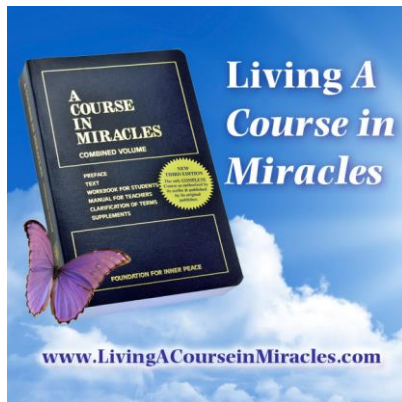


May 22, 2018



Rising Up From Despair



 *Jennifer Hadley*
your daily shot of spiritual espresso

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May 22, 2018

Rising Up from Despair

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. 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! We're transcending time and space together in a most wonderful way.

Our topic today comes as a request. I sent out a survey. I asked people for what topics would they like to hear, and "despair" was one of the topics. You, who requested it -- you know who you are -- this is for you! "Rising Up from Despair" is the title of our episode today. Let's see what the Holy Spirit has for us.

So grateful to join together.

Opening Prayer

We begin, as always, with a prayer. So grateful to join with a prayer.

Taking that breath of Love and gratitude, I place my hand on my heart. I am grateful and thankful that the Love of God is all there is, the Love of God is shining in our heart, in our mind, in our life.

We are grateful and thankful to consciously **know** that the Love of God is all that there is. One life, One power, One presence.

So grateful, so thankful, to say, "Yes!" to the presence of Love shining in our awareness. We're opening ourselves to a Divine Partnership with the Higher Holy Spirit Self. We are saying, "Yes!" to the Holy Spirit's Guidance. We are saying, "Yes!" to true forgiveness.

We're letting go of the meaning we made of things. We're letting go of **everything** that seems to bring our vibration down. Whether it's known or

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unknown, recognized or unrecognized, we're grateful and thankful to **let it go!**

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

Opportunities to Choose Love

Mmm! Yes! Yes!

You know, such Wisdom in *A Course in Miracles*, and all the Wisdom in the world cannot help us if we aren't willing to **apply** it.

One of the things that used to happen to me frequently is I'd have these wonderful a-ha's, just wonderful a-ha's, and I would find that I wouldn't hold onto them. And then **that** would be a cause of some despair. "Why can't I hold onto my a-ha's? What's up with that?"

I'm grateful, now, to be aware that it really was about my willingness. That I would have that momentary insight, and there would be that choice, that

***The more willing we are...
we'll see those choices for Love.***

opportunity, to be willing. *A Course in Miracles* is always talking about recognizing the choice that's before us, that we are **choosing** frequently -- choosing, choosing, choosing -- what it is we'd like and what it is we don't like.

Recognizing all the choice points is how we change our life. That's how we do it, is inviting the Holy Spirit to share with us the **awareness** of the choice points. Because we've got these old resentments and regrets, the guilt, the blame, the shame, all the things that we've done or not done in the past for which we feel guilty about, ashamed of, and all of that blocks our ability to clearly **recognize** the opportunities to choose Love.

And yet, they're still there. The more willing we are, even if we have so many blocks, if we're really, really willing, we'll see those choices for Love. And **that** choice for Love undoes the blocks, known and unknown. It's **amazing!**

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A Course in Miracles tells us very clearly that we **can't** do the healing. It can be done **for** us, but we don't even have to **think** about how to do it, when to do it, why to do it, where to do it. It will be done for us if we're willing, and so we can cultivate that great willingness.

Grandeur versus Grandiosity

Now, in the *Text* there is a section in Chapter 8, and its Section VIII, *Grandeur versus Grandiosity*. *A Course in Miracles* is frequently prompting us to **accept** our grandeur, our magnificence, our Wholeness, our Freedom, our Beauty. *Grandeur versus Grandiosity*.

Grandeur is our God-nature. It's God's Nature in us. The Grandeur of God. Grandiosity, no surprise of course, is of the ego. We get to decide which we will choose, grandeur or grandiosity.

