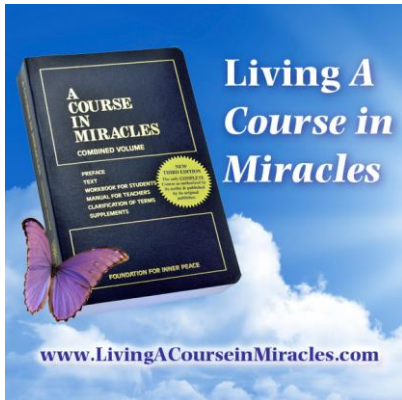


February 20, 2018



Ending A Relationship



 *Jennifer Hadley*
your daily shot of spiritual espresso

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February 20, 2018

Ending a Relationship

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Bonjour! Bonjour! Ah! What a blessing that we get to come together. I'm Jennifer Hadley, and I am grateful! Grateful! Grateful! Full of gratitude! Yes, I am! Full of gratitude for *A Course in Miracles*. Full of gratitude for the community that we have. And, I do love to pray.

This is our February -- I have been, for the last, eh, five years, six years, making it relationship month, and so I focus the whole month on relationship. Not that I don't do relationship episodes throughout the year. I do. I know that *A Course in Miracles* tells us our relationships are the best tool we have for healing our mind. Our topic this week is "Ending a Relationship", so we're going to get into that after we pray. I love to pray!

Opening Prayer

Let's take that breath of Love and gratitude. So grateful and thankful to open our hearts and minds to the power and the presence of Love.

So grateful and so thankful to open ourselves to the unprecedented flow of Divine Wisdom. We're opening ourselves to the relationship that we have with the Higher Holy Spirit Self, the relationship that we have with our Creator, with the One Mind, One Life, One Love, One Light.

We are grateful and thankful to recognize that there is a Unity of all life. We are part of it. There is no way to extract ourselves **from** it. We are all One, forever, and we are grateful to know that this is so. This is the foundation of everything, and this is why we're already as holy as holy can be, because we are One with life, One with Spirit, One with each other, eternally.

In gratitude, we share the benefits of our awakening, of our revelations, of our willingness with all beings, because we are One with them.

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In deep, deep gratitude, we allow it to be. In gratitude, we know it's done.
And so, it is. Amen. Amen. Amen. Amen.

Yes!

The Value of Community Relationship

Alright! Let us dive into a conversation about ending our relationships. I'm hearing the word in my mind, "Community, community, community." Reverend Dr. Martin Luther King, who I quoted in my President's Day blog -- I just love Dr. King. He's so prescient, and he is so clear, and beautiful and inspiring -- so, you might be interested in that. It's February 19th, 2018. That was yesterday.

But, we've got so many episodes now. 320, 330, something like that, episodes. I'm training myself to refer to specific dates and things like that, so you can look things up at JenniferHadley.com and LivingaCourseinMiracles.com.

Reverend Dr. Martin Luther King, Jr., who was such a devoted student of the teachings of Jesus, he brought forth this really beautiful expression of what he called the "beloved community". The beloved community, and I really grabbed onto that. That just feels so good to me.

When I was a little girl, my parents were social activists. I was born at the end of 1959, so I was a little girl when my parents, I was in my mother's -- in utero and then a baby when my parents were active for Kennedy.

My father tells the story of, probably when my mom was pregnant with me, that he put a sign in the window that said, "Save the World from Richard Nixon". Right? When he was running against Kennedy, "Save the World from Richard Nixon" and the next-door neighbor put a sign in the window that said, "Save the World from People Like the People Next Door". [laughs]

My parents were social activists, and when I was a little girl, they would take me doing things like handing out bumper stickers and leaflets, and going to marches and things like that. Dr. King was a hero in our household. For a number of years, we lived in a housing community where there were just a few Caucasian families, so I didn't actually realize I **was** Caucasian until I was five years old. [laughs] I had a revelation. I realized, "Oh! I'm a different color than everybody else here." I grew up really valuing community, the beauty of community.

