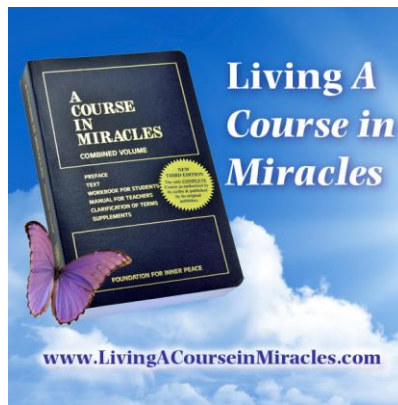


December 23, 2014



Hell or Harmony?

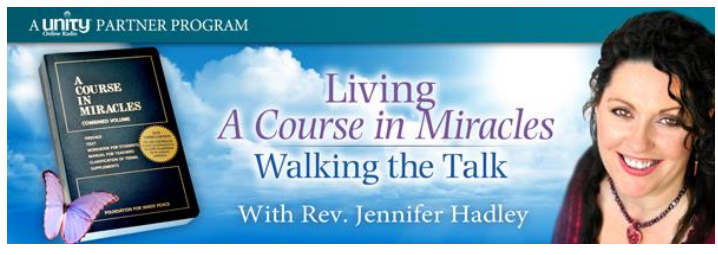


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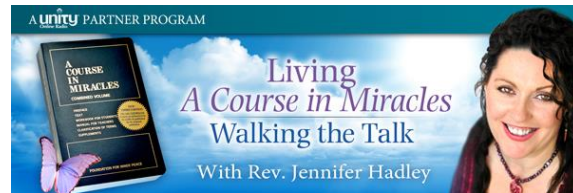
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December 23, 2014

Hell or Harmony?

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 Hello, I'm Jennifer Hadley. Thank you for joining with me. So happy to be with you, recording this right before Christmas. The energy is **so amazing** at this time. I can't wait to share with you, and I'm so glad we're joining together, so I invite you to join me in a blessing. We're going to bless ourselves here, so that we attune to the Holy Spirit and really **hear** that Voice for God. Yes, we are!

Opening Prayer

Taking this breath of Love and gratitude together, we place our hand on our heart and we become completely open and willing, receptive, to hear that Higher Holy Spirit Voice.

We're grateful, we're thankful, that we're giving ourselves this opportunity to consciously listen to Spirit guiding us, leading us. We're consciously choosing to surrender the thoughts of ego, separation, lack and limitation. We're making a holy offering to the Fire of Divine Love all belief in attack and lack. So grateful to call forth the healing and an expansion.

Truly we share the benefits with everyone, because we're One with them. In grace, in gratitude, we let it be. And so, it is. Amen. Amen. Amen.

Energetics from Solstice & Holidays

Yes! Well, I am full to the brim here. There is so much healing and activation going on. Some people are experiencing it as stress, and fear, and doubt, and worry, and guilt, and lack, and limitation. So, let's get some Clarity here. I'm definitely in an afterglow and "after grow" of our New Moon solstice. What a combination-- new moon and solstice!

Just think about that New Moon as being the darkest time of the month, and the solstice being the darkest time of the year-- at least for us in this part of the world. That combo is actually a powerful opportunity to turn within and find the Light within. I felt like there was **tremendous** energetic healing available to us, and I'm grateful that I took several hours out of the day to really focus in and **receive** that healing. I got a lot of insight and I'm happy to share with you.

I also have been just overflowing with the power of the Christmas season. Of course, *A Course in Miracles* talks about the Christmas season, Christmas, and we'll get into that today. Today we're really looking at, Are we choosing hell or are we choosing Harmony? *A Course in Miracles* is so helpful for us in **discerning** what we're choosing, so that we can **choose again!** Yay!

Today, I'd like to offer some really helpful tips for being with your family, and making the most of this healing season, and preparing to reboot yourself for the New Year. I think that's going to be my topic for the show next week, rebooting yourself for the New Year.

