

October 18, 2011



Undo the Ego & Put an End to Suffering



 *Jennifer Hadley*
your daily shot of spiritual espresso

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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 Hello, everybody! Ah! It's so good to be with you! I **love** doing this radio show, and part of what I really appreciate and enjoy about it is the hour. It's 8 A.M. in Los Angeles, where I am, and that's a really good time for me. I feel so clear in the morning.

One of the things that I'm letting people know is, Unity Radio now has an app that you can use on your iPhone. I'm an iPhone girl, an Apple girl, and so for those of you who like to listen on the go, I'm going to encourage you to go to the Unity.fm site and figure out how to get that app, so you can listen to these wonderful programs on your phone when you're traveling around in the car, you're standing on line at the bank, you're waiting for your kids at soccer, whatever it is that you're doing, that you can tune in and tap in!

For me, that's something I've **loved** to do, ever since they invented the iPod. I use the iPod when I'm doing the dishes, and all of these things. So, you can also get the podcast. You can get the download of every one of these shows, and so figure it out! It's really pretty simple, and all the details you'll need are at the Unity.fm site. So, isn't that sweet? They're making it so easy for us!

You can also find us at iTunes. So, you can go to iTunes and just search for me, Jennifer Hadley, and you'll find the radio show there, as well, so you can download it directly to your iPhone that way. Sweet! Making it easy!

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You know, it's valuable, it's important, because this show is really about truly living *A Course in Miracles* and walking the talk, and that is **the big challenge!** For many of us, it's not that hard to **study** it, to **read** about it, to read what other people are saying. But, to **walk the talk**, that is the big challenge! So, for me, I like every tool, every assist, I can get to help me keep my mind focused on what I'm truly interested in, which is **being** the Love of God in my own life.

So, let's tune in right now. I like to start with a prayer. I'm someone who absolutely uses prayer all day long, prayer without ceasing.

Opening Prayer

I invite you to place your hand on your heart, as I am doing, and to take a nice deep breath of gratitude. We take this breath of gratitude because we're grateful that we remember to Partner UP, Partnering UP with the Higher Self, the Holy Self, the Holy Spirit. We're Partnering up with the Love of God, and remembering that this is our true nature, it's our **true** identity to walk **in** the Love of God, **as** the Love of God, to literally **be** the Peace in our own life.

When we're Partnered UP, we don't have to figure out **how**. Oh! We can give the heavy lifting to the Higher Self, the Holy Spirit Self, and that is such a blessing! We're accepting that blessing right now, that we **don't** have to figure it out, that we can simply open our minds and our hearts in willingness. Our little willingness is all that's required, and we're exercising that right now.

We're willing to forget the grasping, the thoughts of revenge and regret, the disappointments, the hurt, the fear, the doubt, the worry and all the patterns of the ego. We're willing, right now, to allow them to be dissolved and resolved in our mind, so that we can remember that we are **free**, that we've always been free, and we always will be free, and any idea of feeling like a prisoner--confused in a world of lack and limitation, can be dissolved because it's **not real**.

What's real is the Love of God, and that's our **true** identity. We remember it now, together, and we invoke Divine Grace into our awareness as we share the benefits of our healing and our expansion with everyone, because we're One with them.

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So grateful that we can share this holy gift that is ours, now and forever. In gratitude, we let it be. And so, it is. Amen. Amen. Amen. Amen.

Waking From the Illusion of Suffering

If you're a prayerful person like me, and you're interested in another level of support, I will tell you, you can sign up for my [Daily Spiritual Espresso](#). I record a new prayer every day, which you can call and listen to or you can get it by e-mail. It's the "click and pray" when you get it by e-mail, which I love! All of that information is at [JenniferHadley.com](#), and you can also find all those prayers at iTunes and download them and have them on your phone. Isn't it wonderful that we live in a time when there's so much support for all this clearing--clearing away the confusion and the clutter in the mind.

This weekend, I was studying the *Course*, and I was rereading a section in Chapter 8, Section III, called *The Holy Encounter*. It's Page 141 in the *Text* in my book. Right there in the beginning, it says,

"Ask and it shall be given you, because it has already been given. Ask for light and learn that you are light."

You **are** the Light!

In my weekend class, my *Masterful Living Class* I was sharing with the students, thinking about this--that *A Course*

The feeling that we have in our body is literally a projection of the mind,

in Miracles teaches us that what we're looking **at** is, in a sense, what we're looking **with**. So, we're **seeing** in the world the **projection** of our thoughts, and our thoughts are also generating our **feelings**, which are **also** a projection. The feeling that we have in our body is literally a projection of the mind, and so we're experiencing, viscerally, what we're thinking about.

