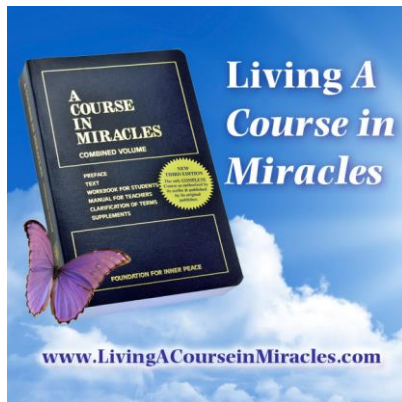


**March 27, 2018**



# Corinne Zupko - From Anxiety to Love



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*March 27, 2018*

# Corinne Zupko - From Anxiety to Love

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! So happy to join with you today! Yes!

Well, things are hopping, in the world and within. I'm definitely feeling that. Shifts and changes. Here in the northern hemisphere, we're in Spring now, though we had a big blizzard just on the 2nd day of Spring.

Today I'm going to Germany. I'm going to be in Germany for a week, and then I'm going to Poland, my first trip to Poland, in a week. I'm excited to go and be with some folks and friends in those countries. Although I'm not teaching. I'm going along with **my** teacher as a student. I'm excited for that!

I did an episode with my teacher, who's a Buddhist and a Cherokee Chief. Her name is Venerable Dhyani Ywahoo. You can learn about her at [Sunray.org](http://Sunray.org), if you're interested. I'm excited to go and be with her for a couple of weeks.

Gosh, there's just **so much** going on this year! This speeding up of time and space continuum is happening! It's happening!

I'm excited today! I'm going to start us off with a prayer here in just a moment, but I'm so excited. I have my new friend, Corinne Zupko, on the show today. Do you want to say "Hi!", Corinne?

Corinne      Hello, everyone! I'm so happy to be here with you today, Jennifer!

## ***A Course in Miracles Weekly Radio Show*** **with Jennifer Hadley**

Jennifer Yeah. We're going to talk about Corinne's new book which -- oh! It couldn't come at a better time for many, many folks. We'll be talking about that.

### *Opening Prayer*

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Let us begin with a prayer.

I invite you to place your hand on your heart, and we just begin with these breaths of Love and gratitude, tuning in, tuning up, Partnering UP with the Higher Holy Spirit Self.

Our true nature and our true identity is this perfect holiness. We're grateful to come together for the purpose of remembering it, the purpose of recognizing it, and giving it its full sway over our life, over our very being.

We're grateful and thankful to join together for the purpose of releasing all the causes of anxiety, worry, fear and doubt. We're letting them go. We're giving them away.

We are grateful and thankful to allow ourselves to experience our true and peaceful nature.

We're sharing the benefits with **all** beings, because we are One with them. in gratitude we let the healing be. We know it's done. And so, it is. Amen. Amen. Amen. Amen.

Mmm!

### *History of Anxiety*

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Our topic here today with Corinne is her new book, which is entitled *From Anxiety to Love: A Radical New Approach for Letting Go of Fear and Finding Lasting Peace*.

Corinne is a long-term *A Course in Miracles* student. She--I think I first met you at *A Course in Miracles* conference in Chicago.

Corinne Mm-hmm. I think so.

Jennifer Yeah. You've been a speaker at the last couple conferences. People just love what you're sharing and teaching. I'm **so** glad you've written this book.

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We're going to be--my ministry, the Power of Love Ministry, is going to sponsor a class that we're going to be announcing it now. It's going to be April 2nd and 9th, a two-part class on this topic.

Let's jump into the topic here. Let me just ask you first, Corinne, how did you come to *A Course in Miracles*?

Corinne

I love that question! It really ties into my journey with anxiety, because I was--I like to think of myself as really born anxious. I was already very primed for anxiety as a young child, because anxiety was common in my family. Mental health issues were common. I had my very first psychiatric diagnosis at the young age of 2. I was diagnosed with Separation Anxiety Disorder. Throughout my childhood, it sort of morphed. I grew out of the separation anxiety, but I developed phobias, and intense fears of sickness. By the age of 12, I had an ulcer.

In college, that's a time, typically, when mental health issues might surface for many people, and that's when I broke down with panic disorder. That was my next psychiatric diagnosis.

The night of my first panic attack, leading up to that time, my mom had tried to talk to me about this book called *A Course in Miracles*. She was already on this path. With being in my teens, with that teenage defiance, I would literally cover my ears with my hands, and I'd be like, "I don't want to hear it! I'm not interested! Speak to me in English like you used to!" I was a brat. Like, I really actually remember saying that to her, because she was trying to just offer this to me. But I was not **ready**, and I was not **open** to hearing it.

