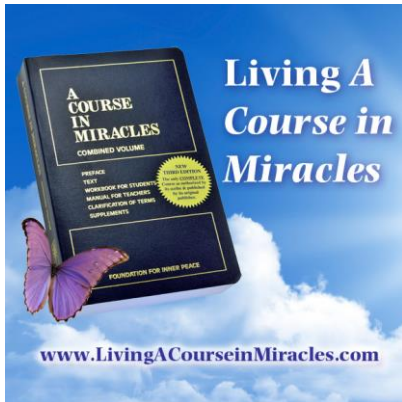


June 19, 2018



Fear Buster



 *Jennifer Hadley*
your daily shot of spiritual espresso

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June 19, 2018

Fear Buster

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, bonjour! So happy to be with you. Grateful! Grateful for our connection, for the healing power of pure Spirit to walk with us and talk with us in this wonderful technology age, that we can transcend time and space and join together.

I talk with so many folks who listen to this radio broadcast, and who tell me how meaningful it is to them. It's very meaningful to me, too. It really is, and I am so grateful that we get to join together in Spirit! Ah!

Opening Prayer

Taking that breath of Love and gratitude together, so grateful and so thankful that Infinite Intelligence is right here where **we are**.

We are grateful, and we are thankful to open our hearts and open our minds to the power and the presence of Love, to the Infinite Spirit of the All-Good shining in our heart, in our mind.

So grateful and so thankful to allow ourselves to recognize that, where we are, the living Truth is preinstalled. We don't have to go **get** it, because it's **already** here. It's part of **what we are**. It's the very nature of our Being, so we're grateful and thankful to **accept** the nature of our Being as perfect Love, perfect Wholeness, perfect Freedom and Wisdom.

We are grateful and thankful to join together for this healing opportunity that we've given ourselves.

We share the benefits of our healing, our expansion, our Clarity with **everyone**, and we let it be. We allow it to be. And so, it is.

Amen! Amen. Amen.

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Our Split Mind

Yes! Yes, yes, yes! Yes! [laughs] **So grateful** to use the technology of prayer! So grateful! Yeah!

Prayer changes lives, because it changes our minds, it changes our vibration. It's such a shift! I'm so grateful for the power of prayer! Mm-hmm!

You know, *A Course in Miracles* tells us that whenever there's fear, it's because we haven't made up our mind, and our mind is split. Right? So, we're split between ego identification and Spirit identification. We're split between thinking that what we would **like** is to have more Love, more Peace, more Joy.

But, what we're **doing** is we're choosing thoughts of attack, and lack, and misery, and thoughts of limitation and suffering, and we're thinking that other people should be punished. We're thinking that **we're** being punished. All these different ways that we're **witnessing** the split in our mind. How can we say we'd like the Peace of God but we're not willing to employ the **means** necessary to attain it?

My topic this week is *Fear Buster*. Fear is on my mind, because I--it's interesting. I don't know if I've mentioned this in the radio broadcast, but I may have. It may be the only place that I talked about it, although I may have written a blog about it.

I, maybe a month ago, six weeks ago, I had an experience where I was thinking about a loved one, and I was thinking about a time that they went through that was very difficult for their ego, and it was-- the physical reality was challenging for them, as well. It was very threatening.

I just thought--I was thinking about how much things had shifted since then, and I was remembering how intense it was for them a couple of years ago. I, instantly, had this **feeling**. I'm very empathic, and so I instantly had this rush of feeling the fear that they felt at that time. At the time I was thinking about this, it was late at night. I had this **very** visceral rush of fear, like a lightning bolt through my body, and I realized-- it was so jarring. It was so jarring! It only lasted for less than a minute, but it was **so** jarring, and I remembered **exactly** what it used to feel like when I used to feel that fear, that kind of core fear.

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It's the core fear when the ego is so threatened, because there's some loss of identification that's going on. So, it can be like at the time of a loss of a job, a sudden loss of a job, a sudden loss of money, a sudden loss of your home, or a family member, or something critical to your identification, something you feel is --your ego feels is, or believes, is **critical** to your identification, that lightning bolt of fear.