So, if we're not enjoying this moment, the opportunity is to say, "Oh! Thank you, God! I can **wake up** from this illusion of suffering and choose again! I can choose a **new** thought in this very moment!"

Unity, as you know, the Unity churches, the teaching is New Thought. I'm a Science of Mind trained minister, and my minister, Reverend Dr. Michael Beckwith, says "New Thought. Ancient Wisdom." That's what it is--it's

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literally we're taking these ancient teachings of truth and we're having a **new thought** about them. We're choosing again.

I love this teaching of "Ask and it is given" because the world of effects has convinced us, to some degree, to think that "Ask and it is given" meaning "Ask for ice cream and it is given." "Ask for a great spouse and it is given." "Ask for a new car and it is given." "Ask for a better job and it is given." "Ask for stuff and it is given."

Of course, that thought includes the idea that what we really want is the **stuff**, what we really want is a better experience of the projection.

If that's what we **think**, then we'll actually never find that the true treasure lies within, and when we can tap **into** the treasure within, then our heart is healed, our mind is healed, and we're set free and we remember, "Oh, my gosh! All of that suffering was because of the way I held the world in my mind and believed it to be true."

The "Movie" of Our Mind is False

Think of this--if you're watching a movie--I know this is a common analogy, but it works so well--you're watching a movie, forgetting that you're the projector. If you're sitting in the dark watching a movie, you become so identified with what's happening on the screen, you can literally forget yourself.

I know this definitely happens to me, because I'm extremely empathic, so if I see in a movie somebody falls down a stairs--oh! It just reverberates throughout my entire physical body, because I'm so empathic, I'm so entrenched in that experience of what's being projected on the screen. I'm so identified with it in that moment, and it literally just--I feel the vibration of pain go through my body in that empathetic reaction.

Now, if you're watching that movie in a darkened room, totally and completely identified with what's happening on the screen, or mostly identified, and someone turns on the lights, what happens to the projection? It becomes very faint, doesn't it? Now you could see, "Oh! I'm actually in a theatre. I was in a dark room. Now I can see the room, it's lit by the light. I could see what's actually happening here. I became identified with what's happening on the screen. Now, I'm watching what's

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happening on the screen, I'm less identified, because I can **so** clearly see I am not **that!** I am **not** that! I am One with the One, One with the Infinite."

This is how the Light of truth literally works in our mind. If we're identified with what's happening in our life, forgetting that **we** had something to do with the projection we're experiencing, we turn on

**"I am One with the One,
One with the Infinite."**

the Light of Love, we turn on the Light of truth, we turn on the Light of Infinite Wisdom, and we can **now see** much more clearly, "Ah! I was very attached, very entrenched, in that projection. Now I can have a new thought about it."

There IS Another Way

This is what undoing the ego is all about, and that's our topic this week with Jon Mundy. He's the author of *Living A Course in Miracles* and many other books. He's a wonderful teacher based out of New York. Well known. He travels all over the world speaking and teaching. He's been doing this for over 30 years, and sharing with people from all over, and helping us to understand what it really means to undo the ego and put an **end** to suffering.

So, welcome, Jon!

Jon Thanks, Jennifer. Nice being with you!

Jennifer Yeah, and I want to say, last week in [Living A Course in Miracles](#), the 8-week class that Jon and I are participating in, it's a totally free class. You can learn about it at [LivingACourseInMiracles.com](#). Jon was also talking about this same topic of undoing the ego and learning to go the other way.

I want to share with you, Jon, I got so much feedback from people how **wonderful** what you offered was, how nourishing and healing it was for them. It opened their eyes, with such Clarity, and particularly from the *Masterful Living* students in my *Masterful Living Class*. So, just to give you some feedback.

Because sometimes even though thousands of people are participating in the *Living A Course in Miracles* classes, we--the ones who are offering these classes--we're doing it remotely, and we're not interacting with the

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students, so I don't know how much feedback you got, but it was wonderful! A wonderful class!

Jon Oh, thank you.

Jennifer Mm-hmm! And at the end of the program, I'm going to ask Jon to share with us how you can access--he has a lot of free things that he gives away, so I'm going to invite him to share that. So, stay tuned to the end, and have a pen and paper, you can write that down.

Undoing the ego and the end of suffering, I think, for me, Jon, one of the main things is to help people get a clear motivation. What are some things that you have seen, in yourself and in other people, that if they work with these teachings, if they decide to walk the talk, that they can get immediate results? What kind of experiences have you witnessed people have that would inspire someone or motivate someone to dig in and really make a commitment to undoing the ego?

Jon Well, it happens for most people in terms of the realization. As it says, in one point in the *Course*, that there must be another way. That is, you know, how the *Course* itself got started when Bill Thetford turned to Helen Schucman and, frustrated with the backbiting and the fighting and everything, and the competitiveness that was going on in their relationship, and said there had to be another way.

