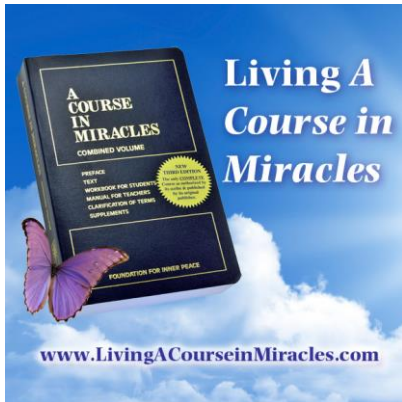


July 3, 2018



Resistance & Reluctance



 *Jennifer Hadley*
your daily shot of spiritual espresso

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

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July 3, 2018

Resistance & Reluctance

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! I'm so happy to join with you. I'm so happy this day! The sun is rising over the green mountains at the Sunray Peace Village in Lincoln, Vermont, and it is my Joy to be here and to share it with you. I'm sitting out on the porch of the Community Building, and I've been tenting. I'll be here, for the most part, for 5-6 weeks, something like that, enjoying all the festivities.

I invite you to consider coming to join me here. At the end of July every year, last weekend of July, there's a big spiritual hootenanny, which is called The Elders Gathering, and you can read about it at Sunray.org.

It's a small organization, and the Peace Village is a place of refuge. It's a Native American organization, and my teacher, Venerable Dhyani Ywahoo is the chief of the tribe. She is Cherokee, the Tsalagi people, another word for "Cherokee", the Cherokee word, "Tsalagi". It's a wonderful place to be. I'm always so happy to be here. It's a healing vortex here on the land, and I find that I take a quantum leap every year when I'm here, and I'd like to spend more time here. It's just a joy and a pleasure for me, and I'll tell you more about that.

Ah! I hope you can hear the birds. We're all happy. The sun is rising, and we are grateful.

Opening Prayer

I place my hand on my heart, so grateful and so thankful for the Living Word of God in *A Course in Miracles*. So grateful for the Living Word of God in our heart, in our mind, that we are inner directed, that the Holy Spirit, the Higher Self, the Higher Holy Spirit Self, our true identity, is leading us

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and guiding us, and that we're all listening to Spirit together, right here, right now, transcending time and space in order to remember the Truth that is our liberation.

We are grateful and thankful. We're saying, "Beam me up, Holy Spirit! We're willing. We're available!" and that's all that's necessary for us to have a complete and total healing. We're cultivating that willingness by joining together, and being in this prayerful space, here and now.

We are grateful to release **all** resistance and reluctance to following Divine Insight, **loving** guidance. We are grateful and thankful to Partner UP and to live the Truth.

In gratitude, we **allow** it to be. And so, it is. Amen. Amen. Amen.

Recognizing the Wrong Decision

Mmm! Yes! Yes, yes! Ah!

It's been hot as Hades here, as it has been in the northeast and elsewhere here, and very humid, as well. It's going to be, perhaps, a little bit cooler today. It feels that way as we're approaching our 4th of July holiday, which is tomorrow.

Requested topic I am offering with you today, *Resistance & Reluctance*, healing and liberating from resistance and reluctance. It's something I know a lot about. I surely do.

One of the things that I can tell you is that I felt like resistance and reluctance ruled my life for the longest time. So often, I knew what course to follow. I knew what my intuition was telling me. I knew where I was being led and guided, but I could **feel** the personality didn't want to do it. The personality didn't feel worthy. The personality clings to what it has made. Right?

The personality has identified with the ego thought system of lack, attack, limitation and separation, and we build our personality around these beliefs. We can say it's a negative thing, but really, truly, from what I can witness to, we're healing our decisions of the past.

Often, I find that our healing leads us to that beautiful Section at the end of Chapter 5, that prayer, "I must have made a wrong decision, because I am not at Peace." I just have found that that opening line--there are two lines

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in there. “I must have made a wrong decision, because I am not at Peace.” When I am not at Peace, I say, “Ah! I must have made a wrong decision!”

I make wrong decisions on a regular basis, and when I do, that becomes my opportunity for healing, because then I say, “The Holy Spirit will undo **all** the consequences of my wrong decision **if I let Him**, and I am allowing the Higher Holy Spirit Self to undo all the consequences of every wrong decision I have ever made, whether I can feel it or not! So, felt or not felt. Whether I can recall it or remember it or not, remembered or not remembered. Whether I can even recognize it or not, recognized or unrecognized. Felt or not felt.