Freedom from Fear

I know one of the things I used to experience, on a regular basis, was I would feel that kind of lightning bolt just as I was going to sleep at night, or just as I was waking up in the morning, and it would come with a shot of adrenalin. Fortunately, this late night when I felt this experience, I'll just say I believe Spirit **protected** me. It didn't give me that jolt of adrenaline that would have kept me up half the night, worried and afraid, going over all the fearful thoughts.

Instead, it was just that lightning bolt of feeling that would **normally** have been accompanied by that shot of adrenaline, that "Oh, my God! I'm so threatened! I'm so threatened!" "My spouse is leaving me!" "My spouse is cheating on me!" "My child is addicted to drugs!" You know, **that** level of fear intensity.

And, I used to feel so threatened in my identity on a regular basis, that I used to feel that jolt of fear and the accompanying adrenaline rush on a regular basis. I had such a taste of remembering how **really, really** uncomfortable and unpleasant that was. I know it was to **prepare** me for the teaching that's coming through now, and to support people in moving out of fear.

Fear shows up all kinds of ways. Oh, we can make a very long list of the ways that fear shows up. in our thinking, in our emotional body, in our physical body, in the ways that we're managing and coping with things, in the ways that we settle with things, in all the different codependency patterns in our relationships. It's just an **incredibly** dense, thick, tangled web of fear.

Actually, I'm doing a class this week. It's a free class called [*Freedom From Fear*](#), and I'm going to talk about some very simple tools to interrupt the pattern of fear.

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But, the basic thing is that I'd like to share and make super clear here, is that the teachings of *A Course in Miracles* undo the patterns of fear for **real**. Permanently and for real. This is what I've seen in myself and the folks who are doing this work with me. It really, **really** does work, and it can seem hard to imagine.

What I know it used to feel like for **me** was I had such a strong belief that "This works for others, but not for me. Why? Because I'm bad! I'm bad! I'm not good enough! I'm wrong! There's something not right with me, and there's just no way it can work for me! I **don't** have what it takes! There is something **wrong** with me! Something really, really wrong with me!"

And so, I would feel this--I have this tremendous energy to not give up. I've just--oh, my gosh! I will take everything to the last core of Faith not giving up. You know? If there's 1% chance we can succeed, let's **go for it!**

Not as much anymore, because now I just feel my intuition--"Go." "Don't go." I don't have to put myself through all kinds of things like that anymore. But, I **used** to. I used to, I used to. I am so grateful that I don't feel those jolts of fear anymore. It's been years since I felt one of those from my own experience.

The way I experience fear now is mild irritation, mild annoyance. I'm so grateful--I'm **so** grateful! --that that shifted. And, I'm so grateful that I learned **how** to do the shifting, because Spirit really showed me, and I did what Spirit showed me, and it **worked!**

Of course, I talk about it all the time, and that's probably one of the reasons why you would be listening to this broadcast now, and, it's one of the reasons why I am so blessed to have so many people writing reviews of the radio show-- which is very helpful, by the way. The more reviews that are written, the more that the podcast services like iTunes, and Stitcher and what not will **show** other people this radio broadcast. One of the great ways you can pay it forward is to write a review. It just takes a few minutes, so I encourage you to please do that.

Same with the *A Course in Miracles* app. If you like using the *A Course in Miracles* app, please write a review. The free app--- you can get it, if you don't have it. We have it for Apple devices, and also Android devices. It's free for downloading, ACIMapp.com.

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Spiritual Boot Camp Works!

One of the reasons why I created my *Finding Freedom Spiritual Boot Camp* class-- which is coming up next week. We're starting registration for that, and we'll have registration open for about 9-10 days-- and it's because in that boot camp class, me and my team, we hold you very **close** so that you don't give up on yourself, so you can truly **do this work** of establishing the new habits of **undoing** the fear patterns. It's amazing how quickly you can make a huge difference in your life, if you're willing.

The topic today is *Fear Buster*, and I'm going to share that the number one fear buster is gratitude. It **really** is gratitude. We were talking about this in [*Masterful Living*](#) yesterday. Fear is **undone** when we are making loving choices, and when we're choosing to be grateful.