Masterful Living for the New Year

Of course, I have my year-long *Masterful Living* program, which starts right at the beginning of the year. We'll do something a little different this year. We're going to start on January 3rd and we're going to have a bonus class on January 1st for people who register for *Masterful Living* before the 1st. You'll get to join me in that, or you can just purchase these classes separately.

At the beginning of the year in January, I do a whole lot of work with my students. It's inspiring. It motivates us. We set the trajectory for the whole year in terms of our healing. Not what we want in the world, not what

we're trying to **get**, but what it is that we **aspire to be**, and how it is we would like to feel at the end of the year.

Right now, here in the last two weeks of December, I'm having the great Joy and pleasure of talking with people who have been in *Masterful Living* class with me all year long. They are harvesting the benefits of their healing, their practice, their expansion, and the results are amazing and wonderful. "Amazing" is a word I hear a lot. People say, "I am amazed that I could accomplish this much in just one year." People say, "I'm amazed that it was possible for **me** to actually accomplish this much in one year." People say they really feel different. They feel like a different person, more their true selves.

All of these conversations with the folks who have been in my year-long *Masterful Living* class here, I feel even **more** inspired and **more** motivated to do what I do, which is share the tools, the tips, the techniques that **are** working for me, that **have** worked for me, in order to gain Clarity and expansion.

One thing I can absolutely tell you with absolute Clarity—that I am still healing stuff every single day, and that is my Joy.

One thing--I love it! In case you are a fan of this radio show, I've done three free classes. I call them my *Masterful Living* preview classes. Three different topics, and you can get those downloads for free. Go to the Events page at JenniferHadley.com. You just have to register to get the downloads, but they're all free. Two of these classes were two hours, and I think one was 90 minutes.

I was just--whew! -- so inspired with all of them. People were asking me questions, and people who are in *Masterful Living* are also sharing and answering some questions. So, they're really powerful, packed calls. They're designed also to support you and help you at this time of year in making this a beautiful holiday season for you and your family and starting off your New Year with inspiration and motivation, and releasing the self-hatred, self-doubt, self-flagellation and stepping into more Self-Love, self-compassion, and being able to be more loving and compassionate with your family.

My three topics are: *How to Stop Playing Small*, with a special focus for Light Workers. That was the first one. The second one was called *Relationship Rescue*. The third one was called *Fortify Your Faith*.

Faith is a constant topic for me because to me it's the foundation of everything. One of the most beautiful things that *A Course in Miracles* teaches us, is that we place our faith in the ego **so often**, and this is where we go wrong. We place our faith in our perceptions. We place our faith in opinions. We place our faith in our judgments. And, it is absolutely **devastating**, putting our faith in the ego.

Crossing the Bridge to the Real World

In Chapter 13 of the *Text, The Guiltless World* in Section IX, which is called *The Cloud of Guilt*. Clouds and sun are metaphor that Jesus uses in *A Course of Miracles* a number of times. They're very helpful. The basic metaphor is that the sun is always shining, so the Light of God is always shining. The real world is always calling to us.

I love how *A Course in Miracles*, Jesus, tells us that we're literally crossing this bridge, and it's the bridge to the **Real world**. It's the bridge from identifying with the illusion, identifying with the false self, separate self, identifying with one who is in lack and limitation, identifying with one who is bad and not good, the identification with someone who is wrong.

"There's something wrong with me" was my constant refrain. Everybody has their own little different twist on that thought that is the major wedge that creates that sense of separation. For me it was, "There's something wrong with me." It was also "I'm bad. I'm definitely bad."

Now, through all my healing work that I've done, I'm **aware** that it comes from having done heinous things in past lives. It also comes from lifetimes and lifetimes and situations in **this** lifetime where I judge myself for being bad and wrong, and I **really** believed it.

The judger always feels judged. For me, I absolutely know that in this life and other lifetimes-- it doesn't really matter, but I do talk about it, because it helps me. It's helped my Clarity to recognize that these are mental patterns I've carried with me, and now is the time for me to resolve and dissolve permanently those mental patterns, and it's completely possible working in the way that *A Course in Miracles* teaches.