However, that night when I broke down with my first panic attack, what happened--there was a student on campus where I was a college student. I didn't know him personally, but he died very suddenly, and it unraveled me at the seams. I'd actually wrestled with the question, up to this point, "People say God is Love, and if God is Love, how can a Loving God create things that die?" It just did not make sense to me. It was **really** hard for me to wrestle with that question, and grapple with it, and nothing ever answered that question for me.

I remember that question coming back to mind, and I remember feeling this spike of fear when I learned about this very sudden death, afraid I might be next. I calmed myself down to get through the day, went to bed, and 3 a.m. that next morning, it was an experience.

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If anybody listening has had a panic attack, you know how hard it is to convey to other people what it's like. But it felt like a punch in the stomach of pure terror, of stress hormones. I remember my whole body trembling from head to toe. As I woke up, I was gasping for air. I was shaking and sweating, and my heart was racing. I was terrified! I thought I was just about to die. I thought I was, literally, just going to die.

### *Corinne's Introduction to the Course*

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I remember climbing down my bunkbed with my knees knocking because I was shaking so badly. I went into the bathroom of my suite with my phone. I didn't have a cell phone back then, so it was our room phone. I stretched out the wire. Magically, at 3 o'clock in the morning, my mom picked up the phone.

I don't know how--it was a miracle that she heard the phone ring, because both of us sleep with ear plugs, and a white noisemaker, anything to block out noise. But she heard the phone ring, and she picked it up, and she talked with me. She just sat with me. She assured me, because we figured out together, that it must be an anxiety attack, it must be a panic attack.

Jennifer Mmm.

Corinne She offered to me, **again**--she said, "Corinne, I know you haven't wanted to hear this before, but there's this book that I study called *A Course in Miracles*. It's all about learning how to release fear, and return to the Peace, and the Love, and the Light that's **already** in us. I really think it can help you. Are you interested?"

In that moment I said, "I will try **anything!** Bring it on! I'm ready! I am ready, ready, ready to try it!"

Jennifer Mmm!

Corinne That was the moment that I said, "Yes!"

Shortly thereafter--I don't know if it was that very next weekend that I went home, and my mom gave me my first copy of *A Course in Miracles*, which I still have. It is no longer even held together with duct tape and electrical tape. The spine has fallen off, and the covers have both fallen off, but I still have it sort of together.

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She wrote on the inside some words to the song, *Amazing Grace*. In that moment, I remember opening the book and reading those first lines. “*Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.*”

To be totally honest with you, I had **no** idea of what that meant, but it was as if a little spark of Light in my heart suddenly grew brighter. It was as if that Love and Peace that I so desperately wanted again, that I felt like I just lost, it was as if, suddenly, it bubbled up to the surface, and something in me said, “Yes!” Something in me **knew** what those words meant, even though I did not understand what they meant with my logical mind.

That was my hook. That was the moment I started studying. And to this day-- that was back in 1997-- to this day I have not put down the book, because it continues to bring me more deeply in words. It brings me more, more deeply into the teachings to the degree to which I’m willing to get out of the way.

### *Using Our Journey to Wake Us Up*

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Jennifer      Oh! What a journey!

Corinne      Yes!

Jennifer      Wow!

Corinne      Such a journey.

Jennifer      What a journey! Good Lord!

Corinne      What a long, strange journey!

Jennifer      Yes!

Corinne      But, ultimately, a beautiful one, and a **good** one. This is where I want everyone listening to know that our greatest-- your greatest-- struggle can be your greatest teacher. As we learn to repurpose **everything**, as we learn to give everything that we are experiencing, everything that we believe, all of our perceptions, as we give those to the Holy Spirit, we’re saying, now, “Use this to help me wake up, instead of the ego using it to convince us of our separation.”

So, I’m **grateful** for the long strange journey.

Jennifer      Mm-hmm.

## *A Course in Miracles* Weekly Radio Show with Jennifer Hadley

Corinne I'm grateful for the anxiety, because it's brought me to the *Course*, and it's brought me to a place of pure openness, and pure desire to want to know, again, that which I have chosen to forget.

Jennifer Mmm! Yeah! Oh! Mmm! Yeah! what a beautiful--you know, just the thought that comes to my mind is, what a long, strange trip it's been. That it's each life is so unique. What I hear, Corinne, is your journey sounds **really** intense.

Corinne Mm-hmm.

Jennifer Super, super intense, and a very unique journey. I can only imagine how often you felt alone, or lost, or confused, or hopeless, or helpless. We all have our different versions of that. Yours seems uniquely intense to me. It feels that way.

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***Your greatest struggle can  
be  
your greatest teacher.***

---

And yet, what I've seen with my own journey, and I see it in many of my friends who are teachers, that there is a way, and *A Course in Miracles* shows us the way, to have a Divine Alchemy--that's what I call it, that's a Divine Alchemy of turning what was once a dead lead weight into a fine, refined gold that is something that we can **truly** share with others in a helpful way. And **you are doing that!**

Corinne Mmm! Thank you. You know, that's where I--you mentioned the book. I had to write it. I literally had no choice in the matter. I did not set out with the thought in mind, "Oh! I want to be an author," or "Oh! I want to be a teacher." It literally--I **had** to do it. I had no choice.

