatives to this program, to *A Course in Miracles*. Everything, **everything** is positive if we would see it that way, and realize it's all for our good, it's all for our learning.

There's no bad stuff! There just isn't! So, it's all good. Once I saw that, once I realized that, oh, my goodness! The Joy was just overwhelming. Overwhelming! I loved it!

Jennifer I totally agree with you, because I remember really having that Clarity for the first time, and just weeping with such gratitude.

Carol I know!

Jennifer That everything I had labeled as "bad" and "wrong" and designed to hurt me, was not! It was a gift, and I was finally willing to receive the gifts in what I had labeled as just loads of nightmare and, you know --

Carol I know!

Jennifer -- just endless, you know poo! I mean, really! The realization of how much we are loved by the whole Universe, you know, it's so tremendous.

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Carol It is! It is! And those were the a-ha's. And I think to myself, "I don't know if I had a lot of a-ha's," but honestly, even in this conversation, I **realize** how many times the light bulb went on that I've had so much help from heaven!

We were never meant to do this life by ourselves, but we have to become conscious of that, we have to awaken to it. Otherwise we do feel like, "Oh, it's this terrible uphill thing!" and "How am I going to get through life?" and "Life is hard." It truly is not. It truly is not! Not once we understand these truths. It's all for our benefit. It's all from God's Love for us. And it's just amazing. It really is.

So, I am grateful. I'm **extremely** grateful for *A Course in Miracles*, for [*Masterful Living*](#), for you! I just am! Because that's what changed my entire life.

Experience of Exponential Love & Peace

And my children have reaped the benefits, too. They may not be *A Course in Miracles* students, but they can discuss with me the truths that they're learning, and we're more, and more, and more on the same page. And so, it's lovely. It's lovely to be in a lovely, loving relationship with my own children, and discuss spiritual truths, and share things together. It's just been the best in that way. Absolutely.

Jennifer Has your relationship with your children changed in the last year?

Carol Oh, absolutely! We've just all grown and matured together. It's lovely, because when we get together, we play together, but we also think more and more alike, and because of that, there's less friction. There's really no true arguments. We're honest with one another. We deal and resolve issues together.

So, it's been a very smooth, much more -- again, more peaceful. It's just been more peaceful, and our Love for one another has just grown exponentially. I mean, it's all been so good, because it can't help but -- you know, if it's in **my** heart, and my heart's expanding, they can't help but feel that Love. You know, there's no judgment. There truly isn't! And, when we goof up, or mess up, or something, make a choice that we really didn't want to have, then we just resolve it. We talk it out, we work it out together. It's been very, very good. Good. Yeah.

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Jennifer And did the relationship between your husband and your children shifted, too?

Carol Yeah. I have to say, it has. It has. They are **much** more appreciative of him. They see him in a more loving light, rather than -- you know, children, they don't hold any punches. They'll tell you the truth really fast, and they do! They always have, you know. They call you on pretty much everything. But they have been much more gracious with my husband than, I think, before. And they're seeking **to** understand more, rather than criticize, rather than pick at him. You know, because they do. I mean, they do with me, too, but with their dad they were a little bit more -- less gracious, let's say that.

And now, they **truly** show much, much more love for him. Just much more love for him. You know, it's just all good. It's just **all good!** It's not perfect, but it's **so** much better. And it's just worth it. It's just worth whatever the efforts are that have to be made. And really, it's not that difficult. It just isn't. It's not rocket science, that's for sure!

Jennifer No. You know what is difficult, though, is getting over the resistance.

Carol Oh, yes! Oh, yes! Because I still have some. I know the areas that I have it in, and so then that's when I say, "I'm willing to be willing, God." Because I know I'm not as willing as I should be, or want to be, or need to be, but I'm willing to be willing. So, that helps.

Family Healing From Doing the Work

Jennifer Mm-hmm. Mm-hmm. Exactly.

The only thing I know that really cultivates that willingness is the true spiritual practice. It's a **practice** of being patient, and kind, and willing.