What I do in my year-long *Masterful Living* class, in my *7-Week Spiritual Boot Camp* class is, I take **specific** teachings from *A Course in Miracles* that I've taken into my heart, and really embodied in my living daily practice,

and I help people to do exactly the same-- to live them, to embody them, to cut those cords and ties. Because a lot of people, I find, who are interested in what I share, they're like me. Because like attracts like.

For me, one of the common themes in my life was that I am a very analytical, very intellectual, very smart person. So, I could comprehend things on an intellectual level, and I could collect information, study information, and think that I understood things.

But I wasn't taking the understanding into my **heart**. For a long time, I did not understand that this is why my spiritual practice was **not effective**. It was because it was just on the **surface**. The ego, the intellect-- which is the ego-- was driving my spiritual practice. So, I did a reboot, and I began to work **really deeply** in my heart, which is where we **really** make choices. I've had so much healing since then.

When we place our faith in the ego, when we place our faith in our ability to analyze things, when we place our faith in the intellect, we're **not** living from our heart. So, we're not really open to Divine Guidance, because we think we **know already**. We're not open to **true** knowledge, **true** Wisdom, Infinite Guidance and Inspiration.

Learning to do Focused Healing Work

One of the things that we do a lot of work with in my year-long *Masterful Living* class is really a beautiful understanding, which is--and it took me many, many, many years to be **willing** to receive this insight, so I'm **so happy** to share it with you now! That is this-- that when we surrender the opinions and judgments, when we surrender the belief in lack and limitation, when we no longer **value choosing** thoughts of separation, our mind opens. I call it purification that leads to liberation. It's the **elimination** that leads to liberation.

We're **eliminating** the thoughts that **aren't** true to reveal that sun that's there behind the clouds. The sun is always shining. The real world is always there calling us. The Ascended Masters, the Guides, the angels, the Ancestors, are always calling us to cross that bridge to the real world in our awareness. It's that shifting from the false identification to remembering our true identity and identifying with the I AM Presence that is our true nature, the Christ Presence, so that we can live as our Holy Christ Self.

This is the journey that we're making and--oh! I have **so much** to share!

I do encourage you to go get those three free downloads because, all told--what is it, 4, 5-1/2 hours? --of sharing. It's all free, available for you fresh, hot off the press, right now.

A lot of times when I'm teaching in a class like that, and people are listening, I feel like I'm channeling, so you'll hear the Voice of the Holy Spirit if that's what you intend.

In our year-long work, what we do is, we are clearing the clutter in our mind, so that we can--it's that process of elimination that brings illumination and liberation. It's so much more joyful to do it in a group where people are truly releasing the shame of playing small, and feeling bad, and wrong, and limited.

A lot of people carry around **so much** shame, especially spiritual students, because they haven't figured out how to stop blaming others. They haven't figured out how to stop feeling guilty. They haven't figured out how to stop attacking others, and so they are feeling ashamed.

A lot of spiritual students keep their shame hidden. Of course, when that's going on, the ego is driving everything, because only the ego is ashamed. You can't have shame without judgment, and all judgment is of the ego--until we learn righteous judgment, which is what *A Course in Miracles* teaches. Until we really move that attachment to the thoughts of lack and limitation, we're still energizing the ego thoughts.

What I encourage people to do, and what we work with in my year-long *Masterful Living* class, is this moving from not having clear intention, and just kind of going through the day-- and dropping the intention, forgetting about it, because we're so distracted by the ego-- to holding your intention fresh in front of you, as your intention is clear, "I am choosing to wake up. I'm choosing the Atonement for myself. I'm accepting it. I'm accepting it for my brothers and sisters as well and doing this **focused intention** work."

Then, as we **move** through that healing process, keeping that clear intention in front of us-- which is what *A Course in Miracles* is all about-- then we can, more and more, move into this place of we actually don't **need** to have a strong intention, **because** we're **listening** to the Voice of the Holy Spirit, and we're being guided and led in every moment.

