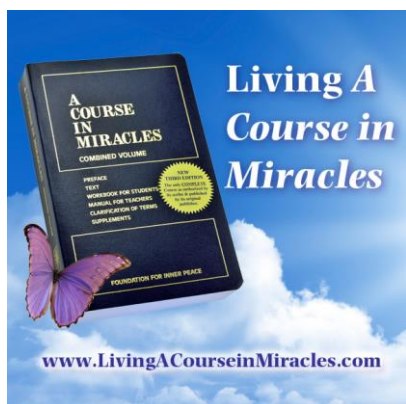


September 11, 2018



Stress Relief



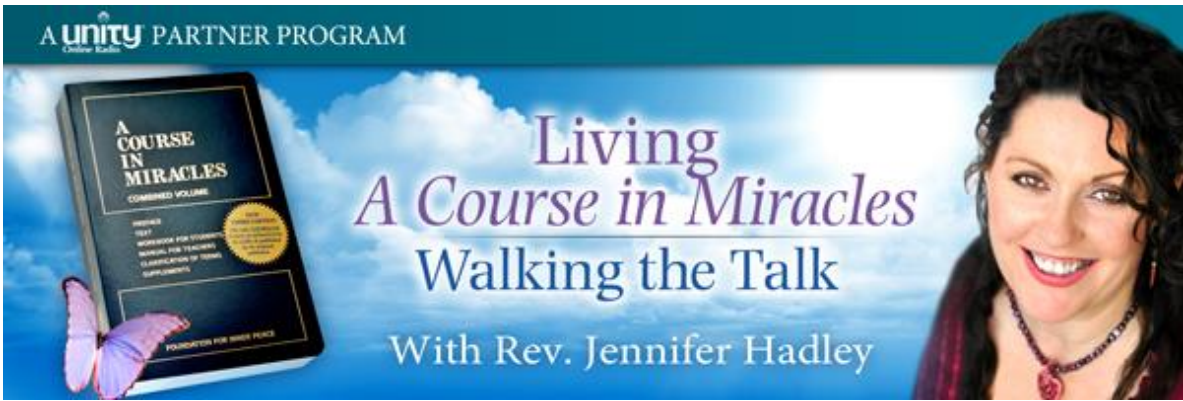
 *Jennifer Hadley*
your daily shot of spiritual espresso

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September 11, 2018

Stress Relief

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! I love to say “Bonjour”! It just sounds so happy! I first started saying, “Bonjour!” when I went on my first adult without-my-parents vacation. I went with my best friend, Rosemary, and we went to the Caribbean. We went to Club Med, and we went to the island of Martinique. It’s a French island, and I think the first morning, somebody said, “Ah! Bonjour!” and I’ve been saying, “Bonjour!” ever since!

It’s a sign of “Life is good!” “Bonjour” of course, the French word for “Good day.” So, yes! Good day! Wishing everyone a good day! No matter what time of day it is, we can have a good day. Even if the day to this moment has been super challenging, **now** it can become a good day. So -- bonjour!

Ah! I’m so happy to be here! The topic is “Stress Relief”. Once again, I’ve been given the gift of a request of a topic, stress relief, and so I’m following through. I’m going to say a prayer, and then I’ll tell you how to suggest a topic if you’d like.

Opening Prayer

Let’s take that breath of Love and gratitude together. I place my hand on my heart, and I am deeply grateful and thankful that there is relief from the stresses and strains that we have agreed to.

So grateful and thankful to lay the burden down, to lay the attack thoughts, the weapons of mass destruction and distraction down. We lay them on the Holy Altar Fire of Divine Love, and we open our heart, we open our mind, to an awareness of the pure perfection that we truly **are**.

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So grateful and thankful to **recognize** our holiness. We share the benefits of this recognition with everyone, because we're One with them. So grateful and thankful to join together for a healing purpose. We **let** the healing be. We **know** it's done. And so, it is. Amen. Amen. Amen.

An Experience of Stress

Yes! Ah! So, today I am in Maine, Deer Isle, Maine. I love it here so much, and I'm also leaving today. I won't say I feel sad, per se, but I really do love it here, and I don't like to leave. Even though I'm going someplace wonderful, always, I love it here. I just have a connection to the land, and I really enjoy it, our family home here. We've got renters coming. You can rent our house. There's an ad for it on JenniferHadley.com on the sidebar of the [Events](#) page. Our house is called "Blue Arches" and it was built by my parents in the 80s, and we just love it here. We had a wonderful family vacation!

