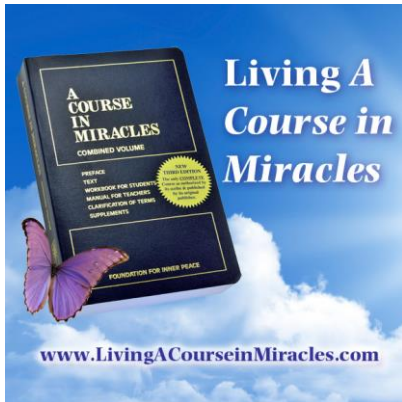


May 28, 2013



Heart Healing



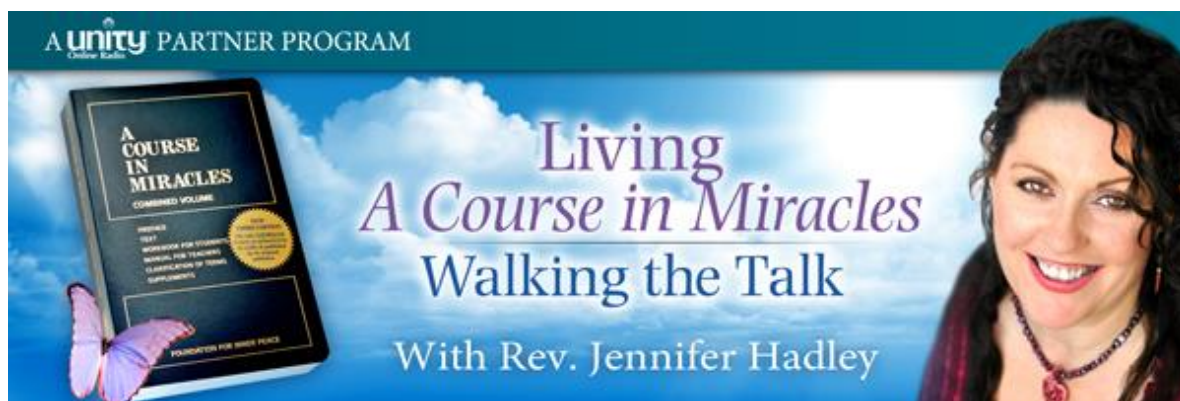
 *Jennifer Hadley*
your daily shot of spiritual espresso

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May 28, 2013

Heart Healing

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 Oh, hello! Hello, my friend! So happy to be with you. I'm coming to you from France--France [said with a French accent] as they say here in Europe. France--they don't say "Fraance". They say, "France [said with a French accent] but I still say "Fraance" [laughs] because I'm American, and don't I know it! Yes! Well, we'll get into that.

Our topic today is *Heart Healing*. I've been so inspired by the [Living A Course in Miracles](#) classes the other day, last week, with Maria Felipe and myself talking about *Unbreak Your Heart*.

Opening Prayer

We're going to put our hand on our heart right now and have a heart healing. I invite you to turn within and to give thanks. Right now, we're giving thanks for everything just as it is. Oh! Sometimes that's not easy to do, but we're doing it!

We're taking this breath of Love and gratitude and being so grateful and so thankful that we **can** have a heart healing, that we don't have to suffer forever, that we **can** get over it and have a heart healing. So, we're calling that forth right now.

We're opening our heart and our mind to the power and the presence of Love living **through** us and **as** us, and we're calling forth all manner of Divine Support and Assistance in seeing things clearly, and **knowing** our life as a life of Peace, as a life of Love, and Joy, and Freedom, and Wisdom, and Clarity, and Creativity, and Beauty, and truth, and All-Good. This is what we're calling forth. Yes!

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

Delaying Our Healing with Our Memories

One of the things in the classes this last week that we're really clear was about how we --well, maybe I'll just speak for myself, but I know, for me, I used to really dig into, like a big bowl of "I'm really special because I'm so unhappy" or "I'm really special because I've been hurt so bad," "I'm really special because of what somebody did to me," and obsessing over it. What I've realized, and I am so grateful that I realized this, that anytime I am giving myself permission to fan the flames of upset, I'm delaying my healing.