The Path of Light Workers

For instance, if you think about Jesus and his human life, the more expanded he became, the more he was embodying his Holy Christ Self, the more he was listening to the Holy Spirit. He didn't have to have lots of **intention** to move Him, because he was **always** listening to that Voice. That's what *A Course in Miracles* tells us that **we can step into**.

That's the teaching on page 28 in the *Text*, Chapter 2, the section *The Function of the Miracle Worker, Section VIII, Special Principles for Miracle Workers*" right there at the bottom.

It says, "I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."

"I will be healed as I let Him teach me to heal."

Yes! This is the path of the Light Worker. **This is our path**. We don't have to figure it out. We will be led and guided. That's why our **willingness is all** that is required.

This is the journey that we seem to be on. It's a journey across that bridge, the bridge to the real world, that Jesus talks about in *A Course in Miracles*. I love that section, *The Bridge to the Real World*, where He tells us that the Beings on the other side of that bridge-- the Masters, the angels, the Ancestors-- the Beings on the other side of that bridge are literally **pulling us** across. All we need to do is be **willing**, willing to practice, and deepen our practice of the purification, the elimination, that brings forth our illumination.

The sun is always shining, just like the real world is always there for us. Our true identity is always there for us. Perfect Love is always there for us.

It's time for me to take a break. I'm Jennifer Hadley. If you're interested in my year-long *Masterful Living* class, please go to JenniferHadley.com. If you're just interested in the preview classes, you can go get those while they're available for free download on the Events page at JenniferHadley.com.

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

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

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

Upcoming Events, Free Classes and App

Thanks for joining me. I'm Jennifer Hadley, and I am offering the topic today, *Hell or Harmony?* What are we choosing, hell or Harmony? Hell or Harmony in your holidays? Hellacious or harmonious-- what do you choose?

I have some wonderful things I'm happy to share with you. Just before I get into that, I want to mention something. This radio show is sponsored by the Power of Love Ministry, which is a non-profit organization that I founded to offer the classes and everything that I offer. I would say at least 50% or more of what we offer at Power of Love Ministry is **free**. I offer free daily prayer, daily written inspiration. You can call and listen to my prayer. You can listen with the prayers online.

For the last four years, including this year, we've done 32 *Living A Course in Miracles* classes each year, all for free. I think it's **wonderful!** People from 102 different countries participated in the offerings of LivingACourseinMiracles.com and JenniferHadley.com this year. People from 102 different countries! I'm not sure how many thousand people, maybe 20,000 people, something like that. It's a **wonderful** opportunity to share. I'm so glad that Spirit guided me to it, and I said "Yes!" to it.

If you'd like to make a donation to support even more free classes and offerings through the Power of Love Ministry, please, you can make a donation at LivingACourseinMiracles.com and at JenniferHadley.com. We're currently building a website for Power of Love Ministry and you'll be able to go there. It's going to be PowerofLoveMinistry.net.

There will be free offerings there and, of course, there are many free offerings at iTunes. There are literally—if you search for me, Jennifer Hadley, at iTunes, you literally will come up with **hundreds** of hours of free audio that you can download there. If you like any of it, won't you please write a review, so that iTunes shows it to more people.

One of the primary tools that can be so helpful at this time of year, of course, is forgiveness. That's what *A Course in Miracles* is **all about**. Many *A Course in Miracles* teachings talk about the power and importance of forgiveness, because that **really is** what *A Course in Miracles* is all about, practicing forgiveness.

But, not that many people talk about **how** to forgive. That, to me, is the crux of any forgiveness practice. Because saying, "Oh, I forgave that" **does not** eliminate the upset, and it **does not** eliminate the **meaning that we made** of what happened, which continues to cause upset year, after year, after year.

As you're going into these holidays, I'm inviting you to do some **really deep** forgiveness work, so that you do not drag your past holidays into the current holidays, so that you do not drag the past into the New Year.

A Course in Miracles is all about **forgiving** the past, which is really no longer valuing the meaning that **you made** of it. That is what true forgiveness **is**. It took me a long time to figure that out, and when I did, I made a workshop called *How to Get Over It*. It's a free forgiveness workshop that is right on the homepage at JenniferHadley.com. Yes!