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Now I see community as global community, the Unity of the One Mind, One life, One heart, so I see how my life with my parents in every possible way prepared me for the life I live now. Even the things, as I've talked about many times in this broadcast, even the things that seemed to hurt me and challenge me when I was younger helped **prepare** me for what I'm doing now.

There Is No Loss of Relationship

And that's the thing. I'm thinking of that movie, whatever it is, the beautiful Marigold Hotel. I can't think of the exact -- Exotic-something Marigold Hotel [transcript note: *The Best Exotic Marigold Hotel*], and the young man, who's the hotel owner, when things are falling apart, he says, basically, "Until everything comes together, it's not over."

And that's the truth of it. That **is** the truth of it. We, so often, will say we're devastated at a loss, but it's not **over** yet. if you're counting anything in your life as a **loss**, you're preempting it, because it's not over yet. it looks like it. Even if your house burned down. I understand that feels like a loss. Yes, grieve that as a loss. Your child dies. Your parent dies. Your spouse dies. Your dog dies. It all **seems** like a loss. But it's not over yet. It's not over until we come full circle.

*In our thinking,
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In our thinking, it's **so** valuable for us to **not** tell ourselves things that are false. Right? If you think of if you love people, you don't tell them things that are **false**, right? If you're raising a child that you love, you don't tell them things that are **false**. You tell them the **truth** because the truth is inspiring, it's uplifting, it's healing, it's nurturing.

And the **truth** is not our opinions or our judgments. The truth is, we don't know what anything is **for** until we've come full circle.

Our Relationship With The One

"Ending a relationship", let's get into that because this is a prelude to that. The beloved community, all of it, is a prelude to ending a relationship. I feel Spirit guiding me in these things.

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I'll just let you all in on something. It's not a secret, I don't keep it hidden, but my preparation for the radio show is, I open myself to Spirit leading me to whatever the topic is, whatever the passage is, however, it's going to be. Sometimes it comes as a topic. Sometimes it comes as a passage in the *Course*. However, I tune in, and I get direction and guidance, and then that becomes that.

Sometimes I go looking for some inspiration before the broadcast, but I have found if I just do what the "Truly Helpful Prayer" says in this particular instance, and also because I've been doing this for a long time, I trust. I've learned how to listen how Spirit pushes me over here, leads me over there, gently taps me to go this way, that way.

And so, I had not planned to talk about Dr. King or the beloved community or my childhood. It's just where I feel prompted and led.

I really -- because this experience, **my** experience, of doing this radio broadcast, this is about **my** connecting with you. This is **my** time to connect with **you**, you the listener.

This is **my** time to connect with Spirit, and to purposefully, intentionally, hold the basket where we come together, consciously. Because we're **always** together, but it's about **consciously**, intentionally, in our **awareness**, coming together.

The primary relationship that we have is the relationship with the Father, as *A Course in Miracles* would say. I don't call God the "Father", except every once in a while. I'll say Mother-Father-God. But we're having a relationship with **Spirit**.

In fact, the *A Course in Miracles* tells us in Chapter 1, Section V, Paragraph 3, Jesus says, "*Except ye become as little children --*"

I believe that's from the Sermon on the Mount, so He's quoting Himself there.

"Except ye become as little children --"

The primary relationship that we have is the relationship with the Father.

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At least I think so. I'm not a Bible scholar, by any stretch of the imagination. He says what that means,

“Except ye become as little children’ means that unless you fully recognize your complete dependence on God, you cannot know the real power of--”

-- yourself in true relationship with your Creator.

Now, I've interpreted that a little, so now I'm going to go back and say it exactly how Jesus said it here.

“Except ye become as little children’ means that unless you fully recognize your complete dependence on God, you cannot know the real power of the Son in his true relationship with the Father.”

We must recognize that we do have spiritual Mother-Father-God, Infinite Creator, Great Mystery, Allah, we have this spiritual parentage that we are **completely** dependent upon for our **life**, for our **breath**, for any insight or Wisdom or Clarity. **Everything** comes from Spirit. Nothing else exists. Only Love is real. Nothing else exists.