I also want to tell you how to submit a topic. Go to LivingACourseInMiracles.com/radio which is where you can search. We have a really good search function there. You can put in a key word or phrase and search for it and find any one of the more than 360 episodes that are there, find some that you like and you can download them, or listen to them there, or sign up in the podcast. We have a podcast available for whatever device you're using.

And, also you can submit a topic. There's a form in the sidebar there to submit a topic. I thank you for making your request. It's a pleasure to be able to respond to them.

Our topic today is "Stress Relief" and it's something I know a **lot** about. I, like many people, have had times of tremendous stress. The most stressful time in **my** life -- I'm just double checking with Spirit, is that actually true? Hmmm!

Well, you know, I'll say this -- it was the most stressful time in my life that I **recognized** I was experiencing the phenomena of stress. So, I **may** have experienced it before, but not known what it was. But I was very aware of how I felt, and what was going on at the time of my mom's last few months

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of life in that body. It was stressful, in part, because my mom was definitely on her way out the door to the next dimension, making her transition.

It was stressful -- actually, I'm going to take that sentence back. I always like to walk back when I mis-state something, and I just realized that I did. Thank you, Spirit! That's not **why** it was stressful. It was stressful because of how I held it in my mind. That's the whole thing about stress. It's not about the circumstances, it's about how we hold them in our mind.

One of the things I can tell you is, that it was at the time of my mom's transition, and it was also at a time when I was a full-time caregiver for both my parents. My dad was not ill, but he was **super** stressed. It was also a time, it was wintertime, and we were here in this house, where I am right now today, and it was on the island in the wintertime. It was pretty isolated.

I have to laugh sometimes. My dear friends who really didn't understand -- I remember one of my friends said to me, "Honey, you've just got to get out of that house! Go to the Starbucks! Go to Starbucks every couple days, and just get out of there!" I said, "The nearest Starbucks is 90 minutes away, so **no** Starbucks! Yes, there's a local restaurant that's open in the wintertime, but trust me, I just don't want to go sit in there!"

*Stress is not about the
circumstances,
it's about how
we hold them
in our mind.*

My mom was physically ill. My dad was super stressed out. We were all in this house together in the wintertime, and my mom was making her transition, she was leaving. She was in her early 60s, so -- no, I'm sorry. She wasn't. She was 69, late 60s, **still** very young, very, very young.

The stress, I realized, came from how I held things in my mind. And, it also came from being so empathic with my dad. My mom wasn't super stressed, but she was definitely ready to make her transition on a lot of levels. My parents talked about everything -- they talked about eulogies, and obituaries, and what the funeral service would be, and who would -- they just talked about everything.

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My mother and I spent days and days going through her jewelry -- who was to get what, what I was to say to them. Just, we really took our time. We saw it coming. We had that luxury, and there was actually a tremendous amount of Joy, because my mother and I had resolved all our differences. And, for the first time in our lives, we were experiencing being together in unconditional Love. I've talked a **lot** about that, so I'm not going to go into that right now.

So, I had this experience of this real, authentic Joy -- Joy being a spiritual quality of God that is part of our true identity, part of our true nature, that we can literally livestream all the time. Just like Peace is a spiritual quality, and Freedom is a spiritual quality, and Harmony, Prosperity, Wholeness, Abundance, Wisdom, Clarity, Purity. These are all spiritual qualities that are aspects of our true identity. Like the rainbow shows us the different aspects of light, these different spiritual qualities are aspects of our True Being, and if we're not experiencing them, it's because we're **blocking** them.

Because of the free flow of Love between my mother and myself, I was experiencing this vast, unconditional Joy right alongside intense stress. I know it doesn't make sense.

