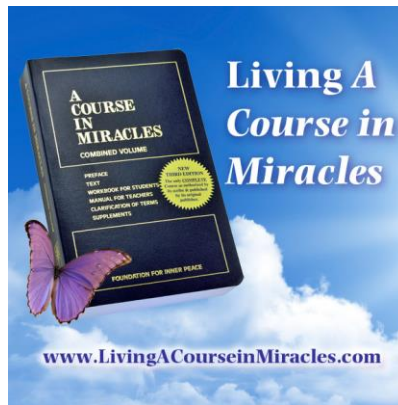


February 7, 2012



You're Already Complete

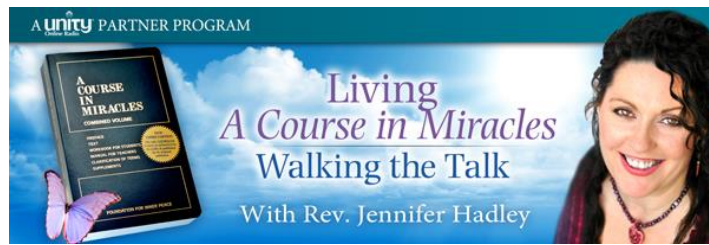


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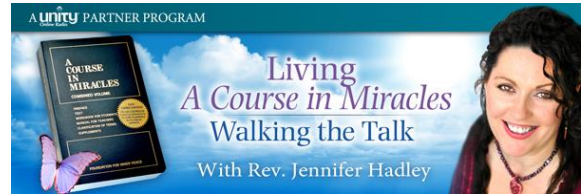
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February 7, 2012

You're Already Complete

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 Hi, there!

At the time of the airing of this show, it is one week before Valentine's Day. I'm dedicating this month of February to talking about relationship and Love. Of course, this is one of our favorite topics, is it not? Love is our true nature. Love is what God is, so we're always talking about God when we're talking about Love. And by Love, I mean **Love**. Not affection, not tenderness, not even caring. Love is a **power** that is challenging for us to even truly understand it, but it is the Source of all. Love is our **Source**.

Opening Prayer

Let's go right to the Source, and I'm going to speak a work of blessing for us. I invite you to place your hand on your heart, and to take that breath of Love, right now, invoking Love into our awareness, into our heart, into every aspect of our being-ness, filling our awareness.

Invoking Divine Grace, Divine Faith, invoking the Higher Holy Spirit Self, the Christ Presence, the Christ Mind, Divine Awareness. Breathing deeply, we are consciously attuning to the highest and best, knowing that our own Higher Holy Spirit Self is One with the One. We are One with the Infinite, and so is everyone else. We're dedicating ourselves to walking the talk, to

living in alignment, to staying focused on Love as our true identity, as our natural state.

So grateful and thankful to dedicate our practice, our awakening, to the benefit of all beings, because we are One with them. In grace and gratitude, we let it be. And so, it is. Amen. Amen. Amen.

Attachments to Feeling Complete

Ahh! Let's get to it! Relationship.

I recently wrote a blog--I have a daily blog, and if you would like to receive an invitation by e-mail, just sign up at JenniferHadley.com. I send a daily blog, along with a link to listen to the Daily Prayer that I record every day. There's no charge for the inspiration, no charge to listen to the prayer, and it's all available at JenniferHadley.com on the blog page there.

I wrote a blog at the beginning of February--you can actually go and look for it on February 2nd--and it's called *God Completes Me*. What happened was, one day I was in meditation, and I was thinking about a movie I love that you've probably seen, called *Jerry Maguire*. In that movie, Jerry says to his wife, Dorothy--I guess future wife-- "You complete me." When we are watching the movie, there is a sense that, "Oh! Oh, this is what we've been waiting for! We've been waiting for a Jerry." They are actually married when he says it to her. We're waiting for Jerry to recognize that Dorothy is "the one", and that she completes him! Whew! Thank God Jerry realized this! Ha-ha!