The Illusion of Separation

This is **critical** for us to understand that all our suffering, all our pain, and all our exploration in this world is about **remembering** our Unity and exploring the idea of separation.

We have thoroughly explored the idea of separation and, now as Jesus tells us, the end of time is coming where we will simply live as the magnificent Ascended Master, Awakened Beings that is our true and natural state.

We have this relationship with the Sonship, which is -- you've got the spiritual Father-Mother-God, you've got the Holy Spirit, Who is the Higher Holy Spirit Self, and then you've got the Sonship, which is our individuation. Right? Our individual expressions within the illusion of this 3rd Dimensional experience.

All our suffering, all our pain, and all our exploration in this world is about remembering our Unity and exploring the idea of separation.

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But it's **all** one system. There's no way for us to separate **from** it. We can only put a veil on our minds that convinces us we are separate.

I hear some *A Course in Miracles* students saying, "I know that! I know that! I know that! Don't tell me that! I know that! "But the thing is, if we **knew** it, we would be joyful all the time. If we lived as **if** we knew it, we would be joyful **100%** of the time. Right?

If we're not wholly joyous, it means we're thinking something false about ourselves, our brothers, our sisters, and that's what takes us out of our Joy. So, if we really **knew** it, we would never say an unkind thing about anybody, anywhere, anytime. We just wouldn't. We truly, truly would not.

Let's take a breath on that and forgive ourselves our debts and our trespasses. Sometimes it feels like we **owe** people kindness, and Love, and respect because we didn't give it to them. Sometimes we have regret, and guilt, and shame because we trespassed all over them, trying to manipulate, and control them, and shame them, and blame them, projecting out all our own dissatisfaction with ourselves.

There's this Unity of life, One Life, One Power, One Presence, One Love, and we cannot separate from it.

Now, we take it down to the microcosm. God is the macrocosm, we are the microcosm. Just like in any system in the world that we could look at scientifically, the macrocosm is the big picture, the microcosm is the little picture.

So, just as the Creator thinks things into manifestation, thought us into form, **we** think things into form through accessing the Divine Mind. That's what **all** truth teachings talk about. Same thing, because there's not different versions of the truth. There's different **expressions** of it, but not different **versions**, because that wouldn't even make sense. How could it be truth, right? But we can have different interpretations. You can, but it's really -- truth isn't open to interpretation. It just is truth. Thank God for that!

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Why Do We Want to End a Relationship?

The topic today is “Ending a Relationship”. If we’re all One, eternally, forever One with the Creator, inseparable, is it **possible** to end our relationships? I don’t see how it’s even **possible**.

However, **sometimes** we want to end a relationship with a person. It could be we’d like to end the relationship with our employer, quit this job. Sometimes we’d like to end the relationship with our lover, get out of this relationship, have a new lover or be alone, or maybe have many lovers. Whatever it might be, no judgment. Sometimes we’d like to end our relationship with our children, or our parents, a friend, a colleague.

When we’d like to end the relationship, it’s really worth looking at, what is it that we’re **really** looking for when there’s a desire to end a relationship? Because I’ve talked with **so** many people over the years who want desperately to end their relationships but they don’t know how. I’ve talked with so many people over the years who said, “This person is driving me insane! I cannot stand them anymore. They’re so unpleasant to me.” It could be their wife, it could be their husband, it could be their child, and they feel controlled and manipulated by them.

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And yet, they are not leaving that relationship experience, but they desperately would either like to transform the relationship, end the relationship, or at least get a safe distance from the relationship. All of these things come up.

Sometimes it is that people grow in a hatred of someone, despising them, feeling irked by them, feeling a sense of “You disgust me and repulse me. I’m **sick** of you! I’m so **sick** of this! I’m so **sick** of that!”

And I encourage you, if you say, “I’m sick of this!” “I’m sick of that!” if that’s a habitual thought for you, I **really** invite you to give that to the Holy Spirit and affirm something different, something that you’d **like** to see in your experience.