*I was experiencing
this vast,
unconditional Joy
right alongside
intense stress.*

It was interesting. My dad was **so** stressed, and what I saw in him was that the stress caused him to be absentminded, extremely forgetful. He can be a very intense person, as can I, and if I would ask him -- let's say he was doing something in the kitchen, and I'd say, "Hey, Dad. Do you know where the lightbulbs are that go in the fixture in the bathroom above the sink?" he would get mad at me, because I interrupted him, and now he forgot what he was doing, and why couldn't I just respect that he was doing something? He would get mad at me, and that was very abnormal. But I understood how, when you're stressed -- because I was experiencing it, too -- that you can't remember stuff. "C.R.S." - Can't Remember Stuff.

It's unusual, it's intense, and so I learned in that to -- I got out a legal pad of paper, and I put it on the dining room table, and I said, "Dad, I'm going to write all the questions I have down, like 'Where are the lightbulbs for the bathroom fixture?' I'll write them here, and then you, at your leisure, can

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review and see if you'd like to help out with any of these things." And that was actually a really good system.

Another thing we did was, we had the hospice therapist come and talk with us, and that gave **him** a chance to tell me something I would never of know, was he was very stressed out that he was **sharing** the care for my mother, and that I might have different ideas than him, and that was very stressful for him. So, we really became a team.

Stress is a Separation Problem

This is something that I feel is **so** valuable to share. If you're in a stressful relationship, this **could** be a way to relief the tension and the stress, and it has worked for **me**. There are times in relationships -- and Lord knows I've experienced them **very** intensely, and very **often**, with a lot of pain and suffering of my **own** making, where I would get into this place of intense separation.

Because really, ultimately, **all** problems and stress are, of course, a problem -- all problems come from thinking that we're separate from God. We've cut **off** our mind from the flow of those spiritual qualities that I was talking about earlier, and **that** is the root cause of all stress. It really is. It's thinking that we're on our

own, we're ill equipped, we don't have what it takes, it's too much, it's beyond our ability, and it's beyond our emotional capacity, our mental capacity, our physical capacity, our financial capacity. It's that "Danger! Danger! Danger! Danger! Danger! There's a meltdown happening!"

[laughs] As an aside, I just have to tell you this. I thought it was so funny, it just popped into my mind, and when things pop into my mind when I'm doing the radio broadcast, or teaching the class, I've learned to share it.

We were swimming on the other side of the island here, where the water was not as warm in the protected area that we're in, and it was much colder. I actually didn't go swimming. I knew it was too cold for my body. My body wouldn't like it.

*All problems come
from thinking that
we're separate
from God.*

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My brother went in [laughs] and so he's swimming in this cold, cold, cold Maine water, and he said, [said in a computer-like voice] "Danger! Danger! Core temperature dropping rapidly! Danger! Danger! Core temperature dropping rapidly!" [laughs]

When we're stressed, we do get the sense of "Danger! Danger! Warning!" signals, and sometimes we **ignore** them rather than **examine** what's going on. Why? Because we're feeling **completely** beyond our limits and capacities. So, if we're in overwhelm, we go into coping strategies. Coping strategies would be self-medication, meaning that we're going to try to dampen down our feelings, or escape from our mind, from our feelings, by using some form of meditation like smoking, drinking, sex, alcohol, food, sleeping, watching television, exercising, even cleaning or shopping, or working -- all ways to actually **avoid** stress and recognizing what's **really** going on.

Stress comes from feeling that we're on our **own**, and we're past our limits. The number one solution, the number one stress **reliever**, is to call upon Spirit, and this I learned. I learned it a long time ago in my first prayer experience, where I was feeling overwhelmed, frightened, terrified.

*The number one
stress reliever
is to call upon Spirit.*

So, not quite stress, because stress is more of something that we experience on an ongoing basis, but in this moment, I was feeling just a surge of fear, and I said to Spirit, "Help me! Help me, now!" And I said, "I will **not** live in fear. **Help** me! **Show** me what to do. **Show** me the way to go. I'll **do** it, but I **will not** live in fear! I'll do whatever I'm guided to, but I **will not** live in fear!"

That was my first prayer. I got down on my knees at the end of my bed. It was in my 30s. I think it was related to money. Money fear can be **so** intense, and when money fear continues on and on, it becomes very stressful.

Stress Does Not Come From Our Circumstances

But it's **so** helpful, valuable and life-changing, **healing**, for us to recognize that the stress does not **come** from the circumstances. I mean, it might be if you were hanging off the edge of a cliff, but if that's how it feels, and you're

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not actually hanging off the edge of a cliff, the stress **does** come from feeling overwhelmed, beyond your ken, and you're not turning to Spirit, you don't have faith in Spirit.