It's that wonderful scene where Dorothy is with her friends, and they're all together in the living room, and he makes this declaration in front of everyone. It's beautiful. Except-- that is co-dependency. Those of us who have a strong spiritual practice, and we understand the nature of Love, we know that this actually is just the beginning of more and more suffering in a special relationship. We're hoping that Jerry and Dorothy will wake up and realize that **God** completes them! Not each other! **God** completes them!

What I'm inviting you to do today is to look at where in your life you might be holding the thought that something, or someone, completes you. Something, or someone, other than Love itself, the Presence of God. That somehow, you're **incomplete**, but as long as **this** person has **this** kind of a relationship with you, there is a sense of completion. Or, as long as you

have this job, you have a sense of completion. Or, as long as you have your dog, you have a sense of completion. As long as you have your home, you have a sense of completion. If there is any person, place, occupation, being, **anything** that completes you-- if you don't feel complete because you are One with the One, that's where you can do some work.

Sometimes, when we have an attachment to a person, place, or thing, to a career, something like that, and we recognize it, that we've got that attachment--and how we recognize it is, is because it creates suffering. All attachments create suffering, so we're suffering, because it's not perfect. If we could just manipulate, or control, or manage it, a little bit better, it might be perfect!

In the movie *Jerry Maguire*, Jerry and Dorothy are manipulating and controlling themselves, and each other, to try to make everything perfect. Of course, what they're doing is they're not realizing that there's a perfection that's already there. There's a perfection that is beyond time and space, a perfection that is the Love of God revealing Itself as their life, leading them and guiding them in every moment. It is **that** intelligence, that Wisdom, that Clarity, that **profound** connection that is the Source of all completion.

Nothing is Missing

Now, here's another thing. If we're thinking that anything or anyone will complete us, or fulfill us, that we don't already have it, it's missing, anywhere--because sometimes we think, "Well, when I have accomplished these things, then I can relax, and then I'll feel a sense of success." Or, "When I get married" or "When I heal this illness" or "When I have this much money in the bank," "When I get my mortgage paid off," "When I finish my degree." We have all these things that we hold in our mind as being the thing that will give us a sense of Peace or give us a sense of completion.

Oh, my goodness! We are just creating suffering, and we've all suffered **enough!** We've suffered enough of our own making from these kinds of ideas that we're holding onto, these beliefs, these thoughts. **And**, we've suffered enough because **other** people have projected these kinds of beliefs onto us. Many of us have felt that someone else believed we completed them. Sometimes when we had the sense that someone else believed that

we completed them, all we wanted to do was run away! Even though if, under other circumstances, we could feel free to simply love them without having to complete them, we might really enjoy that relationship. We will run away, because we know we can't complete anyone. It is a **folly** to try to do that.

Yet, some of us have tried to complete other people, and say, "I know what's best for you! I know if we were just together, then you'd be happy! Why can't you see that?" All these games of suffering that we play.

Our challenge is to wake up to true Reality -- with a capital R -- and realize that we are not now, nor have we ever been, nor will we ever be, incomplete. We **cannot be** incomplete. We are One with the One. The very nature of God-- the very **nature** of Love, for God is Love-- is Wholeness! It **is** the nature of the Divine, because there is nothing in opposition to God. There is nothing in competition with God. There's nothing left out of God. There's **nothing** separate from God.

God **is** complete, and because God is complete, and we are a part of God, it **is** our spiritual nature to be complete. And if we don't **feel** it, it's because we're holding a belief in our mind, and in our heart, that something else completes us, something else fulfills us, something **else** is what we're lacking. If that is the tail that we are chasing, we're always going to be running, running, running to catch up.

Seek First the Kingdom Within

But what we can do is stop right where we are and be willing to open our mind and our heart to an awareness that we're already complete. You have to be willing to **know** it in order to experience it.

