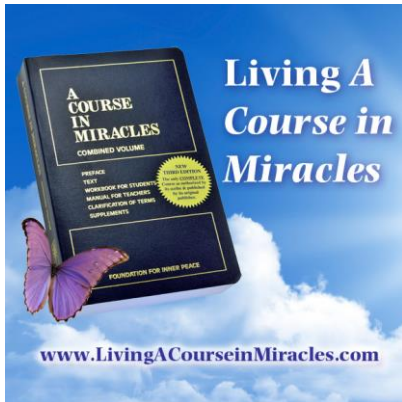


**July 8, 2014**



## **Being Undistractable!**



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*July 8, 2014*

# Being Undistractable!

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      Hey, there! I'm so happy to join with you today! It is a bit of an adventure. Life is an adventure and had some adventures times lately! Goodness knows! I'm excited to share with you today, and let's begin as we always do with a prayer, a blessing.

## *Opening Prayer*

---

I invite you to place your hand on your heart, and to take a breath of Love and gratitude with me. Yes! We're tuning into the power and the presence of perfect Love, and we are grateful and we're thankful for Divine Grace activated in our life.

We're grateful and thankful to open up our hearts and our minds to the power and the possibility of healing. We're opening ourselves to the unlimited, to the unprecedented, which **is** our true nature. It is our true identity to be unlimited. Yes!

We're opening ourselves to the highest possibility of healing, and we declare that this conversation, this dialogue that we are having by means of the invisible field of perfect Love, that it **is** truly inspiring, uplifting and perfect.

We're grateful and thankful to 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.

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### *Today's Experience*

---

Ah! Wonderful!

I'm just going to relate a little bit of my experience in the last 24 hours. It's not really related to *A Course in Miracles*, but it is related to **my** journey which **is** about truly living *A Course in Miracles*.

Today, which today the date is Tuesday, July 8<sup>th</sup>, I went in to see my first crop circle. I'm in England, out in the country, and where I am it's the "crop circle capital of the Universe" literally. Or, at least, the Earth.

I had an opportunity to go and see an absolutely spectacular crop Circle, and I'll post some pictures there on my fan page on Facebook, in case you're interested. My fan page on Facebook is Jennifer Helen Hadley.

I had the opportunity today, and I didn't know if I would get back to my house in time to record the show today. So, I arranged to prerecord the show yesterday, which the recording was not good enough to put on the air, and so we decided, "Okay We'll just record it at the normal time."

Well, then I got to the place where the crop circle was, out in the country-- which I'm already out in the country, but it's in another county here-- and there was a donation to make to the farmer. I had put my purse in the trunk, so I went and got my purse out of the trunk, and when I did so, unknowingly-- or, not paying attention-- I put my car keys down **in** the trunk. And then, of course, I shut the trunk. The truck was locked, and then my keys were locked in the car.

Now, I was at a place in the middle of these farm fields. I called the British version of Triple A to come and help me get my car open. Anyway, it was funny because, first of all, they didn't come for well over an hour, which is perfect! Gave me plenty of time-- I think it was about 90 minutes or more-- gave me plenty of time to go and visit the crop Circle, which was **amazing! Amazing**, huge, massive crop circle! Just extraordinary, really extraordinary. I really felt this amazing strong energy, and it felt very nourishing and uplifting.

Anyway, the man they sent to help me get my keys out of the car, he tried for well over an hour. We tried every way to get in that car, short of breaking a window, and could not get in there. So, they decided, "Okay, we have to send a tow truck." Well, the kind of tow truck they sent needed a bigger space to access my car, but because it was in this funny little place,

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they couldn't do it. But, there was a lovely woman who is part of this crop circle visiting group, and she offered to drive me to my house-- because I had a spare key there, I thought-- which was 45 minutes away. So, she drove me back and forth to my house. Of course, during all of that was when the radio show today **ought** to have been recorded but was not.

### *All is For Our Good*

---

Now, people were very empathetic, and sympathetic, and whatnot with me. But I have **learned** that we all are working off our karma, negative karma. We're working off our attachments, we're working off the ego, however you would like to talk about it. So, we're unwinding the ego, we're dis-identifying with the ego.