Helen, very uncharacteristic of herself, turned back to Bill and said, "You're right, and I'll help you find it." Now, that's a line that also appears in the *Course*, where it says that everyone comes, eventually, to understand, "...*there must be another way.*"

It would be kind of nice for us not to have to get to the point of crashing and burning, and frustration, and annoyance with what's going on in the world before we realize that there **could** be another way. That's true, actually, in studying the *Course*, because as you study the *Course* it begins to show you this other way and so you really don't have to go through crash-and-burn experiences to wake up. You could just read this, and you could get it, and you could begin to apply these principles, and we're going to show you how.

Unfortunately, that's not the way it works for an awful lot of people, even most people, because we **do** have to come to these kind of crash-and-burn

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experiences. I think I may have mentioned last week that we don't see a lot of people under the age of 40, for example, studying the *Course*.

Jennifer Mm-hmm.

Jon I think one of the reasons that we **don't** is that a lot of those folks are still working on building careers, and families, and getting homes, and cars, and doing the stuff that one does in the world. And we almost have to get to kind of a midlife crisis first, where you realize that there must be something else.

A fellow came to my group that I run here in New York a few weeks ago. He was a newspaper reporter, and he came to it, he said, not because of any real crash-and-burn in his own life, so much, as it was just reporting all of the stuff that he's reporting on.

Jennifer Oh, right.

Jon He began to realize, "This can't be reality. There's got to be another way to see things."

Jennifer Mmm! Wow! That's very powerful. I can't imagine what it would be like to be a reporter and being focused on the most horrendous things that are happening--

Jon Right.

Jennifer -- day in and day out.

Jon It would give you a pause after a while, wouldn't it?

Jennifer Yeah. You would have a clear motivation there to the end of suffering.

Jon Right. Right.

The Past Prepared Us for Now

Jennifer This week in [*Living A Course in Miracles*](#), in our 8-week class, we're going to be focusing on finances. Right now, in the world, a lot of people are having financial crisis and fear. It's been going on for several years, now. That financial crash-and-burn creates the impetus for some people to say, "Well, maybe there's even a spiritual approach to my finances" and to look at where the ego has been-- what they've been identified with and it's led them into a financial ruin. And, also a chance to start again.

Do you have any advice for someone who's having **that** experience?

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Jon Well, sure. I mean, I think the main things there are trust. You can trust that God really **is** in charge, and that God really does know the way. And doing the right thing. You know, I studied with Joseph Campbell back in 1973, in New York, and Joe was famous for saying, "Follow your bliss." It's **really** important that we don't do things, we don't prostitute ourselves. By that, I mean, we don't do something **just** for the sake of the money, if we possibly can.

Jennifer Mm-hmm.

Jon I mean, there's--that's the thing, don't do jobs for the sake of money, but you want to follow your heart as much as you can, and let that be the direction you're going in.

***You can trust that God
really is in charge, and that
God really does know the way.***

One young man told me about a frustrating experience. He said he stopped driving the van that he was driving, and started banging his head against the steering wheel, and saying, "**Why** is this happening to me? **Why** am I having this horrible experience?" He heard a voice that said to him, "To prepare yourself for the rest of your life." [laughs]

And that was an awakening for him.

So, regardless of what we're going through, it is preparing us. There's a wonderful line that I really like in the *Course*, where it says, "*The past as well held no mistakes.*" So, whatever was going on was exactly what we're supposed to be going through.

A lot of people I know are going through a lot of tough times right now, but--

Jennifer Jon, we're going to take our break right now.

Jon Okay.

Jennifer We're going to pick up right where we left off. Thank you.

Jon Alright.

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Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*. Here is your host, Reverend Jennifer Hadley.

There are No Mistakes

Jennifer We're talking about undoing the ego, putting an end to suffering with Jon Mundy, author of *Living A Course in Miracles*.

Jon, you were just saying, you were quoting the *Course*, where it says the past holds no mistakes.

Jon “*The past as well held no mistakes.*” Yes. It's in the Section on Page--it's from the *Manual for Teachers of A Course in Miracles*.

Jennifer And so, you were giving an example of this young man.

Jon Oh, he was driving a van. He was doing a job he hated, and he couldn't figure out why he had to do this awful, hated job, and he stopped the van and started banging his head on the steering wheel, saying, “Why? Why do I have to do this?” He heard a voice which said, “To prepare yourself for the rest of your life.”

So, whatever we're going through-- whatever illness we're going through, whatever relationship, this divorce that we're going through, the bankruptcy that we're going through, whatever it is that we're going through-- spiritually speaking in terms of the *Course*, we actually **wrote** that script in for ourselves so that we could **learn**, spiritually speaking, what we **need** to learn as a part of our taking a step forward.