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So, instead of “I’m so **sick** of their -- whatever” say “I’m so **grateful --**” and find a way to end it. “I’m so grateful that they’re showing me where I’m botherable.” Find a different way to work with it in your mind so you don’t make yourself sick saying “I’m so sick of --”

These things can seem very daunting. They can also seem so small they’re not worth our trouble. “Oh, just shifting my language is not really worth it.” It’s **worth** it, because our word is a **power tool!**

Resources for Relationship Healing

I’m getting ready to start my [“Prayer Power”](#) class next week, and you can read about it at [JenniferHadley.com](#). It’s a 4-week class on the -- not just the power of prayer but how to pray powerfully, power in your prayer. And for some people who take it, it’s really, truly they start having miraculous healing and life changes. Everybody is more -- some people are more invested in doing the work of a class versus just listening to it, so your results depend upon your application.

Anyway, so there’s this temptation to start entertaining and fantasizing about ending a relationship. None of that’s really helpful. Fantasizing about ending a relationship is not actually a good use of anybody’s time. Instead, take that time that you’ve been investing in fantasy and **do** invest it in being in your relationship with **Spirit**.

In *A Course in Miracles* there are beautiful teachings, which I’ve shared many times in this broadcast and in other places. I’ve done many, many offerings, paid classes, and free things about special relationship, Chapter 17, Section V, *The Healed Relationship*, that if you’re having relationship challenges, I do encourage you to listen to the **many** radio shows I’ve done about relationship, special relationship, healing relationship, all kinds of topics.

Fantasizing about ending a relationship is not actually a good use of anybody’s time. Instead, take that time that you’ve been investing in fantasy and do invest it in being in your relationship with Spirit.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

You can easily search for them if you go to LivingaCourseinMiracles.com/radio. You can also sign up for the [podcast](#) if you have an iPhone or an Android. Get your podcast on an iPad or a computer, and fire up your device, subscribe to the podcast totally free, over 300 episodes. You can **easily** search.

Also, I wonder if you could sign up for the podcast from the app? We have the [A Course in Miracles app](#). I've never checked that before. In the *A Course in Miracles* app, if you go to "[Resources](#)" on the front page, the radio show, you'll see there. You can -- yes, it takes you right to your podcast app. At least, it does on my iPhone. Yay! That app is available for Android devices. It's in the Google Play Store, I think it is. I'm an Apple girl, so just FYI on those things. You can always **search** in the podcast. Once you have it on your phone or your device, you can search easily in there, just search the word "relationship" you'll find it, all that are on relationship. Yes!

Likewise, I've written, gosh, **so** many [blogs](#) on relationship. You can always go and read those, as well. I've done a ton of free classes on relationship. We've got so much relationship stuff!

There's the temptation to end your relationship, call it quits. Let's just move into -- I'm going to invite you to move into a moment of stillness here. If you have that feeling going on, or maybe you had it in the past, do take a moment. I'm offering you a chance to practice here. Take a moment and just say, "Why **did** I want to end that relationship?" or "Why **do** I wish to end this relationship now?" "What's the real reason for it? Holy Spirit help me see it, help me **feel** it, help me **know** it, help me **recognize** it, help me **heal** it," and just tuning in.

You may not get an answer now. It may come to you when you're chopping vegetables, or you're hanging up the laundry or something like that. It may come to you at some other point, you're out for a bike ride. Really tune in and see what it was about.

Because a lot of times, it has to do with we're not **really** willing to fully Love. And sometimes the other person in the relationship isn't willing to fully Love, and if they're **not**, we can hold the space for them, have great compassion for them, and **be** the example.

But there may come a time when we say, "I think I would like to go have a deeply loving relationship with someone else and remain friends with this person." Sometimes people aren't that available for friendship.

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We're going to get into this more deeply. I'm going to be taking a break here. We'll get more deeply into all the different aspects of this desire to end a relationship -- well, we won't get to **all**, but we'll get to many of them.

Just feeling this here for a moment.

