

July 24, 2018



Healing Abusive Relationships



 *Jennifer Hadley*
your daily shot of spiritual espresso

Copyright © 2018 by Reverend Jennifer Helen Hadley.
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Published by JenniferHadley.com. Printed in the United States of America.

For more inspiration to live a life of love,
visit www.JenniferHadley.com.





Healing Abusive Relationships.....	4
Opening Prayer.....	4
True Forgiveness is the Way Out.....	5
Commit to Being Willing.....	6
Relief from the Pain by Letting Go.....	7
Working with Others to Heal Ourselves.....	8
Forgiving Ourselves First.....	10
Releasing the Shame.....	10
Removing the Labels.....	11
Getting Over It Together.....	12
Taking Responsibility.....	13
Releasing Attachments, Holding the Vision.....	15
Holy Spirit, Make it Clear.....	16
Moving the Mountains of Pain.....	17
Closing Prayer.....	19

July 24, 2018

Healing Abusive Relationships

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! Ah! I am so grateful to be with you today! Thank you for agreeing to transcend time and space with me as we step *Into the Mystic*, as Van Morrison would say.

I'm still in Vermont. I'll be here for a few more weeks. I'm camping. I had a close-ish encounter with a bear this week, and fortunately they're black bears and they don't attack people. But, in the middle of the night, being wakened by a bear outside your tent is definitely an experience!

You can read about it if you read my "[Daily Shot of Spiritual Espresso](#)". Yeah! I like to share stories of what's going on with me in my "[Daily Shot of Spiritual Espresso](#)".

In this moment, right now, let us connect with Spirit.

Opening Prayer

We take a breath of Love and gratitude, so grateful and thankful to open our hearts and minds to the Higher Holy Spirit Self. So grateful and thankful to open ourselves to the unlimited, to the unprecedented, to the free flow of Love and Wisdom, Clarity and healing, Harmony and Joy. We're opening ourselves to an expression of perfect Love, remembering **who** we are and **Whose** we are.

We are here to be truly helpful, and Spirit will lead us and guide us all the way. This is our prayer, to remember that **we** don't have to figure anything out. We're being **guided**, we're being **led**, and we can **allow** it.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

We share the benefits of our healing, our expansion, our awakening with **all** beings, because we are One with them. In deep, deep gratitude we allow the healing to be. We **let** it be. And so, it is. Amen. Amen. Amen. Amen.

True Forgiveness is the Way Out

Yes! We are blessed, officially! [laughs]

The topic today comes by request, and the topic is *Healing Abusive Relationships*. I've certainly done--I don't know how many episodes. We've got, at this point, we've got over 350 episodes of this radio broadcast. We started in 2011. Ken Wapnick was one of the first episodes. Gary Renard was **the** first episode, if I remember correctly.

We've done **many** relationship episodes. I'd be shocked if it was under 50. Probably more. You can search for them. If you go to LivingACourseInMiracles.com/radio you can search for whatever topic you like. We've transcribed a lot. We're going through the whole catalog, and if you have a special request, you can just write to Admin@JenniferHadley.com and let us know. We'll put it at the top of the list. You can also request a topic there at LivingACourseInMiracles.com/radio. I believe we have a form you can fill out to request a topic.

I've not done this topic of abuse in relationships, and I certainly have counseled people who have been in abusive relationships. I've counseled a number of people who have been in **extremely** physically abusive relationships in the past, but not currently, and I have seen **extraordinary** miraculous healing come through the personal practice of forgiveness.

If by any chance you **are** in a relationship that feels abusive, on **any** level--and what are the levels? Let's talk about the levels.

But, first, if you are in any kind of an abusive relationship, the way **out**--surprisingly, to the ego but not to the Spirit--is **true forgiveness**, and that's why I have my free [How to Get Over It!](#) Forgiveness workshop on the homepage at JenniferHadley.com. anyone can sign up for it for **free**. Anyone. It's got different things for you to do. It's **not** just listening to me. That is **not** going to heal the abusive relationship. You're going to have to actually **do some work** and put some **effort** into it. This is a guarantee.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Commit to Being Willing

The great news is, **if** you do the spiritual work, **it will work!** I've never seen it fail, honestly. I've **never** seen it fail, and many times the miraculous healing that transpires is so far beyond what **I** would have thought even-- not that it's possible, because I really do think **anything** is possible. I've seen **amazing** spontaneous healing of all kinds-- but I just wouldn't even **conceive** that the healing would transpire so perfectly, so beautifully, so magnificently. It just hadn't yet occurred to me it could go that way.