And so, the journey that I've gone through--and yes, it was really intense. For anyone listening, you know, my biggest anxiety trigger was always fear surrounding my body and sickness, and "What is that symptom?" If I feel a little pain, it was--

I remember one time on my *A Course in Miracles* Study Group that I facilitate, telling folks the story about how I felt a pain in my side, and that little voice of fear whispered, "It's your liver." And in the past, I would have gone crazy with that. I would have been like, "Oh, my gosh! Gotta go to the doctor! You're dying! That's it! It's something awful!"

## *A Course in Miracles* Weekly Radio Show with Jennifer Hadley

What was left, instead, at that point in time--and this is a few years ago, now, was like a residue. It was like a residue that did not have that charge. It did not have that same hook.

And so, the journey that I've been through, the other part about why I'm grateful-- and I'm **so grateful** for *A Course in Miracles*, because it is a **way out of hell!** I feel just **so grateful** to be able to now turn around and say, "Hey! Here! This helps. Here's what I've learned, so you don't have to necessarily spend maybe as much time as I did sorting my way through the *Course* and understanding. Here are the principles of it that helped me the most, that were most significant, in bringing me to where I am today."

Jennifer Mm-hmm.

Corinne So, I'm very grateful for that. Yes, I am.

Jennifer Yeah. Let's see if we can be helpful to some folks today. Just to let people know, they can get your book pretty much anywhere, right?

Corinne Yes. Yes.

Jennifer Yeah. I know I ordered it from [Amazon.com](https://www.amazon.com).

What's your website?

Corinne My website is the same title as the book, so it's [FromAnxietytoLove.com](https://www.FromAnxietytoLove.com). I have a lot of resources there, too. Podcast episodes, and videos, and blog posts talking all about *A Course in Miracles* and anxiety.

### *Moments of Respite from Anxiety*

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Jennifer What do you find-- because you work with people who are therapists and becoming therapists, what are--for people who feel that they notice they're anxious a lot, and people who are, perhaps, maybe they have a clinical diagnosis--

Corinne Mm-hmm.

Jennifer --but for people who, this is really a major, major issue for them, what could you--before we even get into how people can-- what people can do and things like that, what would you say to them, in terms of what you've seen with others, practicing what you teach, what could you say is a normal, average kind of a result that you have seen with **other** people using what you're sharing here?

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Corinne

Mm-hmm. Great question. The results that I've seen--now, the book just came out, and I've just--it came out a month ago, actually. The feedback that I've been getting has been incredible.

Now, I've gotten feedback from folks-- and again, in teaching these principles on the Study Group calls that I lead, and just communicating with people through my websites, and Facebook, and with everything that I've been sharing for years.

That, on one hand, I got some feedback that a person I know gave the book to a friend of a friend's daughter, because that daughter **really** struggles with anxiety. This person that I know had **no idea** how it would be received. She had no idea if they were spiritual people.

The feedback that came back was that that girl, who I believe is in her 20s, had very significant anxiety, and after beginning to dive into the book, for the first time, had an anxiety-free day, and slept at night, actually had a peaceful night's sleep, which was **huge** for her.

Now, my guess is that that is coming from the fact that recognizing that you're not alone. Because number one, one of the greatest tricks that anxiety does, is make us think that we're the only one in the world that feels this way, which is not true. That result of having some instant, significant relief can absolutely be there. I think the more **norm** is that it comes in bits and pieces.

That's how it happened for me. It was like moments of respite, and then let's dive back into the--I don't want to say battleground, but like the field there, and do some more of this work with the Holy Spirit and looking at some of this.

So, the normal, average kind of results, I would say is the kind of result that people report from doing the *Course*. It's **work**, in that we have to show up every day. We have to show up--this is a moment-to-moment practice, so it does require work. It does require showing up.

And yet, because right now, we are safe at home in Love--you know, the *Course* says that we're exactly the same as we are in truth right now. We're just as safe as we were before the seeming separation. We are just as safe now, even though it seems like the separation has occurred. There's part of us that knows of our eternity, and I feel like **that part**, when some of these

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messages touch that part, we can have these instant moments of relief, these instant moments of recognition.

### *Development of Trust & Releasing Expectations*

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It's really the development of trust. In that part of the *Course*, I love that part. You know, there's the "*period of undoing*", the "*period of relinquishment*," the "*period of sorting out*." That really has been my experience, in that this has happened. Healing has happened **for me** in layers and levels, so to speak. Like that onion, that example of the onion that we always talk about, where we peel back the layers one at a time to get to that Love that's at the core.