Our Natural State is Joy

That is my daily prayer, to undo the resistance and the reluctance. That is my daily prayer to open up my willingness. I am willing to be my True Self. What happened for me is, I started to have glimpses of life as my True Self--the Joy, the natural beaming Joy, that is constant when we are identified with Spirit.

And, if you don't have any sense of that, let's--right now, let's join together with the Higher Holy Spirit Self and **ask** for it. Ask, and it is given. We are asking for **life**-changing, **mind**-altering, **heart**-opening pristine, beautiful, gorgeous lightning bolts of bubbling Joy. Our natural state. Uninterrupted, unconditional Joy to break out all over our lives. We are opening ourselves to Infinite Intelligence, Divine Love and Healing.

We are grateful to allow ourselves to know and to experience, to feel and to recognize, our natural state. We're asking for **whatever**--we don't even need to know what it is--whatever **could possibly** open us up to an awareness of our natural state, to inspire us and to motivate us, to shift us and change us, so that we are naturally fully dedicated.

No longer resistant, no longer reluctant, to live as our True Selves, to remember our True Selves, to dance, and play, and sing, and discover, as our True Selves. **This is** what we're calling forth. **This is** what we're accepting. **This is** what we're allowing. We are truly saying, “Yes!” to this, and we are grateful and thankful to accept it, to allow it, to receive it, and to know it, right here and right now.

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Ah! **So grateful! So truly grateful! Yes, yes, yes!** Mmm! Mmm! Liftin' and shiftin'! Beam me up, Spirit!

I said that in class the other day, taking off from *Star Trek*, "Beam me up, Scotty!" Beam me up, Spirit! When we feel that resistance, we feel the reluctance, we feel upset of any kind. Of course, there's resistance and reluctance. We would not feel **upset** if there was no resistance and reluctance. If we were willing to fully Love, if we were willing to let go of our judgments and opinions, our beliefs, then there would be **no** upset. We'd be laughing! We'd be dancing! We would be celebrating an opportunity to release something of the past!

And so, this is the spiritual practice that's gaining momentum through our dedication, and it naturally undoes the resistance and the reluctance. That's the great that, to me, is crystal clear in *A Course in*

***We would not feel upset
if there was no resistance
and reluctance.***

Miracles. It says it over, and over, and over again, "**You** need do nothing. **I** need do nothing." That, in fact, there's nothing for us to do except be willing. That's it! That's all! We just have to be willing. The Holy Spirit will work through our open heart, our loving heart, our willingness.

How to Remember to Be Willing to Practice

We cultivate our willingness. How do we do that? Right? People ask me all the time, "How do you **remember** to cultivate the willingness? How do you **remember** to offer up the resistance and the reluctance? How do you **remember** to say, "Beam me up, Spirit!"? How do you **remember**?"

We train ourselves to recognize the disturbance. Rather than to try and manage, and cope, and medicate the disturbance, we train ourselves to recognize it, and to say, "Not on my watch! **No more!** No way, Jose!"

In the *Text*-- last December, December 2017, I did, I believe it was three episodes on the *Rules for Decision*. The *Rules for Decision* come towards the end of the *Text*. Chapter 30. There's 31 Chapters in the *Text*.

Chapter 30, "*The New Beginning*". This is good for us to know. Maybe we're not there yet, but that's okay. Here's what's coming, if we're not there yet. *The New Beginning*.

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[bird chirping loudly] The bird says, “Go for it!”

“The new beginning now becomes the focus of the curriculum. The goal is clear--”

Our goal is liberation from **all** suffering, and brining everyone with us, because all minds are joined. The goal is our liberation from walking around inside the false belief that we’re separate from God, that there **has** been a separation. We’re liberating from the belief that **we** have to find our way back to Wholeness. We’re liberating from all the **results**, all the **effects** caused by our separation-thinking.

And, we don’t have to do it. This is our goal, is to recognize the Holy Spirit will do **all** the heavy lifting, **all** of it, if we **allow** it. That’s our key, is to allow, to be willing. That’s our goal, truly.

“The goal is clear, but now you need specific methods for attaining it. The speed by which it can be reached depends on this one thing alone; “

Here it is!

“...your willingness to practice every step.”

