

**May 01, 2018**



# **Jon Mundy - Practicing the Principles**





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*May 1, 2018*

# Jon Mundy - Practicing the Principles

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!

I'm so happy to join with you today. I'm in the beautiful, beautiful Blue Ridge mountains of North Carolina, where Spring is springing! It's a fantastic day!

It's also a fantastic day because today I have my friend as my guest on the broadcast. I have Jon Mundy, author Jon Mundy, joining us. I'm going to introduce him in just a moment.

But we're going to start off here with a prayer, just like we always do.

## *Opening Prayer*

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I'm going to invite you to place your hand on your heart, as I am doing, and we take this breath of Love and gratitude. So grateful and so thankful for Infinite Wisdom, Divine Intelligence, leading us and guiding us.

We are grateful and thankful to Partner UP with the Higher Holy Spirit Self. So grateful and so thankful to open ourselves to a new understanding of living *A Course in Miracles*. We're opening ourselves to a healing, a full release of the blocks to Love.

We are grateful and thankful to come together to remember our true nature **is** Perfect Love.

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In gratitude, we share the benefits with everyone, because we are One with them. In gratitude, we let it be. We know it's done. And so, it is. Amen. Amen. Amen.

### *Living & Practicing the Course*

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I am so, just filled, with Love and Light. Truly I am. I'm feeling that, and I'm so grateful to have Jon Mundy with us today. We're going to be talking about [\*Practicing the Principles of A Course in Miracles\*](#).

Jon Mundy, as you may know, is the author of numerous books. He is a long, long time *A Course in Miracles* student, and his books are super helpful in helping us to live a life of Love and transformation.

Jon's actually offering a class called *Practicing the Principles of A Course in Miracles* that starts this week, on Thursday, May 3<sup>rd</sup>. *Living A Course in Miracles*-- his book, *Living A Course in Miracles: An Essential Guide to the Classic Text* is the textbook for the class that he'll be offering.

Jon, are you there?

Jon I am here.

Jennifer Yay! I love it when the technology works.

Jon Right.

Jennifer As we know. We've all had challenges.

Jon This time, it is.

Jennifer Yes. Yes.

We'll get into some details about the class. But, you know, I'd love to ask you first, Jon. As my listeners know, this radio show is called *A Course in Miracles*. The subtitle is *Walking the Talk, Living the Love*.

And, as you know, because you've known me for many years now, I do the class series, *Living A Course in Miracles*, and have the website, [LivingaCourseinMiracles.com](http://LivingaCourseinMiracles.com).

What--you wrote *Living A Course in Miracles* in--what year?

Jon 2012.

Jennifer 2012? So, what was it that precipitated this? What was it that caused you to write this particular book?

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Jon Well, I'd been writing it in the back of my mind, as it was, with sermons, and lectures and stuff. And then I was asked. I was asked by Sterling Publishing of New York City if I would produce just such a book for them. I mean, who could say no to having what you've been dreaming about, being asked by--Barnes & Nobles owns Sterling, a major company? So, they came to me. I didn't go to them. And that was wonderful.

Jennifer Yes.

Jon So, I was ready to do it.

Jennifer I can imagine. And it's a very popular book. A very helpful book, because it does break down what it means to really **live** *A Course in Miracles*.

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***Many people who study A Course in Miracles don't see that they're not living it.***

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The class that you're offering, [\*Practicing the Principles of A Course in Miracles\*](#), which you're using this beautiful book as the textbook, practicing the principles, living the *Course*, it's all the same thing.

And **yet**, many people who study *A Course in Miracles* don't **see** that they're not living it. They don't **see** that they're not practicing the principles.

Jon Right.

### ***Keeping the Peace of God***

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Jennifer What is the most common kind of block to living and practicing the *Course* that you notice in people's lives?

Jon Sure. The most common thing that I notice is the speed with which you can allow your Peace of mind to be taken away from you.

Jennifer Mmm!

Jon If you've really been doing the *Course* for a while, something is going to happen that's not going to take your Peace away from you, that would otherwise would be disturbing. Somebody upsets--cuts you off on the road, as a silly simple illustration.

But, I was talking to a friend the other day, and she kept using the word, referring to somebody else saying something was "rude". And I thought, "Rude? That's interesting that they jump to that." They jump to seeing the problem. I'm not saying that somebody wasn't being rude to her. But it's--that kind of a principle, when you see it, when you say that it upsets and

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makes you angry, it disturbs you. And we literally talk about how things take the Peace of mind away from us.

Jennifer Mm-hmm.

Jon There's one woman I've been doing some counseling with out in Texas who became very upset with our President, and just was going, "I hate him! Hate him! Just hate him!"

Don't let **anything**--this is my basic teaching, I think these days, is that don't let **anything** take the Peace of God away from you--

Jennifer Mm-hmm.