If what you're wanting, wanting, wanting, craving, craving, craving is that sense of fulfillment, and Wholeness, and completion, it's right there where you are, hiding in plain sight, and you are looking outside of yourself instead of looking within. God completes you in the sense that **you** are already complete. And, as we mature, spiritually, and we begin to truly value that which is valuable, and we begin to put down or disconnect from valuing that which is **not** actually valuable, then we have this realization of completion, that it's been there all along, and we seek the Kingdom first.

Then we discover that, “Oh, my goodness! All along, I **could** have been peaceful! I could have been prosperous! I could have been abundant! I could have been harmonious! I could have been--I could have been, had I realized that I **was**, I could have experienced the Wholeness, the Harmony, the Prosperity, the Purity, the Clarity, the Freedom, the Joy, the Wisdom, the Creativity, the compassion, and all the spiritual qualities that are live-streaming all the time, 24/7, in their fullness, available to be expressed by each and every one of us.

This week, I’m going to share from *A Course in Miracles*, in the Text, my page 328, Chapter 15, Section XI, which entitled *Christmas as the End of Sacrifice*.

We just had Christmas. We’re coming to Valentine’s Day. *Christmas as the End of Sacrifice* is Chapter 15, which is the chapter entitled *The Holy Instant*.

The Body Perception

My page 328, Paragraph V, it says “*As long as you perceive the body as your reality, so long will you perceive yourself as lonely and deprived.*”

Now, in the *Jerry Maguire* movie, this is the thing. They perceived themselves as a body. There’s no mention in the movie of a spiritual practice, or a connection with the Divine, so they are fully locked into seeing themselves as a body. “*As long as you perceive the body as your reality, so long will you perceive yourself as lonely and deprived.*”

Isn’t that the part of the awakening that happens to the two people in the movie? They feel that they’re lonely and deprived in some ways, and that’s how they reach out to each other. This is a standard path of learning. Haven’t we all done this, that we have felt lonely and deprived? We were identified with ourselves as a body, and so we reach out to another person, or we reach out to our cat, our dog, our relative, our friend--something to complete us, to fulfill us.

If we’re going to really walk the talk, and really live, *A Course in Miracles*, we must commit to developing the awareness that we’re already complete, and not looking for someone or anyone else to complete us. There’s **no way** around **this** particular homework assignment.

If we’re entrenched in thinking we are a body, and feeling lonely and deprived, this is our wake-up call, that we feel incomplete, and we have

forgotten, we have not recognized, we do not have an awareness, that the fact is--we are already complete. We only feel deprived if we don't recognize that the Kingdom is within us.

This is strong medicine here. I'm inviting you to **really** look at and write down--I invite you to--some people listen to the show, many people listen to the show on podcast, and you can find it at iTunes if you're not listening live. You can recommend it to friends. And, by the way, if you like the show and you're listening to it, would you go to iTunes, if you have an iTunes account, and write a review? You can just search for my name, Jennifer Hadley, and you'll find all the things there that I offer. I really appreciate when you write a review, because it just means it will come up as a recommended thing for more people, if people are giving it a favorable review.

If you're listening in the car, or you're cooking dinner, or something like that while listening, you won't be able to do this. So, you can make a note to do it later. But, if you're listening with your journal, then start making a list of the things that you feel are lacking in your life, the things that you are missing. See if you can begin to recognize that that which you think you're lacking. There's some spiritual quality that's related to that, and if you can cultivate the **willingness** to recognize that spiritual quality is always available to you, that you can experience, and express, and demonstrate, and reveal, that spiritual quality, you're going to have a breakthrough.

It's time for us to have a break right now. I'm going to talk about this, keep going with this, when I come back.

I'm Jennifer Hadley and you're listening to *A Course in Miracles, Walking the Talk*, on Unity Online Radio. I'll be right back.

Thank you for tuning in for *A Course in Miracles: Walking the Talk*. Here is your host, Reverend Jennifer Hadley.

We're back! We're talking about some intense stuff! Believe me, I address this work in myself every day. **Every day!** No holidays from doing the work. That's what "walking the talk" is!