Now, in that Section VIII of Chapter 8, Paragraph 2, it says,

"Grandiosity is always a cover for despair."

Now, it doesn't mean that every time you have despair, you have grandiosity. But this really feels worth looking at, to me, here, so follow with me, if you will.

"Grandiosity is always a cover for despair."

Let's think of someone who, maybe in your life, that you feel is grandiose, or behaves in a grandiose way. Right? What does that mean? They're looking for attention. They're looking for specialness. They often believe that "bigger is better" and it's considered -- well, in the dictionary, it talks about grandiosity as being "absurd exaggeration".

You can think of one of the common ways that people use that word, grandiose -- which, of course, is related to grandiosity -- "grandiose claims" is one frequent way that we hear the word "grandiose" used. "Grandiose claims." Absurd claims.

Grandiosity, we can look at it as being absurd behavior, and it's absurd by exaggeration, right? It's so **big**.

Now grandeur, on the other hand, is magnificence. It's another word for "magnificence". We can think of grandeur of the -- well, what comes to me first is the "purple mountains majesty", the Grand Canyon, the -- I think of mountain ranges, and they have such a grandeur quality to them. They're

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grand. I think of beautiful, spectacular monuments, like the Taj Mahal has a sense of grandeur to it.

But, grandiosity is the opposite, right? It's that absurd, giant gesture that's an exaggeration. It's often false. It's covering something up.

What are we going to choose -- grandeur or grandiosity?

Despair Is Not Real

“Grandiosity is always a cover for despair.”

Let's think of somebody who **seems** to give, let's say, expression to grandiosity. Their life seems to contain grandiose **gestures** and activities that feel grandiose, so they feel exaggerated, empty, just-for-show, false. See if you can think of someone in your life who behaves in that way. Now, consider,

“Grandiosity is always a cover for despair.”

If you **knew** that all of that grandiose verbiage, behavior, display and show was a cover for despair -- maybe the bigger it is, the deeper the despair -- would you still make fun of them? Would you still think less of them?

Or, would you be willing to hold out a hand to them and say, “Despair not, my friend. All is well. There's a perfection, there's a Wholeness, there's a Beauty that's **unchangeable**, and it's ours, and it's ours **right now**. We do not have to reach for it. We do not have to struggle for it.

Joining with someone who feels that they're in despair is **really** helpful. **Really** helpful. I've done it **so** many times. I've had so many counseling sessions with someone who felt a deep despair. Or, just a prayer with someone who felt a deep despair.

That's one of the reasons why I created my daily prayer offering, the [*Daily Spiritual Espresso*](#), that goes out that contains the link to the prayer, or the link to the phone line where you can call and listen to the prayer any time of day. All of these prayers are also in a podcast. You can sign up for the podcast, so at any moment you could search in that podcast for whatever you'd like prayer about -- Peace, Harmony, Joy, Freedom, Wisdom, Clarity, healing. Whatever it might be, you could just flip through or search through using a keyword. It could change how you feel in an instant.

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That's what a revelation, a realization, an awareness, an "a-ha" moment can do. And, we can decide to hold onto them. We can decide to nurture them. We can stop, and pause, and invest some energy in holding onto that a-ha.

I think one of the most important things for us is when we see people who are acting in a grandiose way, we can recognize that it **is** a cover for despair and extend Love and compassion to them, mentally say to them, "All is well. All is well. Despair is not real. All is well."

It goes onto say,

"It is without hope because it is not real."

It's not real.

"It is an attempt to counteract your littleness, based on the belief that the littleness is real."

Our littleness feelings.

I do a lot of work, as you probably know, with the theme of "playing small" because there's so many Light Workers in this world who are playing small. They are not cultivating an awareness of their inner grandeur and magnificence, and so they're feeling that it's best to play small. Maybe they're not acting fully in integrity so, unwittingly, they're playing small, so they don't affect many people with their challenges with integrity.

I used to worry so much about integrity, and keeping track of my own integrity, other people's integrity, judging, judging, judging integrity of others and myself. I would talk about it with my friends, about people's **lack** of integrity.