I really do think about it in terms of releasing karma and, to me, releasing karma **is** releasing the belief systems. Some of the belief systems that could have come up today and yesterday, with the radio show-- now, instead of pre-recording, I'm post recording, and it just felt important to do--anyway, I could have been really bothered or upset. But I **wasn't** bothered or upset at all. I just kept saying, "I **know** that this is perfect in whatever way."

I also know that I'm always teaching the efficacy of the principles by which I live. I'm **always**, always, always teaching the efficacy of the principles by which I live. I teach them according to how well I live them.

People were coming and going in the parking area by the crop circle, and people were very sympathetic, and I said, "No, I just I absolutely know it's perfect. It's totally perfect. How else could it be? It can't be another way. It can't be wrong. It can't be bad, because God is all there is, and wrong and bad don't actually **exist** at all. They don't even **exist**! So, I'm just accepting it as my good."

---

*Releasing karma is  
releasing the belief  
systems.*

---

Paragraph 18 in Lesson 135, "What could you not accept if you but knew that all situations, circumstances, and events were gently planned by One whose only interest is your good?"

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Well, I can accept pretty much everything! And, I'm grateful for that, because that's not how it used to be for me. I just **knew** that it was all good, and I said to people, "Look, we all have to--" For the people I was meeting there, I knew it would make sense to them, instead of by saying "undoing the ego" I said "Look, we have to burn off the negative karma some way, and this is how I'm doing it. And, I've got to tell you, I would not trade it for any other way to do it that exists in the world! I'm really grateful for that."

I've had a bunch of occurrences like this in the last couple of days where things just went amiss in some ways.

### *Spirit's Guidance*

---

And, also in the last couple of days, I've had the most **wonderful** "co-incidences."

The other day, I was at this crop circle conference at Marlborough College here in England, and as I was getting out of my car and walking through the parking lot, I noticed this woman who was just ahead of me, maybe five or ten paces ahead of me. Spirit said to me, "Start a conversation with her." I said, as I do most the time, "Okie-dokie! I'm happy to do that!"

I called out, I said, "Hello!" She looked at me. She didn't recognize me, so she was like, "Are you talking to me?" I said, "Yes! Are you going to the Crop Circle Conference?" She said, "Yes. Yes, I am."

I said, "Oh, I'm going there, too. Did you go yesterday?" She said to me, "No, no. I didn't go yesterday." I said, "Oh." She said, "How was it?" I said, "It was good."

And she said, "Where are you from?" because I don't have a British accent. I said, "Well, I'm from America."

And then, she looks to me and she said, "Are you Jennifer Hadley?" And I said, "I **am** Jennifer Hadley." She said, "I'm one of your Prayer Partners! I get your prayer e-mails!"

I said, "Well, isn't that interesting?" because I **knew** Spirit told me to talk to her, but I didn't know **why**!

Let me just say that the theme of today is to be--oh! What was it? Gosh! I can't even remember right this second. Not "undisturbable"--

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undistractable! That's what it is! Undistractable. I'm learning to, as we all are, to pay **really** close attention to what Spirit is communicating all of the time.

Another experience I had the other day was with some friends. We were in the town of Marlborough, where the Marlborough College is. I don't know Marlborough at all, it's just a little town, but they have a city square there, little town square, and we were looking for a place to have lunch. We didn't know any of the restaurants, none of us were from there. My friends were from Switzerland-- Sweden, rather.

But as I was coming up to this one store, Spirit said, "Inquire in here. Ask them if they can make a recommendation. Just ask in there." As we were walking up to the doorway, I said, "I think I should ask in here if they have any advice for us."

As I looked in, I looked through the store. They had lovely pillows, and oh, dishes, and things like that. House furnishings. Really, kind of upscale stuff.

Well, if you look **through** the shop, they had a café, and then a garden with tables in the back, and it was **really** nice. I thought, "I think we're going to eat here." Everybody looked at me, and said, "Yeah! This looks great!" But you see, it's about following those little nudges.

Well, anyway this woman who took me back and forth to go get my car keys and back, I invited her out to dinner, and to join me for dinner, and we struck up a friendship. And I have a feeling that we will-- might be friends for years!

So, it was a lovely way that Spirit got us to meet, because I don't think we would have met, or had that kind of a connection, **any other way**. It was clear that we had a strong connection, once we started really talking, once I got into her car to drive back to my house.

---

### *What Does God Want Me to Do?*

---

Undistractable. Let us not be distracted from all the nudges and the messages that Spirit is **consistently** giving us.

