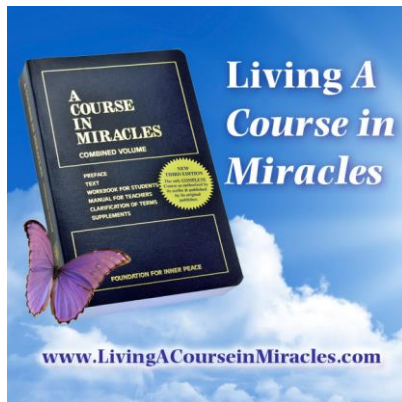


October 16, 2018



When Forgiveness is Dysfunctional



 *Jennifer Hadley*
your daily shot of spiritual espresso

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October 16, 2018

When Forgiveness is Dysfunctional

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! I am **grateful!** Yes, I am! I'm so grateful! I've just come back to New Jersey. I'm going to be here for a couple weeks visiting my family, and I've come back from North Carolina, where I was doing the *Forgive & Be Free* retreat and the *Spiritual Counseling Training Intensive*.

Of course, some of those people who attend those also listen to this radio show, and it's so wonderful when we get to be together in person! **So healing!** Ah! 10 days! For **me**, 10 days of extraordinary healing that people were having, because of their willingness, because of their willingness to change their mind, because of their willingness to let the past go, because of their willingness to think about things differently, and that's **really**, truly what this radio show is all about. It's about cultivating that willingness to do things differently.

Because it's one thing to listen, and listen, and listen. And it's a whole other thing to make different choices. That's my intention, my goal, is that by listening to this radio show, you would be inspired to make different choices and do things differently.

That's why I keep it so practical, because **those** are the things that have profoundly transformed and healed my life, and I'm so grateful to share them with you. We are blessed, and we bless each other!

So, let's say a prayer.

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Opening Prayer

I invite you to join me. I place my hand on my heart. I take this breath, and I am grateful and thankful to open my heart and my mind to the very highest possibilities of Love and Light.

So grateful, so thankful, for the Joy, the Peace, the Harmony, the Wisdom, the Clarity, the Freedom. So grateful that we are saying, “Yes!” to our healing, “Yes!” to the Light, “Yes!” to expansion, “Yes!” to being truly helpful.

So grateful and so thankful to open ourselves to an unprecedented flow of Divine Good, Wisdom. Yes!

We share the benefits with all. We let it be. And so, it is. Amen. Amen. Amen.

Our Core Beliefs of Insecurity

Mmm! So, so grateful! [laughs] Yes! **Yes!**

Alright! So -- ah! Our topic today is “When Forgiveness is Dysfunctional” because it **does** happen. Oh, my gosh! I’ve done it **myself!** I’ve done it myself.

Alright. So, let’s look at this. This is really good for us. One of the things I noticed about myself as a spiritual student is, that I used to really be very angry all the time, and that anger would erupt everywhere. I would vent it on **anyone**, because I was like a steaming pot of jam that had a lid on it, and I needed to let some of that steam out, so I didn’t explode in a nervous breakdown.

I was constantly lifting the lid through “I’ll get angry at **you!**” “I’ll get angry at **you!**” “I’ll get angry at you!” I just naturally felt that I had the **right** to take out my frustrations on other people.

I didn’t know how not to, to be honest with you. I knew it wasn’t kind. I knew it was hurtful. And, of course, I felt deeply ashamed, and I felt humiliated by my own lack of control. I had such a low opinion of myself! It was very hidden under a lot of confidence, and intelligence, and things like that.

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But anybody who's angry a lot, is a bully to others, attacking others, saying unkind things about other people, feels deeply insecure and is projecting it onto others.

Whenever you see a leader who is attacking others, and unkind, it's a sure sign of their deep insecurities. And so, let's pray for them. Let's have compassion for them, so they can be a helpful leader.

See, it took me a long, long time to discover that I had this deep well of self-hatred. A **very** long time! **And**, it also took me a long time, then, to realize that I had a deep **belief**, a fundamental core belief, that there was something -- not something, that **I** was fundamentally bad, something was **wrong** to my core.

Seeing the Truth in Ourselves Through Others

And so, once I started to see that I could actually work on it, which I did, and I've shared -- as I was doing in the *Spiritual Counseling Intensive* this week, I shared that my counseling clients were the best gift to me, for my healing, because I made a commitment to see all my clients as perfect, whole, complete, beautiful. And, I really determined to see them in truth, and, I **did!** Seeing them in truth, I could start to see **myself** with truth.