Now, it **seems** like a no-brainer. Right? It **seems** like an absolute no-brainer that if we're going to torture ourselves with all the ways that we've been hurt, and wounded, and upset, and freaked out and all of these things we experience in our relationship, if we keep going over it and over it in our mind, we're reexperiencing it and we're **not** healing. We're **just** digging in that wound deeper and deeper, and we already know that.

But, we **think**-- when we're aligned with the ego, we think that there's some **benefit** in that, that somehow going over it, and over it, and over it we're going to find some clue, we're going to be able to say, "A-ha! You see? This is it! I am right, and they were wrong!" Or, "They are good, and I am bad," and we can just assign that, and literally carve it in stone, and then say, "Okay, that's that! Now, throughout all space and eternity, this one is the good one, this one is the bad one, and that's just how it is." There's a finality to that in the ego mind, and that's why the ego likes it so much.

Sacrificing to be Right

However, it's not **true**. None of it's true. It's total falseness, and that's why we suffer with it over, and over, and over again. For myself, I am still watching my mind, moment by moment, and day by day, of how I can be "right" and how others can be wrong. I'm noticing these things.

I'll give you an example. I've been traveling through England and France, and there's been a lot of rain, which is lovely. I love rain, but it's been a lot of rain, days and days of rain. And so, when there's going to be a sunny

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day, it's a big deal for me--for moi--because I want to be out and about walking in the country, the beautiful--I'm in the Pyrenees Mountains, I don't want to be sitting inside. I'd like to be outside. Right?

Yesterday was to be a sunny day in Lourdes, where I was yesterday, and I thought, "Oh, this is great! I'm going to go for a hike, going to go hiking up in the mountains. That will be lovely!" But then, I looked at the Weather Channel, and it said, "Oh! Mon Dieu! Non! It will be raining. It will be raining, with thunderstorms and lightning." That's what the Weather Channel said to me.

So, I told the host at my B&B, I said, "Oh, it's supposed to rain today." She said, "No! No rain today!" I said, "Well, the Weather Channel says it's going to rain today." She said, "Oh, the Weather Channel is wrong! This is Lourdes, with the Pyrenees Mountains all around us. The weather--forget the Weather Channel! They don't know! It's going to be sunny and nice today!"

Now, check this out! Instead of thinking, "Fantastic! This woman has lived here for years. She **knows!** Fantastic! It's going to be beautiful! I'm going to go have a wonderful day hiking in the Pyrenees Mountains in the sunshine!" -- instead, I could feel the ego say, "No! No, no, no! I am correct! No! She's not right! I am correct! I checked the Weather Channel. The Weather Channel is the United States, it's America. These people know! These are the experts! The people in the B&B, they wouldn't know! They're not experts!" [laughs] Just crazy!

And there was, for a **moment**, I saw the ego was trying to entice me by saying, "It's going to rain! Make it rain! I want it to rain! I want it to be right!" and I had to laugh. Oh, my God, I had to laugh!

We're going to have a heart healing when we give that nonsense up. But, it really does require us to become **rigorous** in watching for it, because the ego will entice us with the little bit of right-ness, and we will sacrifice--I would have sacrificed a sunny, beautiful day--which, by the way, it rained **and** it was sunny, but there were no thunderstorms, and I got to go and have the most spectacular view up above Lourdes in the mountains. It was fantastic! Really, really fantastic! I mean, I just--I was up there for hours and I loved it! A little bit of rain, a lot of sunshine!

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Gathering Evidence & Keeping Score

Yet, there was a moment where I **saw** how I used to fall into that pattern all the time. “The ego is right. The ego is right.” and I thought it was **me**, because I thought I was the ego, and I wanted to be right because being right is better!

But, I’m going to invite you today, in this moment right now, to turn within, to put your hand on your heart and think about any relationship you’ve got where you’ve been suffering.

Maria, oh, she did such a good job! We had two really good classes last week with *Living A Course in Miracles*, and this week we’ve got Jon Mundy coming up, and we’re going to be *Heart-Centered at Work*, so we’re really moving into the heart this time.

I’m inviting you to move into your heart right now, and to think of any relationships you have where there are some difficulties, some challenge, and to think about where you would rather be **right** than have what you actually would **like**. Right?