***That is my Joy,
to every day,
aspire to be
lovingly
consistent.***

No Littleness in God

Then, one time I was falsely accused of a lack of integrity, and I saw the energy of that, and I said, "I don't need to talk about anybody's integrity anymore. Thank You, Spirit. Thank You for showing that to me." So, I don't talk about people's integrity anymore. I look at my own. I have a very strong intention to be honoring, and loving, and respectful all the time. I don't meet the mark all the time, and I don't hide that. I aspire to be absolutely, 100% consistent. I do, and that is my Joy to, every day, aspire to be lovingly consistent.

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The littleness isn't real. We **feel** little when we attack others. We feel little when we attack ourselves, and we think that littleness is real because we think that the attacks are real. But they are not. There is no littleness in God. It doesn't even make sense.

See, that's where the Truth of God is so helpful -- so, so very helpful -- that we can recognize that what's true is true, always and forever. Otherwise, it's not truth. That truth, like God Itself, is Eternal. It's Infinite. It's constant. It's unchanging. It's one of the core tenants of *A Course in Miracles* because it is one of the fundamental truths about God. God is Change-less.

"...seek not to change the world..." but to change your mind **about** the world, because the world is ever-changing. It's an illusion. Spirit is **never-changing**. It's Real.

The cover for despair, that is grandiosity, is an attempt to counteract your littleness. If you think of the person who behaves in a grandiose way -- yes, there's a deep despair, because there's a belief in littleness that's being covered up by grandiose claims, by grandiose activities and words.

If I am thinking, "I am the best at everything" and making statements all the time about how great I am, that's grandiosity. Those who are truly great have **humility**, and they can acknowledge their magnificence. Right?

I would hope that the Dalai Lama would acknowledge his magnificence, because he doesn't see it as unique to **him**. **All** are magnificent, and we can all recognize each other's magnificence, and our own.

The Grandeur of God is Omnipresent. Everything about God that's true is true everywhere, all the time, because that's the Nature of God. Omnipresent. There's no "more God" in one place and "less God" in another.

I used to say to myself all the time. There's no "more" Love in one place and less in another. There's no "more" **possibility** for Love in one place and less in another. There's no "more" perfection or Wholeness in one place than another.

What will I accept with my mind? Will I see what's truly there? Will I see the Great Rays, as *A Course in Miracles* talks about them, or will I see something I made up, some projection?

*All are magnificent,
and we can all
recognize each
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It says that the belief, that the littleness, is real. This is the cause for this deep despair, and without this belief in littleness,

“...grandiosity is meaningless, and you could not possibly want it.”

So clear!

“The essence of grandiosity is competitiveness, because it always involves attack.”

Mmm!

“The essence of grandiosity is competitiveness, because it always involves attack.”

Therein lies the falseness.

“It is a delusional attempt to outdo, but not to undo.”

Right? By being Practitioners of A Course in Miracles, living A Course in Miracles, we're **undoing**, not outdoing. [laughs] I **love** the language of the Course. He says,

“We said before that the ego vacillates between suspiciousness and viciousness. It remains suspicious as long as you despair of yourself. It shifts to viciousness when you decide not to tolerate self-abasement and seek relief. Then it offers you the illusion of attack as a ‘solution.’”

Despair, Anger & Fear Are Symptoms

When people get tired of the despair, and feeling like a victim, then people move into attacking **others** instead of themselves. They no longer can tolerate the attack on themselves, and so they seek **relief** through attack of others.

What that does, I know from personal experience, is it brings **far more despair**. Because I used to have so much despair around self-hatred for all the mean things I said and did. I had so much self-hatred for the mean things I said and did, and It took me a long time to realize, for instance, that with my mother and my relationship with my mother, one of the things that bothered me so much, but I didn't understand it -- I really didn't understand it -- was I was so mad at her for letting me be mean to her.

I didn't do it a lot, and I didn't do it **all** the time, but I was so often angry with her, and I didn't understand that **why** I was angry with her was because she didn't require me to treat her with absolute Love, and admiration, and kindness, that she **allowed** me to treat her with disrespect.