But it's really just this **one core belief** that we are separate that needs healing for all the rest to fall away.

I would say, to answer your question in a nutshell, the normal result is moments of pure respite that we're able to place our faith and trust in, and that we then have an experience of maybe some additional challenges rising to the surface, another layer of the onion coming up to be looked at and healed.

I really think it's so important that we all keep an open mind in releasing expectations as to what this needs to look like, or how fast it needs to happen. We will progress more quickly when we release all expectations and continue to show up on a moment-to-moment basis.

Jennifer Mm-hmm. Beautiful! Yes!

I really feel, too, as you were telling that story about the young woman who, just after reading a little bit, had a good night's sleep, I find that our Higher Self, the I AM Presence, the Holy Spirit-- whatever people would like to call It-- it clearly gives us signs to help us know, "This is the way." "This is not the way."

To me, something like that is telling us, "This is the way."

Corinne Yeah.

Jennifer "You wish to relieve yourself of this. This is the way. It's working already." We then take that as an impetus to, if we're really sincere, to move forward with it. That's so beautiful! I really feel the energy of that.

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### *Honesty with Self & Spirit-- the Key to Healing*

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It's so different to live a life that's peaceful versus one that's anxiety-ridden. It's truly, I think, when someone has a lot of anxiety, and worry, and doubt, and fear, and they're so used to it, that it's actually unimaginable to even have an idea of what the difference would be, truly would be, to live without that.

Corinne Mm-hmm. Mm-hmm. Yeah. I agree with that, very much.

That's where, in a way, when we only know anxiety, that's where these moments of respite-- I love how you describe that, that feeling of "This is the way." That resonance that happens deep within, that speaks to us, that we can **choose** to then nurture that, and go in that direction, and do that work when we have those moments.

That's the beauty of contrast, is that we can then see, "Oh! I got a glimpse! That's what that feels like. I know how the anxiety feels like, and I know how intense that can be, and which do I **want?** Which do I want?"

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***We need get radically honest  
with ourselves.***

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Because we, I think most--probably all of us can immediately say, "Oh! I don't want the anxiety!" But one of the things that we need to do in this healing journey is to get **radically honest** with ourselves. I talk about radical honesty in the book, because in my experience, being **so, so** honest with myself, with the I AM Presence, with the Holy Spirit, is **key** in healing, because we're no longer hiding anything. We're no longer just, let's say, dismissing an anxious, or negative, or socially unacceptable thought. We're saying, "Oh! Yuck! I just thought that, and I'm going to take that to the Holy Spirit without any guilt."

The contrast of that is really, really important, to be able to see in our healing process. With the radical self-honesty, we then have the **ability** to look at any benefits that we get out of having anxiety.

### *Anxiety is a Defense Against Truth*

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For instance, I had to get honest that it was a great excuse for me to not do things. I could just be like, "Oh, I'm not feeling well. I don't--so I'm not

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going to join,” whatever it was that I didn’t want to do. That was a **benefit**, using anxiety as an excuse.

Instead, when I realized that I was doing that, I had to be like, “Oh! I need to learn how to just say no, because I don’t want to have to keep the anxiety in order to get that benefit of using it as an excuse. I don’t want to do that anymore. I’ve now had these glimpses of Peace. I want that. I want to go in that direction.”

So, the radical honesty, and looking at any positive benefits that we might get to our negative states, I believe, is very critical, too, in the healing process.

Jennifer Oh! Very well said! Yeah. Very, very helpful. For someone who says, “Okay-\_-“

Since every one of our listeners is familiar with *A Course in Miracles*, or at least spiritual teachings, what have been some of the cornerstones that have helped you in releasing the patterns of anxiety?

The first thing would be looking at it from an *A Course in Miracles* perspective. How do you **view the experience** of anxiety?

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***I’ve now had these glimpses of Peace. I want that.***

---

Corinne Mmm! I love that question!

I view, from the perspective of the *Course*, it goes to the Lesson in the Workbook, “*Sickness is a defense against the truth.*”

So, substitute the word “sickness” with “anxiety” or whatever our issue is. I like substituting with “anxiety”.

“Anxiety is a defense against the truth.”

What does that **mean**? That means that this is the ego’s best shot at giving me bait that it **knows** I’m going to take. The anxiety is so compelling, and it would freak me out, and be so uncomfortable, and so intense, and the health fears were so, “Oh!” They brought up such a fear response in me so quickly.

I looked at the anxiety as bait that the ego is dangling in front of me, saying, “Oh! Come on! Take the bait! Take the bait!” **Because**, if I’m focused on the anxiety, I am, therefore, going to be unaware of the truth beneath it. I am

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going to, therefore, be turning away from truth, because that anxiety is so compelling.

I love that Lesson, “Sickness--” or anxiety “...*is a defense against the truth.*”

Meaning that, there’s part of **me** that is choosing to use anxiety to keep my awareness of Love’s presence out of my awareness.