In other words, you’d rather make somebody else wrong, the other person in the relationship that they’re wrong, they’re bad, they don’t know, they aren’t paying attention to you, they aren’t understanding you, they’re never going to understand you, they’re not respecting you, they’re not relating to you in the way that you need and you want--**something**. They’re asking too much, they’re not giving enough. Something.

Something is wrong, and **you** have given your happiness in exchange for keeping track of all your grievances, where you actually are **looking** for more evidence that they don’t understand, they aren’t connecting properly, they aren’t loving you the way you need to be loved, they are disrespecting you, or they’re too--this, or too-that, or not enough. Something is **wrong**, and you keep gathering that evidence, gathering that evidence, and gathering the evidence. And, there’s something about that **being right** that feels **good** to you, and you are, literally, exchanging a loving relationship in order to be **right** and hold onto those grievances.

“Love holds no grievances.”

That is one of my favorite Lessons, number 68. It is true! It is really true!

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Now, I know that in relationship, one of the things we all would like to have is we'd like to have a sense of somebody understands us, somebody gets us, somebody values us. And yeah, we would like to feel validated. When we **don't** feel really good about ourselves, we really love being validated by others, and that's what the ego does. So, when we're identified with the ego, we **don't** properly know who we are, then we like to be validated by others, and so we will **sacrifice** in all kinds of ways in order to get that validation.

That's how you know you're identified with the ego, when you're trying to get something from someone else.

"Love holds no grievances."

"Love holds no grievances."

We come back to this Lesson again, and again, and again. To hold grievances is to forget who you are. If you forget who you are, then you're going to be identified with the ego, and you're going to be in this pattern of giving-to-get, and energizing what you don't like, what you haven't got, what's wrong, what's not good.

And, if you notice that you give yourself permission to go into that grievance-gathering mindset, and there's something about it that feels very comfortable, something about it that feels very much like home, then one thing you can know is, this may be a behavior that you learned from someone else. Maybe that's what Love looked like in your home growing up. Maybe it's how you get validation for yourself, is through that gathering of the grievances and making a list of them. It's a way of keeping score.

Putting an End to Ego Identification

Now, the ego is always going to be doing that kind of work, gathering the things that will **further** your sense of separation and desperation. It's really possible to stop doing that.

Now, here's the question--**how** do you stop doing it? The other day, yesterday, when I noticed that the ego was saying, "Oh! I think she was wrong! It's going to rain!" I said, "I'm not interested in that anymore. Not interested in thinking about that. I'm not interested in labeling anyone wrong. There's no benefit for me in that, because I'm One with them. I'm **not** separate from them, so there's no value in calling anybody "wrong" or "bad".

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That's how I put an end to that ego identification. "I'm not interested in that anymore." There was a time in my life when I would say it a couple hundred times a day--"I'm not interested in that anymore. I'm not interested in that anymore." Now it doesn't happen so often, because it's usually as soon as I notice I'm being called by the ego, I can feel the shift in my energy to a disturbance. I don't like it. I'm not going there. I'm not interested in that anymore. It doesn't happen as often, but it used to happen all the time, and in order to heal **my heart** I had to stop giving myself permission to **wound** myself by going over and over the disappointments. There is **no benefit** to being the one who's wronged, and the ego thinks that there is.

*To hold grievances is
to forget who you
are.*

We get a huge leg up in our heart healing when we are **willing** to say, "There's no extra points, there's no value, to being the wounded one. There's no value to being the one who suffers." It's not a good use of our life and energy.

What I have experienced in my life is, so many spiritual seekers have a real deep desire to bring benefit. Right? To be truly helpful, and to make the world a better place. There is **nothing** that can make the world a better place more than your choosing to be loving, and kind, and compassionate, and generous and release any **need** to make a list of your grievances. Instead, let's make a list of things that we're grateful for. What can we be grateful for?

One of the things I'm grateful for, even though it's been raining a lot here in Europe is it's **so** green! It's **so** beautiful, and when I was in Lourdes, the mountains in the background were either green or snow-capped, because of the rain. It was beautiful! It also washes the streets clean, and everything smells good. It's nice!