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Any amount of disrespect that she would tolerate would make **me** feel angry.

Why was I so angry? Well, underneath anger -- which I always discuss, anger is a **symptom**. It's **not** the problem. It's a symptom **of** the problem, like a cough is a symptom of an irritant in the lungs -- I was angry because I was afraid.

Why was I afraid? Again, another symptom. The feeling of fear is a symptom.

The cause -- the **cause** was my **own** guilt, and I projected it out onto her. I was afraid that she would continue to let me be disrespectful to her, thereby increasing my negative karma **and** hers. Because when we disrespect people, of course we're going to have an effect -- cause and effect. Always operating. Never takes a holiday. So, when I treat someone badly, I'm going to feel the effect of it. I don't know **what** that effect might be. It could be any number of things, depending on how I'm holding it and processing it.

The fear was also around that she, by **allowing** it and allowing **me** to create that negative karma for myself, that was also creating negative karma for **her**.

When we provoke people in any way, shape or form, we're creating negative karma for ourselves. When we **allow** ourselves to be provoked, we let others provoke us without interrupting that pattern gently, kindly -- sometimes not so gently, but with compassion, without judgment, which we **can** learn to do. Just say, "No, you don't get to speak to me that way. I get that something's really bothering you. I love you. I appreciate you. Your feelings are important to me, but I **cannot** enable you to speak unkindly to me. It won't be good for our relationship, it won't be good for our lives. It won't be good for us. So, if something's really bothering you, tell me how you feel, but **not** with unkindness. Not with attack."

I've learned that sometimes I can share attack thoughts and say, "I'm having these attack thoughts and I don't like it. I wonder if you could help me by talking about it with me?" **That**, actually, can work. It could actually shift and change our relationships.

*When we provoke
people in any way,
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ourselves.*

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I'm getting ready to do the relationship classes in *Masterful Living*--
[technical issue]

Thank you for tuning in for *A Course in Miracles; Living the Love, Walking the Talk*.

Attack is a Form of Grandiosity

Welcome back! Welcome back!

"Despair, be gone!" That's what I like to say, things like that. "Despair, be gone! Holy Spirit, take this despair out of my mind so I **never** think it gain. I'm no longer interested in falling into despair. The hopelessness, it's not for me! I'm **done** with it! Yes!"

I used to have a lot of despair. And, as I was saying before the break, I didn't understand -- like I was sharing about the situation with my mom, where I would -- as I became a teenager and into my 20's, and even into my 30's, and even into my 40's -- I would say unkind things, sarcastic things, or miss the opportunities to be loving. And, she would **tolerate** it out of compassion. I've done so much of that, too, with others, but not as much as she.

One of the things with my grandmother, she could be really cutting, and I'd say, "No! you don't get to talk to me that way. **No!**" She developed a **real** respect for **me**, but she would say the most unkind things to my mom at times, and my mom would tolerate it.

I understand that it's a mix of things for some people. They can't stand the confrontation. I understand that. I do! I don't like to be confrontational, although I **used** to be highly confrontational because I thought it was the only tool that I **had!**

And so, I did have a great despair that would take over, because I thought, "I feel hopeless! I don't know how to stop myself from being unkind. I don't know how to stop myself from lashing out."

And it was the cause of my despair. "Why? Why? Why do I have to be so unkind? Why can't I just be loving? Why? Why? Why?"

That has disappeared. I don't have that at **all** anymore. But it used to overtake me, like something grabbing me by the foot and pulling me under the water. That's how the despair felt.

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This grandiosity, like it says here in the *Course*,

“The essence of grandiosity is competitiveness, because it always involves attack “

Attack is part of the grandiosity. Attack is part of the despair, too. It says here, we see *“...the illusion of attack as a ‘solution’.”*

Of course, it’s not a solution. Me attacking my mother was **no** solution. None, whatsoever. I’m just remembering things, and how intense it felt for me. I’m so glad to be able to let that go. “Let my people go!” I say! [laughs]

We Created Hell, Heaven is Real

I also would like to share in the *Workbook Lessons*. In Lesson 138, it starts

“Heaven is the decision I must make.”