Jon --especially something in the world, especially something like politics or the way somebody else is behaving. Nothing like that should take the Peace of God away from you.

The *Course*, the Foundation which was set up to publish *A Course in Miracles* originally, is the Foundation for Inner Peace. That's what we want. We want "inner Peace". Can you think of anything more that you want than have inner Peace?

If you've got inner Peace, then you've got a calm mind, a reasonable mind. You can approach your day evenly. Nothing is going to really disturb you.

So, the question is, as I just said, is "How quickly do I give my Peace away? How quickly can it be taken away from me?" And nothing should do it. There should be nothing on the news, there should be nothing on television, and nothing that somebody else says.

Even if it's true or not true, it doesn't matter, because if you're letting it take the Peace away from you, then you're **letting** it take the Peace of God away from you.

Jennifer That is so helpful! That is a great measure that we can all relate to!

Jon Sure.

### *Being on a Word Diet*

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Jennifer I'm really glad you brought up that word "rude". I remember thinking about something the other day, and thinking-- oh, that something that I had done, like, "Oh, that could be rude."

Jon Mmm!

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Jennifer And, “rude” is one of those labels.

Jon Right.

Jennifer And I have found that the ego loves to label--

Jon Oh, of course! Absolutely!

Jennifer --as a way of segregating and separating.

Jon Alright.

Jennifer Yeah. So, do we live without the word “rude”? How do you do that?

Jon Well, you become really conscious of--[laughs] Well, that’s really true. You become more and more conscious.

You know, I have this one CD that I produced called *Word Fasting: The Miracle Diet*. It’s my best-selling CD. I just got through ordering a second--

another batch. No, not the second batch. I don’t know how many batches I’ve ordered. But I just got another batch because I just did a little tour of the Midwest, and I sold out everything that I had on that particular one.

It’s only an hour, but it goes over all of the words that I suggest eliminating from your vocabulary.

You know, Jesus, in the Gospel, says “It’s not what you put **in** your mouth that defiles you. It’s what comes **out** of your mouth that defiles you.”

Jennifer Mmm!

Jon It’s like we’re spewing this stuff onto other people. Well, nobody appreciates having that kind of stuff be spewed out onto them.

And some words are such giveaways. Like, for example, quickly, words that indicate that you’ve lost your balance, you’re “up-set”. The real question here is, “**What** is it that is upset?” That’s the **real** question, the question behind everything. Because only an ego can get upset. You know, only an ego can have that problem.

And the major base teaching of *A Course in Miracles* is “*You are not an ego.*” That is **not** who you are. You are **not** an ego! You’re a Child of God, and nothing can take the Peace of God away from you.

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*“How quickly do I give  
my Peace away?”*

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I mean, Jesus could go to the cross without having the Peace of God taken away. He says it, Himself, it was a radical example. You know, we're not being asked to be crucified. But in other ways, we don't need to allow this kind of distraction.

Another good word, besides "upset" is "offended." What? That's your balance, too, because you're "off the end". Why would anything "off-end" you? Who is the "**you**" that is "off-ended"?

Or, another word, "disappointed". **Who** is disappointed? Who is the "you" that's disappointed?

I have a long list of words that are examples of them, and we see some of them flying around on television.

Another good set are all the name-calling words. Anything that is stupid, idiotic, ridiculous, absurd, insane. Those are all just name-calling. And when we get around to name-calling, we certainly aren't loving each other. We aren't certainly **seeing** each other as the brothers and sisters that we really are.

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### *How God Sees Us All*

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You know, the *Course* is really clear that there's nobody out there--nobody out there--that's not loved by God, and needs to be loved by you, too. Even in those cases where it looks like something pretty terrible has happened.

You know, I have a friend--it's an interesting thing to say, but I have a friend who's a serial killer. And he's in jail, of course, now, and all that sort of stuff. But, of course, when I first met him, he was not a serial killer, and I got to know him on a different level. I could see that he was a bit disturbed in different ways and, of course, it never got acted out during--we actually lived together in California back in the 60s.

Jennifer      Wow!

Jon            But--yeah. He was my housemate for about 18 months. But he was really--it turns out, really deeply disturbed. But partly because, you have to think about, he saw his mother commit suicide when he was seven years old by jumping off the roof of their mansion in Scarsdale, New York.

When you look at the lives of those boys, for example, that did the Parkland shooting, the one that did the bombing in Boston--the one with the

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bombing in Boston, I was supposed to give a talk at a church on the Sunday after that occurred, and I think the bombing was on Tuesday. They found him on Thursday. It was big stuff in the news on Friday and Saturday, and then I went to this church. And I just--I don't know what I was going to talk about that morning, but I just scrapped the whole thing.

Jennifer Mmm!

