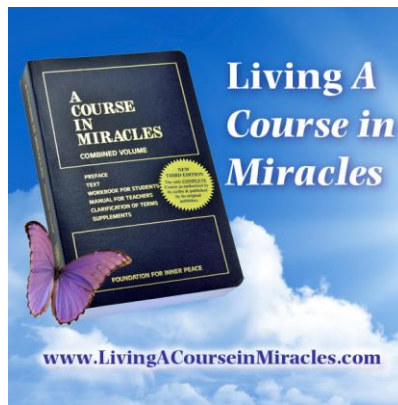


March 6, 2018



Your Communication Link with God



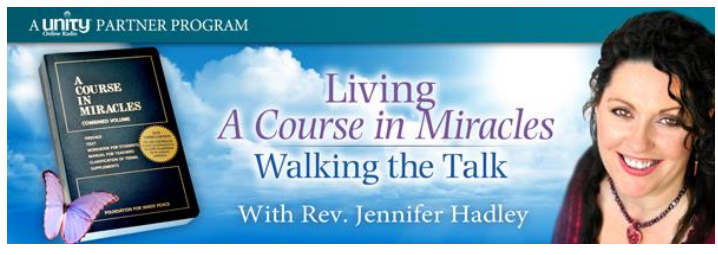


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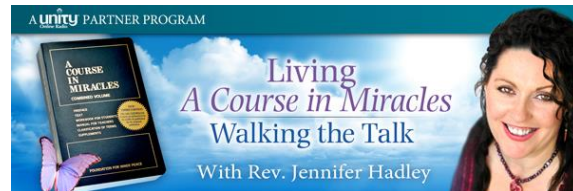
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March 6, 2018

Your Communication Link with God

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!

It was fun! When I was at the *A Course in Miracles* conference in San Francisco recently, people were saying to me, “Bonjour!” And people who listen to my prayer, and pray with me every day, I start my prayer with “Hi, Beautiful!” And so, people would say, “Hi, Beautiful!” That’s nice. It’s nice to feel so connected and joined with so many people all over the place. It’s truly, truly a blessing!

Well, I’m Jennifer Hadley, and I **love** to pray, because I **know** the **power of prayer**! So, let’s begin with that prayer.

Opening Prayer

Let’s take that breath of Love and gratitude. Deep Love, deep gratitude.

So grateful, so thankful that the Love of God is shining in our heart, in our mind, in the activities of our life.

So grateful and so thankful that we're opening ourselves to the unlimited, unprecedented flow of Divine Love and Wisdom.

We are truly grateful and truly thankful to consciously attune to our healing, to our expansion, to our Clarity, to our Freedom. This is the purpose of us joining together. We're transcending time and space in order to remember, and recognize, the perfection that we already **are**. Our holiness is revealing itself to us in our awareness.

We're giving to the Higher Holy Spirit Self, we're giving to Jesus, our elder brother and Teacher, we're giving away to the angels, **everything** that stands in the way of our loving heart. All blocks to Love, dissolved and resolved, permanently, back to the root cause from which they've arisen.

We are grateful and thankful to let all past decisions that bring pain and suffering **go**, and we're making that one decision to recognize the Unity of all life. We're accepting the Atonement for ourselves.

We are grateful and thankful to energize the Communication Link between Spirit and Christ, the Son of God. That is what we are.

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

Classes, Bootcamp and Courses

Yes, indeed! Prayer is so powerful! It's such a powerful tool. Prayer has **changed my life! Yes! Yes.**

I'm doing my *Prayer Power* classes right now. They're on. We just started, and you can come and join us. The details are at JenniferHadley.com. It's powerful.

Prayer is part of what I teach you also in my *Finding Freedom Bootcamp*, my spiritual boot camp, for *Living A Course in Miracles* and also my year-long *Masterful Living* course. It's the foundation of **everything** that I do because it is, as *A Course in Miracles* tells us, prayer is the "*medium of miracles*." It is the **ground** in which the miracles are planted, and grow to fruition. It is the "*medium of miracles*". It's like soil. It's a medium for germination of seeds and growing of plants and so many things.