Jennifer Isn't it the ego thought system that would have us believe that we **have** made mistakes, that we're spiritually stupid, or we're inept?

Jon Oh, absolutely! Sure, the ego--one of its jobs is to beat up on us. That's called guilt.

You know, guilt's a major factor in the *Course*, and that there's a deep underlying guilt, and the deep underlying guilt is that somehow that we've separated ourselves from God, that we've broken away from God, which is true and it's not true. I mean, it's true in this kind of psychological sense, but in the truth of the matter you can **never** really leave God, because can't leave you. [laughs]

You may be a “prodigal son”, or it may seem as though you're a prodigal son that's wandered away, but God sits there with open arms ready for you

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to come back at any point you decide you want to turn around and come to the realization that the prodigal son came to, which is, “I could go **home!**” and then you can go home again.

Jennifer Well, and for me, one of the things that I started using as a tool to end the suffering is, I would just stop, and I’d say, “I’m **not interested** in that anymore. I am a creature of Love and Light, and that’s **all** I’m interested in.”

Jon Right.

Trip Switch to Changing Our Mind

Jennifer For me, that would be bringing up the Light in my own mind so that I could see more clearly that the experience of suffering I was thinking I’m having was **truly** a projection of my own mind. It was my own judgments--

Jon Right.

Jennifer --and my own opinions.

Jon Right. It’s not **what** we see.
It’s **how** we see it.

*“I am a creature of Love and Light,
and that’s all I’m interested in.”*

Jennifer Do you have a technique for changing your mind?

Jon Well, it’s not that I--yes, I do. It’s not that **I** have a technique, but I can sort of reflect, I think, what the *Course* is saying. The fact is, I just jotted this down on a piece of paper just a couple of days ago.

I was thinking, what is needed to engage in right-minded thinking is, we need to kind of a trip-switch.

Jennifer Mm-hmm.

Jon And if we had this trip switch-- and then in my book, *Living A Course in Miracles*, I have a section called “Word Fasting: The Spiritual Diet” in which I suggest that there are certain **words** that are trips. That you see this word coming out of your mouth that you realize it really **has** to be ego-based, and **because** it’s ego-based, then you kind of have to wonder **why** it is that you’re saying that, and do you really need to go there? Like, if you say that you’re disappointed about something, there’s only **one** way in the world that you could **ever** be disappointed about anything, which is that **you**

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would had to have made an appointment, or you had some sort of expectation, or--

Jennifer

Yes!

Jon

--anticipation about the way the situation was **supposed** to look, and it doesn't look that way, so you get to have this **experience** of disappointment. Well, disappointment is a trip-switch.

Jennifer

Mm-hmm.

Jon

The moment you realize that you were disappointed, you would be like, "Well, **who** made the appointment?"

Jennifer

[laughs]

Jon

You see, only an **ego** would make the appointment.

You get a lot in the *Course* about being upset. It'd be the same thing with upset. It's like, if you ever say that you're upset about something, then that's a trip switch. You want to watch it, you want to stop it and catch yourself and think, "**What's** upset? **Who's** upset? **Why** is it upset?"

The *Course* says, "*I am never upset for the reason I think.*" I am upset because my ego has made an investment again, in a relationship or an expectation again.

It's interesting. I'm studying Spanish right now, and I had to write a paper for my Spanish class and tell a story in Spanish, and I wanted to use the word "upset" and I didn't know what it was in Spanish. So, I looked it up in the dictionary, and there's more than one word that you can use, but one of the words is "trastornado" and I thought, "That's very interesting. The word "tornado" is inside that word. "tras-tornado".

Jennifer

Mmm!

Jon

Right?

Jennifer

Mmm!

Jon

And so, I looked up the etymology of "trastornado" and it means, "to have a thunderstorm." [laughs]

Jennifer

[laughs]

Jon

So, if you're upset, you've got a thunderstorm going on in your mind. Remember that little character from *Lil' Abner*, and they used to walk

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around with a cloud over his head? I think his name was Joe Btfsplk. Very strange last name. No vowels, just all consonants.

Anyhow, that's what we need. We **need** some kind of a trip switch. This is where I was saying we need the trip switch which will **then** provide a thought catcher. By a "thought catcher" I mean something that catches that thought, and then enables us to look at it.

To Have, Give All to All

And then, the next step is that we then **stop** this. We **stop** the projective mind right there. You catch the thought. You **realize** it's a projected mind, and then you realize that there **must** be another way, there must be another way to see this. Then the next step is to **do** something the *Course* really talks quite a bit about-- in fact, this phrase appears 17 times in the *Course*-- that is to engage in a reversal in thinking. So, the reversal in thinking then means that you do, indeed, **go the other way--**

Jennifer Mm-hmm.