Jon And I talked about what I call--I made the title of the sermon, "The Boy in the Boat" because they found him in a boat, you know. He was covered up in a boat in the back of a yard.

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***Only an ego  
can get upset.***

---

Jennifer Mmm!

Jon And, he had been wounded. His brother had been killed. He had killed nine people and wounded 20-some other people. I said, "What's going on in this boy's mind?" You know? And everybody hates him. Everybody hates him. You know, they just want to kill him--

Jennifer Yeah.

Jon --because of what he did. But then the real question is, "But how does God see this boy?"

Jennifer Right.

Jon How does God see him? God seems a wounded child, a terribly wounded child, who is suffering greatly.

And then, for the Parkland one, as well, when you look the eyes of that boy after they caught him. It's just completely--

One thing that's interesting about these was true for my friend, who is the--well, his name is Bob Durst, and people may know him, because he's been in the news a lot. But one of the universal characteristics that these folks have is, that they're loners, and they often have had not-good childhoods at all. What I mean is, they didn't get the kind of love that you and I perhaps got from our parents when we were kids.

And the same thing I notice was true, I watched a documentary on Prince, and it was saying how Prince was a loner, an absolute loner. You know, he did it all himself. He made it all himself.

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And I heard Lady Gaga, interestingly enough, on the television thing one day saying that the worst part of being famous was it was so isolating. You felt so alone at the top.

And then, the *A Course in Miracles* says that God created us, and our whole purpose here is one of **sharing**. Everything, all relationship. And the greatest Joy we have reminds us of Divine Abstraction, which is another name for God. Divine Abstraction takes Joy and **sharing**.

And we really do--if you want to do something, you get together with friends to do it. You know, share with the people that are like-minded, that enjoy the same kind of activities that you do. you know?

And I think, even all of Heaven is about relating, actually.

Jennifer

Yes!

Jon

That's about the Joy of sharing--

Jennifer

Yes!

Jon

--on a deeper level. So, we're not isolated. We're not broken off. The ones that are broken off and isolated, they're capable of killing other people because they don't **relate**. They don't have the connection. They don't have the heart, the Love, there that keeps them from doing that. And they're also very selfish, and my friend was very selfish. I realized that later on. Right?

Jennifer

Mmm!

Jon

Yeah. So, it's pretty deep psychology, here.

Jennifer

Yes!

Jon

It's really looking at we're here to help each other. We're here to give. You do a tremendous amount of that. You do a tremendous--well, you do! you do a tremendous amount of helping other people and helping them to wake up and to be able to share on a deeper level themselves.

Jennifer

Well, it's thrilling to me! There's nothing more thrilling than this journey of waking up.

I just finished a retreat called [\*Stop Playing Small!\*](#) and I'm just starting my [\*Spiritual Counseling Training Intensive\*](#) here in North Carolina, and I know you and I are talking about doing some teacher training classes.

Jon

Right.

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- Jennifer We're looking for a venue to do it this summer.
- Jon Right.
- Jennifer Training folks to--in spiritual, writing inspiration, spiritual inspiration, and teaching workshops, creating workshops, leading workshops.
- Jon Sure.
- Jennifer And, also in giving sermons, and talks, and spiritual talks.
- I love, as I know you do, supporting people in **sharing** their gifts and talents, because each one of us can support more and more people. And so, I really like being able to support the people who are supporting the people.
- 
- There's nothing more thrilling than this journey of waking up.*
- 
- Going back to what you were saying before about practicing the principles, and really, truly living the *Course*, we were talking about looking at the labels, and labeling. For me, being willing to just give up the labels.
- Jon Oh, yeah!

### *Seeing the Dream*

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- Jennifer Sometimes I might say, "This is what it **seems** like. This is what the appearance is."
- Jon Right.
- Jennifer But, is that **really** what's happening? And is that what I'd like to **affirm**? Or, is that just my interpretation.
- Jon Right.
- Jennifer So, that's one of the big things that, in terms of living *A Course in Miracles* and practicing the principles.
- How do you recommend, Jon, that people begin to see that it's a dream, that it's an illusion? How do we really **practice that**?
- Jon Well, as the *Course* says, the purpose of the whole *Course* is to remove the blocks to the awareness of Love's Presence. So, the purpose is to remove the block to the awareness, and the Love can come forth.

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So, you've got to look at the blocks and become **aware** of what the blocks are. Just like what we were talking about a moment ago, about the words, anything that is disturbing my Peace--I get annoyance, anger of any kind, frustration of any kind.

Whenever I see anything like that coming up, you want to stop right away and say, "Whoa! Wait! Where is this coming from? Do I really want to go there?"

There's actually a line in *A Course in Miracles* where it talks about, and uses the phrase, it says, "...go the other way."

Jennifer Yes.