Ending Our Crucifixion

Our topic this week is *Your Communication Link with God*. This stood out to me in the *Course*. It leapt out to me as the topic for us this week. I'm going to invite you to really-- let's just all say we're willing to be in that relationship with God, and to put that relationship **first**. Because every relationship we have **is** a relationship that Spirit is having with **Itself**, by means of **us**.

I love sharing that and saying that. Every relationship we have is a relationship that God is having with Itself by means of us.

Chapter 6, Section 1 is called *The Message of the Crucifixion*. The message of the crucifixion is--we're coming up to Easter time. Easter is less than a month away.

I did some work, I really was inspired last year, to talk about the crucifixion. I encourage you, if you're interested in that, you can go to LivingACourseInMiracles.com/radio, and that's where you can really do a good search in all the episodes, and look for topics. Because we've got well over 300 episodes. 330-some episodes. We have the search function there, and you can search for "crucifixion" in the titles there, in all the episodes.

The thing about crucifixion is you can't have your resurrection until you're done with your crucifixion.

I just realized, "crucifixion" is not in this title. I should change that. So, "crucify". You can find it. It's the April 11, 2017 episode, *Resurrection is our Divine Destiny*. I encourage you to go and look at that. Yeah. Very grateful.

As we're getting towards Easter here, let's make that decision to be done with the crucifixion by the time we get to Easter. I know it's the first Sunday in April. By the time we get to Easter, our crucifixion will be over. Let's just set that intention, and let God do the heavy lifting.

Perceive Only This Need

Here in Chapter 6, Section I, Paragraph 19, it's the last paragraph about the crucifixion here. It says,

"Remember that the Holy Spirit is the Communication Link between God the Father and His separated Sons. If you will listen to His Voice you will know that

you cannot either hurt or be hurt, and that many need your blessing to help them hear this for themselves. When you perceive only this need in them, and do not respond to any other, you will have learned of me and will be as eager to share your learning as I am.”

Wow! This is a clear teaching from Jesus to us, that when we **only** see in our brothers and sisters that they need our blessing to hear the Voice of God-- to hear, to feel, to recognize, to perceive, to know the Communication Link between ourselves and our Creator-- when we recognize that is the **only** blessing, that's the only focus for us, this is the only **need** that our brothers and sisters have, is our blessing to help them hear the Voice for God, we will have learned **of** Jesus, and will be as eager to share **our** learning as Jesus is to share His. That's so clear!

“Remember that the Holy Spirit is the Communication Link between God the Father and His separated Sons. If you will listen to His Voice you will know that you cannot either hurt or be hurt...”

In order for us to give up all fear of being hurt, in **any** way--emotionally, mentally, physically, financially--in order for us to give up **any** and all **fear** of being hurt, all we have to do is truly listen to the Holy Spirit. The Holy Spirit will **tell** us that this is what all of our brothers and sisters need. Everyone who seems to be suffering, to be angry, to be a threat, to be confused, to be attacking, to be murderous and villainous, evil, confused, in despair, depressed--whatever it might be, it's **all** about our hearing this Voice for God, the Holy Spirit, the Higher Holy Spirit Self.

When we perceive that this is the **only** need, and we do not respond to any other sense of need-- only this need do we respond to--do not even recognize any other need-- but just see that **one** need, to listen to God's Voice, and to bless them, to help them hear this for themselves, **then** we're going to be **free** to **truly** share only the teachings of God. **So clear!** I love it! **I love it!**

In *A Course in Miracles*, “Communication Link” is capitalized. Capital C, Capital L. That is really Jesus' way of telling us, “**This is of God.**” It is. The Holy Spirit **is** the Communication Link. He refers to the Communication Link again in Chapter 8, Section VII, Paragraph 2.

“Remember that the Holy Spirit interprets the body only as a means of communication. Being the Communication Link between God and His separated

Sons, the Holy Spirit interprets everything you have made in the light of what He is."