I recall -- I'm trying to remember the exact words, Carol, but I do recall two things you shared with me last year. One was something that your daughter said at the Thanksgiving table. I can't recall exactly. Do you remember what it was you shared?

Carol I do! I do! Because our practice is -- I started this a long time ago. I get kernels of unpopped corn, and I put two on everybody's plate. So, we go around the table before we eat, and we share what we're grateful for, for that year, for the year before, the year that's gone by.

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My daughter's sharing was, she was so very grateful for her mom who is like our spiritual pioneer in our family, and she just -- all the growth, and learning, that I have been able to share with her, she was grateful for that, because that's what we do. We share very, very deeply. We're very close, the two of us.

Not that I'm not close with my sons, but it's different with my daughter, I guess because we're both female. I don't know. But we're very--and we're very different in personality, and so that was a miraculous blessing for me, because we're very different people.

But she was **very** grateful for the strides, I guess, that I have made in my spiritual -- on my journey, and that has spilled over to her, that has blessed her life, and that's what she shared with us, and it brought tears to my eyes. It was lovely. It was wonderful.

Jennifer Mm-hmm.

Carol Yes.

Unconditional Love Realized in a Marriage

Jennifer So beautiful! And, you know, you couldn't **set out** to make that happen. But through your own willingness to be more loving, it was accomplished, and such a gift.

Then the other one was something that your husband said to you at the end of the year, thanking you. Do you remember what that was? Thanking you for loving him unconditionally?

Carol Oh, yes! Yes! Yeah, for the longest time, I would sense that he had insecurity about my feelings for him. I have no idea how that could be, but in his heart and mind it was there. From time to time he would really just **doubt**, I guess, that I loved him the same way he loves me.

By the end of the first [*Masterful Living*](#), by the end of 2017, he **did** say that he felt much more secure in his relationship with me. Now, we're married a **very** long time, and we've been together since we were late teens. You know, I was really surprised when he voiced that, because I thought it was a given, and it wasn't.

And so, yeah, his sense of confidence and security in our relationship has grown, and it just blesses me to know that, because for a long time I think

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he questioned it, from time to time. And so, that was wonderful. That was really a blessing.

Jennifer Yeah.

Carol So, he's **all for** the classes. He gets the benefit of a lot of the classes that directly -- actually, he's listening to some of your CD's right at this time.

Jennifer Oh, my!

Carol Yes. You gave us wonderful gifts. Wonderful gifts, some of these CD's that are teaching CD's, and he's liking them very much. So, he's in! He's just a little -- indirectly in the classes with me. Yeah.

Jennifer I want to ask you just one more -- well, actually I want to ask you that, I remember you said at the beginning of the year that your doctor was advising you to have knee surgery?

Carol Mmm. Well, I --

Jennifer Can you tell us what happened?

Physical Healing Through Spiritual Practice

Carol Yeah. I was questioning that. I had a partial knee replacement on my right knee. Just a partial, not a full. My left knee was not as bad as my right knee, but I would have days where it bothered me some, and it did hold me back a little bit.

I was asking God, I was saying, "Okay, Spirit. I don't know what to do. Please help me to know whether I have a surgery on the left knee, or not. You know, if I don't, then I'm going to trust that I don't need it, and the knee will correct itself, will heal itself, will whatever, that I won't need it."

And I have **not** needed it! I have done very, very well. On the worst days, like today when it's going to be snowy and it's a little damp and cold outside, I feel a twinge here and there, but nothing too --

So, I have had wonderful physical healing, as well, in this year. My knee has been a major concern. So, at this point, I don't have that concern any longer. My knee's taken care of itself. It's fine. So, I'm blessed in that. Yeah.

Jennifer I remember you saying to me last Fall, that you really **attributed** that to the spiritual practice that you did in [*Masterful Living*](#).

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Carol Absolutely! I think the two or three concepts in *A Course in Miracles* that changed so much in my daily life, I believe, that's where the healing came from. Although I honestly can't pinpoint it, but I know when I gave up judging -- judging anybody, and just learning to accept **everyone** exactly the way they are, and love them as best as I could, where they were at, and that we are One, that there is no separation.