Jon You know? I mean, literally "...go the other way." It's sort of a "Reverse and walk your horses." But only say that, because that was what they used to say at the fairgrounds when I was a kid. Turn the whole thing around.

So, if you're about to be angry at somebody-- let's take a primary relationship, a husband, or a wife, or a kid. You know, rather than doing that, how about going exactly in the opposite direction, and find something loving that you can do? Some loving expression that can come out of you instead of some angry, attacking, annoying.

### ***The Ego "APP"***

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*A Course in Miracles* says--it's interesting. Do you know, it gives three uses that the ego makes of the body? And it's really interesting. And I can tell you what the uses are for the Holy Spirit, how the Holy Spirit sees the body, as well. But the three uses--it's an "APP". It's interesting that it's an "APP". By "APP" I mean it's "A-P-P". So, all you've got to remember is the initials "A-P-P".

Number one, it says the ego uses the body for "attack". And we're **really** good at attack. I mean, we know a lot about attack. I mean, just--politicians are attacking each other, constantly attacking each other. You know, it's like, who would want to be involved in **that**? You know? When our job is to be loving each other, how are we going to be loving each other instead?

But a short study of any history shows you that--who was it? Emerson said that a study of history is just to say, "...one damn thing after the other." And it really is. It's just one damn thing after the other. Emerson's not the only one who said that. Two or three people are attributed to having said

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that, and it's behind Churchill is also credited with saying that. But that's what this planet is.

Keep in mind, *A Course in Miracles* says this is an insane world, and never underestimate the extent of its insanity. So, it's **really** deep. We are slowly, I think--and I mean slowly waking up. I mean, as a humanity. We're slowly—

You know, this thing that happened this last year, with powerful men abusing their power and making us more aware of that. So, that's a good sign, because that's a sign that that can't be allowed anymore.

But you know, it's really a slow-go. I mean, it's amazing to think that 150 years ago, the black man was a slave in this country. And it took us 100 years to get to the Civil Rights Act of 1964 which outlawed segregation. 100 years after the Civil War!

Do you know, that next year, 2019, is the celebration, the anniversary, of women's right to vote? Isn't it remarkable? It was only 100 years ago that that barrier was broken.

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*Remove the block to the awareness,  
and the Love can come forth.*

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But, barriers like that continue to be broken as we mature as a society, and as we begin to actually love each other instead of continuing to find reasons to go to war and to fight each other. What do we go to war over? We go to war over **concepts**. We go to war over boundaries and borders, and silly pieces of the Earth. "This part of the Earth belongs to me." Well, no. None of it belongs to anybody. It would only belong to you for the three years before you die, and then somebody else claims that it belongs to them.

I love the fact that the American Indians never claimed to own anything.

Jennifer

Yes.

Jon

You know?

Jennifer

Mm-hmm.

Jon

Jen, I don't know whether you saw the series that was on last October on PBS on the Civil War.

Jennifer

I didn't.

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- Jon Not the Civil War. I take it back. I don't mean the Civil War. I mean the Vietnamese War.
- Jennifer I did not.
- Jon Also by Ken Burns.
- Jennifer Ah! Okay.
- Jon But Ken Burns did *The Civil War*. He also did the Vietnamese War. Well, it was two hours a night for two weeks, so that's 10 hours of analyzing what happened, and how it happened.
- And just think about this. We went all the way across the biggest ocean that there is. We killed 3.8 million Vietnamese, and 58,000 American soldiers. And the more you watch the thing, the more you go, "**What were we thinking?**" It's clearly, we **weren't** thinking. We were afraid. This is interesting--we were afraid. We were afraid of a concept. We were afraid of an idea called "communism".
- Jennifer Mm-hmm.
- Jon Yeah. There's **no** reason, ever, to be afraid of an idea that's not true. By that, I mean communism had a built-in implode in it. It was going to fall apart. It **did** fall apart. Look at the Berlin Wall, it comes tumbling down. Because we have to have free enterprise. People have got to be free. That's just a basic to the human Spirit, so that **will** be what comes about with time.
- I got into this by talking about "A" - attack. We just **really**--that's the ego seeing--it's kind of like it's got the gun loaded and the hammer cocked, and it's just, you say something wrong, and boy, oh, boy--bang! I've got you!
- I might as well finish the other two "P's". Go ahead.
- Jennifer Okay. Yes. No. Finish the other two "P's."
- Jon The other two "P's". Okay. The second "P" is pleasure. So, we use the body for the purposes of obtaining pleasure.
- Now, there's nothing **wrong** with pleasure, but there **is** a potential problem with pleasure. And the potential problem is that it's temporal. By temporal, I mean that it's not eternal. Joy, and the *Course* speaks of it as being a state of permanent. It's eternal Joy. Right?