We don’t have to believe it **works**. We don’t have to **understand** how it works. **None** of that is necessary. Isn’t that **great**?

Imagine if somebody said to you, “You can be a multimillionaire, and never have a worry or a concern about money. You can be so healthy, and vital, and vibrant that you will **never** have a care or concern about aging and health ever again. You can have, not only those things, but you can also have relationships that are so profoundly loving and happy-making that you will delight in them all the live-long day!”

“And, every idea that you ever had of yourself of being not enough, of being a problem, a pain in the butt, stupid, ugly, wretched, lost, confused, unbearable, all the different negative thoughts you’ve **ever** had about yourself, all the fears, and worries, and concerns you’ve ever had about your loved ones. Right? The worries and concerns about the health and wellbeing of **every** loved ones. All worries and concerns, known and unknown, all doubt, and fear and worry, and all guilt and shame of past errors, **all** of it will be lifted off you if you’re willing to practice every step.”

Now would you be **willing** to practice every step? For those of you who might be thinking--if you’re thinking, “You know, I’ve been doing this *Course* for 25 years, for 30 years. I don’t have that.” Many say, “I’ve been

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doing this for 10 years. I've been doing this for 15 years." "I did it for 5 years. I put it down. I'm just coming back to it. What are you talking about? I didn't get that."

We just have to be **willing** to practice every step. We don't have to know what every step is. We don't have to recognize every step ahead of time. We just have to be in that moment, moment by moment, in the willingness.

This is what I absolutely know. Being in the willingness, moment by moment. Not in the past. You can't be willing in the past. Not in the future, because you can't be willing in the future. But, to be willing in this moment now, to choose Love and only Love, no matter what is going on. No matter whether you're tired or you're not. No matter whether you're hungry or you're not. No matter whether you have pain or no pain. Just to be willing, in every moment, to be loving, to be kind, to be generous.

And even-- because this is what I have found that's been so helpful to me-- even if I'm not feeling willing. Let's say, in a moment I'm feeling irritated. Errrr! You know, "Ugh! That person is trying to thwart me. They're not listening to me! How many times have I told them?" "Oh, my gosh! I am so annoyed by this now! Why? Why is this happening to me?" Or, as I used to feel so often, "What's wrong with me? Why can't I get it?"

Just to be willing in that moment, you recognize, "Ah! 'Divine Alarm Clock' going off, letting me know it's time to be **willing**, it's time to practice every step."

And so, for me how I **remember** to practice, how I **remember** to Partner UP, to say, "Beam me up, Spirit!" is that discomfort, that distress. **Not** allowing it. We're so **used** to it, that we don't recognize it's happening. We're so used to being annoyed and frustrated. We're so used to feeling sad and depressed. We're so used to feeling pain, and anger, and upset. We're so used to feeling the intense suffering, that we don't **notice** we're in it.

Calling Upon God's Name Reminds Us

Here's how you notice. Here's how you become really good at noticing when you've slipped off the wagon. When you've gotten on the "pain train", when you've gotten off God's Wagon and onto the "pain train" to Margaritaville, you say, at the beginning of your day, or whenever you remember to--I like to have my morning prayers and rituals. "If I fall off the

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wagon today, if I start to feel lost, if I lose my Peace, if my heart strays from the Love of God, Higher Holy Spirit Self, angels, remind me. Angels, **help me back home.**”

Now, one of my favorite parts in the *Course*--so, in the *Workbook* is--and I'm just going to pull it up here, because I hadn't planned to talk about it. Spirit leads me. It's Lesson 183, which is called

“I call upon God's Name and on my own.”

Here's where He's talking about the angels. It's--a lot of *Course* students think that He doesn't really mean angels, but He does actually mean angels. He's got a number of references to angels, and if you know anything about angels, you know He's talking about actual angels. He says, Lesson 183,

“God's Name is holy, but no holier than yours. To call upon His Name is but to call upon your own.”

Right? So, if we think of Mother-Father God, usually you have the same name as one of your parents, right? And it used to be, particularly when this was scribed, that many people would take the name of their father. They would be **given** the name of their father.

“To call upon His Name is but to call upon your own. A father gives his son his name, and thus identifies the son with him. His brothers share his name, and thus are they united in a bond to which they turn for their identity. Your Father's Name reminds you who you are, even within a world that does not know; even though you have not remembered it.”