Jon --and that you try to see it from the other person's perspective, for example, rather than just from your **own** projective perspective that you have on a situation.

***What you give away forever
is your own.***

Probably the best example of going the other way from the *Course* would be the place in the *Course* where it says--and this relates to finances, again, "*To have, give all to all.*"

Jennifer Mmm!

Jon [laughs] That's the **reversal on** thinking because the normal egoic thinking is to "get it" and to "make it mine". We live in a "go for it" society, you know, so you get it and then it's yours.

But, what the *Course* is saying, it's really the other way around. It's what you give away forever is your own. The best example of that, of course, is giving our Love away, because the more we give our Love away, the more this really miraculous thing happens, which is that we find the Love coming back our way. It's wonderful how it works!

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Jennifer I love this idea of the trip switch. That's very helpful! For me, what I--the trip switch for me is any disturbance in the body, and so I call that disturbance in the body the "Divine Alarm Clock" going off saying, "Wake up! Wake up! Wake up!"

Jon That would be a similar thing. Exactly.

Jennifer Mm-hmm.

Jon Then, what you need at that point is **awareness**. You need to really recognize that you've **not** had your awareness at the high enough level of attunement, so just kind of look around, and then what you want to do is to **catch** yourself being insane. [laughs]

Jennifer [laughs]

Choosing to Go the Other Way

Jon Because we're all kind of--we **are** all insane, actually, in terms of the *Course*. We're all sane, as well. We kind of go back and forth between those different states, but which one seems to dominate the mind a lot of the time, and for a lot of folks, they seem to be caught in, the projective mind is insane. The **more** projective I am, the more insane I am.

That's why the real task, you said it earlier, is to just remember the first three words of Chapter 21, "*Projection makes perception.*" So, you just have got to stop the --

whatever it is, just **stop** it. Stop that projection and the judgment that you're about to make about somebody, for example, and then **really, really** look at it. Then the *Course* says, "*The ego always speaks first.*" So, we see what the ego has to say about it--

The more projective I am, the more insane I am.

Jennifer Mm-hmm.

Jon --and **then** we go the other way, and then we make this other choice which is, "No. thank you very much, but I'm not going to follow that voice."

That's what Jesus in the wilderness-- He's given these three great temptations and they're **all** typical ego temptations. You know, "Do it this way." "All the kingdoms of the world can be yours if you fall down and

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worship me, the ego.” To each one, He just says, “No. I’m going to go the other way. Thank you very much, but I’m going to follow the Voice for God in my life rather than following this piece of insanity.”

Jennifer I had Ken Wapnick on the show a few weeks ago, and I asked him if he had a catchphrase that he used to go the other way, and he said that he loves the quote from King Lear where Lear says, “...*that way madness lies.*”

Jon “That way magnifies?”

Jennifer “Madness lies.”

Jon Ahh! Ah-ha.

Jennifer “*That way madness lies.*”

Jon Right. “*That way madness lies.*”

Jennifer So, if I go that way with the ego, if I go down that road--

Jon Mm-hmm.

Jennifer --of thinking, that’s where madness lies.

Jon Yeah. That’s good. That’s very good!

Jennifer Yeah. It is! It is! And yeah, for me, that “Divine Alarm Clock” letting me know it’s time for me to choose clearly, “What am I interested in?”

Jon Right.

Jennifer “Am I interested in the suffering caused by my own opinions and judgments? **Or**, do I have--am I willing to place a **true value** on Freedom, and Love, and Peace, what I **say** I’m interested in? Am I willing to actually **choose** that, when push comes to shove?”

That’s why it’s walking the talk!

Jon Right. It is. It’s very much--you know, the mystics have always seen that, and what really has to happen is, you **do** really have to completely stop and just look, take a couple of deep breaths. That helps us to--

Jennifer Mm-hmm.

Jon --re-center our awareness before we make this other kind of choice.

There’s a great line in the Course where it says, “*The ego analyzes; the Holy Spirit accepts.*” So, rather than continue to **analyze** everything, which means we’re doing a lot of projecting about what we’re seeing, just you get

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to this quiet mind. The mystical perspective is a perspective that just **accepts** the world. You **see** the situation and you let it **be** what it is. You let people be who they are. You don't try to fix them. You don't try to change things. That's really the mystical perspective. The mystical perspective is just "see-ing", but it's kind of pure "see-ing", or it's a kind of "be-ing", which is just a kind of a pure "be-ing", just "be-ing pre-sent."

And then there's that, in the mystical experience, that **connection** that happens with whatever. You know, if you're in a natural scene, it's nature. If you're with someone, it's the other one that you're with. If you're reading the *Course*, it's with the *Course*. You know, it's just being where you're **at** without the mind running all around all over the place.