So, you know, there's always something to be grateful for, and it's

*There's no value to being the one who suffers.
It's not a good use of our life and energy.*

not about being "Pollyanna". It's about really energizing that which brings benefit. When we give thanks, and when we're grateful, then what happens is, we're multiplying the good by placing our attention on it, because it really is done unto us as we believe.

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I used to gather my grievances, and make a list of grievances, and you know what? They used to multiply! Not very surprising, but there was something about that, that I thought, “Boy! If I’ve got a **mountain** of grievances, and I am the victim, I **win!**”

No! I lose! I lose! The way that I win is when I **choose** to be a healing presence in my own life.

We’re going to dig in some more in this *Heart Healing*. That’s the topic today. I’m Jennifer Hadley, you’re listening to *A Course in Miracles* on Unity Online Radio. I’ll be right back!

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*.

Tactical Errors of Judgment

In *A Course in Miracles* it talks about learning. It also talks about remembering--remembering and learning that we already **know** everything, and yet we seem to have forgotten it. We’ve exchanged our **awareness** of the truth for alignment with the ego, and so we’re remembering our true identity through the experience of learning, or relearning.

In Chapter 14, Section III, there’s such good, good info there for us. It starts with,

“The happy learner cannot feel guilty about learning.”

This is so essential to learning that it should never be forgotten. Now, when we have the experience of heartbreak, when we have the experience of feeling hurt, there’s a learning opportunity there, and the longer that we continue to drag

out the upset and ***There’s always something to be grateful for.***

the hurt, the keeping score, and the blame, and the shame, the longer we delay our learning.

Now, one of the reasons why many of us feel so hurt in the heart is that we are judging ourselves as having been stupid, as having made a mistake, as

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having been gullible or foolish. And so, we are attacking ourselves and judging ourselves instead of forgiving ourselves.

Now, one thing is, with forgiveness, basically the practice of forgiveness, first you have to call something a sin, you have to say, “Oh, it was bad, it was wrong” and then I’m going to forgive it.

But, if you have a **living practice** of nonjudgment and you just don’t judge things in the first place, you don’ have to forgive them. You just keep walking in nonjudgment. Now, you’ll still make what I call “tactical errors”. There’s not a day goes by I don’t make a bunch of tactical errors, but that’s how I **learn!** That’s exactly how I learn.

I just arrived in this little tiny village in the south of France. I took a train from Lourdes to Marseilles, and then I rented a car and I drove down to this little tiny town near to where Mary Magdalene was when she retired, and I’m going to go explore this whole area. I’m looking forward to that.

Now, I drove into town, and here I am, I’m looking for a house that has no number, and Google Maps doesn’t help you, and the directions I had were in French, so it was a little challenging. Street signs are a little challenging, and so I’m driving around the town trying to find--I’m making mistakes left and right, literally. “A droite ou gauche?”

I pulled into a filling station and I asked for help from the people who speak no English, and they tried to help me as best as they could with the little charades there, little pantomime, trying to understand. I think I got the gist of it, so then I’m trying again.

I go all the way through the town, right? I see the sign, “Entering--” I forget the name of the town I’m in-- what’s it called here? I don’t even know how to

pronounce this place. I don’t know. [laughs] So, I see the sign “Entering--” I think it’s [unable to determine]” and then I see the sign, “Leaving [unable to determine]” Alright, so I’ve driven through the whole town, it’s about one-mile long. I don’t see what I’m looking for, again. Right?

***If you have a living practice
of nonjudgment and you just don’t
judge things in the first place,
you don’ have to forgive them.***

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I decide I'm going to turn around, and I make a turn and then right there, I realize, "This is the street I'm looking for!" Right where I pulled a U-ey, I was **on** the street I was looking for! But, you see, I just--well, I'm **learning!** Tactical errors!

Now, I could have been angry, I could have been upset, I could have been annoyed, I could have been frustrated. I'm trying to use the GPS and I'm up in the mountains, and blah-blah-blah-blah-blah. No! God helped me. I pulled a U-ey, I'm on the street I'm looking for.

This kind of thing happens all the time, but if, in your mind, you throw up the road blocks and say "This shouldn't be happening! I'm doing it wrong! Oh!" then we don't really **learn!** Right? We just **repeat** the same lessons over, and over and over again.