When we say God's Name, it's really whatever we would like to call God. So, we can call It the Universe. We can call It Life. We can call it Love. We can call It Mother-Father God. We can call It Allah. We can call It Buddha. We can call It whatever we'd like, really. It's **our true** understanding of what our Mother-Father God's Name Is.

“God's Name can not be heard without response--”

When we call God's Name, we're reminding ourselves of who we are and Whose we are, and when we call God's Name, we can just say, “God! God! God, God, God! Let me remember God!”

I'm thinking of my friends, Liz and Paul Raci. I remember them telling me a story. We were in the Agape Practitioner training together, and in classes

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for many years. Liz is still my Prayer Partner today, 21 years later. When they were first in the classes, Brita was an infant. Their daughter, Brita, was an infant. When she was about three years old, they were driving in the car together, and Liz said she and Paul, her husband, were arguing. Brita was in her car seat in the back seat, and Brita said, “Guys! Guys! Can’t we all just think about God?” Love that!

“Your Father’s Name reminds you who you are, even within a world that does not know; even though you have not remembered it.”

“Your Father’s Name reminds you who you are, even though **you** have not remembered who you are.”

“God’s Name can not be heard without response, nor said without an echo in the mind that calls you to remember. Say His Name, and you invite the angels to surround the ground on which you stand, and sing to you as they spread out their wings to keep you safe, and shelter you from every worldly thought that would intrude upon your holiness.”

Bring on Your Breakthrough!

I Love that so much! When we call God’s Name, the angels will instantly surround us and run interference with the ego attachments, with the ego mind. That’s what Jesus is telling us right there. And what I know is, that it works!

When we feel lost, when we feel afraid, when we feel worried, when we feel angry, when we feel resentful, when we feel resistance and reluctance showing up as any emotional upset-- because it always does show up as emotional upset-- it’s so valuable to recognize the resistance and the reluctance, and to have a breakthrough! Let’s bring on our breakthrough! Let’s not push it to the side and start managing and coping with our emotions! No! That’s not helpful to us!

Instead, let us just say, “God! God! Angels, help me now! Surround me with your Love. I am willing to choose Love. I’m willing to remember that I am here to be truly helpful, and **only** that. That **is** my true nature, it is my quest, it is my identity, and I shall not fail. I am grateful and thankful to choose it now. Thank You, God! Thank You, God!”

Just keep saying God’s Name. Maybe all you can say is, “God! God, help me!” That’s plenty! It’s not complicated. It’s not.

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Oh, I just love that we have real tools that really work. Yes!

Ah, it's about time for me to take a break here. I'm Jennifer Hadley. It is my Joy and my pleasure. This is the 350th episode of this radio broadcast! How cool is that?

We're living the Love, we're walking the talk, on Unity Online Radio, and I will be right back!

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

Events to Bring Our Extraordinary Healing

Ah! Welcome back! So grateful that we are joining together for this purpose of remember our true nature and our true identity.

I'd like to share something before I lose track of it. One of the things is, I have a number of events coming up this year. Oh! I have to say that the in-person events are where the major healing happens. When we do the [*Spiritual Counseling Training Intensive*](#), and especially as we're doing it this year in October with [*Forgive & Be Free*](#) retreat back-to-back, people who come to both have extraordinary healing. Of course, even just coming to one, people do have extraordinary healing.

My in-person events, I'm so intent that people will have an extraordinary life-changing healing that if they bring some real willingness, it happens!

I know that-- what's interesting, I asked earlier this year, I think it was, I asked a couple of people who had gone to the [*Spiritual Counseling Intensive*](#) last year, if they had anything that they'd like

***I'm willing to remember
that I am here to be
truly helpful, and only that.***

to share about it six months later, eight months later, a few months later. Because, it's one thing for people to, in the moment, say, "Oh, my God! This was one of the best things I ever did!" It's another thing to say it a year later, six months later.

I like to ask people down the road how they have felt about it, and when people tell me as they've done, and you can read about on our web pages,

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you can see the pictures, and know who it is, and these people are listed on our Spiritual Counseling website.

So, if you go to JenniferHadley.com and then to the pulldown menu of classes, or probably if you just Google search “Jennifer Hadley Spiritual Counselors” you can find the [Spiritual Counselors](#) there who are in my [Certification program](#). Many of them have a lot of professional experience, including people who have been professional therapists in a private practice, successful, for 30 years. Including people who have been a Unity minister for decades. Including people who have been executive coaches, and life coaches, and all kinds of people have come and done the training and are in the [Certification program](#).