The Holy Spirit interprets everything **we** have made in the Light of what God is. This is another major clue for us. The ego interprets everything through the lens of lack and limitation. The reason for the attack is the lack. The reason for the attack is the lack. This is what the ego **always** has a justification for its attack, right? And, it **looks** for justification so that it **can** attack.

This is Lesson 135.

If I defend myself I am attacked."

But also, of course,

"In my defenselessness my safety lies." [Lesson 153].

There's nothing to defend. When we tell ourselves we've been attacked, in order to justify **our** retaliation, we are interpreting through the lens of the ego. Being the Communication Link between God and all humanity, the Holy Spirit interprets **everything** that we've made in the Light of what God Is--Pure Love.

The Only Purpose of the Body

"The ego separates through the body. The Holy Spirit reaches through it to others. You do not perceive your brothers as the Holy Spirit does, because you do not regard bodies solely as a means of joining minds and uniting them with yours and mine. This interpretation of the body will change your mind entirely about its value. Of itself it has none."

I think of all the people who are putting so much attention on the body to make the body beautiful. Or even to make the body healthy. It's totally understandable. I have these thoughts, myself. Of **course**, I do. And yet, let us be willing--right? Let's always go back to that **willingness**. Let us be **willing** to let the Holy Spirit **show** us what a body is truly for, a means of joining minds, so that we are only using the body for what it's for, that joining of minds. Yes!

Alright! The Communication Link **is** the Holy Spirit, and the Holy Spirit is there connecting with us in our mind. The **block** to perceiving the

Communication Link, to hearing the Holy Spirit, is the choice, it's the decision, that we've made that is unloving.

I had the opportunity to have a wonderful conversation with my nephew. I spend a lot of time at my brother's house, I know I speak about that, here in New Jersey. I just got back from California last night. After the conference, I went to visit with friends and loved ones, and had a lot of wonderful time, too, with other *A Course in Miracles* teachers. It was really just a great trip, a great time to be together.

The next *A Course in Miracles* conference is in Boston Memorial Day weekend, last weekend in May 2019. I'll be sending out information how you can sign up for that, and I'll encourage you to consider that. It's a fun time. It's a time of having fun, and having meals together, and just being in that environment, to be able to sit with each other, and talk with each other. It's a conference. People give talks a little over an hour. It's not about going deep into the teachings. It's about having fun, and playing, and being joyful. Next year I'm going to do a whole thing on Study Groups, because I'd like to support more and more people doing Study Groups.

By the way, at LivingACourseinMiracles.com, if you go there to get all the radio show transcripts, and things like that, you can **also** go there to get Study Group support. We've got Study Group support, and I intend to keep offering more. Indeed!

God Does Not Know Our Guilt

Alright! Let's see. The Communication Link. It's always open. It's always available, 24/7. We block it with our unloving thoughts. Our unloving thoughts are magnetized into our awareness by our beliefs, our decisions, that **we** have made, that we are not worthy of Love, that we are not good enough, we're bad, there's something wrong with us, we deserve to be punished.

I was talking with someone, recently, who was saying that they were going through a rough time, and it was very difficult for them not to feel that they were being punished. I was saying I certainly understand that. When we feel guilty, don't we look for the punishment? When we feel guilty, don't we **look** for the punishment? Aren't we anticipating it, right?

Haven't we seen, particularly in movies and television-- I don't know about in human experience, but many people who have committed crimes, they actually **like** to be caught, especially if they are a person for whom the crime, the murder, the whatever it is, is a true anomaly, that it's not something they normally do. Then there can be this desire to be caught, so that they can release the **guilt**, and just be in the regret, or whatever it might be.

For many, guilt is a very strong motivator. Negatively, of course. People do a **lot** of different things to manage their guilt. When people feel really guilty-- it's not something I have a lot of experience with. It's not my thing, really. I shrug it off. I'm not interested in living in guilt. But I have certainly felt intensely, intensely, intensely guilty at times for things that I did. Interestingly enough, without--I felt so guilty, even though I did everything I could. I just felt I **should** have somehow been able to do **more**.