False Idols Bring Lack

If we'd like to eliminate suffering, if we'd like to expand our awareness of the Love of God, and live in that awakened state, we have to do the **work** of looking at **where** we have an attachment to something of this world that we value or treasure, or idolize, above God. Because if you think something completes you, or could complete you, or make you feel whole, right there you have a false idol. You are worshipping something in favor of God. Because what you don't realize is, **God already completes you! Hello! God already completes you!** Ohhhh! It's time to wake up to that.

The suffering that you feel, thinking you don't have, that you are lonely and deprived, that suffering is your wakeup call. **Thank God!** Thank God! If you're holding onto these false idols, you won't feel fulfilled and complete. You **will** feel something is lacking. Thank God! This is how you **know** that you have fallen off your practice, and it's time to wake up. You are dreaming that you are a body!

And, you can wake up, in the body, and realize that you are a spiritual being, and God has already completed you. You've always been complete. You can't actually **be** incomplete, no matter how intensely you convince yourself. Even if you were a quadriplegic, living in one room, by yourself, you would still be just as complete as every other being on the planet. Can you feel that? Can you feel how powerful that is, how healing that could be?

Can you begin to recognize how many times a day do you try to convince yourself that one of these false idols will actually complete you, and make you worthwhile, or worthy, or valuable, or beautiful or be loved or special in some way? Would you settle for specialness when you can **have** completion, fulfillment, Joy that is unconditional, Peace that is unconditional. True Wholeness.

"As long as you perceive the body as your reality, so long will you perceive yourself as lonely and deprived. And so long will you also perceive yourself as a victim of sacrifice, justified in sacrificing others."

Are you going to take others with you? Think of it this way. Many, many people who idolize others, accomplishments, even their spiritual practice, their holiness--because there are plenty of spiritual teachers who walk around thinking, ♪ "I'm so holy! I'm holier than you! You're not so holy. I'm the holy one!" ♪ There are! There are spiritual practitioners, teachers,

all kinds of folks who are busy memorizing *A Course in Miracles*, busy memorizing and studying spiritual texts, but they don't have any spiritual practice. They think that reading a book is a spiritual practice. It is not.

It is your connection with the Divine. It is **your** connection with your own holiness. The Christ Mind **is** the Holy Spirit. The Holy Spirit is not some invisible guy who's got magic powers. It's the Christ Mind. Our mind is One with the Christ Mind. When we remember that, for even a moment, there's a healing. There's transformation.

But if we're walking around cherishing all the vehicles of separation, we will forget that we're complete. So, we'll be sacrificing that which is truly valuable, and will probably be coercing or trying to convince others to come along with us, because we **know!** We **know** that speed-dating is the way that we're going to meet that person who's going to complete us. We **know** that you've got to get out there in order to find that person. We know that you've got to lose 20 pounds in order that you can be good enough to go dating. You've got to have the right car, or you can't pick a woman up on a date. Or you've got to be heterosexual, if you're homosexual, or lesbian--no, it's no good! All these false idols. All these beliefs of victimization, and we'll convince others.

Being a Victim to Specialness

What just popped into my mind is all the intensity about not allowing equal rights in marriage. Is that not specialness? The idea that two people can't decide to do whatever they'd like in their romantic partnership, in their family, that they don't have the same rights as other people. Isn't that trying to victimize other people in favor of someone's specialness? That heterosexual people are more special than homosexual? Hello! All of this stuff is **ours to heal**. We have to take responsibility for it.

It says here again, Page 328, Paragraph 5 in the *Text*, "*For who could thrust Heaven and its Creator aside without a sense of sacrifice and loss?*"

If **you are** entrenched in this belief, day in and day out, that you're incomplete because you don't have the right car, the right job, the right sweetheart, the right clothes, the right weight, the right size breasts, or height or income, or whatever it is - hello! Then **you** are choosing **that**, instead of heaven and its Creator.

“Yet how could you accomplish this yourself, when the basis of your attempts is the belief in the reality of the deprivation?”