It begins,

“In this world Heaven is a choice, because here we believe there are alternatives to choose between.”

Right? Heaven and hell.

“In this world Heaven is a choice, because here we believe there are alternatives to choose between. We think that all things have an opposite, and what we want we choose. If Heaven exists there must be hell as well, for contradiction is the way we make what we perceive, and what we think is real.”

We project this idea of hell, so we made up hell. “This is a world of duality, the world of opposites, so if Heaven exists, there must be a hell, as well.”

There **was** no hell, so we made one. Many are living it. Okay? It goes on to say,

“Creation knows no opposite.”

There is no opposite of Heaven. But, if you make one up, you can threaten people with hell. Oh, yeah! That works really well!

In this Lesson 138, “*Heaven is the decision I must make*” -- it’s so important, that power of decision -- when we go down to Paragraph 6, it says,

“Here is the final and the only choice in which is truth accepted or denied.”

This decision here. It says,

“So we begin today considering the choice that time was made to help us make.”

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Time was made to help us make a choice, apparently. Did you know that? We made time to help us make a choice -- the choice for Love, of course. The choice for Heaven.

That's what time is for. It says,

"Such is its holy purpose."

Such is the holy purpose of time, to help us make a choice for Love. It says,

"Such is its holy purpose, now transformed from the intent you gave it --"

The intention **we** gave the purpose of time was separation. But God means all things for good -- so, for Love.

I'm going to go back to the beginning of this Paragraph 7 here in Lesson 138.

"So we begin today considering the choice that time was made to help us make. Such is its holy purpose, now transformed from the intent you gave it; that it be a means for demonstrating hell is real, hope changes to despair, and life itself must in the end be overcome by death. In death alone are opposites resolved, for ending opposition is to die. And thus salvation must be seen as death, for life is seen as conflict. To resolve the conflict is to end your life as well."

We see that the only way out of hell, and the conflict, is death. **There's** a cause for despair! There's a cause for despair! Hopelessness, that the only way out of the hell is death. But, it's not **true**. And **that's** why it's so upsetting.

When we're in despair, this **need not be**. It's because of our perspective.

"Pain is a wrong perspective."

Truth is the Ego's Enemy

"These mad beliefs can gain unconscious hold of great intensity, and grip the mind with terror and anxiety so strong that it will not relinquish its ideas about its own protection."

These mad beliefs -- the mad idea that we forgot to laugh at -- grips our mind with such intensity, with terror, anxiety, and despair so strong that the mind will **not** relinquish its own ideas about its own protection. Right? It's **all** about protection.

"It must be saved from salvation --"

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The mind must be saved from salvation now,

“... threatened to be safe, and magically armored against truth.”

The truth is the enemy when we're in this terror and anxiety. Truth is the actual enemy to the ego. Of course, it is, because it's the undoing.

“And these decisions are made unaware --”

In other words, we don't even know we're making these decisions! It's how the ego keeps them *“-- safely undisturbed; apart from question and from reason and from doubt.”*

This is why I say, **awareness** is curative.

Awareness is healing. Cultivating a willingness to be **aware** of how we feel, **aware** of what we're thinking. When we're aware of what we're thinking, then there's a possibility of making that choice and choosing another thought. The *Workbook* goes on here,

“Heaven is chosen consciously. The choice cannot be made until alternatives are accurately seen and understood. All that is veiled in shadows must be raised to understanding, to be judged again, this time with Heaven's help. And all mistakes in judgment that the mind had made before are open to correction, as the truth dismisses them as causeless.”

Right? This is why the truth sets us free. When you place the truth next to that which is false, that which is false has **no power**. We'll **see** it. Mmm!

When I read this again here, that the mind *“must be saved from salvation, threatened to be safe, and magically armored against truth. And these decisions are made unaware --”*

-- we don't know that we're making them, **then** there's despair again.