That's a common thing. A common thing, especially when loved ones are struggling, loved ones are dying, or have died, or there are accidental deaths, or suicides. I've been talking with many people who, their loved ones have committed suicide, and they feel **intensely** guilty, many times because they feel like they should have done something more, they could have done something more, they should have **seen** something more, they should have known. All of this. When we feel that intense guilt, **all** of which is the manifestation of the guilt for having consciously chosen to choose the ego's way rather than Spirit's way, we need to forgive ourselves for that, because God is not holding anything against us. God doesn't even know about that.

Willingness to Follow Inspiration & Guidance

I was giving a sermon on Sunday at *Inspire: LA*, talking about playing small. I have my *Stop Playing Small* retreat coming up at the end of April. I **love**, love, love doing that work! It's so helpful. I played small for so many years. It was **so** painful! It took me **so** long to **stop** playing small! Now I **love**, love, love to teach about it!

I was talking about how the truth is that, many times, we were playing small because we fear failure. So, we just play small instead of taking a chance and risking failure. But the thing is, is that failure is an **egoic**

concept. It's not a **true** thing. How could God ever fail? It's not possible. You can't have the concept of failure without believing separation. It doesn't make any sense. You have to be completely convinced of separation in order to fear failure.

I have learned-- because I really worked with that to get that out of my mind, so I could stop playing small, I don't feel failure anymore. I don't, and I go for trusting, and having faith that I'm being led and guided to the highest and best. Not everything goes the way I'd like it to go, or the way I wish it would go. But I am able to see, "Oh, yes! Everything is working together for my good, and there is no question about that." That comes from that Communication Link. It comes from that relationship with the Holy Spirit.

This is the thing that I can see in my own experience that has helped me beyond measure-- **Beyond measure**, it's helped me! --is my willingness to follow Divine Guidance and Inspiration.

It's been **such** a journey for me, because so often, so, so, often--and I still do, sometimes-- I feel guided to do one thing, but I don't want to do it, so I do another. Not so much anymore. I can't think of --it doesn't matter. But it used to happen to me **all the time**, that my Higher Holy Spirit Self, the Holy Spirit, would be communicating to me in various ways--through feelings, through thoughts, through a quality of hearing, a quality of listening, through visuals, signs of all kinds. "Go this way." "Don't' go that way." "Go this way. "Not now. Later." "Wait." "Pause." I would say, "I don't want to wait! I want to do it right now!" Then I fall down. I'd be like, "Okay. I guess I really should listen to my guidance! Alright! I'll do that!"

I remember when my nephew, Ben, was 13, and he came out to California to visit me. We went to LegoLand. We went to Universal City, and Universal Studios there. I forget what else we did. I remember we were at Universal Studios, and he'd say--and we went on this one ride he really liked, and he'd say, "I want to do that right away, again. Can we do it again?" I said, "Yes, definitely. And we can do whatever you'd like. I'm just saying, my **feeling** is we should walk away from here now, go to this **other** ride you'd like to do, and then come back." He said, "No! No! I really want to do it right now!" I said, "Okay!"

So, we waited in a long line, and we did it again, and then we did the other ride. After we came out of doing the ride we had waited in the long line for,

there was no line anymore. He saw that, and he said, “Oh, there’s no line now. We should have done what you said.” I was like, “Well, you know. It was just a feeling I had.”

When I took him to the airport after spending-- he spent 3-4 days with me-- on the way to the airport, he said, “Well, I really learned something.” I said, “You did? What did you learn?” He said, “When **you** have an intuition about something, we should do that! Your intuition is usually right.” I thought, “Wow! That is **great!** For a 13-year-old to observe that, and to recognize it, and to be able to say it.”

When he said it, I realized, “Oh, yeah. There were a number of times this weekend when he said, “I’d like to do this, this way,” and I’d say, “Well, we could definitely do that, **and** my intuition says, what about this?” And sometimes he wanted to listen, and sometimes he didn’t. I was so **totally** happy to do however he wanted to do.