One of the things that I've learned is that Spirit is always-- always, always, always, always! -- live streaming Divine Guidance, Inspiration, et cetera, et cetera, et cetera. And, once you really dig in and do that deep forgiveness work-- which really means releasing all the judgments and opinions that

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you have, and all the ruminating on the past, worrying about the future, all those things-- the more you disconnect from those habits, the habitual mind, and you become present in the moment, **then** you're available for all this Divine Guidance and Inspiration! It's fantastic! I mean, I just cannot tell you how it's constantly being demonstrated in my life!

So, let us be undistractable so that we can **hear** the answered prayer, the guidance, the inspiration. So many people are wondering, "What is it that God wants me to do?" The answer to that is "Nothing! Absolutely nothing!" *"You need do nothing."*

God wants nothing **from** you, or **for** you, or anything like that. This experience that we are having in the "3-D Earth School" is about you having free will to manifest according to your **beliefs**, according to your **desires**, according to your **thoughts**, and you get to choose! It's a playground for free will! That's what it is designed **for**.

So, no matter what you **do**-- whether you hate your brother and sister, or you love them-- no matter what you do, you're **learning**, and you are **discovering**, so there is no wrong, there is no bad.

---

***All the times that we don't choose Love, if we refuse to learn from them, then we're doomed to repeat them.***

---

But, there **is** extending time, and that's the big error that we can make, is to **refuse** to learn from our errors, our choices. All the times that we **don't** choose Love, if we **refuse** to learn from them, then we're doomed to repeat them.

So, if you find yourself saying, "Why this is happening to me **again?**" it's because you haven't been willing to **learn** from the experiences in the past. This is the thing-- become the "*happy learner*" right? This is what we talk about all the time in *A Course in Miracles*-- become the "*happy learner*". Let us **become** the "*happy learner*".

In Chapter 28, Section VII, *The Ark of Safety*, it says in Paragraph 2,

*"There is no middle ground in any aspect of salvation. You accept it wholly or accept it not."*

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That's it! Either you're on the path of Love and you're actively choosing Love-- and you're actively **accepting** your salvation, which is through choosing Love-- or you're not! You're not! But, if you are not choosing Love, not choosing your awakening-- I prefer "awakening" or "Enlightenment" to "salvation" or "Atonement" personally. But, if you're not **choosing** that actively, well then, you can choose again! And, if you're not choosing it **actively**, you're probably feeling lack, limitation, upset, hurt, suffering, sadness, pain, fear and you can change your mind about that, and choose again!

Now, one of the things that I love about this whole Section, *The Ark of Safety*, is about the body and healing, and that's what I'm going to go into after the break. Now, you can hear that music. It means it's time for me to take a break.

### ***Invitation to the Greek Retreat***

---

One of the things I'd like to mention, as I go into this break, is next week Gary Renard is going to be the guest on my show. You might know, Gary and I have been friends for-- I don't know, nine years now? It seems hard to believe! Six years? Seven years? Eight years? Something like that. It's been quite a while!

We're doing a retreat together, and we haven't done a retreat together in a few years. We did one at Unity Village. You're listening to Unity Radio. We did one at Unity Village a few years ago, and we're going to do one on the Greek island of Andros the first week of September. We are going to do some **very** deep healing work, because that's what I love to do when I can get you to come away on a retreat with me! Let's go for the **big stuff**, the deep healing!

Then we are going to play, and we're going to have fun, and we're going to dance! We'll probably sing! And, we're just going to have an absolutely wonderful time, swimming in the Aegean Sea, which is **so lovely** the first week of September! Ah! The temperatures are **beautiful**! We are going to have great food and great company.

We've got four *A Course in Miracles* teachers, including Gary and myself, and we got a whole lot of people coming! It's a limited space, though, so we're definitely going to sell out. Register now! Go to [JenniferHadley.com](http://JenniferHadley.com)

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on the Home page. Greek Retreat with Gary Renard, *Living A Course in Miracles*.

I'm Jennifer Hadley. You're listening to Unity Online Radio, *A Course in Miracles*, where we are living the Love and we're walking the talk. Don't you know, 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*.