So, for me, I have gone through -- I went through a time when I felt like the rug was pulled out from under me in my work, in my finances, in different aspects of my spiritual community, and I didn't have a great sense of feeling anchored and moored, and held, and carried, and led and guided. I felt that I was on the edge of an abyss, in a certain way, and at the time it was stressful, it was intense, and I was worried, I was fearful, and I made the decision to use this experience to develop a radical faith -- a radical faith and trust in God.

And so, every time that I started to notice I was feeling worried or afraid, I would go to God, and I would declare -- "I am placing my trust and Faith in God. I am being led and guided. Love **never** fails. **God** never fails. I am trusting in that which never fails!"

And, it didn't happen overnight. It took months, maybe a year, for me to really move into a place of deep faith and trust. And in that process, I achieved a Peace that has stayed with me ever since.

So, that was 10 years ago, now, and for me it was 2007-08 that it was going on, and I am so, so grateful that instead of continuing to manage and cope with my circumstances, and to blame my circumstances for the stress -- and this was also the time of my mom's passing, so instead of blaming the circumstances for the stress, even my mom's passing, and my dad's intense emotions, I said, instead, "**No!** This is because I'm not in my right mind. I am going to learn to trust the Holy Spirit in these circumstances, and the Holy Spirit will not fail me, and I'm going to prove it, so I know it forever and ever!"

And that's precisely what occurred, and I reached a tipping point at the end of that period, after my mom passed, that I've never dipped back down into the levels of fear, and worry, and doubt, and stress, and strain, and pain that I used to experience.

*Love never fails.
God never fails.
I am trusting in
that which
never fails!*

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I really feel that that part of my life is done. I got a clear message, too, sort of at the end of that period. Maybe it was about a year and a half -- yeah, something like that, that I was very “on it” working with my mind. And there were times when I would become filled with turmoil, emotional turmoil, and I would get down on my knees, and I would call to the Holy Spirit, and I’d say, “Take these thoughts out of my mind! I **will not** think them! I **will not** entertain them! They are not true, and I am a creature of Love and Light, and the truth is **all** I’m interested in!”

It was profound and life-changing for me. And I did that many times. I didn’t always get down on my knees, but I did it many, many, many hundreds, thousands of times. I was **determined** to see, to know, to feel, to hear the truth and to live the truth. This is my prayer, to be truthful, 100% truthful, to live in the truth. I pray for this for **all** Beings, for our politicians. Let truth prevail. Let Love prevail. Love is truth. Truth is Love. It is the de-stressor.

Let truth prevail.

Let Love prevail.

Love is truth.

Truth is Love.

It is the

de-stressor.

And, I have a lot more to share with you on this topic. We’re coming up to our break here.

When we’re on the break, I am going to invite you to go to JenniferHadley.com on the [Events](#) page there, and you will see all the events that are coming up, the wonderful things, including my [Forgive & Be Free](#) retreat and my [Spiritual Counseling Training Intensive](#) in early October. Yes!

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

Thank you for turning into *Living A Course in Miracles: Living the Love, walking the talk.*

The Stress of Unforgiveness

Welcome back! We’re talking about “Stress Relief” something I’ve learned a lot about, because I couldn’t bear the stress, I couldn’t bear the struggle and the strain, and I couldn’t bear managing and coping.

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I've done a lot of managing and coping in my life, and for me, it's so degrading and demeaning to my Spirit, to **not** recognize that Spirit within me has the ability to **rise above** whatever the circumstances are and the meaning I've made of it. I have developed an **intolerance** for suffering, and I'm so grateful for that! **I just can't stand it!**

I think it's because I was the cause of my own suffering, **knowingly** the cause of my own suffering, for so, so long, because I used to be so mean and unkind, and so vociferous **in** my unkindness, and so aggressive in my meanness, and I had so much self-hatred, and self-judgment, and so much despair, and it was **so** intense for me! I really had such a **core** belief that I was completely unlovable, unworthy of life itself and, for a time, was suicidal. I felt so helpless and hopeless, and I put on a front, and it involved attacking others, defending myself, every minute of the day. That was **all** the activity of my life for so long that I've developed an **inability** to return to that, and I'm very, very committed.