You'll also see on the homepage there how to get some of the free *Masterful Living* preview classes that I talked about.

Also, on the homepage at JenniferHadley.com, you can see the information about the winter retreat that I'm doing in Baja, Mexico. It's a *Living A Course in Miracles Baja Mexico Winter Getaway Retreat*. Wonderful people are joining with me. Gary Renard, Jon Mundy, Regina Dawn Akers, David Hoffmeister, Maria Felipe. We're spending an entire week together in this **beautiful** resort.

It's a **real** resort. It's an all-inclusive package with all your meals, and all the teachings, and your room. It is a beautiful place in Baja. The energy there is so healing and nourishing, right on the Sea of Cortez. It's right on the edge of this massive marine park that it's part of--actually, it's right there, that Jacques Cousteau called the "Aquarium of the World".

I was there in November and, oh, my God! I **cannot wait** to go back. Seriously! I literally have been thinking about, how could I spend a couple of weeks at the resort? The resort-- I never thought I would love a place, but it's the energy there, the land. It's so peaceful. The resort is off by itself. It's

kind of out in the middle of nowhere on the Sea of Cortez. It's very removed, which makes it **so** energetically peaceful. The people who work there are just happy, loving, beautiful people-- well, they work in a gorgeous, harmonious place. Living *A Course in Miracles* Baja Mexico Winter Retreat.

If you're coming from a long distance-- like the Greek retreat that I did on the Greek island with Gary Renard, and Maria Felipe, and Patricia Black this year, it was a long trip to come--I decided to add on an extra four days of winter getaway **prior** to the retreat, to just get us into that relaxed, open-hearted mode.

We're going to join with the whales on the east coast of Baja. The great whales are there. They migrate, and they stop in Baja, and they give birth. We'll be able to go out and commune with the whales. People who are in smaller boats, you can literally reach out and touch the whales. I've heard the most amazing stories about how the mothers push the babies towards the boat, so that babies are so playful and they--it's just an amazing experience! The water is filled with the whales.

We'll do lots of practice, and we're going to have fun, and great food. Come join me and so many other wonderful people having a great, relaxing, spiritual getaway. A lot of people in the Greek retreat, the Living *A Course in Miracles* Greek Retreat said it was the best retreat they ever went to. We're going to do deep work. We're going to have lots of fun, great food, salsa dancing, swimming, swimming in the pool. They have six pools there. Oh! it's just fantastic! Come join us!

Being the Change, Accepting the Atonement

Okay! So back to our cleansing and our healing.

On the solstice New Moon that we just had, I was talking with my best friend-- and we do a lot of spiritual practice together. She's a **very** deep spiritual practitioner, a Buddhist. Although she's read *A Course in Miracles* and studied it, and is a student of the teachings of Jesus, she's primarily a Buddhist-- we were talking about just the expansion that we were having this time of year, particularly on the solstice.

I was saying that one of the things that I really felt falling away was this negative karma about having been a religious leader, and a religious follower, of many different kinds-- monks, nuns, priests, all those different

things-- and having been out of integrity, and still holding on to judgment that I was bad and wrong, and that I had really hurt people in a past life, and that I could possibly hurt them again. Also, letting go of, really, anger, and resentment, and blame for religious leaders in past lives who had treated **me** poorly, and all kinds of experiences.

While it's not necessary for us to remember our past lives, that's where --I **know** that is where the patterns come from, and that we are planning, in **this** lifetime, to heal them. That's our accepting the Atonement for ourselves, and waking up from the wheel of karma, getting off the hamster wheel of karma, getting off the wheel of Samsara, as the Buddhists call it. We're waking up to our **true** identity. We're crossing that bridge to the **real world**.

I felt **so** much expansion, and I still do, from this healing that's going on. Of course, it's going on every day, because that's where my focus is. I was talking about, how it's amazing how the ego clings to the false beliefs, and the meaning that we made, of the pain and the upset from past lifetimes, and we carry it forward in order to heal it, to bring more liberation. And, we're healing it not just for ourselves, but for **all humanity**. This is the thing that motivates me **so much** to keep choosing Love, to keep choosing the highest and best, to keep choosing Light, because I know I'm **not** choosing it just for myself.