We might be in an experience that's horrible, but we can still be grateful for **something**. You know? Maybe you can be grateful for sweet potato French fries. Or, you can be grateful that the birds are still singing even though your house is being burned down. You know? It's finding anything that you can be grateful

for. If your house is burning down, you can be grateful that you enjoyed the house. You can be grateful that Spirit is taking care of you, and that you can open to receive **even more**, that this must mean **even more** good is coming into your life, that that house was not necessary for you anymore.

*It's amazing how quickly
you can make a huge
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willing.*

Fertilizer for Our Greatness

I've learned to be grateful for things just as they are, even though sometimes I go through a process of feeling annoyed, frustrated, irritated, confused or something along the way. I get there pretty fast now, and that's why I don't feel threatened when there's a sense of loss, and a sense of things are changing in a way I wouldn't like.

I learned to trust that even--I said to my friend, Allison, who has a similar personality to mine, I said, "You know what, Allison? Somebody could come and bring two or three dump trucks of cow manure, and dump it on

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our yard, right on top of us, and our personality, **now**, would say, “**Well!** What does this mean? I think it means there’s going to be some community gardening happening!” [laughs] “And we’ve got all this fertilizer! Must be that things are going to be growing!”

And so, **that’s** the thing, is to take what feels like a big load of poo and say, “Ah! Fertilizer! Yes! This is fertilizer for my magnificence! My **greatness** is being fertilized, here and now! It’s God’s Greatness **in** me. **Hallelujah! Hallelujah! Bring it on! Here comes my greatness!**”

Because that’s often how it works, that in order for us, many times--at least I used to feel this way--many times I would cling to the **form** of things, as it were. I would cling to what I had **made** through the force of my ego personality.

I was such--and I still am, to some degree--such a creature of habit. I like my tea the way I like my tea. I like my coffee the way I like my coffee. I like my tea when I like my tea, and my coffee when I like my coffee. Like most people, you kind of shower in the same way. You start in the same place washing your body, and you finish in the same place. You like the products that you like, and you like the--you know, you like to get up when you like to get up. We have all these attachments to all these different aspects of our life.

Willingness & Commitment

What, for me, happened, was Spirit basically put me out on the road. You notice, a lot of *A Course in Miracles* teachers spend a lot of time on the road. For me, I was **so** attached to how I liked everything to be, I found myself all over the place in new environments where they didn’t have the products I liked, and they didn’t have the --you know, the sounds were different, and the birds are starting at 3:30 in the morning, or whatever is going on is going on, and the internet’s not working, and the only thing there is to eat is ham, and just me saying, “Alright! I’m going with what God’s giving me here, and I’m going to use it for my good, because what else could it be for?”

On a very practical level, because of my **willingness** and my commitment, I can see now, that God put me on the fast track by forcing me, in a sense, out of my home. I’ve learned that I just have to go where God sends me, or I won’t be comfortable. It’s not going to work for me. I **can’t** try to manipulate God. That’s **not** going to work for me. Because, I used to do

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that. Oh, I used to do that all the time. I used to pretend that what I wanted to do was God's Guidance, and it just wasn't. It wasn't.

You know, in fact, right now one of the things I'm thinking about a great deal is the ministerial trainings that Jon Mundy and I are doing this August. You can register right now. We have Early Bird specials on. We've got payment plans on. We're doing three retreats back-to-back in mid-August. One is on Inspirational Writing, one is on Inspirational Teaching and one is on Inspirational Speaking.

Spirit Shows A Better Way

What I've discovered is that when Spirit gives me an idea, It's just not going to let it go. It's just going to keep tap-tap-tapping on my head. This has been tap-tap-tapping on my head for a while. I don't know what was going on this year, but boy! We had to move from venue to venue to venue. Finally, we're settled at a beautiful resort in Scottsdale, Arizona. I just **know** that there is **some** reason why the other two places--we negotiated a contract, everything was perfect, and then they pulled the rug out from under us.

I just **know** this resort is going to be so perfect for us! I can feel it in my body, and I can feel--because I've been writing about it, and thinking about it, so much, all the transformation and the healing that's going to happen.