And still, I can see, every day there are higher choices I could have made, but I don't judge myself for not making them. **Instead, I congratulate** myself that I can see there **is** a higher choice that I could have taken! No judgment, no chastisement. I congratulate myself for recognizing, "Ah! There was a higher choice there. I didn't see it at the time. I didn't **want** to see it at the time, whatever was going on. I can just own it without judgments," and **that** relieves a lot of stress!

I think one of the main reasons why that time with my parents, with my mom's passing, was so stressful -- another reason -- was that when someone's body is a ticking clock, and they're going to be leaving the planet, and you **know** that's definitely happening.

For me, one of the things that also added to the stress was the protocols for my mom's physical care were changing almost every day. That was stressful. We got a white board so that we could keep track of it, because it was changing every day. That was actually helpful, not having to remember it anymore. "Okay, it's here on the whiteboard. We can all see it and know what it is. I can reference it. I don't have to remember it."

One of the big, big stressors for me was the thought that my mom would make her transition and I'd still be holding resentments against her, or that I would still be blocking the Love from her or towards her, that we would not be at Peace with each other. And, I made up my mind, when we got the

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terminal cancer diagnoses three years before she passed, I made up my mind there was **no way** that could occur. And we did **totally**, 100% let go and forgive everything, and we knew it. It was confirmed. We talked about it, and that was why there was that Joy, because there was the free flow of Love.

One of the things that I learned through the experience of my mom's last three years, after she got that terminal diagnosis -- they told her initially three months, but it was three years, and I knew she had at least three years, maybe five. That was my intuitive feeling, so I was glad for the three years that we had. Very, very glad. It was really life-changing for both of us, Spirit revealing.

One of the great stressors is unforgiveness.

And, so I've learned that one of the great stressors is unforgiveness. That's one of the reasons why I've dedicated my **life** to a practical teaching of forgiveness. I started teaching forgiveness in 2000, which was 18 years ago.

I'm **so beyond** excited that Jon Mundy and I just did this [Teacher Training](#), three Teacher Trainings back-to-back, which was spectacular! O.M.G.!

You know, I **love** to see people share their gifts and talents, **find** their gifts and talents, **express** their gifts and talents and **stop playing small! Oh!** Helping to facilitate that, it's **so** great! I would so much rather help someone **else** stand on a stage and speak than do it myself, and I love, love, love doing it, because it's a connection with the audience.

Just like right now in this moment, we're transcending time and space, you and I. Right here, we're connecting in the heart. That option is available. I feel it in my heart. It's my strong intention that we **are** connected, that the connection is happening, and that Spirit is being revealed, Love is being revealed. Even if we've **never** met each other, never connected in physical form, we are connected.

And, to support other people in shining the Light, sharing their gifts and talents, **that is my thing**, and I love it!

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What I've seen with **so** many spiritual teachers, counselors, ministers, Light Workers in all kinds of professions and business, attorneys, coaches, massage therapists, Reiki therapists, all kinds of folks, is that if they are holding onto resentments and regrets, **then** that unforgiveness is going to keep them playing small. It's going to keep them from living their heart's desire. What I have **seen** is that it builds up and builds up, and it does become a stressor. It becomes the actual cause of tremendous fear, and that's really what stress is -- it's a form of fear.

And so, forgiveness is the way out of all fear, all worry, all doubt -- everything! Every problem. I have seen a number of people over my lifetime who had serious chronic issues, particularly pain, also emotional chronic issues -- addiction, different kinds of issues like that, that when they do true, authentic real forgiveness work, the healing happens. It happens on a physical level, an emotional level, a mental level. I've seen it so many times, that now I can trust it, now I can have faith in it, and I'm so grateful for that! What a blessing that is! A **tremendous** blessing! So, that's what **motivates** me to **teach** forgiveness.

Stress Relief Through Self-Forgiveness

So, if you are experiencing stress, please do not focus your attention on changing the circumstances. You've probably been doing that, and it's not working.

Instead, turn to **self**-forgiveness! **Self**-forgiveness! **Self**-forgiveness! I'm saying it three times, because there have been many times when people have come to me and asked for what they can do to shift their suffering, and I recommend self-forgiveness, and they focus entirely on forgiving **others**! **Self**-forgiveness! **That's** the teaching of *A Course in Miracles*. "All forgiveness is **self**-forgiveness."