Spirit's Infinite Mind is so magnificent, and that is **our** mind. The great thing is, what Spirit has taught me, is we don't **have to** know how it works. We don't have to know how to do it, but we **do** have to be willing. **Really** willing. **Genuinely** willing.

Now, a little tiny bit of willingness is willing, but a **commitment**, a decision "I **am** doing this!" is **total** willingness, and that turbo charges the healing, and it certainly makes the Holy Spirit's job easier. Because when we resist, when we're reluctant, well, it just feels a whole lot more difficult.

One of the things I've seen, because-- for instance, I have a [*Forgive & Be Free retreat*](#) coming up in October, first weekend in October, Columbus Day weekend, and I placed that retreat right before the [*Spiritual Counseling Training Intensive*](#) for the reason that if people come to **both**, the combination is **so deeply** personally healing that people leave there just **profoundly** transformed. Profoundly transformed!

Many people have told me--or, let's say, we don't get a huge crowd, but a number of people have told me that they had different kinds of permanent healing--emotional healing, physical healing, mental healing, chronic pain, illness, different kinds of healing. Why? Because forgiveness in the [*Spiritual Counseling Training Intensive*](#) we do a lot of forgiveness work. So, when you combine it with the [*Forgive & Be Free*](#) retreat, it's 10 days of doing the deep, **deep** healing work. And it is such a cleansing and a clearing, that it really--I've seen it, over and over again for years now, it is deeply transformative and healing.

Obviously, you **can** do this work on your own. I find it's easier and more fun to do it with people, and also, I find that people **resist** doing it, so they **don't** do it. They **struggle** along on their own. This is part of why I have this commitment to train Spiritual Counselors, so people will get support

A Course in Miracles Weekly Radio Show with Jennifer Hadley

and assistance, and not be doing it on their own. Separation is the whole problem that we seem to have. It's all about separation, so we're not doing this healing on our own anymore. We're doing it together!

Relief from the Pain by Letting Go

Thinking about this forgiveness work.

True forgiveness is relinquishing we've made of things. It's relinquishing our interpretation of things, and it's also **relief** from the constant turning over, and over, and over again the painful memories, the painful experiences, and our painful interpretations of them.

For me, the most excruciating thing I've ever been through in my whole life-- and I've been through some difficult times-- the worst times of my life-- I can think of a couple of times that were just awful! Really, that went on, and on and on-- the very worst times of my life were when I was in emotional agony **because** of my thoughts--victim thoughts, betrayal thoughts, attack thoughts, yearning, needing, wanting, craving, "not having" thoughts. And also, my own thoughts of feeling bad, bad, bad, bad, wrong, wrong, wrong, wrong.

Now, I've been very blessed in my physical body, because I have the body of a peasant that can pull a plow. I'm a small person--I'm

short, I'm petite, but I'm really just strong, physically strong, and tough on a physical level. I think Spirit made me that way, so I don't have a lot of downtime with illness.

We're doing it together!

I'm highly sensitive to what's going around me in terms of empathy and all of that, but I'm not delicate. I'm highly sensitive, but not delicate. That's an interesting combination, and it works for me.

I say this because in 2015 I injured my back because of my meditation posture. What?! Apparently, it happens to Buddhists all the time, and I had done a lot of meditation, sitting for hours and hours, for days and days, and I actually injured my back, combined with some long plane rides to Hawaii and back-- I guess I was living in Hawaii at the time-- and not enough exercise, and I **really** injured my back. I just tweaked it enough that, oh, baby!

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

I was in excruciating pain for a couple of months, and for the first month it was just walking to the bathroom, I'd be crying. I know some people can relate to that. That **pales** in comparison, to me, to how it felt to be in the **emotional** agony. At the time, I didn't think so, but--and I really don't remember how I felt physically, nor do I remember how I felt emotionally. I don't have real strong sense memory of that, because I asked Spirit to remove it. I don't **need** to revisit it. There's absolutely not one little value to revisiting **any** of that painful experience, so I don't have that. I don't do that. But, just remembering my own experience, I can say that the times when I was emotionally distraught, and mentally distraught-- because they go together-- were the most difficult times of my life.