What preparing for these events is doing for me is, I'm **remembering** how fearful I used to be. I can remember preparing to give a talk and being so nervous. So nervous, and trying to memorize my key points, so I could do it well, and I remember writing things down, and writing up the talk, and then whittling it down to 10- 3"x5" cards, and then trying to get it down to 3- 3"x5" cards. I can remember standing at the podium and having trouble breathing, and being nervous, and speaking and feeling lost, and needing to go back to my 3" x 5" cards, and I was doing everything that I had learned in ministerial school.

But, it wasn't working for me. I wasn't enjoying it. It didn't feel **right**. And, Spirit kept tap-tap-tapping on me, "There's another way. There's a better way." And so, I finally said, "Okay, Spirit. What's a better way?" I got clear insight what to do, and how to do it. I started practicing that.

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Lo and behold, the nervousness went away. The fear went away. The 3” x 5” cards went away, and I began to feel like I had a real gift for it. A **real** gift for it. I had to get out of the head and into the heart.

So, all fear is produced by the intellect. One of the key things for us to understand in the fear busting is that when we go into gratitude, it takes us right into our heart. You really **can't** be genuinely grateful and be in your **intellect**. You really can't! In order to be genuinely grateful, you've got to drop into your heart. And it's a really quick way to get into your heart! Yes, indeed!

Well, it's time for me to take a break here. We're going to take a break. You're listening to Jennifer Hadley, *A Course in Miracles*, on Unity Online Radio. We're living the Love, we're walking the talk, and I will be right back!

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

It Works If You Work It

Welcome back! We're talking about busting up fear, and I will say a reminder that I have this free class this week where I'm going to--the topic is [*Freedom From Fear*](#), and I'm going to give a very clear tip and tool to use that works, and inspiration to use it.

I'm also going to share how my [*Finding Freedom Spiritual Boot Camp*](#) class takes the *ACIM* principles, the *A Course in Miracles* principles, and applies them in a way to dramatically reduce fear.

We've had so many hundreds of people take this Boot Camp class, we **know** it works! We **know** it works, and so many people have **really** transformed their lives as a result of taking the class.

Of course, I can't guarantee that you will transform your life, because I can't get inside your head and make your decisions for you. But, what we've done in my [*Finding Freedom Boot Camp*](#) is we've really created a very effective program, so you won't give up, and so you'll actually do the work. That's what's important to me, because I **know** how “it works if you work it”, like they say in AA.

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Gratitude, when we go to gratitude, it takes us out of our intellect and into our heart. Remember, the intellect is the ego. It is!

I'm going to invite you to consider, bring into your awareness, something that bothers you, something that irritates you. Or, maybe **someone**. Someone. Let's do that. Someone that irritates you. Maybe someone that you have a lot of **fear** around.

If you start to tune into what are the thoughts that you're energizing, what are the thoughts that you're investing your God Power in **holding** about this person, and yourself in relationship to this person, consider **those** things, **those** thoughts.

I find it very helpful to make a list of them. It's **crazy** how many spiritual students will listen to spiritual talks like this for hours, and hours, and hours, and hours, and hours, and hours, and hours but they **won't** pause and spend 15 minutes to make a list. So, just saying!

Transforming Fear with Gratitude

That's what my [*Finding Freedom Boot Camp*](#) is all about, inspiring you to actually **do** this, this, this, this, this because it **works!**

Make a list, 15 thoughts that you have about yourself in relationship to this person, **or** that you have **about** this person. Really, let's just focus on the unkind thoughts, the untrue thoughts, the negative thoughts.

Here are some tips to **transform** this. First, let's see if we can find **one** thought of gratitude. One thought of gratitude, and it might be, "I'm grateful I no longer live with them!" "I'm grateful that I am **aware** that this is not a healthy relationship." Something like that. It could be, "I'm grateful that, as challenging as this relationship is, they make a great cup of coffee!"

Find something to be grateful for, and you'll notice, if you practice this on a daily basis when you feel fear, it's going to take you into your heart. Gratitude will take you into your heart.

We come into our heart, **then** we can find a loving thought, have compassion for them. "Even though I don't like them, I have compassion-- I'm **willing** to have compassion, for them. I'm willing to be willing to have compassion for them, even though my thoughts about them are very upsetting to me."