ACIM Conference Tickets

Oh, one thing I'm going to share as we're going to the break, we do still have some *A Course in Miracles* Conference tickets left at ACIM.news or you can go to JenniferHadley.com on the [Events](#) page. Tickets are now \$650 for the Conference, but we have them for \$499 and we have payment plans.

To be perfectly honest with you, I don't want to have **any** tickets unused, so if you really want to go, you want to make a longer payment plan or something like that, we'll work it out with you. Make us an offer. Let's get these tickets going, so we can join together next weekend in San Francisco. I'm so looking forward to that!

I'm going to take a break here. I'm Jennifer Hadley. You're listening to *A Course in Miracles*, where we're living the Love, we're walking the talk, on Unity Online Radio 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*.

Anger & Fear in Relationships

Welcome back! Welcome back! Welcome back!

We are talking about ending relationships. One of the things that I have seen in myself and other people, that when we feel frustrated, because we can't get the relationship to **be** how we'd like it, we start to feel angry, powerless, hurt, fearful. Whenever we're angry, we're actually fearful and the anger is actually drawing our attention to the fear so that we stop managing and coping with it.

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If you can think about a relationship that you have where you feel angry a lot of the time, just think, is there some real **fear** there underneath the surface of that anger? Is there some real fear there underneath the surface of the anger, because -- just think about that. Yeah.

So, the anger's alerting us to -- yep, you're getting it. I can feel it! -- the anger is alerting us to the fear so that we're not managing and coping.

Now, in *A Course in Miracles*, Jesus tells us,

"You who identify with your ego cannot believe God loves you. You do not love what you made --"

You made that personality.

"...and what you made --"

- that personality -

"...does not love you."

Of course, the ego's made out of the **denial** of God, so the ego's all **about** the denial of God **in** you, **as** you, **around** you, **except** when the ego turns God into the **special** relationship, right? Then you have fanaticism, right? Religious fanaticism.

If we start thinking about, "Okay, this relationship that I have with this person that's so unsatisfying is also a relationship I have with my Creator, with the Holy Spirit, and with myself," many times, our frustrations in our relationships are with ourselves projected outward.

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Taking Responsibility For What We See

One of the things, if we're thinking about ending a relationship, we need to do an inventory of these things. Because I'm going to tell you the ending here, which I've already foreshadowed the ending, if we're **all** eternal and we're **all** One, there is **no** ending the relationship **except** between the personalities in this world.

But our spiritual relationship with **everyone** will continue throughout eternity, because we are eternally united in God. This is why Jesus said, "What you do to the least of them, you do to Me." This is why He said, "To Have, Give All to All," because there's **one** relationship.

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For me, the **speeding up** of the healing of my mind -- remember, **all** healing is at the level of the mind, so **relationship** healing is at the level of the mind, **body** healing is at the level of the mind, **emotional** healing is at the level of the mind. **All** these things which are in form -- emotions, relationships, bodies, all this kind of healing in **form** that we'd like to see, takes place **first** at the level of the **mind**.

Miracles are at the level of the **mind**, and when the mind **shifts**, the form has to shift, because the **form** is a projection of the mind. Right? This is fundamental *A Course in Miracles*.

But in our relationships, we don't wish to take ownership, right? We wish to **avoid** taking ownership a lot of the time, and it's -- yeah, one of the issues for us, is that.

The section -- it's my Page 448, where it's *Responsibility for Sight*, our responsibility for sight, that teaching is going to **lead** us to a healthier experience of our relationship healing. It's really going to speed things up in many ways.

If you think of that section, I've quoted it **so** many times but I'm just going to -- my shorthand of it is that "I'm responsible for what I see, and everything is just as I wish it would be." [T-21.II.2.] In a very real sense, what we're looking at in our relationships is, are we **avoiding** healing? Are we **choosing** healing? Are we avoiding **or** are we choosing it?

Because if we're making other people responsible for our happiness, our Peace of mind, if we're blaming them for our **lack** of happiness, our **lack** of Peace, we don't understand the responsibility of sight.