Those two, and then I think there was a third, and I can't think of it right this minute. Oh, to share with everyone. That you can't receive a blessing and not share it. In other words, **that's** the purpose. Because we are One, to share everything that I receive, the benefits of **everything** I receive as blessings, they are to be shared. That's the purpose.

Commitment Brings Shifts in Heart & Mind

And so, those few concepts, I took them very, very seriously. When I came into [*Masterful Living*](#), when I **really** connected with *A Course in Miracles*, and your teachings, it was like the icing on the cake. I had had a spiritual practice. I had been on the journey. You know, this wasn't new to me in that sense.

But what was new was the practices. **Practicing** nonjudgment. **Practicing** believing Unity. Oh, and here was the other one. That I began to change my mind about the world, about the reality is more in the **invisible** realm, not the physical realm. That was, at first, like a real challenge in my mind. How am I going to -- how do I do that? I can see things, but the invisible realm is actually more real.

And now I **totally** believe that, because that's been shown to me more, and more, and more.

So, once I made that shift, and understand that, and **that's** how the focus shifted in my heart and mind, made a lot of difference. Made a lot of -- but it all, it all just happens, I guess, as you go, day to day, and to that spiritual practice every day. That's a commitment. I mean I have **committed** to that. Big time! And because it's been so rewarding for me. It's just Heaven on Earth. I absolutely **love** my life! I do!

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I believe this is what God always intended for each and every one of us. It is a sad thing that more people don't see that, don't understand it yet. They will, but you know what I mean? I kind of want to go out on the street and just scream to everybody what I know, you know what I mean? What I'm learning. "Wake up!" You know, it's just--it's just the best. It's just the best. I love every minute of it!

Jennifer I certainly relate to so much that you share, Carol, because when I first started to discover this, really, the depth of the healing that was possible, that I could **actually completely** eliminate the idea that there's something wrong with me, to no longer feel helpless and hopeless at all, to feel peaceful almost all the time. These things, I never imagined, were possible **for me**.

This is what compels me, like you -- you want to go out and tell everybody. It compels me to do this radio show for 320-some episodes.

Carol I know!

Jennifer And, to do everything that I do. When I was figuring this out, because I figured out a lot of this

before I found *A Course in Miracles*, and that's why, when I picked up *A Course in Miracles*, it made so much sense to me. I was like, "Oh, yeah, I totally get this. I totally get it. I totally get it." I just was a little confused about Son of God, and why the Father, but I was like, "Okay, I'm not going to let those things get in my way. I can feel this is the truth teaching.

But I didn't really have many people around me who were -- they were spiritual students, like I was, but I didn't know people who wanted to go all-in.

Carol Mmm.

Jennifer Not really. And so, I felt alone in that, and it felt so **hard** to me at times. There were **so** many times, Carol, when I would just literally get down on my knees and say, "God, I **can't** think these thoughts anymore! I **won't** think them anymore! I'm **so tired** of being burdened by these mean, spiteful, hateful thoughts, and the constant defend and attack, defend and

I could actually completely eliminate the idea that there's something wrong with me, to no longer feel helpless and hopeless at all, to feel peaceful almost all the time.

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attack!” It was so -- I just **couldn't stand** it anymore, but I didn't know how to get it out of my mind. So, I was trying to figure out how.

Masterful Living: Solid Support & No Pressure

Once I actually figured out a roadmap and a pathway, **then** I found *A Course in Miracles*. I saw, “Oh, yes! This! This! Yes! Yes! Yes!” Then, that's when Spirit led me to create a yearlong course, and why it's so important to me to offer **all** the many kinds of support, so that people who **do** feel alone and confused, desperate or depraved, that they can, very quickly, have **truly, truly** loving, and truly solid support, from a community of like-minded souls.

Carol Yes. I love it! Every part of this class, every part of this program, is designed with Love, and it is just -- it's almost sometimes, not overwhelming, but it **amazes** me, the level of giving, and loving, and serving. It's just phenomenal to me.