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Start to move away from thinking “This **person** is upsetting to me,” to “My **thoughts** about this person are upsetting to me.” We get perspective on it. Change our **mind** about it. **There** comes the healing! We can move **out of** fear.

I have found that it is extremely helpful to realize that fear really does come from what Jesus says in the *Course*,

“Whenever there is fear, it is because you have not made up your mind. Your mind is therefore split, and your behavior inevitably becomes erratic. Correcting at the behavioral level can shift the error from the first to the second type, but will not obliterate the fear.”

This is in the *Fear and Conflict* Section in Chapter 2, specifically it’s Paragraph 5.

In the beginning of the paragraph, it says,

“Fear is always a sign of strain, arising whenever what you want conflicts with what you do.”

When what you **want** conflicts with what you **do**. That’s what I was saying, you **want** the Peace of God, but you’re not freeing your mind of the thoughts that **obstruct** the Peace, that break up the Peace.

Shifting Our Identification

So, if you want the Peace of God--and I don’t like to say “want”, because it implies that we don’t already **have** it. I would rather say you **believe** that you **desire** the Peace of God. I think of “desire” as “of the father”. “De-Sire”. **Desire** the Peace of God. You desire to express, and experience, and know, and feel, and **be** the living demonstration of the Peace of God.

When that’s our **desire**, our **true** heart’s desire, but **mentally** we’re not willing to hold the thoughts that will bring it; instead we, as Jesus says, are “far too accepting of mind wandering.” Mind wandering to criticism, to blame, to shame, to regret, to resentment.

In order to have a life without fear, we **really must** be willing to shift our identification. The great news is that the Holy Spirit **will** do the lifting and the shifting **for** us, if we’re willing to **relinquish our attachment** to our self-perception.

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One of the things that **helps** us to do this is, and this is all delineated in the *Development of Trust* Section in Chapter 4 of the *Manual for Teachers*-- and that's why in my classes I recommend that people read that *Development of Trust* Section seven days in a row, and then read it once a week from then on, because it's really helpful to be reminded that if we're not **willing to give up** the causes of our suffering, but we're praying for help, then what Spirit **has** to do, our own Higher Holy Spirit has to do, is It has to, in a sense, **take away** from us the things that are causing the pain.

It's just like if a child is hurting themselves with a pair of scissors, a good and loving parent will take that pair of scissors away from that child, so the child can't hurt itself anymore, even if the child is **screaming!**

***In order to have a life without fear,
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It's like, if the child is eating so much sugar that they're creating all kinds of dysfunction in their body, their body is overwhelmed by it, and their blood sugar levels are freaking out. A good parent will get the sugar out of the house. A good parent will not be **eating** sugar in front of that child, or **at all**.

We Are Never Alone

I love the story of Gandhi. Gandhi was such a great teacher to me! Oh, my God! I love, **love** Mahatma Gandhi! What a beautiful, beautiful teacher in every single way.

There were parents that came to Gandhi, and they said, "Our child is obsessed with eating sugar, and it's making him sick, and we have to stop him from eating the sugar, and he **won't** stop. We can't get him to stop, and his health depends on it. Can you help us? We're at a total loss here."

Gandhi says, "Let me talk with the child." He sits and talks with the child, and the parents go back home, and the child doesn't eat any--and the child--oh, I know. Sorry. Excuse me. I haven't told the story in a very long time. As I remember now, Gandhi says to the parents--he **doesn't** talk with the child then. He says, "Come back in two weeks."

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The parents come back in two weeks, and Gandhi says, “Let me talk with the child now.” So, he talks with the child, and the parents go home. They come back in a couple weeks more, and they say, “Oh, my God! Gandhi, he’s not eaten any sugar since you talked with him! **What** did you say to him?”

He said, “Well, I had to first see, could **I** go without sugar. How would it be for **me**? Could **I** go without sugar? So, that’s why I said bring him back in two weeks the **first** time, because I needed to have two weeks to not have any sugar myself.”