*If we're making
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Forgiveness For Choosing Victimhood

This is why our relationships are **so helpful**. In that *Responsibility for Sight* section, it says here -- this is Chapter 21, Section II, Paragraph 11,

"It is as needful that you recognize you made the world you see, as that you recognize that you did not create yourself. They are the same mistake. Nothing created not by your Creator has any influence over you."

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The things of the world do not have any influence over you, unless you **choose** that, unless you'd **like** that. He goes on to say,

“And if you think what you have made can tell you what you see and feel and place your faith in its ability to do so, you are denying your Creator and believing that you made yourself. For if you think the world you made has power to make you what it wills, you are confusing Son and Father, effect and Source.”

The same is true in our relationships. In our relationships, we **can** allow people to influence our mind, but we have to **allow** it.

Many times, you could say, “Well, what about children? You know, my father was so abusive to me, and these are the conclusions I drew from it, and now I’m working with that and I’ve been an abusive spouse myself.” Let’s say, you might be thinking, “I’ve took on those lessons from my parents, and now I’m

parroting them back. I’d like to heal my mind, so I’m not participating in all of this.”

You can have this idea that these things were done to you when you were a child, that you were formed that way and that you’re a victim, a victim of circumstance, a victim of the world, and Jesus is saying, “No. It’s not true. There **is** a reason **why** you participated. There is something in there. Everything works together for good, your good. There are **no exceptions** except in the perception of the ego.”

We’re moving out of this idea that people **make** us feel things, and they influence us this way or that, so that we can have true dominion over our mind. Forgiveness is a tool that allows us to have that dominion over our mind. Without forgiveness we’re stuck in blame, shame, guilt, resentment, jealous, et cetera.

What **is** forgiveness? Forgiveness is the full release of our attachment to our interpretations, the meaning we made of things, and then the **decisions** that are based on the meaning we made of things, the interpretations we made of things.

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And so, our belief systems, these thought patterns, our negative karma, are these decisions that we made about life, about ourselves, about the world, about God, and are like banks of a river where our spiritual attention is flowing in these riverbeds of these decisions, these belief patterns.

But we can actually decide to **stop** sending our energy down that riverbed anymore and redirect it. The Holy Spirit, if we decide -- and this is what Jesus tells us, "Make that decision."

Relationships Are Our Perfect Curriculum

We went over the *Rules for Decision* a couple months ago, make that **decision** to put that Holy Spirit in charge. Make the decision of what kind of day you'd like to have. Have a joyful day, a harmonious day, a peaceful day, a day of expansion and Clarity and Freedom, a day of true Prosperity and Wisdom and insight, laughter. We **can** make these decisions.

Our relationships are a **very, very rigorous**, demanding curriculum perfectly designed for each one of us. There's no randomness. Not one little drop of randomness ever, anywhere in the Universe, **ever**.

So, we are drawn to people, we are matched with people, who **will** push our buttons, who will help us bring to the surface our insecurities, our false beliefs, our crazy decisions, everything that's false. They're going to **help** us. I've seen **many** couples, many families, parents and children, siblings, go from extremely unkind, unloving, destructive relationships to very loving, very kind, very delightful, fun-filled relationships.

It often will take a few years. Sometimes it takes a year. I see it in [*Masterful Living*](#) all the time. That's one of the reasons why I had Carol come in and talk about her experiences last year.

But I find that, many people, it does take years of really being willing to do the work. It depends on how **willing** you are. It **really does** depend on how willing you are.

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This is my invitation to you, is to listen to the special relationship episodes of this broadcast. In [Living A Course in Miracles](http://LivingACourseinMiracles.com), at LivingACourseinMiracles.com, we did a **series** of 17 classes on special relationship. I know you can still purchase it for, I think as little as \$67, to listen to all 17 classes.

When We Want to Let Go

When we really are just **done** with a relationship, the thing to do is give it to the Holy Spirit for healing. That's the teaching on special relationship. Give it to the Holy Spirit for healing and **don't** take it back. **That's** where the trick is. **Don't take it off the altar**. Put the relationship **on the altar** and leave it there, and then be **really** willing to be led and guided by the Higher Holy Spirit Self **what** to say, **what** to do, **where** to go, **when** to go, **when** to say it, **when** to do it. Really take it as this is your training of how to follow intuition and guidance, because that is a large part of what the challenge is for.