♪” Hello darkness, my old friend. Come to talk with me again.” ♪ Right?

That song so beautifully talks about *The Sound of Silence*. Right?

**Truth is the actual
enemy to the ego.
Of course, it is,
because it's the
undoing.**

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There is Always Hope

There's an opportunity that's always available to us. We **do not** have to go it alone. If we **know** we're not alone, we're not going to move into despair and hopelessness. Part of that despair and hopelessness, I find, is that people feel they're on their own, there is no hope.

This is why, as I was saying at the beginning of this episode, that joining with others is so powerful, it's so healing.

I'll never forget that, once, someone called me and said, "Jennifer -- "I don't remember how they got my number, but somehow, they got my number, and they said -- maybe they listened to my Study Group calls, I don't know. It was a long time ago, a dozen years ago or more -- and they said, "Jennifer, I feel so **lost**. I am thinking of killing myself before my child comes home from school. I didn't know what to do, it's so strong. I knew **about** you, but I've never talked with you, and I got your number, and I just thought I'd call you and see if you can help me."

***There's an
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Thank God I answered the phone! **Thank God!** Of course, as God would have it -- it was all arranged perfectly, and so I said, "I know exactly what to do. I'm going to send you, by e-mail right now, the format for my self-forgiveness letter. Write a self-forgiveness letter to yourself and call me back. I'll be waiting for your call."

She did, and when she called back a couple hours later -- of course, I prayed. I prayed to know the Truth that there was no reason for her to kill herself, that all could be resolved and healed, that perfection was being revealed, otherwise why would she be calling me if she didn't have willingness? People who don't have willingness don't even know who I am. I would not be on their radar. I **really** know that to be true, that when people are interested in doing the actual healing work, that's when they come find me.

Until then, they need to activate their willingness, because everything I offer is for people who have some willingness, because I offer people things that they can actually **do**, and participate in, and share, and accomplish, and that's how the mind is transformed.

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Partnering UP with the Holy Spirit is a **do-ing**. It is. It's a **be-ing**, too, but it's a do-ing. We have to make that **decision** to Partner UP with the Holy Spirit and to stop going it alone.

So grateful that I could answer that phone and be helpful to that person. Let us not allow people -- let us not allow **ourselves**, to move into despair.

We Are Not Alone

I invite you to think of somebody in your life who goes into despair. Join with them. Let them feel your loving presence. You don't have to **do** it for them. Right? We're not talking about codependency here. But, encourage them. Let them know they're **not alone**.

I have found so many people in my life have had amazing, miraculous healing because they let go of shame. And they let go of the shame, because they joined with others.

Right now, for the last month or so I've been having one-on-one conversations with the beautiful people who are in [*Masterful Living*](#) with me. They're telling me about their experiences. Some are having amazing, miraculous healing in their relationships, in their physical body, in their finances, in their work, in their ability to be Self-loving. Extraordinary healing is taking place. Some are having more than others, some are having less than others.

But so much of it comes from **joining together**, being willing to be transparent with some other people and say, "This is how I've been feeling. This is what I've been thinking," and that the other people in the group can listen and say, "I get that. I understand that. I'm glad you shared that."

We don't have to solve other people's **seeming** problems. We all have the same problem we don't have to solve it for anyone. "*Seek not to change the world*" but to be truly helpful by changing your mind about the world.

Being truly helpful is reaching out to someone and saying, "Hey, I really care about how you are," without any expectation from them. Just loving them. Just sharing. Just being a presence that knows in your mind, it's going to go okay. It's going to work out.

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None Will Be Left Behind

Why? We can -- you know, there's that movie *The Best Exotic Marigold Hotel* It's a fun movie. I recommend it. I love those movies. I love the cast of actors in there, in those movies. The young man has this hotel that he's refurbishing this building, and it's a bit of a mess, and people are like, "This is a disaster!" He says, "It's all going to work out in the end."