### *The Purpose of the Body*

---

Jennifer      Okie dokie! By the way, on this Greek retreat with Gary Renard, we're going to do some very deep forgiveness work. I'm very **big** on that. It is also a **very** big focus of my [Finding Freedom](#) class, my 7-week *Spiritual Bootcamp class*, which I'm just re-launching, and you can check that out when you go to [JenniferHadley.com](#), as well. My *Finding Freedom* 7-week Spiritual Bootcamp class. If you are interested in having a breakthrough, it's worked for many, many hundreds of people! You may try it and discover for yourself!

Alright! We are talking about healing here, and the use of the body. I like to bring this up from time to time. This is such a great Section here in Chapter 28. Section VII, *The Ark of Safety*. It talks about how we can't be choosing Love and be choosing fear at the same time, basically. It talks about the body, and that if we are making our **home** the body, our identification with the body, it is like building our home upon the straw. It says,

*"Yet who can build his home upon a straw, and count on it as shelter from the wind? The body can be made a home like this, because it lacks foundation in the truth. And yet, because it does, it can be seen as not your home, but merely as an aid to help you reach the home where God abides."*

That is the purpose of the body-- it's an aid to "...help you reach the home where God abides."

Well, how does that work? Let's find out. It says,

*"With this as purpose is the body healed."*

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So, if you're having an experience of illness in your body-- pain, suffering, illness, or maybe you just are obsessed with your body in some way-- maybe you're negatively obsessed with it in the sense of you don't think it's attractive enough, you're obsessed with perfecting it, or making it really beautiful and buff according to some ego standard-- if you have any of that going on, that's like building your home upon a straw. When the wind and the rain come, what's going to happen if you build your house on a straw? Your house is going to collapse.

If you're building your self-worth on the functioning of your body, the health of your body, the way it looks, the size of your body, or any of your body parts--whew! You've got some suffering coming your way!

Let's move out of that, and let's choose, actively, in our partnership with the Higher Holy Spirit Self to make the body what it's designed for, which is as an aid to help us reach the home where God abides, and

*“With this as purpose is the body healed. It is not used to witness to the dream of separation and disease. Nor is it idly blamed for what it did not do. It serves to help the healing of God's Son, and for this purpose it cannot be sick. It will not join a purpose not your own, and you have chosen that it not be sick.”*

If you declare that the purpose of your body is to help you awaken to your true nature and your true identity, **then** the Higher Holy Spirit Self, the I AM Presence, the Holy Spirit, **will show you how that works!** We don't have to ask, “Well, **how** is **that** going to work? **How** is **that** going to happen?” No! That's how it works in this world!

We **declare** we're willing. We **declare** that we are really willing to understand how the body can help us reach the home where God abides, and that it is an aid, it is a learning tool, for **that** purpose, and **that's** what we're interested in.

But, you see, this only works if what you're interested in is getting to your **true home**, which is your true identity, which is the I AM Presence.

### *Sincerity is the Key*

---

If you're trying to heal the body so that you're not suffering anymore, it just doesn't work that way. Heal the **mind**, and then the **body** will suffer no more. Let's heal the mind! Let's heal the mind! Let's heal the mind, not the effect! Okay! It says here,

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*“All miracles are based upon this choice, and given you the instant it is made.”*

What that means is, the instant that the choice is made to allow the body to be the aid that it was designed for us to have it be, all the miracles unfold, because it **just** requires our sincerity. **Sincerity** is the key to our healing! So, we can declare and declare and declare, but if we're not **sincere**, then just keep declaring until the day, the moment, the time, in which you finally **are** truly sincere.

This is one of the things that's really hard to understand. At least, it is from **my** personal experience. I found it **very** difficult to understand this whole idea of placing the awakening, the healing, of the mind **first**. It's very challenging for most of us to say, “Okay, I’m going to give up all these attachments to what I’d like to experience **with** the body, **in** the body, **as** a body. I’m going to give up all that. I really just would like to awaken and attain Enlightenment, and the rest of it doesn't matter to me. I don't care about focusing on my home, my health, my wealth.”

---

***Heal the mind,  
and then the body  
will suffer no more.***

---

As Joel Goldsmith, the great Christian Science mystic scientist, he said, “Lord, I do not know how to pray to you. I have no idea. But I have decided I’m not going to make you my errand boy anymore. I’m not going to pray to you to give me stuff, or get me stuff, because all I’m interested in is You, God. Take my health. Take my wealth. Take my life. Take everything, and just give me You, oh, God.”