[birds chirping loudly] That’s right! The birds say, “You tell ‘em!”

They are doing this work of going for the Certification, even though they have all these credentials already. So, that tells you something of the personal benefit that they are getting from doing this program.

One of the things about the program that, to me, is so important is that each counselor must do 111 practice sessions, and that their clients evaluate them for these practice sessions. That is extremely valuable, because they are learning so much! Not only that, what I see is that everyone in the program is going for counseling with other counselors on a very regular basis. So, they are **really** doing the inner work.

What happens is, in these programs, we’re developing the [Professional Minister Teacher programs](#) now, too, and the Prayer Practitioner program is also in development. What I’m really clear is the impetus for me is to certify, to graduate, to license, people who feel qualified. They feel capable. They feel confident.

Because when I graduated as a Science of Mind Practitioner from the Agape training, back then my requirement was, I recall doing one 20-minute practice session in the classroom. No other requirement for practicing with clients.

That’s why I have the folks in our [Certification program](#) doing 111 practice sessions. They gain **so much** from that, **and** because it’s part of their Certification, I asked that all referrals that come through my website, through the radio show, through the classes, through the programs, that they are on a donation basis.

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So, you can, again, Google “Jennifer Hadley Spiritual Counselors”. Not just “spiritual counseling” but Spiritual Counselors. Because, if you get spiritual counseling, that’ll be just me.

But, the Counselors, they’re working with you on a donation basis. They need to get their hours, so you are helping them, just as they are supporting you.

What’s a donation? A donation is whatever Spirit leads you to. So, I always invite, when it’s a donation, I invite Spirit to tell me what is the appropriate amount. Sometimes it might be more than their normal fee, sometimes it might be quite less. Follow your guidance. Spirit will tell you. That’s the best way to do it.

But, I’d like to encourage you to make use of these wonderful people and help them to get certified. You can work with them. They are **really** talented. I’m so grateful for the service that they’re rendering to our community, to the Power of Love Ministry, and our community. There’s so much that’s unfolding in this community.

Trainings, Texts, Tithes

I also would like to take this opportunity to thank all those who tithe, all those who support, all those who offer donations of money to support our offering more and more free classes. We’re relaunching the inspirational text messages. We’re going to charge a small fee to cover our costs, a few dollars a month, but you can go and you can find and sign up for that at ACIMtexts.com. We’re relaunching that program. We’re regrouping there.

I also would just like to briefly mention here that Jon Mundy and I are offering these [Teacher Trainings in August](#), in mid-August. Three different trainings. You can come to one, two or three of them. One is [Inspirational Writing](#), one is [Inspirational Teaching](#), and one is [Inspirational Speaking](#). Something that Jon and I have worked on, individually, for decades. We’re experts at it, and I am absolutely **thrilled** to help train people to be more successful at it.

I had professional training in ministerial school about speaking, and I actually had to **unlearn** all of that in order to be the speaker that I am now. Nobody really taught me how to write inspiration. I found my way to

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it, Spirit led me, because I was so inspired to write about Spirit. I learned so much through listening to Spirit, and I'd like to share that with you.

Also, if you're interested in teaching a workshop, leading a workshop, putting on a workshop, this teaching training that we're doing is designed to help you do that. To write your curriculum, to organize it, and to feel confident and qualified to offer it.

This is such an important thing, feeling confident and qualified, because I didn't feel any of that when I graduated from ministerial school because of the training I'd gotten. But, I did feel confident and qualified because of my own exploration outside of ministerial school, and I just am so excited to share and to teach in ways that give people real confidence in Spirit, in following their intuition.

Resistance & Reluctance from Playing Small

Because there are so many Light Workers who have so many gifts to share, but their resistance and their reluctance is keeping them from doing it. That's why I'm talking about this topic today. It's been requested of me. It's one of the things that people do ask me about all the time.

What I have found, too, is many Light Workers are **ashamed** of their resistance and reluctance. A lot of times I talk about it under the topic of how to [*Stop Playing Small!*](#) because I played small for many years. It was so painful to keep playing small, to know that I was being called to share more, and I had a desire to share more, but I didn't feel worthy.