"The happy learner cannot feel guilty about learning."

Learning is good!

Extending Love to Feel Love

"This is so essential to learning that it should never be forgotten. The guiltless learner learns easily because his thoughts are free. Yet this entails the recognition that guilt is interference, not salvation, and serves no useful function at all."

Now, I love this! I love this! In Paragraph 5--now, we're in Section III, Chapter 14, *The Decision for Guiltlessness*. This is **really, really** key here, because--to our heart healing,

"The miracle teaches you that you have chosen guiltlessness, freedom and joy."

What is the miracle? The miracle is when **you** align **your** thoughts with the thoughts of God, which is your true identity. That's the miracle.

"It is not a cause, but an effect."

"The miracle teaches you that you have chosen guiltlessness, freedom and joy. It is not a cause, but an effect."

The miracle is an effect.

"It is the natural result of choosing right, attesting to your happiness that comes from choosing to be free of guilt."

"Choosing right" means simply choosing Love, compassion, Joy, Freedom, kindness.

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“Everyone you offer healing to returns it.”

Now, **there’s** an incentive! If you are feeling that **you** could use some healing, extend Love!

“Everyone you offer healing to returns it.”

Love is the only healer. Extend Love! If you’re feeling wounded, if your heart feels hurt, extend Love, and then it will be returned to you.

Now, this is not giving-to-get, though. Alright? Not controlling and manipulating, but simply from the generosity of your heart, extending Love, compassion, kindness, generosity, forgiveness, nonjudgment, it will be returned to you. Then you can see that you’re spiraling upwards. You keep it going.

If you would like to have a heart healing, instead of making a list of your grievances, make a list of

If you are feeling that you could use some healing, extend Love!

people that you could **pray** for. Make a list of people that you could appreciate, send a thank-you card to, send a gratitude card to. Make a list of people that you’re inspired by and send them an e-mail and thank them for it. Make a list of people that have inspired you and send them some small tithe. There’s so many ways you can extend Love.

I know I have said to people in the past, particularly people who were feeling entrenched in unworthiness, and self-judgment, and blame, and shame, and also feeling very, very financially challenged, I suggested to them, “Make a tithe offering every day.”

For instance, if you know that you earned this much money today, some people their money varies--they’re waiting tables and doing things like that, where they have a different salary every day, or sometimes people have intermittent work so they don’t earn every day--whatever day, just make an offering, tithe a percentage, every single day, so you get in the habit of sending that tithe every single day.

It’s a habit of extending Love, and it **affirms** that you have something to share, you have something to give, that good is happening in your life.
Gratitude multiplies the good.

“Everyone you offer healing to returns it. Everyone you attack keeps it and cherishes it by holding it against you.”

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What?!

“Everyone you attack keeps it and cherishes it by holding it against you.”

Is that **really** what you’re interested in bringing forth in your life? **Yikes!** I used to do that! Oh, my God! I used to do that! I used to attack, and attack, and attack, and people definitely held it against me.

“Whether he does this, or does it not will make no difference; you will think he does.”

Why? Because you’re One with them, and you will **remember** that you attacked them, and so there will be a sense of guilt, and so you’ll hold it against yourself. You see? That’s how it works!

Activate Healing with Gratitude

“It is impossible to offer what you do not want without this penalty. The cost of giving is receiving. Either it is a penalty from which you suffer, or the happy purchase of a treasure to hold dear.”

Here’s how you want to get that healing activated-- a list of gratitude, a list of inspiration. Start extending yourself, appreciating, giving thanks, tithing. Get **active** in it, because it’s a **wonderful** way to shift the energy and get into the habit of praising, and appreciating, and giving, and sharing-- **not to get**, but because you’ve **already** been given. How wonderful is that?!

Now, I love this, as we continue on here, Chapter 14, Section III, *The Decision for Guiltlessness* in our *Heart Healing* today. Paragraph 8,

“Teach no one he has hurt you, for if you do, you teach yourself that what is not of God has power over you.”

Basically, what this is saying, is if you go around **affirming** that people have hurt you, you are giving away your power, and it’s your power to choose Love, it’s your power to choose Peace, it’s your power to choose Abundance. That’s what you’re giving away in exchange for listing your grievances and holding them against somebody.