### *Taking Responsibility for Our Choices*

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That, I know that that can sound--maybe raise some, ruffle our feathers a little bit when we hear that Lesson. But, for **me**, it put me back in a place of **power**. It put me back in the seat of being able to decide, “Do I want to keep doing this, or do I not?” Therefore, that was actually a very **helpful** way for me to look at it in terms of anxiety simply just being a defense against the truth.

There’s part of me that’s gotten afraid of knowing God, of knowing that Love, and so I’m just kind of retreating into the anxiety, into the ego, instead. That’s how--that’s one of the definite cornerstones that helped me, from a *Course* perspective, release anxiety.

Jennifer I **totally** get that! Some people might have questions, Corinne, like, “Well, why would I **choose** that?”

Corinne Mm-hmm.

Jennifer “Why would I choose that for myself?”

Corinne Great question! That’s a very, very logical and totally understandable question to have.

This, I tend to look at this--now, this is where I go back more into the metaphysics of the class--I’m sorry, of the *Course*. That maybe it’s not “**Corinne**” consciously choosing this. Maybe, in some ways, I do. For instance, before, where I said I was using it as an excuse.

But I got back into the metaphysics of the *Course*, in that the *Course* talks about how the ego wrote its script of separation the moment that it had this tiny, mad idea. I almost like to think of it as this part of my sleeping, unconscious mind has just picked this as a particular script because, again, it’s going to be so compellingly painful and **real** that it’s going to prevent me from being aware of the Ever-Present Divine Love that permeates absolutely everything.

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So, we have to--we cannot-- "*The happy learner cannot feel guilty about learning.*" That's a quote from the *Course*.

We--this idea of choosing particular situations, we can't get caught up. This isn't blaming the victim. This isn't a means for increasing guilt at all. We don't even have to fully understand it.

And I have, actually, a specific example of this sort of at play. I don't **know** how I'm choosing for this. But I'm willing to experiment with the idea that maybe, somehow, I am. And, therefore "Holy Spirit, I'm willing to look at this with You. I'm willing to take that radical responsibility, that I don't understand if I'm calling this forth. I have no idea, but I'm willing to take radical responsibility that maybe, somehow, I am, and I'm going to just play with this. I'm going to experiment with it, and see when I do that, what happens."

In my experience, what has happened, is that I've had very big miracles come out as a result of playing with this idea of radical

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***Taking responsibility  
is so key to our healing.***

---

responsibility. Those have been experiences that have **built** my trust in these teachings, in the *Course*. In experimenting with this idea of taking responsibility, that somehow, in some way that I don't fully get, there's part of me that signed up for this so I can be distracted from Love and continue to think that I'm a separate self.

Jennifer Mmm! Yes! it's that taking responsibility is **so key** to our healing. Of course, the ego **never** wants to take responsibility.

Corinne Never!

Jennifer **Never!** It's death. Taking responsibility is death to the ego. That's why the ego invented blame.

Corinne Mm-hmm. Mm-hmm. And it's funny. When you're pointing a finger and blaming somebody else, there's three fingers pointing back at you, Right? Like, if you're pointing your index finger out, your middle, your ring and your pinkie finger are pointing back at you.

That's where the *Course* teaching, the *Course* says--I love this quote.

*"The secret of salvation is but this: that you are doing this unto yourself."*

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Meaning, we do have some sort of active role that we're playing in this dream of separation, and if we can just experiment with the idea-- not even if we intellectually get it, but just experiment with this responsibility, that makes room for big miracles to come in.

Jennifer      Indeed! It does! It's another alchemical experience that we can have. I have-- so many times, I have said, "Okay. I don't know what this is about. I don't know where this came from, and I don't really **need** to know. It's just--"

It's like in *The Responsibility for Sight*, "*I am responsible for what I see.*"

My shorthand of it is, "I am responsible for what I see, and everything is just as I wish it would be." I'll say that to myself.

I'll say, "Oh, great! Okay! So, I must wish for this in some way. I've got what I wish. Let me accept it, and see, would I like to modify my order in any way?"

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***"I am responsible for what I see,  
and everything is just as I wish it  
would be."***

---

Like, send this back and say, "Okay. I **thought** I wanted to have a steak, but actually I'd like to have a salad."

"I thought I wanted to be in misery, but actually I decided, **no**. No, not so much anymore." and give it back to the Holy Spirit, who will undo all the consequences of our wrong decision.

### ***Releasing Fears to Spirit***

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Corinne      Yes! Yes! I **love** that prayer! In my Study Group we call it "Page 90" in the FIP edition. At least, one of the older printings that I have it's on Page 90. I like to think of that prayer as a reset button.