In my own relationship experiences, I've had so much miraculous healing in relationship, just breathtaking things that were torturous, absolutely healed to the root. Amazing, miraculous healing that I had **no** idea how to bring it about.

In so many different relationships, I was, oh, gosh, like everybody else, relationship was my **biggest** challenge and it is **not anymore**, and I am grateful for that. I'm really, really grateful for that, because my relationship challenges, the meaning I would make of them, is just it always went back to me. "There's something wrong with me." "I can't do this." "It's never going to work for me." "I can't make it work." "I don't know how." "It's so painful." "It's not worth it." "I'd rather live in a cave by myself in the forest than deal with people."

And now, I'm a community builder and I **love** relationship! Is it challenging? Yes, still, sometimes. It's definitely challenging sometimes, but it doesn't rock me to my core. I don't cry about it very often. It's amazing how much can shift and change. I've just seen it so much with the folks in my classes, so I know that this **works!**

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A Course in Miracles Weekly Radio Show with Jennifer Hadley

This is **all** about putting your relationship with God **first**, your relationship with your Higher Holy Spirit Self **first**. Put **that** relationship first, and then from there take your relationship with the people in your life and give **them** to the Holy Spirit and focus your entire relationship healing on **trusting Spirit**, trust being the number one characteristic of God's Teachers. So, you see how all of that works together? Trust **Spirit** to heal your relationship.

But if you're not following your guidance, you're not following your intuition, you're not willing to **listen** to it because your mind is focused on complaining, attacking, judging, criticizing yourself or anyone else. You won't hear the guidance because you won't **want** to, because the guidance you **would** hear, that you **could** hear, is going to **contradict** your judgments, your complaints, your criticism, your guilt, your shame thinking. That's how it works. It's the blocks to Love are in the **mind**.

Having loving, expansive, healing relationships, all the work is in the **mind**. **All** of it. All healing **is** at the level of the mind.

You know, **when** you start to see your relationships miraculously healing, it's amazing! Now it doesn't mean that -- for sure, I personally believe that if you're in a relationship with someone who treats you unkindly, that -- don't spend time with them, don't talk with them, don't put yourself in a position where people are going to treat you unkindly. If you don't have the ability to say, "Hey! No, I'm not going to speak **with** you if you speak **to** me that way. If you would like to have a conversation with me, no judgment, no criticism, no complaining. Those are my rules."

Now, of course I have conversations with people all the time and they're complaining, but they're complaining with a **purpose**, to get it out of their system. If anybody wants to come back and give me the same complaints again and again, uh-uh! Uh-uh! A couple of times while you're working it out, and then, no. No.

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Complaining is really judging, criticizing, attacking. Sometimes it's important to just bring it all to the Light, and I can listen with the Light so you can bring it to me. Same with me, sometimes I just need to say, "Hey, this is bothering me. These thoughts **I have** are bothering me." It's not what other people are doing, so much as our **thoughts** about it, and we can have a healing around it.

We've got one more relationship class this month. Stay tuned for that. Ah! Yes!

Thank You!

I'd like to say a big thank you to all the beautiful people who make a [contribution](#) to [Power of Love Ministry](#) to support this broadcast, our [transcriptions](#). We're moving to all kinds of new expansions, more free things. We're bringing back the [text messages](#), so thank you to **everyone** who contributes to all of that.

Let's speak this word of prayer. I hope I see you in San Francisco! Come give me a hug! I'd love that!

Closing Prayer

We take this breath of Love and gratitude. Hand on my heart, I'm wholeheartedly thankful for the relationship healing that we're calling forth, that we're accepting and that we are allowing into our lives.

We're in a Partnership with the Higher Holy Spirit Self. We're in a Partnership with Love, Itself. This is the truth of our being, and we are grateful and thankful to allow the Love to express in all areas of our life and our relationships.

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

Have a great week! I love you! Mwah!