So, let us move into **that** space, because then everything gets a **whole lot better!**

And so, let's not **think** that the body **feeling** better or **looking** better in your mind, whatever those judgments are, that in any of **that** is where your safety lies. **It does not lie there!** It does not lie in **anything** related to the body.

### ***What is Your Foundation?***

---

It says here in Paragraph 6 of this Section,

*“What is the sense in seeking to be safe in what was made for danger and for fear?  
Why burden it with further locks and chains and heavy anchors, when its*

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*weakness lies, not in itself, but in the frailty of the little gap of nothingness whereon it stands? What can be safe that rests upon a shadow? Would you build your home upon what will collapse beneath a feather's weight?"*

And then, it says,

*"Your home is built upon your brother's health, upon his happiness, his sinlessness, and everything else his Father promised him."*

Here's the thing-- we are being asked to see our brothers and sisters in their Wholeness, in their perfection, and **that** is our healing. Yes! It is! It says,

*"Yet faithlessness is sickness. It is like the house set upon straw. It seems to be quite solid and substantial in itself. Yet its stability cannot be judged apart from its foundation. If it rests on straw, there is no need to bar the door and lock the windows and make fast the bolts. The wind will topple it, and rain will come and carry it into oblivion."*

Let us not **build** the foundation of our life on straw, which means on the body.

The invitation here is to give up **everything** that you think you need, everything that you think you want, and to truly **only** go for what really matters.

That is a **major life decision**. For me, it was the absolute best thing I ever did. Oh, my God! Oh, my God! I could not believe the **incredible** relief I felt when I **sincerely** said, "Okay, I am not going to be striving for the things of this world anymore. I am putting my focus and my attention on waking up, attaining Enlightenment, reaching the Atonement and sharing what I am learning with others I meet along the way."

Now, that doesn't mean that I don't **care** about things. Obviously, I have already explained to you that I pre-recorded the radio show, it didn't work out, and then I missed the time of the normal broadcast, and I'm post-recording it to meet what I feel is my commitment to my friends who like to listen to the radio show, and my community, to you who are listening to it right now.

That commitment is not a **burden**. It's a Joy! I wouldn't do it if it were a burden. Seriously! So, I do it as a Joy. I have responsibilities. I have things that are important to me in this world, and I hope--and, I do know and believe-- that I have things in perspective, in terms of what's really important.

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And yet, every day there is some opportunity to learn, to know, to more clearly understand.

And those things can be seen, sometimes, as challenges, like today with the car keys getting locked in the car, and stuff like that. But there was no suffering! There was Joy! I was outside. The man was working so hard to get into the car. Lordy, Lordy! I never seen anybody work so hard to try to get into that car, and he was it was really determined to do it! God bless him, it was just not possible, I have to say.

---

***Every day there is some opportunity to learn, to know, to more clearly understand.***

---

I feel very confident that people are not going to be breaking into my car unless they break the window. [laughs] The cars I've had in the past, boy! Anybody could just open up that car, practically, with a coat hanger.

So, anyway-- but I got to be outside, I was meeting new friends, and I got to let him know that I really truly is totally fine that he wasn't able to get into the car. And the same with the guy with the tow truck! I'm standing out there for hours, but it was **fine!** It was a beautiful day! It rained a little. I had my hat. All good! All good!

I'll take a sip of my tea here.

All good! All good in God's Neighborhood!

### ***Choose Again!***

---

Alright! Moving swiftly on.

We are in the next Chapter, 29, *The Awakening*. Isn't that wonderful? We go from Chapter 28, *The Undoing of Fear*, and what comes next? *The Awakening!* I love it! And, I love the way that this Chapter 29 starts. It starts with

*"There is no time, no place, no state where God is absent. There is nothing to be feared. There is no way in which a gap could be conceived of in the Wholeness that is His."*

So, there is no time, no place, no state, where God is **absent**. No, we know time and space, which are time and place, that they're an illusion, so God's not in an illusion, because an illusion is **nothing**. Right? It's just a projection of our mind.

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However, this is really important. There's no way in which a gap could be conceived of in the Wholeness that is God.”

This is the thing for us that is **so** helpful to our healing. It's really the whole enchilada of our healing, which is the Wholeness, the Unity.

This is why any time we attack our brother or sister, any part of life, we're attacking ourselves. We're saying, “Oh, you know what? This whole separation system-- I **prefer** this to Wholeness, Harmony, Freedom, Abundance, Prosperity.”