*You see the situation and you
let it be what it is.*

Thousands of Paths Home

Jennifer Well, and one of the ways that the mind runs around all over the place for spiritual seekers-- and so we've got the Unity listeners, and all the New Thought listeners, one of the ways that our perception of separation takes a hold is thinking that **other** people should be studying *A Course in Miracles*, **other** people should be listening to us and reading the books.

Jon [laughs]

Jennifer It's just--and then we just are trying to convince everyone around us that **we** know what's best for them.

Jon No, no. There's no evangelism in the *Course*. The *Course* says, "*There are many thousands--*" of pathways back to God again. And there are, indeed. There are many thousands of pathways back to God again and trying to push a path-- if you're trying to push a path on somebody, then you're saying, "**I'm** right, and **you're** wrong," and it's **never** a matter of saying, "I'm right and you're wrong." It's much more a matter of **listening** than it is projecting.

Jennifer What about when someone has a friend, or a family member, or a church member, that is "ruining their life" and we--it's so easy to think **we** know what's better.

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Jon Right.

Jennifer What do you say to someone who's **so attached** to their opinion and their judgment at that point? It's--because, you know, someone is a drug addict, someone is in some way clearly creating distress for themselves, it's very easy for the ego mind to say, "**You** know better than they do! You should help them!"

Jon Well, that's really a difficult one. You know, on the **whole**--and I think one of my favorite lines in the Course is where it says, "*Let him be what he is, and seek not to make of love an enemy.*"

So, to let her be who she is, let the situation be what it is. It's really hard for us--first of all, people aren't going to want to listen to us, because they're going to hear you coming from their own ego perspective.

Jennifer Mm-hmm.

Jon So, when you try to tell somebody else what to do, they're going to get defensive. Defensiveness is just built in. The minute someone tells you, in your own mind you look back at them, and they just don't say anything, you're saying, "You idiot, you!"

Jennifer Mm-hmm.

Jon Your own mind--because we're not wanting to pay attention. And it's **sad**, in a way, that we kind of have to let some folks walk down these paths that we **know** are leading them into trouble.

But, take the prodigal son story, for example. Again, the father of the prodigal son-- when the prodigal son comes to the father and asks for his inheritance, the father doesn't say, "No. I think we should really talk this over, and is this really a good idea for you to be going off like this?"

The second line in the prodigal son story is, "And the father divided up his property and gave it to him." Right?

But, I **think** the implication is there, even though it doesn't say it at that point in the story, or even ever in the story, "But I know you'll come home." You know, "I know that you'll be back."

That's really kind of, in terms of the *Course*, God's relationship with **all** of us. God sees us, that we're all His separated sons and daughters, all trying to build our own kingdoms, all trying to make it our own way in the world, and He doesn't stop us or try to change it or manipulate it. You know, He

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just says, “I **know** the time will come when you will reverse your thinking as the prodigal son does when he says, ‘I could go home.’ And, you’ll come back!”

And, of course, the guy comes back thinking that he’s going to have to do a confession of how guilty--

Jennifer Right.

Jon --he is, but that’s **not even recognized!** All the father says is, “Get a gold ring, put it on his finger. Get some sandals and put them on his feet. Get a cloak, put it on him. My son was lost. He’s been found. He was dead. He’s come back. That’s the **only** thing that matters.”

That really is the only thing that matters is, at some point, we recognize we’ve gone off. We turn it around, and we come back, and then we begin to really do with the Will of our Father is, which is **our**

own will. That’s the arrogance of the ego, is in thinking that it **knows better.** That’s really the main problem we’ve got. We kind of say to God, “Well, thank You very much, God. I’d really rather do it myself.”

***The arrogance of the ego
is in thinking that it knows
better.***

Our Ego Sees Our Errors in Others

Jennifer Yes! [laughs]

Jon [laughs] And God doesn’t say, “No! You **can’t** do it yourself.” You know, He says, “Alright. Go ahead!” [laughs]

Jennifer And don’t you think that one of the great things that we can give to our loved ones is to no longer **hold** them in **our** attention as having something wrong with them?

Jon Oh, absolutely! Because, in fact, it says that the--Mark Twain once said the most disturbing part of scripture, to him, was the part where--not the part he didn’t understand. It was the part that he **did** understand.

I think the most disturbing part of the Course is not the part I don’t understand, it’s the part I **do**, which is Chapter 9, Section III, where it talks about “*The Correction of Error*” which it simply says if you perceive error in a brother, you must be seeing through your own ego.

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Jennifer Yeah.

Jon Because that's not the way the Holy Spirit sees it. The way the Holy Spirit sees it, is the Holy Spirit sees the Wholeness. And actually, that's how you help people.

Jennifer Yes!