I skipped a sentence.

“And who could suffer sacrifice and loss without attempting to restore himself?”

Right? First you take God, heaven, true Reality, your natural inheritance which is the Kingdom, and you say, “I don’t have that! I’m incomplete! The Kingdom has **not** been pre-installed in **me**! I am incomplete! I have to look outside of myself for completion, and I am **convinced** of it, and I am gathering the evidence to make that case every day. I go to my therapist and convince them, as well, get them on board. I go to my workplace and I convince my co-workers that it’s true, as well. That somehow, I’m incomplete. I’m convincing all my family members and my friends that I am incomplete, and I am going to do all these activities to try and complete myself.”

“Who could thrust Heaven and its Creator aside without a sense of sacrifice and loss?”

If you don’t value what you have, if you don’t value the Kingdom, which is preinstalled, you’re going to experience a sense of sacrifice and loss. You’re **denying** the truth in favor of the belief that you **don’t** have.

“And who could suffer sacrifice and loss without attempting to restore himself?”

First, you create this belief that you don’t have, ignoring that you do. Then, you’re going to go try and complete yourself with things of this world, all the live-long day. You will never be successful, because **you’re not incomplete!** You are complete already. Hello!

How could you accomplish this yourself? How could you accomplish the restoration and the completion yourself, when how you’re attempting - *“when the basis of your attempts is the belief in the reality of the deprivation?”*

You’ve convinced yourself you’re deprived. Then you go looking outside yourself to complete yourself. You will **never** be fulfilled that way. You can have a sense of “feel-fulgment”. You know, you eat the Chinese food, you feel full for a little bit, and then very quickly you’re hungry again. You have a nice big salad. You’re so full. Yummy-yum-yum-yum! But then, “Eh. Now I’m hungry again.” No matter what it is. “Now I’m hungry again.”

If your sense of fulfillment has been abdicated, the sense of completion instead, you're chasing after a sense of "feel-fulment", that the body will feel full, then you're idolizing **your** body, and it's all about **you**. Your accomplishments. You're the god of your world, and you want everybody to recognize **you**, and how special **you** are. You are condemning yourself to a life of suffering. It will **never** end.

Fortunately, there's that within you which absolutely knows that the **only way** to Wholeness, to Harmony, to Abundance, to Prosperity, to **lasting** Joy, Wisdom, Clarity, Purity--the **only** way is through your **own** connection with the Divine, and recognizing you're already whole, you're already complete, and you always, **always**, will be. **So powerful!**

Accepting the Truth

But we have to be interested in **accepting this truth**. Truth is the teacher of the humble. When we're willing to accept this truth, there is an awakening, a Wisdom, a Clarity, that breaks free like Niagara Falls, through our whole life. But if we deny the truth, and we instead choose to believe the things that we have fabricated about ourselves, and about life, we will always be suffering. **Always be suffering**. Pain and suffering.

We here in this Sacred Circle of folks who are joined with me in this weekly get-together--it is a Sacred Circle. We are transcending time and space, so that we can wake up, and be the two or more who are gathered, waking ourselves up, remembering the truth of our life. So grateful and thankful that we **can** wake up.

But let me just say--rather than 'but', it's an and. And, let me just say in order to wake up we have to want to wake up. "Ya gotta wanna". **Ya gotta wanna!**

I'm inviting you right now to place your hand on your heart, and to feel, for one moment here with me, the **truth** that you've never been incomplete. That that is a crazy, crazy story. It doesn't matter if every single person on planet Earth would believe that you were incomplete, that there was something wrong with you, for whatever reason. **You are** the living, loving Presence of God.

While you might have behaviors, thoughts, beliefs, and all kinds of things that are out of integrity with your Wholeness, with your perfection, they

are not true, and they never will be true. No matter who's convinced. Even if they lock you up and throw away the key, it doesn't mean it's true. One with God is a majority. We have to remember that. We have to value that above all else.