***The causes of
stress are
relieved by
self-forgiveness!***

This is why I created this free workshop. It's called [*How to Get Over It!*](#) It's available for download, right here on the [Home](#) page at JenniferHadley.com.

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I say “here” because that’s where it feels like I live sometimes! [laughs]

Yeah! So, just go to JenniferHadley.com. [How to Get Over It!](#) It’s right there on the [Home](#) page. It’s totally **free**, and I encourage you to gather a friend or two, a relative or two, listen to the workshop and **do the steps** that I invite you to do! I give you clear instructions. You can print them out and write the self-forgiveness letters in the format that I’m inviting you to do. Please! Please! It’s **so** liberating, and I would like to support you in no longer feeling stressed. I’m telling you! The causes of stress are **relieved** by self-forgiveness! They truly are!

All healing **is** at the level of the mind, and that’s where the forgiveness is, and that’s where the stress is. So, one of the things that I teach about in my [Finding Freedom Boot Camp class](#) and in my [Masterful Living](#) yearlong class, is what I call the “Divine Alarm Clock”. And so, whenever we feel upset in any way, shape or form -- from the slightest irritation to a deep sadness to tremendous worry and fear, any kind of upset whatsoever -- annoyance, frustration, all of it -- is because we’re choosing to **judge** rather than to forgive.

True forgiveness is releasing our interpretation, it’s releasing our point of view, our wrong perspective. It’s releasing our **meaning** that **we** have made of things, and it’s releasing ourselves, giving ourselves Freedom, from the decision that we made about things.

That’s what true forgiveness is, and it’s available to us **all** of the time. It’s free! We can get out of jail free -- if we **choose** to! And that’s my invitation. Do it!

So often, people have asked me, “What can I do, Jennifer?” I suggest they get the [How to Get Over It!](#) Do the steps. And, months go by and they’re coming back to me. “What can I do, Jennifer? I’m still so much in pain!” I say, “Did you do the [How to Get Over It!](#)? Did you write the forgiveness letter to yourself? Did you do any of those things?” “Well -- no.”

***True forgiveness is
releasing
our interpretation,
our point of view,
our wrong
perspective.***

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The Warning Signal

I understand that. I understand the delaying. I understand the stewing and fermenting in our pain and suffering. Oh, yes! I explored that in **great** detail! [laughs] So, I totally understand it. I don't judge it. I totally get it!

I just know we don't **have** to wait until the pain is so unbearable and excruciating. We don't have to **wait** until that "Divine Alarm Clock" which is going off, mentally, letting us know -- just like "Danger! Danger! Core temperature dropping rapidly! Danger! Danger! Blocking the flow of Love! Danger! Danger! Blocking the flow of Prosperity!" "Danger! Danger! Blocking the flow of healing and Wholeness, Love and Freedom!" Because that's what unforgiveness **does**, and the **upset** is the warning signal. "Danger! Danger! Danger! Core identity being hidden!"

Now, of course I know why Spirit wanted me to tell that story earlier. Gosh! I **love** God so much! What a blessing! Holy moly! That's how it always works for me. Spirit is just like, "Go! Trust! Go! Say these things. Do these things!" Okay! I've learned! Most of the time, I've really learned, "Yes! Do it!"

It happens to me all the time, that -- let's say I can't find something, I can't find where I put those scissors down -- which is why I have a rule I've got to have a pair of scissors in every room, because I forget where I put them, and then I can't find them, and I don't like that! [laughs] -- and then, Spirit will say, "Go check on that window." And -- boom! There are the scissors, right there, right there in that room by the window.

I **love** God. So Perfect, all the time! And we can experience that perfection, and then the stress, it has nothing to grab hold of. In a pure, perfect world there's nothing to be stressed about, and we can move into that perspective. "*Pain is a wrong perspective.*" Lesson 190. That's our destiny. That's what we're **meant** to do. We **can** do it! Let's do it!

Just listening to Spirit here.

The Stress of Feeling Powerless

It's very stressful when, on a conscious level, we're deciding to block the flow of Love by holding onto regrets, attack thoughts, opinions, judgments, fear, worry, doubt, shame, blame -- all of these things. Guilt. Lots and lots of guilt. Jealousy -- and, we think it's **uncontrollable**.