A client would come to me that felt demoralized, broken, confused, hurt, wounded in some ways, and I could see, "Oh! The perfection is still there! The Wholeness is still there! Plain as day!" Sometimes I would start to weep, the Beauty was so perfect and clear. But they couldn't see it. My being able to see it, being the two or more who are gathered, the Christ was right there. **They** could begin to see it, and then I could see it in myself. So, we helped each other in that way.

Seeing [others] in truth, I could start to see myself with truth.

I'm so glad Spirit led me to become a Spiritual Counselor, and it's been just the greatest gift to me in my own healing. And, I do firmly **know** that the ministers that I **know** who haven't done a lot of spiritual counseling, they don't have the same level of understanding, they don't have the same level

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of Faith, as those who have done a lot of spiritual counseling. That's my experience.

Of course, some people could go to spiritual counseling, without the same goal and intention that I had, and have a very different experience. I get that.

When forgiveness is dysfunctional, it's because we are believing that we're forgiving in order to get something. So, it's codependency. It's not **true** forgiveness.

My sense is that, what happens sometimes is, people think, "Okay. If I just **forgive** them, then they'll do what I want." "If I just forgive them, then they'll leave me alone." "If I just forgive them, then they'll come back home." There's some "giving to get" there. There's a bargain being made. It's "Let's Make a Deal" time! That's not true forgiveness. **True** forgiveness doesn't need **anything** from the other person.

So, if we're forgiving in order to **get** something, **that** is dysfunctional. What I used to do is, I used to think, "Okay, I've just got to **forget** that this happened. I've just got to let it not bother me anymore. I've just got to **overlook** how I feel about it, otherwise, I don't think I can be in relationship with this person!"

*True forgiveness
doesn't need
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other person.*

That's not true forgiveness. It **sounds** like forgiveness, it **seems** like forgiveness. But, it's not, and **that** is when forgiveness is dysfunctional.

Fake Versus True Forgiveness

Here's the thing -- true forgiveness isn't **ever** dysfunctional, but **fake** forgiveness is, and fake forgiveness is **rampant** in our world! And, it's rampant in *A Course in Miracles* students. I've heard *A Course in Miracles* teachers say things like, "So, this morning I went to the store to get my favorite cup of coffee, but the machine was broken, so I had to forgive that. And then, I went to get this other thing at the other store, and they were out of it, so I just had to forgive that. And then, I was driving on the freeway and somebody cut me off, and I just had to forgive that."

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Sometimes, when people tell you these stories, there's not the sense that there was any forgiveness, because what do you **mean** you had to forgive it? Just don't **judge** it! Just **accept**, "Oh! You don't have my favorite coffee. Well, I had an attachment to getting my favorite coffee, so **you**, my friend, are helping me to **give up** my attachment! Let me recognize that! Instead of judging you bad, wrong, 'Don't have what I want -- Oh, I forgive you!' **No!** not forgiveness.

Instead, let me just go, "Oh! Okay. Don't have my favorite coffee. Ah! I feel a disappointment. Alright. Well, there's some good here for me. I'm going to receive that, instead, and that'll be wonderful! So, I'm going to release my attachment to thinking I need, and want, and have to have my favorite coffee. I don't. Something else is occurring. Maybe I'm going to try a different coffee! Maybe I'm going to try a different coffee and discover a new coffee that I love even more! Or, go to a new place, make a new friend. Or, maybe I'll go to a new place, and that person, their store, is desperate for money that day, and I'm going to go in, I'm going to try a new coffee. I love this new coffee!" Or, "I don't love this new coffee, but my friend would love this coffee. Let me get a pound of this coffee while I'm here." Right? And then somebody walks by and goes, "Oh, look! There's somebody in that store. I'm going to go in that store, too!"

Opportunities for Blessing Others

You never know. You never know until you can see through all directions of time and space what's going on. So, **why** do you have to forgive it? Don't **judge** it, there's **no** forgiveness.

Instead of judging it, see the opportunity to release the **attachment** that you have. That's the **bonus** gift that's there! Yeah, you can judge it, forgive it by releasing your judgment, and then receive the bonus gift of releasing the attachment.

Instead of judging it, see the opportunity to release the attachment that you have.