“And then, when I spoke to him, I said, “**I’m** not going to eat any sugar anymore because **you** cannot eat sugar, and I’m going to be in solidarity with you, that as long as you can’t eat sugar, I won’t eat sugar, and we’ll both be in good health!” Apparently, that was the motivation the child needed, was he needed **support** that he wouldn’t be the only one not eating sugar.

It’s **with** people, it’s so, so helpful. But it’s also this willingness to **shift**, and to give up what we previously thought we **needed**. Because we all know this about ourselves, and about other people, that we will continue to do things that we **know** are self-destructive. We have **more** than enough evidence to know that it’s self-destructive.

Or, we **won’t** do things that we **know** would be helpful to us. It could be to do with food. It could be to do with alcohol. It could be to do with exercise. It could be to do with sex. It could be to do with **any** number of things. It could be to do with our finances, or just any number of things. Our career. Things that we **could** do to help us, we refuse to do, we’re reluctant to do. Things that we could **stop** doing that would be so supportive of us, and we just don’t do it. Why? Why, why, why?

It’s because we do not **love ourselves**. And, we do not actually **believe** that these things will bring **results**.

Doing the Work Together

This is why, in my classes, things are constructed in a way that you don’t feel **alone**, trying to do it by yourself. Like the boy having one other person, and particularly someone that was admired. But even just one other person saying, “I’ll do it **with** you” is **so, so** helpful! **Let’s do it together!**

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It's like having a workout partner, right? So, having a spiritual workout partner. I have Prayer Partners. They're my spiritual workout partners. I've had Prayer Partners for 21 years! I know the benefit.

That's why, in my classes, I give people the opportunity to have Prayer Partners, because just listening to this radio show, or just listening to the classes is helpful, but what's **more** helpful is to have people you're actually doing the work **with**, and you're sharing, and you're learning, and growing together. It's **amazing** what a difference it makes!

I **know** that this is why Jesus has made it so clear to us in His teachings, that He is **always** with us. We're **never alone**. But, we can **believe** we're alone. We can **pretend** we're alone. But, we're **not** alone.

Somebody was talking about this in class yesterday, what a **difference** it makes to invite the Company of Heaven-- the angels, the Ascended Masters, whoever it is that you would like to invite-- to walk with you, to talk with you.

*We have to be really
willing to listen and hear*

That was one of the things I did 20-some years ago, was I asked Gandhi and Martin Luther King, Jr., to walk with me, and talk with me, and **their** guides and **their** teachers, and to teach me about the personal practice of nonviolence-- which, in many ways-- at least the way they taught me-- is the **same** as *A Course in Miracles*. It's about recognizing what is unloving and what is loving, and being clearly able to feel, and know, and sense, and tell the difference. To **hear** it on a spiritual level, to **feel** it on a spiritual level, to **recognize** it.

But, the one thing that's **required** in order for us to **have** that most basic level of intuition is, we have to be really **willing** to listen and hear.

One of the biggest challenges for me, and this was one of the main causes of fear that I had, was I would **hear** the intuitive guidance of what to do or not to do, and I would brush it away. I would **ignore** it. I would back away from it. I would say, "No! Ugh! I can't do that! That's too much! No, no, no!"

That caused me so much pain, my unwillingness, because I thought I was going to have to give up the things I wanted and needed. Nothing could

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have been further from the truth. In fact, everything that I truly desired, or desire, is consistently being given to me.

I had a great desire to live without fear, and I don't experience intense fear anymore. I had a great desire to be able to be loving, and kind, and patient, no matter what! Am I there 100%? No! I'm not there 100%! I don't pretend to be! I don't pretend to be! But, I **own** it when I'm not. I apologize if I'm irritable. I **own** it. And then, there's Peace again.

I don't judge myself when I'm not 100%. I say, "Oh! Sweetheart, darling, here's our opportunity to gather more learning, to let go of all temptation to judge, to blame, to shame." Instead, I'm just going to say, "Ah! There's something that happened that I can look at! What is the cause?" Give the cause, known or unknown, to the Holy Spirit for healing.

Dissolving Fear

And, in these ways, fear dissolves, because fear is the result of believing I'm separate from God. The more I allow myself to let the Love in, and to see that **all** things work together for my good, even when I seem to have behaved in a way that was less than stellar, there's **something** for me to gain from that.