It was my interpretation, and the **meaning** that I gave to my relationship experiences, that brought me **so low**. And, I see this with other people. I definitely see how some people will do the deep healing work, and really be willing to change their mind about the past, they will be willing to let go of the attachments.

How do we let go of an attachment? We just say, "Holy Spirit, **take** this attachment. I'm ready to let it go." We have to be willing that the relationship will be transformed. We have to be willing that we'll be possibly guided in a new direction, a different direction, one that we may not have any idea of, or one that we may not feel we'll like, or not feel comfortable with. You never know.

Working with Others to Heal Ourselves

Just as a quick aside, since I do train Spiritual Counselors, and now we're developing this whole Minister Teacher program, and also Prayer Practitioner program-- these programs are being developed at the Power of Love Ministry. In fact, I just did a [Q&A](#) about that, and you can watch the video or listen to the audio of that [Q&A](#) that I did last week. I believe you can find it on the Events page at JenniferHadley.com.

And, you know what? If you're listening to the archive, and you ever hear me talk about something that's no longer available at the website, you could always write to Admin@JenniferHadley.com and we can help you find it. That's a promise! It may not be available. We may have lost track of it. But generally, we can find things for you.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Plus, if you're a member--it's free to be a member, then everything's in your Member site that you register for. That's why we have everybody register for everything, so then they can find it easily in the Member site.

Just listening to Spirit here.

What I've seen, again and again, in myself and other people is we **fear** that if we give the relationship to Spirit, Spirit will transform it in a way that we don't like. As I started to say, when I went into the Practitioner training program at Agape, to become a licensed Practitioner, which is a form of Spiritual Counselor, and was one of the things I was required to do on the way to becoming a minister, at that time--I don't know what they do now, but at that time, they told us "You can't go into the Practitioner training unless you really would like to counsel people and fulfill that function in this community."

I thought, "You know, the very idea of sitting with people and listening to them talk about their problems, I would pay money to avoid that! I didn't want to listen to anybody talk about their problems! Good Lord! Why would I want to do **that?**" That was really how I felt at the time.

But, I thought, "I'd like this Practitioner training, so I'm going to take it." My deal with God was, "If you send me clients, I will not turn them away. But I am not going to look for them. So, you're going to have to send them. They're going to have to knock on the door and ask me. I am not going to be available any other way."

Of course, wouldn't you know it, before I even graduated, people were asking me, "When can I do a session with you? When can you start doing sessions?" so, Spirit had a different idea, and it turned out that spiritual counseling was one of the best things I ever did in my **life**, if not **the** best, up to that point. Certainly, **up to that** point.

Doing the actually one-on-one counseling, I found that I just experienced so much expansion **because** of it. Now in the Ministerial Program, it's part of the requirement for the ministers and the teachers **because** I've witnessed that the ministers who have done a **lot** of spiritual counseling have a **far** better grasp of understanding how the mind works, and it makes them better teachers and ministers.

It certainly did me, and it certainly did the colleagues that I know that have gone on to be highly successful ministers. So, working at the level of the

A Course in Miracles Weekly Radio Show with Jennifer Hadley

mind is something I know so much about from working with so many people **at** the level of the mind and, of course, my own inner work.

Forgiving Ourselves First

Healing abusive relationships, the number one thing is, we have to **forgive ourselves**. And, this could be even if the relationship-- the person died. Right? Or, you've lost track of them. You have no idea how to reach them. It doesn't matter. We're **all** eternal, every single one of us. Eternal. So, we're not bound by time and space. We are **eternal beings**. It is **never** too late to forgive.

But, we're not forgiving the abuser. And you know what? This also goes to, if you were abusive in a relationship, or you find that you still are. This still applies to you. We transcend time and space. They are an illusion, so we are not bound by them. It's so important to recognize this, to **know** this, to understand it clearly.

We are eternal beings. It is never too late to forgive.