Gandhi said, "**Be** the change that you want to see in the world" and that is my directive. I feel like I'm a student of Gandhi's. Martin Luther King, Jr. was a student of Gandhi's, and I'm a student of his, as well. They are my teachers, and I invoke them to walk with me on this path of liberation, for truly they are **great** liberators, as was Jesus, as was Buddha.

Healing Dysfunctional Relationships

One of the things that my friend said to me, she said that when we have this healing, when we finally let go of these patterns-- because I was saying, "I feel like I finally let go of that pattern of feeling blame and shame for the past, around religious community, spiritual community." --my friend was saying, "It's like--" because I was feeling all this expansion. She said, "It's like when you **finally** let go of a dysfunctional relationship, one that we could say is bad, if we wanted to judge it, as having no purpose. But when we finally let go of a really dysfunctional relationship, whether we turn it

over to the Holy Spirit, or we simply stop participating in it in the same way-- and, of course, what has worked so well for me is to turn it over to the Holy Spirit, which **is** no longer participating in it in the same way--when we **finally move out** of those egoic hamster wheel patterns of a really destructive relationship, there can often be a time where there's aversion, where there's craving, we want to go back, or we are filled with anger and hatred because we're filled with judgment, where we're filled with guilt, and shame, and blame, and all of that crazy judgment which creates the anger and the upset.

At holiday times, there's a **lot** of it, because a lot of people realize, "Hey! Here comes Christmas. You know what? I just don't want to kid myself anymore. I do **not** wish to be in this relationship like this anymore. I need a break." A lot of people find that relationships **end** at Christmas, where people say, "I'm not taking this relationship into the New Year."

Now, if you've been listening to me for a while, you've probably heard me say, "I don't believe it's **possible** to end a relationship because we're eternal or infinite, we're all One." You can only end a relationship within the illusion. You can't **actually** end a relationship. It's not even possible.

What I have found is the fastest path to healing is to give the relationship to the Holy Spirit to make it holy. I've done a lot of episodes about that.

So, if you would like some support for relationship healing, definitely get that *How to Get Over It* free workshop at JenniferHadley.com. Definitely go to the Events page at JenniferHadley.com and get the *Relationship Rescue* free class. Then also, go back in the radio show archive to February 2014 and February 2012, because most of those episodes in those two months are on relationship. I've done **so many** episodes on relationship, and holy relationship, and making your relationship holy. That's what I believe.

My friend was saying to me, "Once you really truly get out of that hamster wheel pattern, that whirlpool-sucking-you-down pattern of a negatively charged relationship, and you break the pattern, the Freedom, the liberation, the expansion, the relief is so huge, you really wonder, 'Why the heck did I cling to that for **so long**? For so long?'" The reason why is, really and truly, because you do not love yourself **enough** to choose a holy relationship.

The ego will never love you, or itself. When we're identified with the ego, we **do not** love ourselves, because the ego doesn't know anything about

Love. This is why *A Course in Miracles*, and all my classes, are about shifting the identification from the small, selfish, bad self of the **ego** to the Higher Holy Spirit Self that we truly, truly are.

Now, the relief of coming out of that negative relationship is not going to be very palpable. It's not going to really happen if you're in aversion and cravings. Aversion is when you can't stand something, you hate it, you dislike it. That's attachment. If you're craving the person, you want to get back together with them, you think that your happiness depends on them-- which, of course, **it does not!** Believe me! I have felt that.

You know, that song. What's that song? ♪ "How can I live if living is without you?" ♪ Oh, my God! There are so many-- **so many!** -- special relationship songs. In fact, I would invite you, any special relationship songs, like that one where the refrain is "I can't live if living is without you,"-- or the chorus. There are **so** many fantastic special relationship songs. I'd love it if you e-mail me your favorites, in terms of they are so strong in the ego about "I have to have you." "I want you." "I need you." "I can't live without you." *Every Breath You Take*, the song by The Police-- classic special relationship song.