And, there's something I can share with others that will be helpful to them from that. Somehow, some way, God intends everything for my good. Let me **receive** it that way, let me really **energize** it that way, because it's my **choice!**

I can go into shame. I can go into blame. I can make excuses, I can **try** to analyze the data, but all of those things are going to keep me spinning around in the ego,

which is **not** what I'm interested in anymore, at all. **Not at all!**

In the *Course*, Jesus tells us that fear **seems** involuntary. It seems like it's something that happens **to** us. But, it's not. It's the direct result of our beliefs being triggered.

We may not be able to **recognize** the trigger or the belief, but we don't **have** to. That's not our job. Our job is to **give it**, known or unknown,

*God intends everything for my
good.*

Let me receive it that way.

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recognized or unrecognized, to the Holy Spirit for healing. That's our job. Our job is just to be willing.

Remember, too, that in the Fear and Conflict Section, Jesus says that,

"Fear arises from lack of love."

"The only remedy for lack of love is perfect love."

And, perfect Love is the remembrance that there **is** no separation.

So, we can, when we feel the fear, find **one thing** to be grateful for.

I'm telling you, one of the best things to be grateful for is just to realize, "I just realized I feel fear." This is one of the things that Jesus tells us in the *Cause and Effect* Section, which is the next section over. I've been talking about this a lot recently, because this whole fear thing has been on my mind so much.

Healing the Root Cause

Jesus tell us that, "You wouldn't wish Me to take away the **experience** of fear, because if you **did**, you'd be lost here in time and space. You'd have **no way** out! So, instead of asking Me to take the **fear** away, ask Me to take the **root causes** away."

That's the whole thing that I say, "I'm not interested in this anymore. Please heal this back to the **root**, so I never experience it again. And, please do the **same for everyone**-- everyone who has the **same** kind of experience."

When we do this, then every time we feel afraid, it brings us benefit, because every time we feel afraid, we're undoing the **root causes** of fear. And, I **know** that this works. **I know it!** I've demonstrated it, and so many people in my classes have demonstrated it. **This works!**

It's not hard to do. It doesn't cost you any money. You can do it very quickly. It's not time consuming. It's really, simply Partnering UP with Jesus, with the Holy Spirit, with the Higher Self, every time you feel afraid. **Do not** start managing and coping with it!

You know, a lot of people keep fanning the flames of fear because it keeps them playing small, because they're so afraid of being **unworthy** of sharing their gifts and talents. They feel so unworthy of being in loving relationships.

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So, instead they feel more comfortable, they feel less threatened, feeling frightened. It's kind of crazy, but having done it myself, I **know** what it's about.

These are some fear buster things. Gratitude, gratitude, gratitude, my friend!

Upcoming Classes, Retreats & Thank You

Come to my [*Freedom From Fear*](#) class. If you're willing, we've got all kinds of payment plans for my [*Finding Freedom*](#) class. The *Spiritual Boot Camp* is going to start soon. And, oh! We've got so much lined up to support you in letting go of fear. **Now** is the time for us to be clear.

I hope you'll come and join me and Jon Mundy in August, in Scottsdale, Arizona, for the [*Teaching, Speaking and Writing retreats*](#). Three retreats, back-to-back, so that those are coming from a distance--we've already got people coming from outside the United States to come and share with me and Jon. It's going to be a powerful, powerful healing time!

The next [*Spiritual Counseling Training Intensive*](#) is in October. There probably won't be another one until next summer. These programs are on. Check out the details at the Events page at JenniferHadley.com.

Yes! Yes, yes, yes! Alright!

Let's take a breath of Love and gratitude together, and in this place of gratitude, I'd like to thank all those people who donate to make this radio show possible, to make it possible for us to pay to have all the episodes transcribed. So grateful, so thankful!

Closing Prayer

We take a breath together of Love and gratitude, and we open our heart and mind to the Holy Spirit for healing. We are grateful and thankful to share the benefits with all. In gratitude, we let it be. We know it's done. And so, it is. Amen. Amen. Amen.

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