This is why forgiveness, it spirals in all directions of time and space. It touches everything. This is why *A Course in Miracles*, the entire thing, is about forgiveness, the active practice of forgiveness, releasing the meaning we've made of things, releasing our interpretations.

When I first started teaching forgiveness 18 years ago, I learned so much from the people who came to me for support, and people saying, "Jennifer, I have forgiven this **so many** times! My grandfather raping me. My uncle molesting me. My father molesting me. My--" Whatever its. The business partner who runs off with the spouse, **and** all the money, **and** the business. I've heard amazing stories told to me, and I've worked with people who, a number of people who were literally imprisoned as children, and abused by their family, in all kinds of horrific ways.

Releasing the Shame

I've seen the healing that forgiveness brings, over, and over, and over again. So, if I'm a broken record for forgiveness, it's because I am **dedicated** to healing and transformation, and there is **no faster**, more **thorough** method.

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

Working with others doing the forgiveness work **does** really seem to **speed** it up, because talking about it with others is a way to release the shame. Because I've yet to meet anyone who was physically, mentally, emotionally abused in any way, shape or form that didn't feel **ashamed** because of it.

What does shame come from? Shame comes from **our** judgments.

Now, it might be that someone would shame **us**. I've had people try to shame **me**, and relatives try to shame **me**. "You're so selfish! You're the most selfish little girl in the whole world!" One of my relatives would say that to me, to try to manipulate me, to try to tame me, frighten me, control me. And, if we agree to it, we can feel ashamed. But, if we **don't** agree to it, we **won't** feel ashamed, and so many of us feel ashamed even because we **agreed** to it, so we're judging ourselves for accepting the judgments that people have placed upon us. We feel ashamed that we've carried it for **decades**, and we're **still** not over it. There's shame for that.

As a counselor, I've had **many**, many, many people come to me and say, "I'm still not over this relationship." Or, "This relationship was **so** abusive, **so** unkind, **so** self-destructive, so destructive in so many ways, **and yet** I **still** want to be with that person. I **still** miss that person. I'm still thinking, 'How can it be fixed?' and I feel ashamed about that. So, I feel a need, wanting, craving, and I feel ashamed about it."

I understand these feelings. **Forgiveness is the answer to them.**

It is time for me to move into a break, and I'd just like to invite you to check out the Events page at JenniferHadley.com and see what interests you there.

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

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

Removing the Labels

And, we're back! Walking the talk, living the Love together!

I so appreciate this connection. I feel it **strongly**. It's wonderful! Many people write to me of their appreciation, and sometimes people will even say, "You healed my life, Jennifer!" I understand that, and I'm really clear,

A Course in Miracles Weekly Radio Show with Jennifer Hadley

my life is the **only** life that I can heal. **But**, because we're all **One**, then when **I am** healing my own awareness, working with the Holy Spirit, **all** minds are joined, **all** minds are healed. And so, it motivates me to do my spiritual practice, which is 24/7, in order to **contribute** only Wholeness and healing, only Light. For **so long** I felt so dark. It's wonderful, now, to really be focused on the Light.

And so, in our experiences of very difficult, abusive relationships, we experience abuse on four levels. I'm going to go back to that. I didn't get to that yet.

What are the four levels? Mental, emotional, physical abuse. I'm going to say **three** levels--mental, emotional, physical. Although I suppose you could add things like financial abuse. Yeah. I hadn't really thought about that before, but definitely I could see how that--I've **witnessed** that happen, where people will help someone out who's actually a con artist. I have counseled a number of people who have been conned into giving their life savings to people in various kinds of situations, and they have to forgive **themselves** for making the choice to do that. We have to forgive ourselves for making the choice to believe the people who are lying and deceitful.

We haven't done anything wrong or bad. We don't need to **label** that. But, we do have to **forgive** ourselves. That's letting go of the **judgment** that we're holding against ourselves for having **agreed** to participate in that kind of abuse, because it does take two.

I understand that people can-- especially the people I've known who were raised in an abusive family, it's all they've ever **known** to participate in. But, **still, the key to Freedom is forgiving the Self**. It's the only way out.

Getting Over It Together

That's why I offer that *How to Get Over It!* Forgiveness workshop. If you have experienced abuse, and you are still tormented by it, or still **in** it, then I would recommend to you that you work with one of the [Spiritual Counselors](#) that I'm training, or that I've certified.