You know, pray for those who spitefully use you. It’s **good** medicine for **you-- for you!** Turning the other cheek. Offering a different attitude to someone who has been unkind, unloving.

Paragraph 9 here,

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“Whenever you choose to make decisions for yourself you are thinking destructively, and the decision will be wrong. It will hurt you because of the concept of decision that led to it. It is not true that you can make decisions by yourself or for yourself alone. No thought of God’s Son can be separate or isolated in its effects. Every decision is made for the whole Sonship, directed in and out, and influencing a constellation larger than anything you ever dreamed of.”

This is why we Partner UP with the Higher Holy Spirit Self, and we say, “Guide me! Help me! I am **interested** in choosing Love. I am interested in choosing Peace and Harmony.”

Deciding with Spirit in Faith & Trust

I love this, Paragraph 16,

“Say to the Holy Spirit only, ‘Decide for me,’ and it is done.”

How easy is that?

“Say to the Holy Spirit--”

--the Higher Holy Spirit Self,

“...’Decide for me,’ and it is done. For His decisions are reflections of what God knows about you, and in this light, error of any kind becomes impossible”

Impossible!

“Why would you struggle so frantically to anticipate all you cannot know, when all knowledge lies behind every decision the Holy Spirit makes for you?”

Isn’t that the way that we have learned to operate when we’re identified with the ego, that we’re **struggling frantically** to anticipate all the possibilities and head them off at the pass, so we feel protected and safe.

We don’t have to do **any** of that! We don’t have to labor in vain like that. Right? We say to the Holy Spirit,

“...’Decide for me,’ and it is done.”

Who! I love that!

What’s required for us to be able to say to the Holy Spirit, “Decide for me and let it be done?” **What is required?** Faith. Trust. That’s what’s required.

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If we would like to heal our heart, and truly have a profound healing all the way back to the beginning, it requires us to place our trust and Faith. So, how about saying to the Holy Spirit, “Decide for me **how** to heal my heart.” Then we don’t have to figure it out, do we?

Then what we can do is, we go to sleep at night. “Holy Spirit, while I’m sleeping, decide for me in my dreams, so that I awake refreshed, renewed, restored, and healed. I **choose** Wholeness. I **choose** Peace. I **choose** Freedom. I place my trust in You. **Thank You!** Thank You so much for my healing!” Then we wake up in the morning, first thing before we get out of bed, “Decide for me, Holy Spirit. Decide this day what is best for me. I will be the happy learner. I’m **willing** to be the happy learner. I’m **grateful** to be the happy learner. Show me **how** to extend Love like I’ve **never** extended before! Decide for me! I don’t need to try to figure everything out. Been there, done that!”

I am interested in choosing Love.

***I am interested in choosing
Peace and Harmony.***

Then, throughout the day--and this is what practicing *A Course in Miracles* and living *A Course in Miracles* is--all throughout the day, we practice the Lessons, all throughout the day. “I could choose Peace instead of this.” We go back again and again. “Decide for me. I’m not interested in the ego thought system anymore. Decide for me. I don’t need to decide who’s right and who’s wrong. God is Right, and I am One with God. That’s all I need to know. I’m the happy learner.”

It’s a whole new approach to living, and it does heal our heart **so quickly!** It’s amazing! Then we can invest ourselves in all kinds of things that bring **fruit** that we would **like** to eat! Sweet fruit!

Alright! It’s time for me to take a break here. I’m Jennifer Hadley. You’re listening to *A Course in Miracles* on Unity Online Radio, where we are walking the talk and living the Love right now! I’ll be right back!

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

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live *A Course in Miracles* every day, in every way! Now, back to *A Course in Miracles: Living the Love, Walking the Talk*.

Tune in to Opportunities for Love

We're making the decision to **allow** the healing to really ignite. Now is the time. Oh, my God! Now is the time! **Everything** that I can see is pointing to the decision to **really** purify and clarify the mind. Let go of all grievances, everything, and simply stand in the truth that sets us free.

I don't know about you, but

I really see in my own mind, feeling it every day, that it's like there's a whole another level of pressure and intensity to **focus** on the healing and the clarification, the purification, thought by thought, choice by choice, and we can do this! We can **absolutely** do this!