Learning From Our Choices

Because, you know, the way I feel about it is, with kids-- because I’m not their **parent**. I’m the aunt, the friend, the godparent. I’m not the parent-- I can have a slightly different experience. And so, I don’t mind if they say, ‘Oh, can we have--’ something that normally would not be cool, like, “Can we have cookies for breakfast?” I’d say, “Well--” I’ve actually never encountered that, but let’s say we did. Sometimes you want to have sweet rolls. They’re basically cookies, right? Pastries and stuff? “Yeah, we can have that. “

But I’d say, “**However**, I have a feeling it would be best if we had something to balance out the sugar, or something. Have some eggs first, or something like that.” “Let’s have some rice and beans first,” or whatever we might have. “And then we can have sweets.” But they can **learn**, like Ben learned from having the experience of waiting on the line, that following intuition is better.

I’ve had that experience thousands of times, where I learned that following my intuition, that listening to the Communication Link, just makes life so much sweeter and better. I’m grateful for that! I’m grateful I can learn **anything** at all! **Everything** I can learn is a blessing to me.

You know, if we eat something that our intuition says, “Don’t eat that,” and we feel sick, it’s not going to last forever. That’s how I look at it. I can **learn** from it. That’s when it doesn’t go well-- it doesn’t go like I wish it would go-- that’s when I say, “Spirit, let me **learn** from this.” That’s my willingness showing up. “**Let me learn from this!** I’m willingness to learn from this. Please make it so!” Yes!

Well, you hear the music. It’s time for me to take a break. I’m Jennifer Hadley. You’re listening to *A Course in Miracles* on Unity Online Radio, where we’re living the Love, we’re walking the talk, and I’ll be right back.

Thank you for tuning in for *A Course in Miracles; Living the Love, Walking the Talk*. Get ready to focus on your intent to be the Love, be the Peace, through practical application, as we return to *A Course in Miracles; Living the Love, Walking the Talk*.

Communication with God Cannot be Broken

Welcome back! Welcome back! We’re talking about our *Communication Link with God*. In Chapter 13, Section XI, Paragraph 8, it says

“The Communication Link that God Himself placed within you, joining your mind with His, cannot be broken.”

This is the **good news!** It’s been so helpful for me to know that, no matter how lost I feel, no matter how confused, no matter how depressed, no matter how angry, or sad, or hurt, the Communication Link that God placed within me, joining our minds, cannot be broken. It **cannot** be broken! No matter what! **No matter what**, it cannot be broken.

It says, “*You may believe you want It broken, and this belief does interfere with the deep peace in which the sweet and constant communication God would share with you is known.*”

I will say this, that I had strongly the perception--I talk a lot about this in my *Finding Freedom Spiritual Bootcamp* course, because it was such a learning for me. I had such a strong belief that if I **did** hear the Voice for God all the time, if I **did**, it was going to constantly be telling me to do things I didn’t want to do!

You know, that the Voice for God would say, “Put down that wine glass! Put down that cigarette!” and just do things that I didn’t want to do. “Turn

off that television!" "Stop gossiping!" "Stop complaining!" "Stop whining!" All these things that I felt that Spirit would tell me to do, if I listened that closely, and that I'd have to give up **everything** that I **enjoyed**.

Preference Versus Need

Because I can remember talking with a friend who was saying that they had a challenge with ice cream, frozen yogurt and binging on things like that. They said, "You know, I feel like this is the **only** thing I have. Don't take it away from me! This is the only thing I have that gives me pleasure. This is the **only** thing I have that I enjoy. I can't give it up. But if I don't give it up, I'm not **good**." Because this is the thing that just affirms "I'm bad." That I go eat the big bowl of ice cream, **that's** just the evidence that I'm bad, I'm wrong.

You can see, I hope that none of this is true! Eating ice cream--how could eating ice cream make a person bad? It doesn't make sense. It's **crazy!** And yet, we **do** believe it.