24/7 Spiritual Practice

This is why I am so committed to seeking the Kingdom within, instead of looking outside of myself for completion. Reading a book isn't going to do that for me. Taking classes isn't going to do that for me. **That** is going to happen in my spiritual practice. I can **use** books to help support me. I can **use** classes to strengthen my practice. But if these tools don't strengthen my spiritual practice, which means my connection with Love itself, my ability to express Love, to receive Love, to embody Love, to recognize Love, to recognize all of my brothers and sisters **as** the Presence of God, then it's not working.

What spiritual practice is, it's 24/7. It's not just a dedicated time that we have. But in the dedicated time that we have of prayer, meditation, contemplation, that kind of thing, that is the time for us to put **first** our connection with the Divine and cultivating it.

Let me just say, I started on this spiritual path, if you will, more than 25 years ago. I've been at this a while. It wasn't until I started dedicating myself to time of contemplation, meditation, and prayer that I began to really **feel** that connection with the Divine and begin to feel the healing.

In that time of connection, we can have a profound healing, and we remember our true identity. It's very rare that reading a book, or listening to someone else, is going to help you with that, **unless** they're more awake than you are-- the person who wrote the book, the person you're listening to. So many people put teachers, books, all kinds of things, outside of themselves, separate from themselves, and idolize them. We're cultivating the ability to recognize **we're already complete**, and we're One with each other. That's **why** we're complete.

It's time for a break. I'm Jennifer Hadley. You're listening to *Living A Course in Miracles: Walking the Talk* on Unity Online Radio. I'll be right back in just a minute.

You've been listening to *Living A Course in Miracles: Walking the Talk* with Reverend Jennifer Hadley. If you have a question or a comment about today's program, or if you'd like to join the discussion, visit us on Facebook at *A Course in Miracles Pledge* where you can join with a community of like-minded people who have pledged to live *A Course in Miracles* every day, in every way. Now, back to *Living A Course in Miracles: Walking the Talk*.

Feeling Deprived Brings Attack

We're talking about the sense of lack. We've convinced ourselves that we're not already complete, that we're incomplete. Then we start looking outside of ourselves to complete ourselves, and all the while convincing ourselves that we're deprived, we're missing something. Of course, we're always going to see people in the world that **have** what we don't have, which may cause resentment, may cause thoughts of attack of yourself, and further sense of you're not good enough, you're a loser, because "Look! They've got! Why don't you have?"

Have you ever had that feeling about something that someone in your world--maybe it's a loved one, maybe it's a friend, maybe it's a coworker, a neighbor, a family member, someone--has what you **want**. They've got it. Why can't you have it? Or maybe you have the experience of the job that you wanted, somebody else has, so they've got **your** job. Or maybe you're in love with somebody, so you think, and they're with someone else. Your spouse is sleeping at somebody else's house, or something is awry, and you don't have what you should **have**. You're feeling deprived.

It's telling us here, how could you restore yourself? If you're looking outside yourself to be complete, how could you possibly **accomplish** that, when the **basis** of what you're working with is founded on the belief that you **could** be deprived, that you **could** be deprived?

What it's telling us here in the *Course* is, "*Deprivation breeds attack, being the belief that attack is justified.*"

Basically, if we're saying we're incomplete in some way, we're attacking God. We're attacking **ourselves**, because we **are** of God. It's a **self-attack**, the idea that somehow, we're incomplete. This becomes the foundation of permission to attack others who have what we'd like to have. Maybe what

they have that we'd like to have is they have money. They have happiness. They have children. They have a spouse, they have a nice car, they have a nice job, they have something that we think will complete us.

So, we bear a grudge against them, and we cultivate the attack thoughts, thinking that we have the right to attack them. We've given ourselves permission because --♪da da da da!♪[trumpet sound]-- we're the god of our world! "I'm making this whole thing up! I'm the god of this world, and in this world, I am lacking, and I am therefore attacking!"