This is why *A Course in Miracles* is **so helpful** to us. I've been having just wonderful experience of reading and recording the Lessons as I'm making this iPhone app that's going to have the recorded Lessons as part of it, and I am really loving going back to the Lessons with a **new** awareness. It's wonderful!

I always love going back to the *Text* but it's not about **reading** it. It's about **living**

I'm willing to be the happy learner.

it. That's why I offer the [Living A Course in Miracles classes](#), and this week we're going to be focusing two classes--Thursday and Friday--on being heart-centered at work. Many of us have had deeply wounding experiences, deeply disappointing experiences, and profoundly shameful experiences, too, at work, where we have just been **so** aligned with the ego at work, and then we feel disappointed in ourselves, guilty and ashamed, and all kinds of stuff. Work is a place for--work, family, these are the places where we can really do this ego healing.

It takes a great commitment, and it takes a willingness to really say to the Holy Spirit, each and every day--you can do it as you're driving to work, "Decide for me." That's it! That's all you've got to say. "Decide for me."

Then, stay tuned to the most loving opportunities, the most loving choices, because it's about really retraining the mind to **look** for the loving choices. If you've been trained to look for the grievances, if you've been trained to

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keep score, if you've trained your mind, as I had trained my mind, for the negative, for the ego, it's about retraining the mind so that we can **see** and **know** and **feel**, clearly, the truth that sets us free. I **love** that *A Course in Miracles* tells us it's **that simple!**

Now, what I'm going to invite you to do this week, just try--just try it out! It won't cost you a dime, not a nickel, and it will save you **so much** time! Here's what you do--get a stack of 3" x 5" cards, some Post-its, things like that, and you just write, "Decide for me" and you can write "H.S." -- "Holy Spirit." I like "Higher Holy Spirit Self" because then I remember it's the I AM that I AM. You could say, "I AM."

I had a wonderful conversation with Regina Dawn Akers in Chicago at the *A Course in Miracles* Conference there, and we both said that we prefer "I AM" as the name for the Higher Holy Spirit Self. It doesn't matter so much what you call It, but "I AM, decide for me." "H.H.S.S. -- Higher Holy Spirit Self, decide for me." "God, decide for me." "Love, decide for me."

Put them all over the place! "Decide for me." You could even do "D.F.M." Whatever will just--even the symbol of a heart! That's what I like to use. I put hearts all over the place, and it reminds me to **choose** Love, to **choose** Love, to **choose** Love, to **choose** Love, and then start to watch how things change.

The morning, at 4:30 in the morning or whatever, I was packing up to leave Lourdes and take the train to Marseille, and I had a limited amount of time to get to the train and things like that, so I was just being very focused. I had a box of incense and it spilled all over the place. Right? Just as I was putting it in my suitcase.

Healing Memories by Choosing Again

What I loved in that moment was, there was **no shift** in my energy, so there was no, "Ugh!" There was no shift in my energy whatsoever, and I took note of that, and I gave thanks for that, because I so--it's funny, right now I'm **really**, as I'm travelling--because when you're in a different circumstance, things are different all the time, so they're more in your attention. At least they are for me, versus when you're at home and you're in your usual routines.

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What I notice is, **so many** memories-- so many memories! -- of being irritated and frustrated while traveling or being irritated and frustrated by my boyfriend being irritated and frustrated. Things like that, where you know, if things didn't go right, he would be upset, he would be annoyed, and then I'd have to deal with him being annoyed or frustrated. You see? All these memories are coming into my mind, and I'm **really** just getting a chance--I think, to just bless them again, and again, and again. This is another powerful way for us to have a heart healing.

***Choose Love, and then start
to watch how things change.***

Now, before I go any further, I'm getting a thought in my mind to remind you that if you have something that you haven't been able to get over, go to JenniferHadley.com, my website. It's free, right there on the Home page, my [How to Get Over It!](#) Workshop. You'll get a bunch of things that go with it. It's totally free. It's an audio workshop. I think it's about 90 minutes. It's one of my most popular workshops. Totally free for you on the Home page on JenniferHadley.com.