What I'm inviting you to **really, really** look at, in terms of being completely committed and undistractable, is any time you notice you have the slightest opinion or judgment about your brother or your sister-- or about yourself, of course-- you're basically calling God names. You're attacking God.

Now, God's not going to hate you, or be upset, or anything like that. But because **you are** God, you're only attacking yourself, and it's like re-enlisting in separation. It's like re-enlisting in another cycle of separation.

This is why *A Course in Miracles* tells us over and over again, “Choose again! Choose again! Choose again!”

Well, it's time for me to take a break again. You can hear the music. I'm Jennifer Hadley, and you're listening to *A Course in Miracles*, Unity Online Radio, where we're living the Love and we're walking the talk, and I will 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 comment about today's program, or if you'd like to join the discussion, visit us on Facebook at *A Course in Miracles Pledge* where you can join with the community of like-minded people who have pledged to live *A Course in Miracles* every day, in every way.

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

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

### *There is Nothing to be Feared*

---

Jennifer        Hey, there! Thanks for coming back! I'm Jennifer Hadley.

As I mentioned earlier, next week Gary Renard is going to be my guest on the show. I'm looking forward to that.

We are getting ready in just about two months' time-- first week of September, we are doing a retreat on the Greek island of Andros. It's the second retreat we've done together, second *Living A Course in Miracles* retreat, and it's a week-long retreat, which is **so nice!**

This island of Andros is absolutely lovely! It's not one of these big touristy islands. It's really very calm and relaxed, and I've had such good food there. Swimming in the Aegean Sea at that time of year is **spectacular!** And, it's just **so healing!** Oh, my God! I had no idea what it was like to swim in a sea. I've been in the oceans and lakes all my life. Oh, my goodness! I can't wait to go back there!

We've just picked a honey of a spot, and I know that you're going to love it! We're definitely to be selling out. We have a limited space. Come and join us. We've got Maria Felipe, Patricia Black-- great *A Course in Miracles* teachers. And you know what? We love each other, so we're going to have a lot of fun! So many wonderful people have already signed up to join us, and I just know we are going to have a heck of a good time! Get on board and join us, if you're so inclined.

Alright! So, we're talking about "*The Closing of the Gap*". We're talking about "*The Awakening*."

*"There is no time, no place, no state, where God is absent."*

God is Omnipresent, Omnipotent, Omni-active. It says here,

*"There's nothing to be feared."*

Alright!

*"There is nothing to be feared."*

Let's put that into our frame of understanding.

*"There is nothing to be feared."*

Everything has learning in it. Everything was gently planned by One Whose only interest is our good. Therefore, everything that's unfolding is

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for our awakening, it is for our Enlightenment. So, why would we fear awakening and Enlightenment? No! We don't fear that! Right?

Now, it says here--ahh! And I just love this! It says,

*“For love is treacherous to those who fear, since fear and hate can never be apart. No one who hates but is afraid of love, and therefore must he be afraid of God.”*

It's saying here, in this beautiful poetic way, that if you **hate**, you **will** be afraid of Love, and if you're afraid of Love, you **will** be afraid of God.

So, when you feel that sense of hatred, or you energize it, what you're doing is you're literally setting yourself up to be afraid of God, and to be afraid of Love. If you're afraid of Love and of God, of course, you're really in fantasy.

Remember, there **is** nothing to fear.

Then fear, the **feeling** of fear, is really the by-product of choosing to believe your opinions and judgments.

The feeling of fear is the by-product of choosing to believe your opinions and judgments because, think about it this way-- the one thing that keeps your mind locked into a belief in separation **is** your opinions and judgments. **So**, that **feeling** of fear-- the physical, emotional feeling of fear, is literally waking you up like a “Divine Alarm Clock” to **recognize** the error of your choices and your thinking, so that you can choose again!

So, the fear is a “cosmic wake-up call”. It's to **help** you! The more strongly you feel the fear emotionally and physically, the more important it is for you to choose Love, to choose again, and choose quickly.

Now, if you continue to be afraid, and afraid, and afraid, you're going to put stress on your body. You're going to put stress on your organs and all of that, which **will**, indeed, lead to sickness, and illness, and things like that. And, if you make your physical body ill, and all of that, it's demonstrating to you-- you believe in separation, you believe in your opinions and judgments, and so you'll learn from **that**. It might take many lifetimes to learn from that, but you will! And that's a **good** thing! But, we don't **have** to learn that way! We can be the “*happy learner*”. So, there's the invitation to **be** the “*happy learner*”.