Jon The way you help people is that you reach in there, you see the Wholeness, you see the--you've got to get in touch with the Holy Spirit, and that changes things.

***If you perceive error
in a brother, you must be
seeing through your own ego.***

Jennifer And that's what we're going to continue discussing as soon as we come back with Jon Mundy.

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

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

Fall in Love With Everyone

Jennifer We're back with Jon Mundy and talking about having the **willingness** to see our loved ones as they truly are--perfect, whole and complete, how deeply and profoundly challenging that is.

Jon, I'll share with you that a few years ago, in my *Masterful Living Class*, one of the students said that for her husband's birthday she was giving him the gift of one year not judging him.

Jon [laughs] What happened at the end of the year?

Jennifer Well, she said at the end of the year, she said that it was the most difficult thing she ever embarked on--

Jon I'm sure.

Jennifer --to hold no judgments on her husband. It's interesting that very often when I talk with people, the biggest challenge they have is to truly

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unconditionally Love their loved ones and not judge them. That is **the** most difficult thing in their life.

Jon Mm-hmm. Sure! It's easy when you do it. It's just a matter of finding that trip switch that enables you **not** to do it. It doesn't make any difference what they're doing, you still Love them.

Jennifer Well, that's hard for people to understand, that it doesn't make any difference. I mean, if someone is in a marriage where the spouse is cheating on them, or sometimes, I know--

Jon Oh. Well, that doesn't mean--it doesn't mean that you wouldn't walk away from an abusive relationship, or step out of a situation like that, maybe. You might very well **have** to do that. You want to be kind and loving to yourself, as well.

But, whereas, I'm not assuming that level. Otherwise, if they're just complaining about the dirty dishes in the sink [laughs] you go ahead and Love them. Right?

Jennifer Right! But you "gotta wanna."

Jon You "gotta wanna" but it's **possible**. I mean, you think about everybody that falls in love. At the time that they fall in love-- the **reason** we fall in love is that there's something inside--I know was true when I fell in love with my high school sweetheart, and then many years later when I fell in love with my wife, was that I was able, for some reason, to look through and to see the innocence that was there. And it was the innocence, in a way, that I fell in love with, which is what the *Course* is asking us. It's asking us to be able to see that in **everybody**.

For many years, I worked as a teacher inside Sing-Sing prison and the Bedford prison for women in New York. I didn't know my student's crimes, and it was--I was just so **grateful** that I didn't know their crimes, because sometimes I would find out about the crimes later on, and it was hard to avoid being judgmental. You know? But, I got to know them as persons, as people, as human beings. I got to know them, first of all, by just looking into their eyes and talking to them straight on as human beings, and that was really, really wonderful because that's there in everybody.

Keep in mind, the *Course* says, I said earlier that everybody here's insane, but the *Course* also says that there's no one here in whom the Light has gone out **completely**.

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- Jennifer Mm-hmm.
- Jon So, it's still in there, and people want that Light to be seen by others. And, if you just reach in there and you can see that Light for a moment, and touch it, and realize and share it with them somehow or another, that is such a magnificent experience for both people. That's why we fall in love.
- But, you can fall in love with everybody, and anybody. I don't mean in some sort of--
- Jennifer --right. Romantic.
- Jon --personal, sexual way or anything like that, but just as human beings.
-
- There's no one here in whom
the Light has gone out completely.*
-
- Jennifer You're not advocating promiscuity, is what you're saying.
- Jon Not at all.
- Jennifer [laughs]
- Jon Not even slightly.
- Jennifer Sorry. That was a cheap joke.
- Jon Yes. It was. [laughs]
- Jennifer Just to make sure everybody's listening.
- So, what I'm hearing you say is that Love is the healer.
- Jon Sure.
- Jennifer When we are willing--
- Jon That's the miracle.
- Jennifer --the spark of Divinity in someone, then that Love **is** the healer. **Love** does the heavy lifting--
- Jon Right. Right.
- Jennifer --if we're **willing**.
- Jon What you have to do, which is what makes it a difficult task--
- Jennifer Mm-hmm.

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Jon --is that you have to look **past** the mask. What we **see** is the mask. The mask is the first thing, because a lot of folks--I mean, we do walk around wearing the masks. But, it's not too hard, in a way, to break through that mask. It just takes a little bit of kindness, a little bit of the right word, a little bit of seeing that God **is** in there, and that mask will begin to fall away pretty quickly.

Stop Asking and Start Giving

Jennifer Sometimes in relationships where the judgment has our attention, what often we'll see in relationship is that people go into a sense of sadness. You were talking about disappointment before, and sadness.

If people are feeling sad that things should be different that they are, or that something that they hoped would happen didn't happen, they hoped the marriage would last, but it didn't last, what can you tell us that helps people deal with that kind of sadness?