If you haven't signed up for [Living A Course in Miracles](#), LivingACourseInMiracles.com right now we've got 10 more classes left. 10 more classes and they're totally free for you at LivingACourseInMiracles.com. This week, again, Jon Mundy and we're talking about [Heart-Centered at Work](#). **So great!** I love Jon! He's an excellent teacher! So, I do a class with him on Thursday, and then the Homework class on Friday. Both classes are free for 48 hours.

Just when you find yourself, like I was saying I've been finding myself, **reviewing** old times of upset, whether you were upset or somebody else was upset, then **that's** when you **know** you're being presented with an opportunity to choose again, and choose again and choose again, and choose again.

So, choose Love! Don't just say, "Oh, I don't want to think about that!" Take that moment, right there, and say, "Oh! Yes, I remember that! I remember I was frustrated. I remember I felt hurt. I remember I felt upset." Stop. In that moment, take 30 seconds and just see, if you could do it over again, what would you choose? "I could choose Peace instead of this."

Give yourself a chance of doing-over, because when your mind comes to those old hurts, those old upsets, those old places where you **chose** to go

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into resentment, regret, fear, doubt, worry, when those cycle around into your mind again, it really is the Higher Holy Spirit Self **re-presenting those** moments for you to choose again. It's **not** insignificant. It's **not** meaningless. It's **powerfully** healing! Take the **opportunity** to have a healing! Take the opportunity to **choose** Love again! You'll be so, so grateful that you did! It's so powerful!

The thing is, is you can clear out so much old resentment, and regret, and guilt, and blame, and shame through that experience. In fact, one of the things I would suggest to you, is even to take a day retreat. Take a day retreat or an afternoon retreat, a few hours, take some space of time and just focus on releasing any judgments you have about the choices you made in the past, or the choices that someone else made in the past.

That's what my forgiveness letter can help you with, and that's one of the free tools that comes with the [*How to Get Over It!*](#) Workshop at JenniferHadley.com.

Changing our Mind, Releasing Grievances

Give yourself the opportunity to review the **mis-takes** of the past and look at, **where** could you have chosen Love that you forgot to choose Love the first time, that you got distracted by the ego, and now you're ready to choose Love?

Now's the opportunity! **Go for it!** It's **wonderful** how much healing we can have when we choose to simply focus in on being patient, and kind, and generous, and changing our mind, **releasing** the grievances.

***Take the opportunity
to have a healing!***

Another thing you can do, make a list of the grievances **but first** decide, "Here's the list of grievances I'm going to let go. I'm not interested in them anymore." Then, make a list of them and do a fire puja. Do a fire ceremony with them. Make an offering of them to the fire. "I'm letting them go. They no longer serve me. **I am** choosing Love. I could choose Peace instead of this," and that's what **you** are **choosing**.

It's beautiful! It's these simple things that bring the Peace of mind and relinquishing the habit of cherishing the grievances. It's a moment-by-

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moment practice, but what I can tell you is, according to **your** willingness, according to **your** determination, when you say to the Holy Spirit, “Decide for me,” you’re going to see amazing results, **according to your willingness.**

I want to share with you one final thing here at the bottom of Chapter 14, Section III. It’s this beautiful prayer here,

“Whenever you are in doubt what you should do, think of His Presence in you, and tell yourself this, and only this: He leadeth me and knows the way, which I know not. Yet He will never keep from me what He would have me learn. And so I trust Him to communicate to me all that He knows for me.”

Closing Prayer

Let’s place our hand on our heart and know that this is true.

“He leadeth me and knows the way, which I know not.”

How wonderful to be led and guided by perfect Love, choosing the highest and best for us in each and every moment! How wonderful to surrender and have Faith and trust in the perfection of Love! How wonderful to say, “Decide for me today!”

So grateful and thankful that we **can** choose Love and we **can** heal our heart by giving the heavy lifting to the Higher Holy Spirit Self.

In gratitude, in Love, in Joy, we surrender all grievances and we simply accept our healing. We allow it to be. And so, it is. Amen. Amen. Amen. Amen.

Yes! Thank you! Thank you for joining me today. Thank you for relinquishing the grievances and choosing a life of Love. I’ll see you later in the week, LivingACourseInMiracles.com.

Have a great week! Thanks, everybody!