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***If you hate,  
you will be afraid of Love,  
and if you're afraid of Love,  
you will be afraid of God.***

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### *Fear Demands Sacrifice of Love*

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It says a bit later in this Section, *The Closing of The Gap*, Paragraph 7,

*“It is not love that asks a sacrifice. But fear demands the sacrifice of love, for in love's presence fear cannot abide.”*

*“...in love's presence fear cannot abide.”*

I can't tell you how **many** people over the years have asked me how to heal the feeling of fear, how to live without fear, how to move out of fear. And, I say all the time, once I finally figured it out-- choose Love! Energize Love! Love, compassion, Patience, kindness, forgiveness, nonjudgment, release the opinions and the judgments.

*“But fear demands the sacrifice of love, for in love's presence fear cannot abide.”*

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***You can't pretend to choose Love.  
There's no one to fool.***

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In Love's presence fear cannot abide! It cannot exist!

How do you make the fear go away? Choose Love!

Now, choosing Love is something you do with your heart, right? It's a **soul** thing. It's not in name only. You can't **pretend** to choose Love. There's no one to fool. There's **no one** you're fooling.

If you are thinking you're choosing Love, but you're actually giving Love or extending Love in order to get something in return-- if you are looking for appreciation, if you're looking for recognition, if you're keeping score in any way, shape or form-- that is not Love, and so fear will continue. It **absolutely** will!

If you're trying to manipulate or control your body in some way to do something, or be something, **that's** not loving. It is possible, I believe, to Love your physical body. Just to Love it! Many, many people have demonstrated the profound healing that happens when they Love the body, because the body is made up of a cellular structure, and it is consciousness! Yeah! It really is! It's consciousness!

So, all the elements come into alignment to demonstrate a physical body for **you**. Let us be Love and loving and appreciative. It's really quite miraculous! Yes, it is!

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*"...in love's presence fear cannot abide."*

Now, I've only got a little bit of time left here. I just want to say one thing. For a long time-- and, I remember, particularly when I was a ministerial school, I had a recurring thought, and it was **so** strong, that "I don't think I have what it takes to attain Enlightenment."

I remember, I would so consistently fall off the Love wagon, and I would be unkind, I would be judgmental, I would be attacking, I would be in despair, I would lash out. All these things that I did, they were unkind, and judgmental, and hurtful, et cetera, et cetera, et cetera. Oh! Over and over and over again, and I used to think "I just don't think I have what it takes!"

For so many years, I thought "Something is wrong with me! Something is just wrong with me! I'm bad! I am not good!" All these thoughts I had.

While I believed all these teachings that I was reading about, waking up, attaining Enlightenment, et cetera, et cetera. and I certainly believed it was possible-- **but not for me!** Not for **me!**

I do not feel that way anymore, and the reason is, my friend, because I took this to be the truth--

*"...in love's presence fear cannot abide."*

What is fear, but judgment? it's attack.

So, I started looking for every opportunity to choose Love, to choose Patience, to choose kindness, to choose generosity. I didn't always take them, but I was choosing them more, and more, and more. I **really** began to focus on being grateful, and grateful, and grateful for **every time** I could choose Love, and speaking to myself by saying, "Good for you! Well done, Jennifer! **Yes!** You're doing it! You **are** choosing Love!" I became my own cheerleader, and I started to do that for others as well, and it completely changed my whole life!

Now, I know-- yes, I **am** attaining Enlightenment! It **is** happening, and it's happening **now**, and I know it for you, too, my friend. Yes! This is why I'm sharing with you right now, and I'm so grateful I get to do so.

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### *Closing Prayer*

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I'm going to invite you to place your hand on your heart, and let's take this breath of Love and gratitude together. Partner UP with the Higher Holy Spirit Self and remember that our true identity knows no fear.

Let us be our true selves. Let us demonstrate efficacy of choosing Love by sharing the benefits with **all** our brothers and sisters. So gratefully and so thankfully, we accept our healing. We share it, and we let it be. And so, it is. Amen. Amen. Amen. Amen. Amen.

Join me next week with Gary Renard. Thank you! I love you! Mwah!

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