I remember David Hoffmeister and I talking about this one time, that having traveled so much--and of course, he's traveled far more than I have. But when you travel a lot and you stay with other people as their guest, you learn to just not be demanding. You know, you don't need it to be any particular way. Let it be how it is. People ask you what you like, that's great! You can tell them what you prefer. But it doesn't **need** to be that way.

People get like, "It has to be organic." "It has to be vegan." "It has to be vegetarian." "It has to be grass fed." "It has to be--whatever" when it comes to food, and all the shampoo, the conditioner, and everything has to be organic.

Now, I like organic. I like supporting organic farmers and not putting poison into the earth, or into my mouth, or on my body. However, I've learned not to make it **real**. I have a preference for the higher vibrational things, **but** let's not make it real. That's an interesting journey to walk.

Ice cream is not bad. The thing is, do I **feel** like having it? Is that what feels like I'm being Divinely Guided to? Does it feel like it would just be pleasurable, but then I would feel worse? Like, I'd have a high, and then a

low? Am I using it as a drug? Am I using it to self-medicate? Am I just enjoying it?

When I was in Ireland, my beautiful friend Patricia Black turned me on to, I think it's called, Mauds Ice Cream. The first time I had it, I'd never had ice cream that tasted **that** good. I mean, seriously **that** good. I thought, "These must be the happiest cows on Earth!" I didn't know how else they could make it taste so good. It **had** to be! It just felt like, these cows **love** it here! Maybe the land that they're grazing on--of course, Ireland has beautiful pastures for grazing--maybe the land they're grazing on has been grazed on for thousands of years, and these beautiful animals are just so happy, and it's mostly organic, or whatever, where they're grazing, and they just love it." I mean, it's not organic ice cream, but it just felt so pure, and such a high vibration that, **oh!** It felt **so** nourishing to my body. It really, really did. High butter fat content. Very high butterfat content. **So** creamy and delicious.

This is the thing that we learn to do as *A Course in Miracles* students, truly living and practicing *A Course in Miracles*, is to get our judgments **out** of our decision-making. The way to do that **most** effectively, most **quickly**, is really to be guided by the Holy Spirit. This Communication Link is **really** important. It's really valuable to us. It's **so** valuable in increasing our happiness.

I can honestly say-- and anyone who has listened to many episodes of this radio show, or been in class with me, knows this because I've talked about it so frequently-- I had **serious** issues with self-medication. I would just self-medicate constantly with food, with alcohol, with cigarettes, with television, with exercise, with talking on the phone. With so many things. I didn't like doing drugs. Drugs affected me too, too much. I just **never** was capable of being promiscuous. It just didn't work for me. It affected me **way** too much.

But the numbing with the exercise, with the cigarettes, the alcohol, the food, the watching television, the yammering forever on the phone, these kinds of things, these were my drugs of choice. They all had their own particular hangovers. I really **struggled** with it.

It was a pattern of really drowning out the Communication Link, because the Communication Link, the Holy Spirit, the Higher Self, was telling me to be available for insight and intuition. But when I would hear the insight

and the intuition, it would be “Choose this, not that.” So, instead of choosing the alcohol, choose stillness. Choose meditation.”

But I didn't **want** to meditate, because I did not **want** to be present with myself, because I did not **like** myself. And so, I felt that if I sat still and got present with myself, all I would hear “You're bad.” “You're bad.” “You're bad.” “You're bad.”

Establish a Practice for Choosing God

So, I got slowly led. Slowly led. Then I began to realize, “Wow! I would **much** rather sit in the stillness, than sit in a stupor, a drunken stupor.” Once I realized **that**-- and it didn't happen overnight. It took me quite a while. But once I realized that, “Oh, **this** is **way** yummier! I mean, this is yummy!

Sitting half-drunk is not yummy. It's not. It's just numb. *Comfortably numb*. Right? Isn't that a *Pink Floyd* song? That's what I was going for. I didn't want to feel anything.