How can we not feel worthy of our gifts and our talents, and helping others? Well, it's because we're judging ourselves. We're "shoulding" on ourselves. And, it's also because we give ourselves permission to harbor resentments, to harbor regrets, to harbor thoughts of blame and shame, attack, resentment, and we're not doing what we were just talking about in the *Rules for Decision* before the break.

Where it says, *"The speed by which it can be reached depends on this one thing alone; your willingness to practice every step."*

It goes on to say,

"Each one will help a little, every time it is attempted"

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Every little attempt, every little moment we cultivate the willingness, it adds up, and that's what I discovered. So, I began to seize every opportunity to gather a little more willingness. I began to get so excited! "Oh! Here's another one!" "Oh! I feel so irritated!" "Oh! I feel so frustrated!" "Oh! I can gather more assistance from God here! I can gather more willingness! I can practice right now! Right now, when I feel like I'd like to smack the crap out of them, I can practice right now! This is a good time to practice!"

Then, instead of feeling like "This moment is a bummer! This moment is a drag on the system! This moment is ruining my life! This person, this situation, is bothering me. It's awful to me!" Absolutely not!

Peace is Every Step

Turn that monkey around, and say, "Hallelujah! I can take this as a practice step, to cultivate willingness! Beam me up, Spirit! Let me rise above this battleground-thinking. Instead, let me recognize, "This is my destiny. This is my holy opportunity to choose my destiny. **This** has come to bless me!"

As the great mystic, Emma Curtis Hopkins, would say, "You are of God, and I demand my blessing from you!"

That's what we're doing in each and every moment. Our willingness to practice every step. Right? Thích Nhất Hạnh famously quoting that other guy--I can't think of his name, who said, "Peace is every step." Let us remember that.

Mmm! There was something else to share. What was it? Ah! What was it? It was about the [Teacher Trainings](#). Yes!

The cultivation of willingness is something that naturally occurs in my trainings, in my retreats. Because people **bring** their resistance and reluctance-- of course, they do! --but, together as a group, we bust through it, and that's so powerful.

We've got, as of this broadcast right now, we've still got a couple days left on the Early Bird opportunity. Of course, we **always** have payment plans. Unlike a lot of other organizations, we have extended payment plans. We would like to do

***This is my holy opportunity
to choose my destiny.***

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whatever we can to make it possible for you. This is a beautiful resort. We have an amazing price there. It's in Scottsdale, Arizona, which is really easy to get to. It's very close to the Phoenix airport. It's not a bad drive from L.A. and other places like that, so I invite you to check it out!

Here we are, going back to *The New Beginning, Rules for Decision*. This is Chapter 30, and it's the Introduction. It's Section I here. "The speed by which we can reach our goal depends upon our willingness to practice every step." That's it! That's **all** that it depends on. It says,

"Each one will help a little, every time it is attempted. And together will these steps lead you from dreams of judgment to forgiving dreams and out of pain and fear. They are not new to you, but they are more ideas than rules of thought to you as yet. So now we need to practice them awhile, until they are the rules by which you live. We seek to make them habits now, so you will have them ready for whatever need."

Deciding with Spirit

Here they are, the *Rules for Decision*. Because I did three episodes in December 2017, I'm not going to go over them in depth. But, I'm just going to go for another paragraph here.

"Decisions are continuous. You do not always know when you are making them. But with a little practice with the ones you recognize, a set begins to form which sees you through the rest. It is not wise to let yourself become preoccupied with every step you take. The proper set, adopted consciously each time you wake, will put you well ahead."

Begin your day with, "I'm not going to make any decisions on my own. Holy Spirit, make all decisions for me." It says here,

"And if you find resistance strong and dedication weak, you are not ready. Do not fight yourself. But think about the kind of day you want, and tell yourself there is a way in which this very day can happen just like that. Then try again to have the day you want."

That's **how** we get out of resistance and reluctance. We start to put the Spirit in charge **when** we feel the resistance and reluctance, and not to let the resistance and the reluctance win.

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This is how we move ourselves **out** of the pain and the suffering. We develop the ability to recognize and feel the resistance and the reluctance without identifying **with** it. Instead, calling upon the angels, instead, calling upon the Higher Holy Spirit Self, to lead us and guide us out of it.

“Holy Spirit, make all decisions for me.”

This is **always** available to us. We can always ask for Divine Assistance. This is one of the main things that we forget to do, that we don't do. If we begin each day, we can develop a habit, which I certainly have done, of starting the day with that connection with Spirit. “You decide for me.”