*"I must have decided wrongly, because I am not at peace. I made the decision myself, but I can also decide otherwise. I want to decide otherwise, because I want to be at peace. I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I will let Him. I choose to let Him, by allowing Him to decide for God for me."*

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That prayer was so helpful to me, also, with anxiety, because I would even worry, “Am I affecting my health with all these stress hormones and all this anxiety?” I would think of that line from that prayer that you just said. “... *the Holy Spirit will undo all the consequences of my wrong decision if I will let Him.*” And I choose to let Him!

So that would bring me back to this place of, “Ah! That’s another fear that I can release. I don’t even have to worry about that.”

I’m so grateful that you brought that up, because that’s one of my most favorite prayers and reset buttons in *A Course in Miracles*.

Jennifer      Mmm! **Me, too!** Me, too! Me, too!

### ***Eliminating Anxiety Triggers***

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In giving people a prescription of what to do, and how to hold it in their mind, sometimes it’s also super helpful to give people a couple of clear things, Corinne, things that they’re maybe doing unconsciously that they can stop doing.

I find that it’s so helpful for me if I--people resist doing this, but I invite people in my classes all the time to make lists of things. To make lists of your judgmental thoughts. Make lists of your self-attacking thoughts.

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***Am I going to choose to go down that road again, knowing where it’s going to lead me?”***

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People, they don’t want to think about those things. They don’t wish to often sit down, and look at these things, and go over them, and pay attention to them. But when we put down on a piece of paper “One of the biggest issues I have--I have this behavior” “I have this thought” then the next time we’re starting that behavior, the next time we’re beginning to think that thought, the Holy Spirit ties it together for us. It’s like a little bell goes off. “Wait a minute. Here’s my choice point. What am I going to choose? Am I going to choose to go down that road again, **knowing** where it’s going to lead me?”

I call it getting on the “pain train”. “Am I going to get on the ‘pain train’ again, knowing the only place it’s going to take me is Margaritaville, and I don’t want to go there? I don’t want to take that journey, and I don’t want

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to go with those people. I don't want to do that thing. So, I could see the doors are opening. I can let the doors close and let the train pull out of the station."

So, are there certain things that you've come to see that are kind of universal that are anxiety triggers that we can eliminate?

Corinne Good question! For anxiety triggers that are universal.

You know, I feel like, even though there's a statistic that 40 million Americans suffer from anxiety disorders, I believe that that is low, because that's just the diagnosed anxiety disorders, and it's just people who have gotten help. There's many people who **don't**, and there's many people who have anxiety on a much lesser extreme.

So, if you think about it as a continuum, and on the high end are those disorders and on the low end are the anxieties that we **all** deal with. You know, "Am I going to have enough money?" "Is this going to work?" "Is this going to happen?" "What if--?" All of those "What if--?" I feel like those two words, "What if--?" or "I should have--" I feel like **those** are universal anxiety triggers for everybody, just simple thoughts like that.

I do see that the--I want to go back to your lists suggestion, because that is-- I really, really encourage that, and talk about that in my book. But, to finish this thought, the thoughts that freak us out, the thoughts that give us anxiety, like, "What if--?" or "I should have--" even if it's a small degree of stress, if we can start to catch those-- rather than just brush them aside-- if we can start to say, with radical honesty, "Oh! I just had that thought, and rather than keep it to myself, I want to bring it to the Light. I want to give it to the Holy Spirit."

That's where we start to heal, and step **out** of this closed loop thought system, which is the ego thought system, which will always do, it will always go back to the "What if--?" and the "I should have--" and all that comes with it.

Those are some ideas for that sort of universal trigger of anxiety.

But I really want to highlight your suggestion for people about making lists, because I call this "laundry lists" and making your "laundry lists". I call it that in my book. What I like to encourage people to do, and this--anxiety is a powerful motivator. When we feel that strong anxiety, let it motivate you to heal.

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Jennifer Mmm! Yes!

Corinne And, rather than letting it motivate you to keep obsessing, and to retreat into fear, let it **motivate** you to heal. Let it motivate you to do this work. So, get that pen and paper and start writing down everything that you can think of that you're currently freaking out about, everything that's currently bothering you, everything that's stressing you out. Get it all down.

Because, number one, getting it out on paper gets it out of that swimming around in your head. This is--if you find that you can't fall asleep at night because your

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***When we feel that strong  
anxiety,  
let it motivate you to heal.***

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head is just spinning, this is a **great** tool is to write out everything that's on your mind, so it's out on paper. You're free to pick up the worries tomorrow morning when you're done sleeping, because you have it on paper. You're not going to forget about it but getting them out.

### *Applying the Course*

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Then the next step, what I would add with what you already shared about the list making, is that we can **then**, one by one, apply the *Course's* healing process to each one of those fears.

So, if the list on your list is, "I'm afraid of losing my job," we can ask ourselves, "Okay. Am I willing to look at this with the Holy Spirit?"

"Yes!"