But when I realized, “Oh, I could feel this yumminess!”

I remember once I was working with Practitioner students, and they said, “Well, how do you **establish** that practice?” I said, “Well, it takes what it takes. It does take time. It takes willingness. It takes what it takes. It takes the willingness to turn to **God** first, the willingness to really have a **desire**, to have a clear Communication Link with God.

Then, “Practicing the Presence”, as Joel Goldsmith would say. Practicing that Presence is **super** valuable. And what I found was, I hit that tipping point where at 51%, I had **more** desire to be in that flow of the Communication Link with God, that communion with the Holy Spirit, the Higher Self, more than anything **else**.

So, it became for me--this is how I learned to describe it in a way that people could understand it. If you've ever had that experience where you're naked, and warm in your bed with your lover, and it's just so, so sweet! And you're just in that stillness of the yummy naked warmth, and there's just a sense of great peace. You're with your lover, and all is well. You're unencumbered, and there's just that quiet stillness and connection. Without sexuality. Just resting in the beauty of the love, and the connection between you. **That**, to me, is the best way I can describe what

it feels like when we're in that meditation space, in that connection space. It feels **so** perfect and pure. There's no problem. There's nothing more important in that moment than just **experiencing** the beauty of the **connection**. That's what it feels like.

Then, having that time together becomes more important than tuning out. That's what got me to stop self-medicating. There was no behavior modification plan. There was no **making** myself stop.

It was **truly** about saying, "Okay. What is it I desire **most**?"

"Hmm. To feel connected."

"Okay, let me feel connected **now**."

"Alright, now that I'm feeling connected, **now** what do I desire most?"

"More of this, sharing this, being truly helpful."

"Okay. So, Spirit, where do I go?"

It's the "Truly Helpful" prayer. "Now that I recognize it, I'm here only to be truly helpful. I'm here to represent God who sent me. Where do I go? What do I say? What do I do? You show me, God."

It becomes revealed, because we're willingness. and then doing that is **far** more interesting, **far** more **thrilling**, and just yummy, than overeating, overdrinking, smoking, binging on television.

I love to watch television. I **love** to watch movies. But truly, moderation is what works for me. Overdoing it doesn't work for me.

Still, there are times when I really get like, "Today's a movie day. I'm going to watch three movies. I'm going to cook some yummy food. I'm going to just rest and chill. I'm going to go for a walk. I'm going to do some yoga. I'm going to be with a friend, and we're just going to enjoy the things of this world. The food, the nature, the creativity of the people who made these movies. We're going to play some cards and some games or whatever. The things that I love, love, love to do that **aren't** speaking, teaching, leading, those things. "

Learn Through Joy

The Communication Link. The Holy Spirit **led** me to a happy life that gets happier and easier every day. So **now**, I don't **want** to block it. When

Spirit says, “Go the other way.” there might be a pull. “Wait a minute. I want to be right about this.”

“Oh, no! I’m feeling the Holy Spirit guiding me to go the other way.”

I’ve learned, and learned, and learned, through pain and suffering, I’ve learned when Spirit is guiding me to go the other way, **that** is the way **I desire** to go-- desire meaning “of the Father”. De-sire. I desire to go the way of God, because that is the path of happiness, and learning through Joy. I desire to be that teacher of God, meaning that I recognize, joyfully, it **is** my opportunity, my Divine Opportunity to re- present the One Who sent me.

And so, I wish to recognize that the **only** need any one of us has on this planet, is to remember the Communication Link that God Himself has placed within us, joining **our** minds with His, and that it **cannot** be broken. It is **not** possible for it to be broken, because it is the truth of our being. It is our very nature. It is **not removable**. Only that which is false is removable from our minds.

We can say to the Holy Spirit, “Remove **everything** that is false from my awareness. Let everything that I made up, all decisions that I made for the ego instead of God.”