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*This is an insane world,  
and never underestimate  
the extent of its insanity.*

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But pleasure, of the body, it has to be repeated again. So, you eat, and that tastes good, and that was nice. But now you've got to eat again. Or, you drank, but now you've got to drink. Or, you have sex, but you have to have sex again.

What happens, of course, is that we begin to overdo those things. So, we overeat. We never under eat, by the way. We never underdo any of these things. We never underspend. We overspend. You know, we've a lot of overage here.

Jennifer Mm-hmm.

Jon And so, then we run into the possibility of an addiction. And once the addiction is there, then it becomes a struggle to break that addiction process.

I'm working on--starting to work on a whole new book now on the power of decision and looking at how we get caught in negative choices and look how we can--there's such a thing as positive addiction, as well. Exercising is a positive addiction. Meditation is a positive addiction. Et cetera. The thing is to get the motion going in the right direction, so that we really do feel better. Anyhow, "P" is the second one.

And then the third one is also "P", and that "P" stands for pride. So, we take pride in our DNA, our heritage, letters in front of our name, letters behind our name. Whatever it is that we take pride in leads to the kind of ego aggrandizement where we become--we think that we're something we're not.

I often say, I guarantee you there are no reverends in Heaven, and no Ph.D.'s. there's no doctors. There's no captains, or lieutenants. What would we need war people for in a place like Heaven?

Heaven is a state of mind, by the way. The *Course* says there are no streets. There are no cars. There are no--I once read a sermon that was written by an 18<sup>th</sup> century minister in England, and he describes Heaven as a place where there's beautiful horses and carriages, from an 18<sup>th</sup> century point of view. Right?

So, anyhow, that's the "APP". So, we watch out for attack, for pleasure and for pride.

Jennifer So helpful! Yes! In a world where we live with apps.

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Jon Right.

Jennifer That's great! Yeah! Apps are a valuable part of all of our lives, or most of our lives.

Jon Right.

Jennifer With our phones and our computers.

Jon How wonderful.

Jennifer Yes! Very helpful.

### *Removing the Blocks to Being Aware*

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You know, Jon, you started that by talking about **removing** the blocks to Love, removing the blocks to our **awareness** of Perfect Love.

Jon Sure.

Jennifer So, what I notice, especially having just done this [Stop Playing Small!](#) retreat and [training Spiritual Counselors](#), is that it's such a common thing for us in our human experience, that **many** times we don't even wish to **look** at the block, to acknowledge the block, because it seems as if the block is so big. It's like a **huge** mountain, and we're just a tiny little person. And so, we have no concept that we could actually even remove the block or let it go.

Jon So, that's why you want to --

Jennifer Yeah. Let's talk about this when we come back from the break. I'm hearing the music.

Jon Oh. Okay.

Jennifer It's time for us to go into our break here.

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***Heaven is a state of mind.***

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I'd like to let everybody know that Jon Mundy's [Practicing the Principles](#) class is a six-week class. Jon's doing it on video, Zoom, and it starts on Thursday, May 3<sup>rd</sup>. we'll talk about that when we come back from the break, too. But you can sign up for it at [JenniferHadley.com](#) or [MiraclesMagazine.org](#).

You're listening to *A Course in Miracles*, where we're living the Love, we're walking the talk, on Unity Online Radio. We'll be right back.

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

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

Now, back to *A Course in Miracles: Living the Love, Walking the Talk*.

### *Practicing the Principles Class with Jon*

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Jennifer        Welcome back! I'm Jennifer Hadley, and my guest today is author and *A Course in Miracles* teacher, Jon Mundy. We're talking about *Living A Course in Miracles*. We're talking about *Practicing the Principles of A Course in Miracles*.

Jon is preparing to offer a new class. This is his first class on the Zoom platform. Which I teach all my classes on Zoom now. I just love it! So, it's a video platform where you **can**, if you wish, you can turn on your video camera, and we can all see each other. Though, some people still like to see everybody else, but not themselves, and that works, too. But it's nice that we can really see each other. You'll be able to see Jon in the class.

It's a six-part class called [\*Practicing the Principles of A Course in Miracles\*](#). It starts on Thursday, May 3<sup>rd</sup>, and you can register at [JenniferHadley.com](#), [LivingaCourseinMiracles.com](#), [MiraclesMagazine.com](#). Is it [MiraclesMagazine.org](#) or dot-COM?

Jon              Org. O-R-G. That's important.

Jennifer        Okay. Dot-ORG.

Jon's also the publisher of *Miracles Magazine*, which is chock full of all kinds of useful articles, information and support.

And I've been telling people, Jon, that this video class can then become part of their library of *A Course in Miracles* resources.

It's something that I don't think I've ever talked about on the radio broadcast, is that the classes that I sponsor are--we have a member site. So, because people become a member of the site--it's a free membership--then whether they're participating in a free class or a paid class, **all** their access to the class is always there at the member site.