Then in your mind, slowing down, and saying to Holy Spirit, "Here's this fear. I'm willing to look at this with You."

You can even imagine that it's like the sun shining into something that previously was in a shadow. It's like turning over a stone and exposing the underside that's moist, and maybe has some moss or mold. You're turning it upside down, so now that part that was hidden is receiving the light.

Just like fog evaporates when the light hits it, we can release each one of these fears. We can at least be willing to look at each one of these fears with Holy Spirit.

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So, I **love, love, love** the list idea! That has been **so** helpful for me in my healing journey, as well.

Jennifer Mmm! Beautiful!

### *Self-Love & Attention*

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Yeah, it's shining the Light, bringing things to the Light, from the darkness to the Light, when we're willing to put our attention on things. It is a **tremendous** act of Self-Love, and that's part of why it's so healing.

Because think of it this way--I know you know this, Corinne, but just speaking to our audience--if you think of it this way.

Let's say you have someone in your life, it could be a friend, it could be a family member, someone that you don't enjoy that much. You really don't like, God bless them! Nothing against them, but, eh, they're just not that enjoyable to be around.

But, you know, you see them at a party, you can say, "How's the kids? Blah, blah, blah." Or, you don't mind making little chit-chat with them. But you really don't want to sit down and have a long one-on-one with them, because they're going to be complaining. Maybe they'll start crying. They might be afraid, and get emotional, and tell you things you don't really want to know about, so you avoid that level of connection with them, because, eh, let's just see if we can keep it light.

"Oh, I'm sorry for your loss. You had a bad time. You lost your job. Cheer up! Things will get better." You know, you might have that kind of a relationship with them, though that sounds awful to me.

But anyway, we kind of do that with **ourselves!**

Like, "How are you doing today?"

"Not so good."

"Okay! Well, let's watch TV together, then!"

"Okay!"

"You know, let's not think about that."

It's almost like we avoid being with ourselves, really. It's not "almost like" -- it's **exactly** like. We avoid being with ourselves, because we're really not in

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a mood to find out what's going on in there, because it just feels like a hornet's nest, and we don't want to go near it!

But I can say, having been a counselor, as you have, for a very long time now and worked with so many people, one of my favorite things on my retreats is when someone comes in, and they look as though they have been energetically just tortured, and they come in and they do not smile. They are unhappy people, and they are just totally broadcasting it. They're there by the skin of their teeth. It's just an absolute miracle that they would ever get themselves to that retreat, or even that workshop, or that counseling session, whatever it is.

Then, after a few days in the retreat, they're laughing. They're smiling! But over the course of the weekend, they've gone deep with themselves. They've looked at themselves in the mirror. They've shared **deeply**, and they've in some cases, they may have cried and cried, and they've gone through.

But look! Now! It's not like--you know, if you have a pimple and it just never pops, the healing can't happen.

Just making a list, giving yourself some **attention**. Because we all have the Light of God within us, and we shine the Light of God on ourselves, then we can really have a healing.

Corinne Mmm! I **so** love everything that you just said, and that even can get as specific as getting off your phone, getting off the computer. We have **so** many opportunities in our day-to-day life to be pulled **out** of ourselves. There's nothing in our culture, there's nothing in our jobs, usually, that encourages us to **do** exactly what you're describing, and that is to go within, to have a relationship with ourselves, to feel connected with ourselves.

We have to make that call. We have to be the one to **decide** to put the phone down, to get off the computer, to spend "me" time. That's one of the **most** healing things that we can do is to give ourselves that loving, loving compassionate attention. I love that!

Jennifer Yeah. Yeah. Healing, it does--it can happen **so** quickly, and it does require our willingness, like you've been saying.

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### *Find Witnesses to Love in Your Life*

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I get to ask you, Corinne, in writing the book, what was something that really just jumped out at you that you **had** to let people know?

Corinne That's a juicy question!

I love sharing stories from my own life. Many times, I'd be writing them down because I didn't want to forget them, because they were such big learning opportunities for me. One of these things--actually, gosh, there's so many! I could answer this in so many different ways! I'll give a story, and then I'll give just a succinct point.

The succinct point that I realized when I was writing the book, is that anxiety sufferers have a **gift**. We have a **true strength**, because we have a very easy time recognizing fear. I could tell you the tiniest little twinge of feeling "off" in my stomach. I could tell you the tiniest little glimmering of a fearful thought coming into my mind. I'm **so** hyper-attuned, particularly, probably, because of all the hypochondria and all the body focus that I had for so long.

But I know that, other anxiety sufferers, you have an easy time feeling fear. You have an easy time feeling anxiety.

**That**, repurposed, becomes an asset in healing, because those tiny times that we feel off, before we spiral down the ego rabbit hole, we can say, "Oh! I'm noticing something here! What is this that I need to pay attention to? What is this that I need to--" like we said already, "--write a list about, get out, or sit with, or feel?" That's my succinct thing.