And how you know it's not the end is, it's not all worked out yet. That **is** the teaching of *A Course in Miracles*. It's all coming -- we're all returning to Heaven in our mind, and **none** will be left behind. All are included, and this we **know!**

Heaven is at hand. There's a song that I used to sing with the Agape choir that I love so much. It's called *City of God* and I love to -- and you can find a video of it on YouTube, I'm sure. *City of God*, Agape International Choir.

My favorite thing was to see Ricki Byars and Leon Campbell sing it together, as a duet. She would do parts, he would do parts. There was a line I love to hear either of them sign the line where it says, "God is there for you, even when you don't believe." It would just make me cry, because I **knew** it to be true, and I was so **grateful** that it was true.

*God is there for us,
even if we don't believe.*

God is there for us, even if we **don't believe**, even if we have doubt, even if we've been mean, even if we've been mean to ourselves and others, even if we feel angry, and hurt. Even if we feel broken. God is there for us.

I remember one time, too, I was substituting for someone and, in the group, there was a trainee Facilitator. I was substituting for the lead Facilitator, and so I said to the trainee, "This is your opportunity to be the Lead Facilitator. I'm going to step back, and you lead the discussion."

In this group, someone shared that they were feeling grateful because they felt so broken, but they just admitted it. "I'm broken! I'm broken! I'm not going to fight it anymore. It's the truth. I'm broken!" They said, "I felt such a relief just to accept it."

Everybody in the group was nodding their heads. "Oh, yeah. I get that. Oh, yeah. What a breakthrough. I'm happy for your breakthrough. I'm glad

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you feel better. Now you know you're broken." The trainee assistant was like, "Yeah. Aww. Thank you for your share."

When it came time for me to share, I said, "I have to say, **nobody** in this group is broken. But I get that you **feel** broken. I get that. I have felt broken. I totally understand that. I can relate to that."

"But, the truth is, you're **not** broken. You never **will** be broken. God is unbreakable." You can **feel** hurt. You can **feel** damaged. You can feel used and abused. You can feel hopeless. All of these things we can **feel**. **That's why we're here**, to have all this gamut of experiences. The humanity of it.

You can watch the movie *City of Angels*. The angels in that movie -- not that it's a true story -- but they're envious of our ability to have the human experience and **feel** the emotions, feel the hardships and the pleasures, all that experience we're having in our experience of separation.

The truth is, you're not broken.

But, no matter how broken we feel, how decimated and how despairing we feel, it's **not** our true nature. It's not our true identity and we can choose again.

You never will be broken.
God is unbreakable.

And how we get there is through that partnership. Don't go it alone. We don't **ever** need to go it alone. No more aloneness. No more, no more, no more! It's not true. It's not true and it never will be true, and so, we can leave it behind. We can let it go. Only the truth is true, and the truth is our nature is perfect Wholeness. It always has been, and it always will be.

Yes! Mmm! Beautiful topic! Beautiful!

Teacher Training Events Coming

I have some news to share before we close out here. I think I'm **really** close to being able to announce the for-sure dates of the [Teacher Trainings](#) that I've been talking about with Jon Mundy. I'm going to give you a heads-up here of what I think we're going to be able to do. I'm hoping to finish the negotiations with the hotel. Say a prayer! I really just put it on the altar for a while. I said, "Okay. This seems to be really hard. Something else is going to transpire. I'm going to let it be."

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We're looking at a hotel outside the city in New York state, in the Hudson Valley area. Nyack, New York. I found a really beautiful hotel there, hoping to complete the negotiations. What we're looking at is the 16th of August. We're going to begin three teaching events -- writing, speaking and teaching. Stay tuned. Three events, three retreats, back to back, so you can come to all three, or come to two as you wish. Stay tuned for the details at JenniferHadley.com.

Let's say a prayer here.

Closing Prayer

So grateful and so thankful -- and as I move into gratitude, so grateful and thankful for all the support of all the people who contribute to make this radio show possible. So grateful.

In gratitude, we're sharing the benefits of our healing, our expansion, our walking the talk, our living the Love, with everyone, because we are One with them. In gratitude, we let it be. And so, it s. Amen. Amen. Amen.

Have a great rest of your week! I love you! Mwah!