We're just about to certify a couple more counselors here. The ones that are in training work on a **donation** basis as part of their certification process.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

They must do 111 one-on-one counseling sessions in order to complete part of their certification.

Part of why I require that is because with all the trainings that we're doing, the professional trainings, what I see is--I just have met so many people in my life who are ministers and teachers who don't feel **qualified**. They've had **years** of training and don't feel qualified. When I started counseling, I **didn't** feel qualified. Not at all! But, God brought me the clients and qualified me, helped me to feel confident and qualified. So, I'd like to do that as part of the training.

And so, you can have spiritual counseling by one of my trainees on a donation basis, a Love offering basis. Spirit can guide you what is the donation. I always say to

people; a dollar is a donation. Don't let the money get in the way. You're helping people with their certification. I have **many** reports, many, many, many reports, of how **wonderful** these counselors are, how **helpful** they are, and how helpful the work is. Do yourself a favor and--particularly if you're really tormented about something, I say make a plan to do a session a week. Or, two. Or three. I'm not kidding! Because there's a way **out** of the difficulties.

And if you get the [*How to Get Over It!*](#) Workshop, and you do the different parts of it-- listen to the class, watch the video, read the things, and do, most importantly the self-forgiveness letter, then take that to one of the Spiritual Counselors and **share** with them what you've written. You're going to start speeding up that transformation.

I know many people have come to me and they start with, "I ended this relationship five years ago, but I still feel tormented by it." Or, "My father sexually abused me, or somebody sexually abused me, when I was a child, and I've forgiven it so many times. I'm not over it. **How** can I get over it? **How** can I move on? **How** can I **no longer** be placing my precious life energy into this?" Forgiveness **is** the way!

Taking Responsibility

If you're in an abusive relationship, many people **stay** in them partly because of their finances, and so they feel, "I don't have alternatives. I **have** to be in this abusive relationship." This is **not true!** This is a **belief**. This is

A Course in Miracles Weekly Radio Show with Jennifer Hadley

not a **fact**. That **may** be how it **appears**, but as it says in the *Fear and Conflict* section-- which I encourage you to read, and re-read, and re-read again, as well as the *Development of Trust*, which that *Fear and Conflict* section is in Chapter 2 of the *Text* of *A Course in Miracles*. It's just a couple of pages, so I think it's three pages. And then, the *Development of Trust* section in Chapter 4 of the *Manual for Teachers*. Also, Lesson 183 in the *Workbook*. I'll let you discover those, rather than talk about them right now.

But, the teaching in the *Course* is to take personal responsibility. That is the way out of hell. Right? That's in the *Text*, as well, Page--I always remember it's Page 448 in my copy of the *Text*, and it's the Section called *Responsibility for Sight*.

When we feel like a victim, and someone's been abusing us, we **don't** want to take responsibility for that, because we equate responsibility with **blame**. But, responsibility and blame are **different things**. Blame has judgment in it. Responsibility **does not**. **If** we're blaming, we **are** judging, we **are** attacking and it's only going to make us feel worse. Right? When we're blaming, **then** we're feeling crucified. We're feeling betrayed by God, by life, by family and friends.

But, when we can change our perspective--right? Lesson 190,
"Pain is a wrong perspective."

When we can change our perspective and see that everything has been gently planned by One Whose only purpose is our good, then we can start to see **how** and **why** this experience of betrayal, of what feels like crucifixion, has a healing effect. We just haven't gotten to the healing effect.

That movie, the one-- *The Best Exotic Marigold Hotel*, the young man who's the purveyor of the hotel, he says, "If it hasn't all worked out, it's not the end yet." We're not at the end. It hasn't all worked out.