The story, I'll just have to give you a very quick summary of the story. I go into this a lot more in detail in the book. It was an experience about calling forth witnesses for fear or witnesses for Love. I was experimenting with this radical responsibility idea, as we talked about already.

I had to get bloodwork drawn. As I was doing so, this nurse was pretty insensitive, and was like, "Why are you here in the doctor's office?" Because I was there because of some hypochondriac reason.

When I said my symptoms, she's like, "Oh! That's not good!" which alarmed me. Then she goes--I was like, "Well, I've had it my whole life." She goes, "That's not good!" Then she goes, "Don't you pass out on me!" Guess what I did. I came **very** close to passing out.

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So, I could have **blamed** her. But instead I chose to look at that as somehow, I called forth a witness for fear, and she **agreed**. She agreed to play that role.

Fast forward, and I had to go get more lab work done, because this doctor was like, “Oh! Let’s investigate this a little bit more, and now you have to go to a hospital.” So, I went to this hospital. I was still nervous, but I was **determined** to call forth witnesses for Love. I was determined to have an experience of Love instead of fear.

I walked in, and long story short, it was the mom of a college suitemate who was working at the desk. She did the lab work. No pass-out response.

And as I was leaving, she turned to me and said--it was a Monday-- she said, “Corinne! This is amazing!” She’s like, “I never work on Mondays, and I got called in 30 minutes before you showed up.”

That, to me, was one of those stories that I just had to let everybody know about, because it showed **me** that we have the power, in any given moment, to see those witnesses for fear, or to see those witnesses for Love.

Jennifer Wow! Yes! Exactly! And, the most important part is that you **recognized** it.

Corinne Yes. Absolutely!

Jennifer We--let’s see. Just in terms of our--

Oh! I’m looking at the clock! We’re out of time! Oh, no! **Oh, no! Oh**, my gosh! Well, yeah, it’s time for us to wrap it up.

I can see that there’s just, we haven’t even scratched the surface. We’ve just looked at the surface.

### *Classes & Retreats*

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Corinne That’s what our class is for. That’s what our class is for.

Jennifer Yes. That’s what the class is for, to go deeper. I know people are going to want to go even deeper than that.

A couple of things. Your website is [FromAnxietytoLove.com](http://FromAnxietytoLove.com), and I also want to ask you--do you do one-on-one counseling with people?

Corinne At the moment, no. But I will definitely be doing some group programs, and that might come down the road. But at the moment, with book launch stuff, not a go.

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Jennifer

Got it. Okay.

Corinne's class in the Power of Love Ministry, which I'll be letting you know about it from [JenniferHadley.com](http://JenniferHadley.com). Corinne will also be letting people know about it. The class is going to have two sessions, on April 2nd and April 9th. They will be recorded. They're going to be on Zoom, so they're on a video platform, so you can see Corinne and ask her questions. You'll be able to get all the details at [JenniferHadley.com](http://JenniferHadley.com). if you're on my mailing list, of course, you'll get it there, too.

Since it's time to wrap up, I'm going to say a prayer in just a moment. Before I do, I'd like to just make a couple of announcements.

Speaking of retreats, I've got a number of things coming up. I have my *Stop Playing Small* retreat at the end of April. It's the last weekend in April. It's 4 days, 3 nights, at the Art of Living Retreat Center in North Carolina.

I'm following that, intentionally-- right away, immediately following it is my *Spiritual Counseling Training Intensive*. I haven't done a *Stop Playing Small!* retreat in a couple of years. People keep asking me, "When's the next one?" I don't know. This is the only one that I know of now.

The next *Spiritual Counseling Training Intensive* will be in October, if you're intent on doing those programs with me.

Power of Love Ministry is expanding from not just having the *Masterful Living* class and the *Finding Freedom Boot Camp* class. We're also moving into--we've been doing the *Spiritual Counseling Certification* for a few years now, four years now, and we're moving into ministerial and Prayer Practitioner offerings.

Jon Mundy is joining me in doing some retreats this summer, in July. I'll be sending out details soon, if you don't have them already. We're going to do a retreat on writing spiritual inspiration, teaching workshops and classes, and then speaking. Three back-to-back retreats in July, July 5th to the 15th. We're working out those details and getting them to you. More to come! More to come! More to come!

Thank you so much, Corinne! I've got to --ah! I'll take us into prayer here, now.

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### *Closing Prayer*

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I'm so grateful and thankful for the Love of God shining as Corinne, as each and every one of us. So grateful that we're giving up the habits of playing small and living in fear and lack.

So grateful and thankful that our true nature is unlimited, unprecedented pure Love, and we're already there. We're willing to drop every block to Love, and recognize our true nature, and we're grateful to bless everyone with our lives.

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

Corinne      Amen.