But, you can go right to it, as well. You can be so open-minded walking through your day, that when things don't go your way, you can go, "Oh! Something to learn! Something new is occurring! Cool! Love it! Bring it! God's got my back, so why would I be afraid that they don't have what I want, when I want it? God's got my back! If I **am** afraid, let me recognize

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I'm triggered, I'm afraid, and let me call God back into my life! Let me strengthen my trust and Faith by recognizing my **lack** of Faith and changing my mind."

Every moment has these wonderful, wonderful opportunities for us, **without fail!** It's the coolest thing in the whole world! I mean, seriously! It makes every day a treasure trove of healing opportunities!

Oh, it's so exciting to me! I know I'm just a total "God nerd" but it is exciting -- God is **endlessly** exiting to me, and I'm so grateful! I really am! It's so **good!** So precious, so powerful! Ah! Thank you, God!

Now here's another thing. Maybe that person who pulled out in front of me in traffic needed a **blessing**, so I can do a drive-by blessing. I don't have to resent them, attack them, shake my fist at them, curse them. "Dude! Bless you! Yes! Go in front of me! Bless you! Bless your day!

May you arrive there safely! May you have a realization of truth on the way! May both our lives be improved because of this encounter! This may be my only chance to consciously bless you for the rest of my life. I take it now. Thank you, God!"

Turn the other cheek. Offer a **new** perspective. So many opportunities every day!

Forgiveness is dysfunctional when we're holding on to resentment, we're holding onto the opinion, we're holding onto the judgment, but we're **saying** we're forgiving. That's when it's dysfunctional. It's so common!

This is one of the things that I was sharing about in [my *Forgive & Be Free* retreat](#), and my forgiveness workshop-- which, by the way, I'm just going to mention -- last weekend I did my *Forgive & Be Free* workshop for the very first time, I did it live, online, on video. It's a 3-part series, because normally when I do it live, I like to do it 4-hours, and it's very full. It's not quite the same to do it online, so I'm adding extra, and I'm also just experimenting. I like to be creative and experiment, and God gives me these ideas all the time.

This is the idea to do a 3-part workshop, so people can really go deep with the forgiveness, and really make a difference in their family. Right now,

Turn the other cheek.
Offer a new perspective.
So many opportunities
every day!

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today, we are 5-6 weeks away from the Thanksgiving holiday, so it's a time to really dig in and start clearing the landing for our holidays, family holidays.

It was **so** clear for the people in the workshop that they really wanted to do this deep forgiveness work and clear things out, so they could have a much more healing, loving experience with their family, and so they could be what I like to call the "fulcrum point of healing" in their family, that **access** point to take things up to a higher vibration.

It was so exciting for me when I realized, "Oh! **Instead** of saying to myself about these situations with my family, hey! I'm going to withhold the Love, and I'm going to increase the judgment, and I am going to put you on the outside of my loving heart until **you** apologize, until **you** make amends, until **you** say you're sorry! I'm not giving an inch! You've got to meet -- **you've** got go first!" --but then, as I started to really open my heart in Love, I realized, "Ah! **I** can go first! I can go **first!** Oh, thank You, God, for helping me to see, **I can go first!**" What a gift to someone who's so shut down that they're saying, 'When hell freezes over!' I can go **first!** That's Love! That's Love! Love holds no grievances, nor do I!"

Healing Family Grievances with Real Forgiveness

When I saw that, I began to really go for it. But, it took me a while to realize the **difference** between functional forgiveness and dysfunctional forgiveness. Functional forgiveness is when there's a healing, when everyone's vibration is raised. When it's so clear in the One Mind that the past is no longer of value, **that's** functional forgiveness. When there's miraculous healing and transformation, the forgiveness is **real**. It is functioning properly.

Dysfunctional forgiveness is when the codependency continues. "Sure! I'll forgive that!" is **not** real forgiveness.

Real forgiveness is, "Yeah. Stuff happens. I totally get it. I've made that error myself. I'm not going to judge you. I don't want to judge myself. I don't want to judge anyone, anymore. I'd really like to let all of that go, and the deep desire of my heart truly is to be loving. Whether **you're** loving or

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not, the deep desire of **my** heart is to share Love, express Love, know Love, and stop withholding it, and that's where I'm going to place my attention and focus. So, I don't need to judge you. **My** judging you does not **help** me, and I am interested in helping myself and living a life of Love." That's really **functional**.