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If they don't remember how to log in, they can just ask us, and we can tell them what their log-in is. Or, they can reset their password. But it's just **great**. Because, sometimes--I know for me, I have bought many downloads and audios, and things like that in my life, where I don't remember how to access it anymore. I don't have clue #1 how to get at it. But with this member site, for years, and years, and years, all the things that we've done, people still have access to every single one of them.

So, I just wanted to let people know that they'll get the audios for your class, they'll get the videos for your class, and they'll get the transcripts for your class. And then they'll be part of that library at the members site. But, of course, they can download everything onto their computers, as well.

And--do you want to say anything about the class before we go back to the question about blocks?

Jon Well, it's going to be a basic class, in the sense that the first thing we'll do is talk a little bit about the history. I want people to introduce themselves. And then we're going to do the ABC's. I'm going to provide "What is the Holy Spirit?" "Who's Jesus?" "Who's God?" You know, sort of a little bit of a look at the glossary. "What is the poem?" Et cetera. And get clear on that.

And then we'll start going into the metaphysics of the *Course*, and why is it that the *Course* says there is no world, and what does it mean when it says time is a vast illusion? Why is it that we are not who we think that we are? Et cetera.

Jennifer Mmm!

Jon Mm-hmm.

Jennifer Beautiful! Yeah. I know people really appreciate your offerings tremendously, and your *Miracles in Manhattan* and the videos that you've done about the *Text*. It's--you're so clear and concise, and people can really appreciate and see beyond, sometimes, the cryptic nature that sometimes we find in the *Course*.

So, going back to blocks.

Jon Right.

Jennifer When a person feels, maybe unconsciously--because I know this was a big thing for me.

Jon Sure.

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- Jennifer Unconsciously, I felt that my blocks were so big, so immovable, there was no point in looking at them.
- Jon Oh!
- Jennifer “What am I going to do? I’m just going to feel bad about myself.” Right? So, why would I--?
- Jon No.
- Jennifer “Better I should go have a cocktail than look at this mountainous block and say, once again, ‘Oh, yeah. You’re a loser.’”
- So, when we feel like **that**, how can we apply the teachings of *A Course in Miracles* to get the heck out of that place?
- Jon Well, I think the first thing is to don’t look at it as a big block. By that, I mean, just look at it as something that we can begin to chip away, and we can begin to **remove** the parts that are annoying to us on a conscious level.
- You know, it’s like an old, [unintelligible] there is Michelangelo, where they’re saying that the whole thing was just to take away the part that wasn’t David out of the marble block. And you’ll get down to the self that’s really there.
- So, it does require work. You know, what may be a good thing to do-- before the break we talked about how the ego uses the body. It might be good to talk just a little bit about how the Holy Spirit uses the body as a means of removing those blocks.
- Jennifer Mmm!

### *The Purpose of Our Body to the Holy Spirit*

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- Jon So, here’s the way that the Holy Spirit sees the body. First of all, it sees the body--and there’s no acronym for this, unfortunately, but there are letters that we can use. The letters are “L-C-F-H” and I’ll explain what those letters are.
- The primary purpose of the body in the Hands of the Holy Spirit, is that it is a **learning** device. That’s the primary reason we have this thing. We’re here to learn something. I think everybody feels as though, yeah, we’re here to learn.

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When I look out in an audience that I'm addressing, sometimes I'll think, "Why are you all sitting here?" [laughs] They're sitting there because they want to **learn** something. They want another insight. They want another something that's going to enable them to wake up a little bit more, to go a little deeper into understanding how the heck we got here in the first place, and how the heck we get out of here.

So, "L" this is a learning device.

One thing, health wise, seeing how this is a learning device, one of our first challenges is to keep this thing working well, and to keep it working right, so that it **can** be a good learning device. It's hard to learn trying to work with a body that doesn't work well. Right?

Jennifer Mm-hmm.

Jon Whatever that means. I mean, whether that's doing yoga, doing exercises, watching what you eat. All those things. We don't need to go into that. It's obvious, those kinds of things that you have to do to keep the mechanism itself.

The brain is a computer. This is also a vehicle. It's a communication device, and that's what the second level is for. The "C" - the second letter is "C" and that stands for communication. This is a learning device, and the primary way we learn is through communication. That's what we're doing right now. We're communicating with each other about these ideas on this show. And if you read a book, you're looking at words, you're reading the *Course*, you're reading another book, you're trying to gather information that will help you engage in the process of transformation that you need to engage in.

Of course, you also need application.

Jennifer Mm-hmm.

Jon So, it's really a matter of **doing**. The *Course* calls it having a little willingness. "A little willingness to **do** what I'm asking you to **do**."