Jon Stop asking and start giving. [laughs]

Jennifer Mmm!

Jon Really. I mean, you know, stop asking for more and just start giving from your own heart, and you'll find that it does come back. And don't think about what the--that somebody **has** to respond to you, that they **have** to give you back Love just because you're sharing with them.

***Stop asking for more,
and just start giving
from your own heart.***

You know, the great lovers of mankind--the Mother Theresa's and the Albert Schweitzer's-- all gave regardless of whether there was any return coming. Because the return was the fact that they were able to give it, it just became automatic in returning to them.

Jennifer You know, you're reminding me of--I once read in one of Doreen Virtue's books-- I don't know if you're familiar with Doreen Virtue?

Jon Oh, yeah. Sure. Mm-hmm. Sure.

Jennifer She has all those wonderful books about the angels, and she's an avid *Course* student for many, many years.

Jon Yes.

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Jennifer And I remember reading in one of her books, I can't recall which one now, where she, as a therapist, would feel that she would hope that she could say something that someone could **hear** it and have an a-ha, have an open moment, and hear it clearly in their mind, and that that would contribute to their healing.

And she realized that whatever is said that's **true**, whatever Love is offered to someone who appears to be disconnected or having a difficult time, that when they are **ready, that truth, that Love**, will appear in their mind clearly. And that, until then, it's like ornaments hanging on a Christmas tree awaiting their seeing it.

Jon Mm-hmm. Good.

Jennifer And I just **love** that!

Jon Yeah. Sure.

Jennifer So there's--we don't **have** to convince anyone. We don't **have** to wake--it's not our job to wake anybody up.

Jon Oh, absolutely not! I mean, it's--the job, which is a tough job, is to try to wake **yourself** up! It's that struggle to get to awareness yourself. If you get to the proper level of awareness, you'll realize that it's not about fixing other people. It's about--and none of us realize how much dark stuff there is inside us until we let some of it out--

Jennifer Mm-hmm.

Jon --and then we realize that there's even more that you need to look at. The more housecleaning that you can do, the better. That's where it all starts.

Jennifer And not judge ourselves for judging.

Jon Right. Well, that would be one of the first steps, of course. But then that also enables you to stop the judgment--

Jennifer Mm-hmm.

Jon ---just to recognize that that has been a part of what you've been doing, and you don't need to keep going there anymore.

Jennifer I think that's one of the most debilitating things for spiritual seekers, is they judge themselves as not being "good enough" or "holy enough".

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Jon Well, the *Course* talks about it. It actually says that once you realize how projective you are onto the world, and you begin to stop that, then you're very likely to reverse it and throw it back onto yourself.

But it's just exactly the same thing, so you want to catch that and change that, too, and see that that is what you're doing to yourself. That's the kind of thing that leads us to get sick, literally.

Jennifer Mm-hmm. ***Let Love be that healer.***

Jon Right?

Jennifer Well, we're going to be closing on that thought. I'm going to say a prayer, and as I go into that prayer, I'll share that, for me, one of the tools that I use in working with the mind and undoing the ego, ending suffering, is when I recognize I have a judgment, when I have an attachment to a thought that's not true, I make a holy offering of it. I place it on the holy altar of God's Love, and I let Love be that healer.

So, I'm going to invite people to join with me in that in this moment, and just take a deep breath of gratitude that we've called forth this opportunity to remember our true identity.

Closing Prayer

I invite you to place your hand on your heart right now and remember that Love **is** that healer, and that we all have full, 100% access to Love. In fact, we **are** the Love, the Kingdom **is** within, the treasure **is** within our **own** heart, and right now, we're opening our minds to **see** that clearly, to know it clearly, and to be "Faith-full".

Right now, we're invoking Divine Grace into our awareness, and we're letting the Holy Spirit do the heavy lifting. We're willing, and we're cultivating that willingness, to know the truth about ourselves, about life, about everyone, so that we can be **actively** awake and alert to the opportunity to Love so clearly.

In gratitude, we accept what is ours. It's already been given. We share the benefits with everyone, because we're One with them, and we let it be. And so, it is. Amen.

Thank you so much, Jon! Oh!

Jon Sure!

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- Jennifer Tell us your website again?
- Jon It's very simple. It's MiraclesMagazine.org.
- Jennifer And, people can request a free copy of your magazine and it'll be mailed to them. Is that not correct?
- Jon With whatever the next issue that's going out. The next one we're working on, the November/December is next, but it may be January/February before they get the next one, simply because we've had so many already going out.
- Jennifer Good!
- Jon We've kind of filled our quota, but it's okay. Yes, they will, they'll get one.
- Jennifer Beautiful! And there's a lot online there. I thank you, Jon. God bless everyone. Have a great week!
- Jon You, too, Jennifer.