Let's say it's now, and maybe you're listening to this as you go to bed, so the day has already happened. You might review your day. It's really worth it to review your day, to have a spiritual practice at the end of the day, even if it's just five minutes, to review your day and say, “Okay. Let me look at the decisions I made **without** Spirit, the decisions I made on my own, the decisions that caused my pain and suffering. Let me give **all** the decisions to the Spirit for healing. I must have made a wrong decision, because I am not at Peace.”

If you're not at Peace when you're going to bed, you must have made a wrong decision. Give it to the Holy Spirit. The Holy Spirit will undo all the consequences of my wrong decision, **if I let Him**. And, I **will** let Him. I will! I will, I will, I will!

No Longer Seeing Value in Pain

Yes! Yes, yes, yes! You know, if you look at the *Manual for Teachers* in Chapter 5, it's called *How is Healing Accomplished?* It says,

“Healing involves an understanding of what the illusion of sickness is for. Healing is impossible without this.”

Then, it says,

The Perceived Purpose of Sickness “Healing is accomplished the instant the sufferer no longer sees any value in pain.

Alright? One of the things that we can do is, if we're in emotional pain, if we're in mental pain, if we're in physical pain at any point in our life, we

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can say to the Higher Holy Spirit Self, “Ah! I must have made a wrong decision, because I am not at Peace. I must have decided that there is a value to pain, and I’m interested in having healing.”

“Healing is accomplished the instant the sufferer no longer sees any value in pain.”

We can say, “Holy Spirit, I seem to have come to a decision that there’s value in pain, and I would like to see that there is **no longer** any value in pain. Help me to understand it. Help me to liberate from the pain. Help me to move beyond it **forever! I am willing! Show me the way!**”

Right? That’s how we have what’s called the next Section in this *Manual for Teachers*, Chapter 5, about healing. The next Section is called *The Shift in Perception*.

“Healing must occur in exact proportion to which the valuelessness of sickness is recognized. One need but say, ‘There is no gain at all to me in this’ and he is healed. But to say this, one first must recognize certain facts. First, it is obvious that decisions are of the mind, not of the body. If sickness is but a faulty problem-solving approach--”

Right? Sickness is a “*faulty problem-solving approach.*”

“...it is a decision.”

So, sickness is a decision.

“And if it is a decision, it is the mind and not the body that makes it. The resistance to recognizing this is enormous, because the existence of the world as you perceive it depends on the body being the decision maker. Terms like “instincts,” “reflexes” and the like represent attempts to endow the body with non-mental motivators. Actually, such terms merely state or describe the problem. They do not answer it.”

The problem is a belief in separation, which shows up as suffering. It shows up as pain in all its many forms--mentally, emotionally, physically. We don’t have to understand it. We can say, “Beam me up, Spirit! I am willing to see the valuelessness of this sickness that I have made!”

Sickness is an effect, and the cause is in the mind. But, it doesn’t mean we’re stupid, or bad, or wrong. No! It just means that, somewhere along the way, we made a decision-- known or unknown, felt or not felt, recognized

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or unrecognized-- that sickness had a value, that pain and suffering had a value.

So, we decided to experience it, to explore it, and that our decisions, our wrong decisions, our perceptions, our belief system, is showing up **as** the pain, **as** the suffering, **as** the illness.

There are also many people on this Earth, I **truly** know, that they are experiencing difficulties as part of their karmic healing, but also, **they** are teaching. Right? We're **all** teaching the efficacy of our choices and our decisions.

*Sickness is an effect,
and the cause is in the mind.*

We can teach in many different ways. Some people experience miraculous healing and teach **that**. I was miserable. I felt lost.

I felt afraid. I felt that there was something terribly wrong with me. I did not feel or believe that it was healable. I didn't! But, I was willing to surrender that belief, that certainty that I had, that I was so bad, and so wrong, and so unworthy to the Holy Spirit for healing. And, that's what brought my healing. You've heard me talk about that.

It's time to pray! Oh, my gosh!

Closing Prayer

I'm grateful and thankful for the Love of God shining in our hearts and minds as we go forth and multiply the consciousness of good.

In gratitude, we let the healing be. In gratitude, we know it's done. And so, it is. Amen. Amen. Amen. Amen.

God bless you! I love you! Mwah! Have a great week!