But, we can get to the end of that piece of healing, that piece of transformation. We can! And, it can all work out. But **not** as long as we're holding it in blame, in shame, in regret, in resentment, in hurt. We **must** change our mind about it. That's the **only** way it can transform. The actual relationship **itself** can be healed through **us doing our self-forgiveness work**.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Releasing Attachments, Holding the Vision

Now, one of the keys to healing and transforming **any** relationship is, we **cannot** be attached to the outcome of the healing, the outcome of the relationship. We have to let go of whatever we think it **should look like**. Right? Because many times we think, “I’d like to heal this relationship,” but the healed relationship looks like “They’re going to ask me to marry them.” “They’re going to stay with me for the rest of my life.” “They’re going to stop having extramarital affairs.” “They’re going to get a job and start taking care of me.” All different kinds of ideas of what the healed relationship looks like, we have to give all of that to the Spirit.

I use the metaphor of placing it on the altar. I also use the metaphor of placing it on the Holy Altar Fire of Divine Love, to burn away all my attachments. “With a cool healing, nourishing fire, burn away all my attachments. **Please** let them go! I give them to You, Holy Spirit.”

We have to be willing to give up our attachment to how we think the healing looks. That it looks like “They’re going to apologize to me.” That it looks like “They’re going to make amends to me.” That it looks like “They’re going to pay me back.” That it looks like “They’re going to sober up and come back, and now we’ll be happy family again.” We have to give up all attachments to how we think it **should** be.

We can hold a **vision**. And, we have to give up the attachments **first**, before we can **really** hold the vision without attachment. The way I teach folks in my classes to hold that vision of the healed relationship is to energize, “How does it **feel**?” How does it **feel** in the relationship when you’re holding when you’re **in** the healed relationship? How will it **feel**? To keep energizing how **you** will feel physical, emotionally, mentally. Feeling the Peace, feeling the Harmony, feeling the willingness, feeling the openness, feeling the Love flowing, without any attachment to how it **looks**.

Because if it **feels** peaceful, and harmonious, and expansive, and beautiful and right and true, does it actually **matter** how it **looks**? Spirit doesn’t care how it looks! This world is an illusion! It’s about **returning** to Peace, **returning** to Love, **returning** to Freedom, **returning** to Joy.

We use the word “vision” but it’s not actually a vision. It’s a **feeling**. Yes!

A Course in Miracles Weekly Radio Show with Jennifer Hadley

When I hold a vision of Love with my family, with my relationships, or in times of challenge, I just see us together, and happy and smiling, and like we're like bright, shiny happy people. Like the R.E.M song, right?

Feel that! That's a spiritual practice. Committing time and energy each day to **feel** the healed relationship. Because, while it may not have manifested in form yet, that person may even have passed away. It might have been an abusive marriage 20 years ago, and been married to other people since then. But, time and space are an illusion, so we can bring that past to right, now. That's what *A Course in Miracles* is **all** about. I can recognize that I made a wrong decision, because I'm not at Peace, but I can change my mind **now**, and I can make the decision for Love **now**.

This world is an illusion!

I'm sitting outside. I don't know if I'm picking up any wind on the microphone. It's just so lovely here in the Vermont Green Mountains, I have to sit outside! Oh! I'm a nature girl!

Mmm! When we're holding the resentment, the betrayal, the hurts, the blame, the shame, the regret, the guilt, it's challenging to hold that vision. How do you hold **both** at the same time?

It's **not** actually possible. You **can't** hold two opposing thoughts in your mind at the same time. You can't energize the answered prayer **and** shake your fist with upset at the same time.

Holy Spirit, Make it Clear

So, we have to make a choice. Healing an abusive relationship is very much about making the choice. It's also very much about stepping into your God Power. Our mind **is** the Mind of God.

I'm always asking Spirit, "Tell me **how** to make it more clear. **How** do I make it more clear? **How** do I share more effectively?" A few years ago, what Spirit showed me is that we are Light Beings. Right? *A Course in Miracles* tells us this **very** clearly, that we are emanations of Light, rainbow Light, the Great Rays.

If you search in your--if you have a concordance, or you can search, you can--and I've done radio broadcasts on the Great Rays.

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

Oh! You know, you can use--hello! -- I made *A Course in Miracles* for this very **purpose** of being able to search and find things, to search phrases and find them easily. And it's free. *A Course in Miracles* app with deluxe features, like being able to set reminders, and search for things, and bookmark things, and select sections of text and e-mail them, or tweet them, or Facebook them. All for free in the *A Course in Miracles* app. You can find it at LivingACourseInMiracles.com. You can also find it at ACIMapp.com.