There’s this strong, strong thought that we’re going to have to give up everything we love. **I have** given up binge eating. **I have** given up binge drinking. I have given up binge smoking, and binge talking on the phone, and binge exercising. I’ve given all those things up only because--like, I didn’t say, “I’m not going to do that anymore.” I just don’t wish to **choose** it anymore. You see the difference?

When we say, “I’m not going to do that anymore,” it’s of the **ego**. But when we’re just not **choosing** it anymore, that’s of the Spirit. That, to me, is the healthy way to go. Working in relationship with the Holy Spirit, keeping that Communication Link open, and not shutting it down is the path of happiness, Joy.

A Course in Miracles tell us that we can learn through **Joy**. We don’t have to learn through pain anymore. That’s the **old** way. That’s the way of the ego. The ego has to learn through **pain**, because it doesn’t **remember**. It doesn’t know. It has all these false things that it would rather have us be contemplating.

Any time we're not feeling wholly and completely joyful, it's because we're identified with the ego. We could just say, "Holy Spirit, help me open up this Communication Link. Open it **for** me. I am **willing!** I **choose** to know the Thoughts of God, and to think them, with You, with God. I choose to remember my holiness and my perfection. I choose to see my brothers and sisters as having only **one** need. One need, and one need alone. Clear communication with Spirit. **Yes!** Yes, yes, yes!

Living the Course, Not Just Principles

That's what I focus on in all my classes, and everything else. And that's why I don't actually teach the **principles** of *A Course in Miracles*. I teach about, I share about, what I've learned of how to **live** this way.

I'm doing a free class on Thursday, March 8th. Thursday. Free class. *Living A Course in Miracles*. It's a free preview of what I teach in my *Finding Freedom Spiritual Bootcamp for Living A Course in Miracles*.

I've had many people who studied *A Course in Miracles* far longer than I have tell me that *Finding Freedom* helped them to **finally** turn that corner and start living *A Course in Miracles*. it's a wonderful, **very** comprehensive program. It's beautiful. I say that because I feel like Spirit guided me to **all** of it, and I didn't make any of it up. Just doing what Spirit has communicated to me that is mine to do. Come and join us! It's a **wonderful** group of like-minded souls, and we have such a powerful and good healing time together.

My *Finding Freedom Spiritual Bootcamp for Living A Course in Miracles* begins on March 14th. March 14th, that's when we begin.

Also, my *Prayer Power* class is on right now, though I do teach about prayer in *Finding Freedom*.

Stop Playing Small retreat, last weekend in April at the Art of Living Retreat Center in the beautiful Blue Ridge mountains of North Carolina. Such a special, special place.

Then that weekend retreat is immediately followed by my week-long Intensive, my *Spiritual Counseling Training Intensive*, which is open to anyone and everyone.

If you feel called to just learn anything more about these events, I invite you to go check it out at JenniferHadley.com. *Spiritual Counseling Training Intensive, Stop Playing Small, Finding Freedom*, these programs are specifically designed for people who would like to truly live these teachings and be truly helpful.

The *Spiritual Counseling Training Intensive* is for anyone. We get a lot of professional people taking it. Professional Prayer Practitioners, ministers. We have counselors of all kinds. Therapists. Health professionals. Teaching professionals. But we also have people who are business men and women, attorneys, people who would like to learn to communicate better, to listen better, to have more loving relationships. It's really foundational what I teach at this Intensive. People **really**, really change their lives doing the in-person work and the class work with me. It's a step beyond just listening.

Here we go! I'm going to pray.

Thank you to everyone who supports this program with your donations, supports the transcriptions with your donations. We're moving to putting them all up at YouTube, so you can read and listen at the same time, easily on video. I love and appreciate you!

Closing Prayer

We take this breath of Love and gratitude. We give thanks to the Holy Spirit for being in constant communication with us. We give thanks that we are **already** perfect. We are willing to let go of every thought that we're not, and to see our brothers and sisters as they truly are --whole, perfect and complete.

In gratitude, we share the benefits with everyone, because we are One with them, and we allow the healing to **be**. And so, it is. Amen. Amen. Amen.

God bless you! Have a great rest of your week!