If anybody out there listening does audio editing, I have some fun audio editing projects that I'd love some help with. I could use some volunteers. You can always e-mail me at Jennifer@JenniferHadley.com. Yes. Video editing, audio editing, these are some of the things I don't get around to, so if you would like to—if you like to do those things, if you have skills and talents in those things, and you like to volunteer, please just e-mail me at Jennifer@JenniferHadley.com.

As we're coming to the end of the year, just remember, too, that your tax-deductible contributions are **most welcome**, because they really make the radio show, and so much of what I offer, possible.

Some of my classes, I do charge money for. My year-long *Masterful Living* class is a class I charge money for, and the reason is really, largely, because I found that that exchange of money is what supports people in staying in the class and doing the work.

Eliminating Setbacks

Now, in a recent class that I did, somebody asked me about setbacks. Do I still have setbacks? It was **such a great question!** I hadn't thought about it. So, I am going to talk about setbacks.

It's time for me to go to a break.

We're going to talk about setbacks, and we're going to talk about how to be more vigilant in the holidays. Because, right now, as we're moving into that holiday time, it's **so important** to have tools in order to be vigilant for God. That's **exactly** what *A Course in Miracles* is. This holiday season, let's **really** embody the Christ Presence by getting out of our head and our intellect, and into our heart.

What I know is, that in the holiday season-- especially when you're with family, but even if you're not with family-- there are so many times a day that the old patterns of judgments, blame, shame, criticism, guilt, jealousy, all forms of upset, lack and limitation, they come up **so many times** a day.

We **can** literally say, "I am **not** willing to invest in this anymore! I'm done with this belief and this thought pattern, and I am making a holy offering of it to the Holy Spirit for healing **right now!** Take it out of my mind, so I never think it again. And, please share the benefits with **everyone else**, so that we're all lifted. All boats rise on this holy tide of Love."

Let us truly embody the Christ Presence this year. No matter where we are, no matter what we're doing, we Partner UP with the Higher Holy Spirit Self to know the truth that sets us free.

I'm Jennifer Hadley, and you're listening to *A Course in Miracles* at Unity Online Radio, where we're living the Love and we're walking the talk. I'll be right back.

You've been listening to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley.

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

Letting Go of Attachments with Family

Alright, we're back! I'm Jennifer Hadley. Our topic this week is *Hell or Harmony?* What are you choosing?

As I was going to the break, I was talking about setbacks. Somebody asked me in one of my classes recently, "Do you still have setbacks, Jennifer?" As I thought about it, I realized, "**No! I don't!**" I was trying to remember the last time that I felt like I had a setback. I can't think of it.

Now, here's why. Setbacks are the byproduct of judgment and false belief. People are often telling me they feel like they're having two steps forward and one step back. If that's your experience, hey! At least you're making **progress**. **Don't** judge your progress! That does not **increase** your progress. It actually slows it **down**, because all judgment is of the ego.

Now, setbacks are judgment, because everything that happens is **for our learning**. As I quote so often from the *Manual for Teachers*, Chapter 4, *Development of Trust*, it says **right there**,

"It takes great learning to understand that all things, events, encounters and circumstances are helpful."

Then I love Chapter 5 of the *Text*, Section VII, *The Decision for God*. It says whenever we make a mistake, it seems like there's a setback. Okay, here's your practice to get out of that judgment, so that you're taking **two** steps forward instead of one step back. Here it is, right at the end. It's Page 90 in my book.

"I must have decided wrongly, because I am not at peace. I made the decision myself..."

You see? I made a decision **myself**, without the Holy Spirit.

"...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."

This is our holiday practice. Grab these sections that I'm in, and write them down on cards. Bring them with you. Keep them in your pocket, keep them in your wallet, keep them in your purse. When you start to feel upset or challenged, just take them out, breathe, say, "Holy Spirit, read this with me. Help me to know this in my heart, forever and ever, so that I never forget

it.” This is the Divine Discipline that Martin Luther King, Jr., talked about. This is a Divine Discipline of consciously choosing our healing and being willing.