If you'd like help to remind yourself to stay in tune with Spirit, the app is **great** for that. It's for Androids, it's for iPhones, it's for iPads. We've put a lot of work into it. A lot of money into it, too. I don't know, \$20,000, at least? Please enjoy that. That comes to you through the generous donations of people who are supporting us in having an effective, beautiful spiritual practice.

Getting those reminders throughout the day, you can also sign up for the text message reminders at ACIMTexts.com or you can text the word "miracles" to the number 35227 to get reminders. So helpful!

I love getting my own reminders! "Oh! What's this? I got a text message! Oh, it's *A Course in Miracles* quote. I love it! I love it!" I do! It always seems to come at just the right moment, choice moments, where we're thinking maybe a negative thought. People tell me that all the time. They say, "Oh, Jennifer, I was feeling so upset, and then I got your text message, and it said, 'Choose again!'" Or, whatever it might say. "And, I was like, 'I did! I did! And I clicked the link. I prayed with you. Everything turned around.'" What does it take? It takes 3-4 minutes to listen to the prayer, to turn things around. It's just a Divine Healing opportunity in **every** moment that's being offered to us, and there's so many ways that we can demonstrate our willingness, and heal these abusive relationships, whether they were in the past or whether we're experiencing them now.

Moving the Mountains of Pain

It's amazing how much, when we change our mind **about** the person who seems to be the abuser--sometimes it's ourselves! I certainly have been an abuser! I have. I will admit that. I have. I've been manipulative and controlling, and yes. I admit it. Yeah. So grateful to have forgiven **myself** for my debts and my trespasses.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

That's where we start. We start with self-forgiveness, and as we begin to forgive ourselves, **then** we can actually forgive the other. **But**, when we **truly** forgive ourselves, we find there is **nothing else** to forgive.

What is true forgiveness? It's releasing our **own self**-attack, **self**-abuse thoughts. When we look deeply into healing abusive relationships, we will recognize that we are an active participant in some way, shape or form. If we're still feeling abused, we will recognize that **we are** participating in that. It's not happening **to** us, and that's why we must forgive ourselves. It's the **only** way out.

One of the things that in *Masterful Living* one year, someone said, "I'm doing 40 forgiveness letters in 40 days. 40 self-forgiveness letters in 40 days." So now I tell folks about that

***We must forgive ourselves.
It's the only way out.***

every year in *Masterful Living*. This year we've had people who said, "I'm doing 90 days!" and they **are** transforming. They're transforming their life, their relationships, their finances, their physical bodies. It works!

It's hard to believe. As it says in Chapter 2, *Fear and Conflict* section, it's **hard** to believe that thoughts and beliefs combine into a power that can literally move mountains." I think it says, actually, it's hard to **understand**, it's hard to **grasp**, that our thoughts and beliefs combine into a power **so strong** that they could literally move mountains.

But I have seen myself and others move a **mountain** of pain and suffering, and this is what I hold for you, this is what I **wish** for you, this is what I **know** for you. And let's know it for everybody else, too. Yes!

And so, I'm going to speak a healing prayer here for all of us.

Let me see if there's anything else. The [Teacher Trainings](#) with Jon Mundy in August. Three Teacher Trainings - Inspired Writing, Inspired Teaching, Inspired Speaking. These are going to be deeply healing and transformative, and I invite you to check out what we've written about it. I did a video series about it. I also recently did a [Q&A](#) about the Teacher and Minister Training. You can find it all at [JenniferHadley.com](#). Again, if you have trouble finding **anything** and we can help you, write to Admin@JenniferHadley.com

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

[*Forgive & Be Free*](#) retreat in October, and the [*Spiritual Counseling Training Intensive*](#) in October. We have a little bit of time left on the Early Bird specials for the October events.

Closing Prayer

Let's place our hand on our heart and be so grateful and so thankful that the Love of God is shining in our awareness, now and forever more. Let us be so grateful and so thankful that the power of Love is **active in our heart**.

We're putting Spirit in charge of the healing. We're **allowing** the healing to happen. Sharing the benefits with everyone, we **allow** it to be. We **know** it's done. And so, it is. Amen. Amen. Amen.

Have a great rest of your week! Mwah!