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But it's **not**! We've **decided** to abdicate our spiritual authority, our spiritual sovereignty, dominion over our mind, for placing our awareness and our attention into the **ego** thought system, and thinking we are a body dwelling in the ego thought system, and that the ego is a **being** that has power that is directing us, and it's out of our control, and we are powerless. That is the true cause of stress.

But we're **not** powerless! It's just that we have mentally, within the illusion, deluded ourselves into **believing** that we're powerless, and that's where the **true** stress comes from. It comes from mentally agreeing to delude ourselves that we are **not** the Sons of God, that we are **not** part of God's Life, that our mind is **not** the Mind of God. We're trying to hide from God, because we have allowed ourselves to entertain and energize, and even **treasure**, thoughts of separation from our beloved brothers and sisters. And it's **those** thoughts that have brought us into this place of great despair and stress, that we've come to believe there's no way out, we're stuck here.

*True stress comes from
mentally agreeing to
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that our mind is not
the Mind of God.*

But see? None of these thoughts are true. That's why they're so upsetting. So, when we're upset, the "Divine Alarm Clock" is going off letting us know that we have abdicated our spiritual sovereignty for ego authority. But that's a conscious choice we make, and if we pay attention, we can watch ourselves make that choice. We can witness that we are choosing to go unconscious, we're choosing to agree that we're powerless, because we don't wish to extend Love to ourselves and others.

And that's a habit that we can break with the help of the Holy Spirit, and the Holy Spirit really will do all the heavy lifting. But we have to recognize the "Divine Alarm Clock" when it's going off, and the stress is a clear alarm that we have lost our mind, our **real** mind, and we are pretending that this ego mind is our mind. But it's not. The ego is a thought system of separation, and that's all it is. It has no power unless we choose to agree with it!

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I **love** that! So, it's an experiment, and when we do agree with it, we're not bad or wrong -- we're just making an exploratory choice. But it does not make us any worse or any better. That's the thing! God is eternally the same, and so are we. We are eternally perfect, and the stress comes from thinking that we're not. Stress comes from thinking that we lack, that we have limits. But we **don't**! And so, we can reclaim our unlimited, unprecedented nature. It does take **willingness**. Any amount of willingness **is** willingness.

And, we **can** move to making a decision and being motivated, whole-hearted and completely willing, even though we don't know **how** it will unfold. The "**how**" is not our job, it's not our business. That's God's Business, and we can have trust and faith, and that's the great stress relief. It does feel like a journey, but it's not as big a journey as you might think.

Remember I was saying at the beginning that for me it was about a year, maybe a year and a half, to a **huge** shift in my consciousness. Huge! But I was determined to place my faith in God, and stop placing my faith in the ego. I was **determined**, and I let Spirit **show me how**, day by day, moment by moment, and I didn't give up! And I'm so, so grateful! So, so grateful!

*We are eternally
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Mmm! Let's not live stressed. There are other choices. And, let's forgive ourselves any judgments we have that we have been living a stressful life.

Mmm!

If you would really like to do this forgiveness work, please consider joining me at my [Forgive & Be Free](#) retreat the first weekend in October. It is exceptional! So many people have told me that that was a pivot point in their life. It's a small retreat. It's intimate. It's absolutely 100% life-changing! I would love to **support** you in doing that work, if you're interested in joining me. We have payment plans, and we'll do everything we can to support you in making it possible, if you'd like to come.

And, I do that retreat back-to-back with my [Spiritual Counseling Training Intensive](#) so that the folks who are going into the *Spiritual Counseling Training Intensive* can have that extra boost and have **even more** Clarity, have an even more profound life-changing experience in the Intensive.

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And, let me just say that people do come and do those back-to-back who do not intend to be counselors.

Oh, my gosh! We're done! It's happened!

Thank you! Thank you for all your support, your Love. Thank you for being my Prayer Partner. Let's pray right now.

Closing Prayer

So grateful and thankful for the Love of God shining in our mind, eternally. We share the benefits with all. We let the healing be. And so, it is. Amen. Amen. Amen.

Mwah! God bless you! Have a great rest of your week!