Now, one of the things that happens in the holiday is--this used to--oh! My holidays used to be just one long stream of judgment, where I would go into the holidays **expecting**-- which is an attachment. Remember, I was talking about attachments earlier. I was talking about aversions and cravings. those are the two kinds of attachments that we have.

All attachments are judgments. All attachments are the cause of our suffering. We have habitual attachments that we continue to reenergize, and reenergize, like that hamster on the wheel of Samsara, the wheel of karma. In order to get **off** it, we have to say, “Okay, these opinions and judgments, the meaning that I’ve made of the past, I’m **not** interested in reinvesting in it anymore! Now, I’m investing in my healing.”

This is how we go from choosing hell to choosing Harmony. Harmony is healing. Choosing hell is **reinvesting** in, **revisiting**, the meaning that we have made of things in the past that was so upsetting.

Deciding For Love

Now, Love is the only healer that there is. Love is healing because it **is** our true identity. When we choose to reinvest in the past, to regurgitate the beliefs and the upsets of the past, and then literally **steep** ourselves in that regurgitation, it’s **not healing!** Then we feel more guilty, and more shamed. We feel powerless. We feel spiritually stupid, because we’re identified with the ego.

What *A Course in Miracles* helps us to do is to recognize that these experiences **are not real**, but they have **value** for our learning what **is** real. If you’re going through the holidays, and stuff is happening, and you just keep saying, “It’s not real! It’s not real! It’s not real!” I don’t find that that helpful. What I find helpful is looking for “How can I choose Love?” Partnering UP with the Holy Spirit, intending to choose Love, looking for the loving choices, allowing myself to be truly helpful. That requires compassion, and compassion for myself, and compassion for the people I’m coming in contact with.

One of the things that happens in the holidays that upsets a lot of people is, people speak unkindly to each other. That used to be a **major upset** for me, speaking unkindly to my loved ones, then I would feel guilty, bad and ashamed. Or, people would speak unkindly to me, and I would retaliate. Or, I would be **afraid** they were going to speak unkindly to me, because they had spoken unkindly to me in the past, and so I would speak unkindly to them as a warning, to let them know “Don’t do it again!” These were **all** egoic patterns that I used to energize, and reenergize, and reenergize.

One of the things that I did was, I told my family, “I’ve made a decision. Nobody gets to speak unkindly to me anymore. I am truly learning to love myself, and so now, people speaking unkindly to me is not something I choose to participate in.”

When people--my family would still speak unkindly to me, because that was the habit we were in. And I still was speaking unkindly to myself, so they were reflecting that **back** to me by speaking unkindly to me.

But as I begin to shift, what I was able to do, is when they did speak unkindly to me, I could say, “Hey! That doesn’t feel **kind** to me. As you know, I’m really working on speaking kindly to myself, and everyone else, and only having relationships with people who speak kindly to me. So, can you rephrase that? Can you say it in a different way, so that it doesn’t feel so unkind? Because I **really** would like to hear what you say, and be in an intimate, loving relationship with you.”

Now, you may not be able to say that to everyone. You might not be able to say that to anyone. However, if you are in **your** loving heart, if you are in **your** compassionate heart, then you will **not** be in judgment, and you’ll be able to say **something**. Going back to being truly helpful, and that you will be guided and led of what to say, and what to do. This is where your practice is, to truly align with the Holy Spirit and hear what the Holy Spirit has to say.

Oh! So much more to share! I hope you enjoy all the free stuff at JenniferHadley.com. May you have a blessed, blessed Christmas!

Closing Prayer

Let’s place our hand on our heart, and take this breath of Love and gratitude, and know that the truth is setting us free, **right now**. We are

truly the Christ Light and we're allowing ourselves to shine it fully and completely, sharing the benefits with everyone. And so, it is. Amen. Amen. Amen. Amen.

Mwah!

Thank you for tuning into *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley.

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While there, we invite you to visit Jennifer's blog, where you can join with the community of like-minded people who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support, as you come to walk your talk and live *A Course in Miracles* every day, in every way.