Helen Schucman once said to Jesus, "You know, this stuff isn't working." And, Jesus said, "Well, why don't you try it?"

[laughter]

"Why don't you **do** what I'm asking you to do, so you can hear My Voice even better?" Because it does get **better** as you **do** it. It becomes clear. The

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fog is **lifted**. You understand exactly what you need to do, as the fog is lifted, and as you come to have a clearer insight.

And that Clarity of insight comes, by the way, through in one **really** important way, just by being responsible. I mean, being responsible. You know, that Section, Page 448 of *A Course in Miracles* has got that little zinger on that second section there, where it says *The Responsibility for Sight*. “I am responsible. I am responsible for what I do. I **choose** the feelings I experience. I decide upon the goal I would achieve.”

And the real clicker is the last line, which is “I accept responsibility for whatever comes my way.” I’m paraphrasing that, but that’s what--right? The “L”.

Jennifer Mm-hmm.

Jon “C”. Communication is the way, if you want to heal a relationship with somebody else, what do you do? “C” --you engage in communication.

A really, really quick story. One of the first times I went to Helen Schucman for counseling, which was really they week after she told me about the *Course*--I met her almost two years before she told me about the *Course*. But I was in a relationship that wasn’t working, and this woman started acting out, and she started calling at 2 or 3 o’clock in the morning just letting the phone ring to annoy me. And people were saying, “Oh, get a restraining order.” She did a lot of things, but I won’t take the time to go into it. Like throwing a cup of coffee in the guard’s face at the door when he told her I wasn’t in. Things like that.

Helen, I’d only told her about this for a minute or two, and she would do this interesting thing when she wanted to make a point with me. She’d reach out and she’d tap my knee. She reached over, and she just tapped my knee with her finger, and she says, “The next time she calls, answer the phone. She needs your help. You need to talk to her.”

Jennifer Mmm!

Jon That night, the phone rang, and I answered it at 2 or 3 o’clock in the morning. And we talked until daybreak. And forgiveness works. We are friends to this day.

It’s just remarkable, how that--but that’s communication. You’ve got to communicate.

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Shutting off communication never works. That's just kind of foolishness where I see one company says, "Okay, we're not going to send your envoys and diplomats anymore." "Okay, we stop communicating with each other."

That's not what we want to do. We want to be engaged in deeper levels of communication with each other, because underneath we really do love each other, if we can just see it.

Jennifer Mmm!

Jon "L" is the learning device. The main thing we use it for is **communication**, whatever that means. But what we're communicating with is "F", and "F" is forgiveness. All that forgiveness means is just **letting it go**. That's all it is, just letting it go. Do **not** make this an issue, because you're going to hurt yourself. **You**, when you engage in forgiveness, **you** are the one that's free, and you're the who's liberated.

And then, finally "H", and "H" is the goal, and the goal is "Healing". It's "Health" and it's getting back to a healthy mind, a whole mind, a healed mind.

And that's the process. So, you go just slowly start engaging in that process. And if you see a problem, A-realize you're that it's **your** responsibility to be dealing with it. Whether it's losing weight, getting out of debt, whatever it is. Nobody can do it but you and feel good about it.

### *Jon's Physical Healings*

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Jennifer Yes! And you know so much about healing, because you have really-- you've, I almost want to say, battled for your life.

Jon Oh, yeah.

Jennifer With illness.

Jon Yeah. Three times.

Jennifer Yeah! In being deathly ill, practicing the principles of *A Course in Miracles* was that kind of experience. What about--what would be one useful thing? If somebody is **really** challenged on a physical level, what would you share with them?

Jon Well, A-believe you can get out of it, because you **can** get out of it.

Jennifer Mmm!

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Jon B-Do the practical kinds of things that you can find out on the internet that you **can** do.

It's interesting how the *Course* says the **mind**--the whole purpose of the mind is to use for the purpose of healing. Our minds can make us sick. Our minds can make us well.

And I have a good illustration of it. My father had Alzheimer's. His sister had Alzheimer's. His cousin had Alzheimer's. I mean, our family is riddled with it. Right? And a friend who has the same heritage that I have, four years ago once said to me, "Aren't you **afraid** that you will get this?"

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*Shutting off  
communication  
never works.*

---

I said, "No." My friend said, well, she was deathly afraid of it. And I'm sorry to say that today she has it. So far, I seem to be--I mean, I forget things, but I'm 75 years old [laughs] I can't be writing these books and doing these lectures and stuff.

Another thing is to just keep that mind working in the right direction. You know? It's where we put our **belief**, whether we're going to be well, and how we're going to pursue that reasonably and logically, as well as just also believing that--

I remember when I had cancer, one of my first thoughts was, "**No**. No! This isn't my script." But it **was** in my script, because I had it. But it's interesting, though, for some reason--I don't know why, really, but I **never** believed it was going to get me. I just never believed that. It was just an annoyance, and it was an annoyance that lasted almost a year, but it went away, and it really went away. I don't think that that will ever take me. Not that.