"Deprivation breeds attack, being the belief that attack is justified. And as long as you would retain the deprivation, attack becomes salvation and sacrifice becomes love. "

Now, this is **really** worth understanding. Again, if you missed it, I'm on Page 328 in the *Text* in my copy, which is generally what I find most people have. Chapter 15, *The Holy Instant*, Section X1, "Christmas as the End of Sacrifice", Paragraph 5.

"And as long as you would retain the deprivation..."

In other words, as long as you're convincing yourself that you're incomplete, you're retaining that deprivation,

"...attack becomes salvation..."

Right? We start cultivating this idea, and we see it everywhere in the world. It's modeled all the time, and perhaps your parents, your relatives, your guardians modeled it for you, that attack becomes salvation. That attacking the people on TV, the people on the street, the people in the office, in the neighborhood, in your family, amongst your friends, at your church, the people who **have** what you **don't have**, who are complete in ways that you are **not** complete, it's perfectly legitimate for you to attack them. You have every right! You are the god of your world! You are the maker of the whole mind-system that you are cherishing.

"...attack becomes salvation..."

You start to cultivate, "Oh, yes! I'm right! They're wrong! "You're so **right** about your lack! You're so **right** about your incompleteness! You're so right about "Why should **they** have when you're a better person?" Why do they have, and you don't have? What do they know that you don't know.

"...attack becomes salvation..."

Somehow, we're going to raise ourselves up by standing on the dead bodies of all the people that we've attacked.

Everything Else Will be Added Unto You

"...and sacrifice becomes love."

In this, we are-- oh, in so many ways, sacrificing true Love, true happiness, true Peace, true Reality, because we Love in a special way. We think that true Love is a sacrifice, that if we **are** going to seek the Kingdom within, that somehow that's going to require some kind of sacrifice from us. If we're going to seek the Kingdom within, then we **can't have** that really fit beautiful body. If we're going to seek the Kingdom within we can't have a great job and a great career. If we're going to seek the Kingdom within, we can't have Abundance and Prosperity. If we're going to seek the Kingdom within we can't have a wonderful relationship, marriage. That somehow, we have to **sacrifice** all of these things that we want so much in order to seek the Kingdom within.

This is the biggest crime in the history of humanity. It's says, **so clearly**, in so many spiritual teachings, seek first the Kingdom, which is within, which is preinstalled, and everything else will be added unto you.

What part of "everything else" don't you understand? What part of "everything else" do you think doesn't include Joy, happiness, Love, Freedom, Abundance, Clarity, Wholeness, Prosperity, Creativity, everything you really say that you want?

This is our work to do. To realize it's time to seek the Kingdom first. It's time! **Way** past the wakeup call! If you're suffering, the only way out of suffering is to seek the Kingdom within. If you're suffering, it means that you've been looking outside of yourself. **That is the truth of it.**

I always go back to, because it's so powerful for me, I always go back to the Buddhist teaching about suffering. All attachment creates suffering. Attachments come in two flavors--craving, and aversion. So, when you're wanting, wanting, wanting, needing, needing, needing, outside of yourself, that's a craving. When you have an aversion to something outside of yourself, in other words you hate it, you despise it, you think it's wrong and bad, that's an attachment. These are the two kinds of attachments. Wherever there's attachment, there's suffering.

What we learn to do is to unhook the attachment and live in our true identity. This is what I'm inviting you to join me in.

If you'd like to participate in my daily blog and my daily prayers, and be part of that Prayer Circle, please join me! I'm getting ready to start my three-week Prayer Power class. That's a three-week class in the power of prayer and really understanding how prayer works, so that you can use it to focus your mind and change your beliefs and realize that you're complete. All those details are at JenniferHadley.com.

Closing Prayer

Right now, I'm inviting you to place your hand on your heart and tune within.

Let's take this breath of Love and gratitude and be so grateful and so thankful that it is our nature to be whole and complete, and we're interested in remembering this, and sharing the benefits with everyone, because we are One with them.

In gratitude, we **let it be**. And so, it is. Amen. Amen.

Thank you! I love you! Have a great week!

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