I've never experienced anything like it. I don't think there's anything really like it at all outside of *A Course in Miracles* and [*Masterful Living*](#). I'm sure there's other programs, but this fits me to a “T”. Your teaching fits my heart **so, so** well, and I make the connections pretty quickly. You know what I mean? I don't go a long time with lots of question marks, and “Oh, I don't understand that,” or -- no!

It's very much, I guess I was so ready for it that everything is a match. **All** the teaching, **all** the programs. Whatever you ask of us, whatever you suggest.

And, I have to just say, too, I love the fact that there are **no requirements**. It's all voluntary. It's all optional. If I choose to, I do it. If I don't feel it's for me, then, you know, then it's okay. I don't -- there's **nothing** about your classes that puts **any pressure at all** on me as a student. It just doesn't, and it's wonderful. That's a big part, I think, that I don't have to worry about doing homework, and handing it in, and having things -- you know, these expectations of me. It's just all whatever I choose, however I choose to approach it.

Jennifer Mmm.

Carol And it's been wonderful! It's just so -- I'm loving it. I'm in *Year 2*, at this point, and loving it. Yes!

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- Jennifer Mmm. Well, thank you for taking the time. I know I had said can you -- would you be willing to share for 10 minutes about relationships, but I could feel that other people would get inspired to --
- I hope people will come and join us in [Masterful Living](#), but even just to take that *A Course in Miracles*, the few things that I talk about over, and over again, and make that decision to apply it to your whole life.
- Carol, we're going to wrap up here. I'd just like to say thank you again, for taking the time to come and share so beautifully. I'm so grateful to know you, and inspired by you and your family, and all the benefits that you're sharing with the people in your life.
- Carol Thank you. I appreciate it as well. It's been my pleasure. Thank you so much.
- Jennifer Much love to you! Mwah!
- Carol And to you, Jennifer. Bye!
- Jennifer Bye. Thank you!

Love Transforms All Relationships

“Love relationships.” Why I wished to have Carol as a guest here, and to share, is because her experience of transformation is something that I see all the time in [Masterful Living](#). I see it **all the time**, that people's entire families and their relationships transform over the course of a year.

A Course in Miracles is a self-study course. It is a one-year course. Many of us do it again, and again, and again. I am interested in truly **living A Course in Miracles**, so, for me, it's about applying the fundamentals **every** moment of **every** day, to the best of my ability.

What I have seen is, I have seen **all** the relationships in my life transform. I don't really have any difficult -- I have one relationship that is difficult, but it's improving all the time. All the other relationships that were so **deeply** challenging to me, to the point where I literally would feel such despair, that I could **never** succeed in relationship, they've **all** transformed.

This is what I know. It is about being truly **loving**. A lot of times we're confused about what that is.

Relationships are our topic for the whole month of February. We're going to keep going deep on this topic, and we are healing, and we're letting the

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Holy Spirit do the heavy lifting of figuring out **how** to take these false beliefs, these negative patterns, out of our mind so we **never** think them again, to **heal** them back to the root cause, so we never experience them again. This is what we're doing, and I'm so grateful.

A Course in Miracles Conference

Oh! Before I wrap up here with a prayer, I need to mention that we do have a few of the *A Course in Miracles* Conference tickets left. We have the discounted Conference tickets left. We also have payment plans, so if you'd like to go but you can't pay for the ticket all at once, we can help you out. The ministry bought tickets. Oh, of course, we would like to get them all sold before the Conference at the end of February.

I'm going to be in San Francisco at the hotel for a week, so that I can have a chance to hang out, and meet as many people, and hang out with other *Course* teachers. So, come along!

Those details, you can find at JenniferHadley.com on the Events page. We're also promoting it on Facebook and so you can tell your friends. Of course, you can learn more about [Masterful Living](http://MasterfulLiving.com) at JenniferHadley.com.

Closing Prayer

So grateful. So grateful to take this breath of Love and gratitude as we open our hearts and our minds to the fullness of the healing that is ours to receive, and we open ourselves to receive it.

We're consciously calling upon the Holy Spirit to take from us **everything** that's false, all blocks to Love, dissolving.

We're grateful and thankful to truly live a life of Love.

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. Amen.

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