Jennifer Mmm!

Jon In the end, it will be something else. Right?

Jennifer Well, let me ask you. Do you--because--do you think it is in everybody's script, that possibility of complete healing? Might there be another script that's the highest possibility is not healing?

Jon Well, sure. I mean, in some instances, especially, the thing to do is to go. I mean, it is to let go and to die. I mean, that's a healing, too.

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I mean, that's on the spiritual level. You get free of this--several times, the *Course* actually refers to the body as a prison, and it's really good to be out of prison, and out of the drama, and into another position where you can just --and the bodies are very heavy. Even light bodies are very heavy. They're a **lot** to deal with.

When I had encephalitis, which--although I don't know, the doctors tell me that was the closest I got to dying. They said, "You do not know how lucky you were that you came out of that, and that you came out of it whole."

Jennifer Mmm!

Jon I completely came back. The first day I was home from the hospital, I couldn't eat. I had lost 30 pounds. When you lose a lot of weight, you don't want to eat.

Jennifer Mmm!

Jon I was watching my family eating chicken, and I thought, "This is the silliest thing." Teeth are the weirdest things, when you look at them. And I got the whole digestive, elimination process---we won't go there. But just a lot to have to deal with. That's why one of the reasons you want to keep it working good, so that it doesn't become an extra heavy thing to deal with. You know?

Jennifer Mmm! Yes! Yes!

Jon Yeah. Right.

Jennifer Well, as people can hear, there are **so many powerful** opportunities to apply the teachings of *A Course in Miracles*, the practical principles, in a way that we're really living it, that improves the quality of our lives, that improves our ability to experience the Peace of God consistently.

I know this is the most miraculous thing in my life, is how much my relationships have improved, and how--I mean, I just don't feel badly about myself anymore. That doesn't happen.

Jon There you go! Yeah! Of course not!

Jennifer Yeah. But I used to feel badly about myself many times a day, and so I--and I **never** imagined that it was possible for me. So, this is why, like you, I'm so interested in this practical application.

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### *CD's, Transcripts*

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I'd like to remind people that Jon's class starts on Thursday, May 3<sup>rd</sup>. But you can join at any point, if you come in late. You'll get the audio and video and transcript downloads, and you can pick up right then. I'm sure this class is going to be so valuable. It's going to be available for years to come.

I also would like to have you mention that CD that you mentioned at the top of the broadcast, Jon. What was that called again?

Jon It's called [\*Word Fasting: The Miracle Diet\*](#). It's about becoming very, very conscious of the things that come out of our mouth. I have two sets of categories. One, words you can completely eliminate, just like you would eliminate sugar, or something, from your diet. And then, others that you can eliminate, but you can cut back on the frequency with which they appear.

It's fun. I keep seeing new things. I need to re-write it and re-do it, because it can--what was an hour can now become two hours.

Jennifer Right. Right.

Jon Yeah.

Jennifer Yeah. Beautiful! And people can order that at [MiracleMagazine.org](http://MiracleMagazine.org)?

Jon Right.

Jennifer Okay. Great.

I'd like to thank you for being on the show this week with me.

Jon Thank you. Thank you for all your help.

Jennifer Jon's always--it's always a pleasure to have you on the broadcast.

Next week, Tama Kieves is going to be my guest.

Jon Great!

Jennifer That, I'm looking forward to. We always have a lot of fun together.

I'd also like to say, just before we close out here, that we, at [JenniferHadley.com](http://JenniferHadley.com), at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com), are **so** grateful for the contributions that people make that make this radio broadcast possible, and also that make it possible for us to give away the transcripts for **free**. Because it's not free to **have** the broadcasts transcribed. But because of the

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generous contributions and consistent tithing that people do, we're able to make all these transcripts available.

We have so many people around the world, from so many different countries, that English is not their first language. It's a great gift to be able to support.

Also, it's extremely valuable to the people who are in the deaf community, and people who have hearing issues. So, they're **very** grateful for that.

Some people don't even really like listening to the radio show. They just like reading it. So, we've got all kinds of fans of the transcripts, and a big thank you to everyone who helps make that possible.

### *Closing Prayer*

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I'm going to say a prayer here, to close us out.

I place my hand on my heart. So grateful and so thankful for the Love of God that lives as our very life. We **are** the Love of God. We **are** the Peace of God. We **are** the Joy of God. This is our true nature, and we are grateful and thankful to see it, and know it, and feel it in our own heart and mind.

In gratitude, we share the benefits with everyone. We let it be. And so, it is. Amen. Amen. Amen.

Thank you, everybody! Have a great rest of your week! Mwah!