We can do this, and we can become **so good** at it that, you know what? This is what I've seen is, **all** the grievances in my family got healed! And, you know, there's still stuff coming up for healing, I will say that. But, the past, it just fell away.

Some members of my family still are bringing up new grievances. "Oh, that bothers me. I don't like that. I wish that were different." But, I can be there with my family and not judge them for their judgments. And I can say, "Yeah! I get how you feel. Totally do. I have a different perspective. If you want, I can share my perspective." "Sure! I'll hear your perspective!" "Well, I just see it this way." From **their** perspective, this is their goal, this is what they're doing, this is why they did that. I don't think they **saw** that it would impact you. So, maybe if they **had**, they probably would have done something different."

A Thousand Broken Vows? Begin Again

I don't want to judge anybody for what they can't see, what they don't see. Just like I don't want people to judge me for that, either. Let's all be free of the judgments and the complaints, **forever and ever**. It's a healing and a holy opportunity that life gives us, again, and again, and again, and no matter how many times we have failed, we can begin again.

There's a beautiful song that I just treasure it. Jennifer Ruth Russell, who's a friend of mine, she was a guest on this radio show a few years ago, she wrote a Ho'oponopono song, which I love, and you can get it for free at JenniferRuthRussell.com.

*Let's all be free of
the judgments and
the complaints,
forever and ever.*

She also wrote a song called *Come Whoever You Are* based on a poem by Rumi. She used a lyric of a poem by Rumi, and in there, it says, "Even if you've broken your vow a thousand times, come. Begin again." When I first heard that song, I just wept, because I thought, "Oh, Rumi! You know

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me so well!” [laughs] I’ve broken my vow a thousand million times, and God is **still** inviting me to come back, to come home. So beautiful!

I’m going to mention that, as we’re going to break here, I’m going to mention that, that *Forgive & Be Free* workshop that I just did, we’re going to offer it again. It was so darn good, people had such amazing and healing revelations, and they’re continuing, because it’s a 3-part class, and I have Part 3 tomorrow. So, I’m going to do it again, and again, and give you the opportunity to participate in it. Yes!

If you would like to know about it, and you’re not on my mailing list, write to me at Admin@JenniferHadley.com .

Also, on the Home page of my website, you can find my free forgiveness workshop, which is called [How to Get Over It!](#) Yes! Good stuff is happening for all of us. **Now’s** the time. Let’s end this year with **so much** Love in our heart.

I’m Jennifer Hadley, and you’re listening to *A Course in Miracles* on Unity Online Radio, where we’re living the Love, we’re walking the talk, and 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*.

Events, Apps, Resources

Here we go! Welcome back! Before we went on the break, I was saying how powerful the Forgiveness Workshop is. It’s free that I’m doing, and people do love the *How to Get Over It!* that’s already there. But, this live workshop is a wonderful, wonderful opportunity, **and** to do some work live with me and to do some deep inner work. we do work in a group, so it’s a very interactive experience. We’re figuring out how I can do it again, so stay tuned!

One way to stay tuned is to sign up for my [free inspirational text messages](#). Those, you can sign up for at my site, JenniferHadley.com. at LivingACourseInMiracles.com or ACIMtexts.com. Yeah!

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I'm sure we'll also promote it on the free app, the ACIM app, so that's another place where you can look for things, and you can get that ACIM app.

You can always look at the [Events](#) page at [JenniferHadley.com](#) and see what's coming up. I always have a bunch of free things there, **always**, and what's coming up. I also have, there -- I have a lot of stuff at the [LivingACourseInMiracles.com](#) site. So, so many great, great resources for you there. Please enjoy all of them, including the [global calendar](#). We're really putting a lot of energy into the calendar. We've got some wonderful people who are volunteering to support, and help, and do that work, so that we can have a really, truly comprehensive global calendar of **all** *A Course in Miracles* events and Study Groups -- all the speaking events, all the teaching events, all the classes, all the workshops, all the Study Groups, everything *A Course in Miracles* that's happening, **one** resource for everybody all over the world.

[0:32:48] One of the reasons we're doing that is because years ago, I thought -- my friend David Hoffmeister, who has travelled around the world so many times for the last 30-some years, and just think if David or Gary Renard or Jon Mundy, any of these people who have become such good friends of mine, Lisa Natoli. Maria Felipe's in London right now. I just got a message from her yesterday-- and, if somebody's gone there, and nobody **knows** who Maria is, nobody knows who David is, nobody knows who Gary is. They've just learned about *A Course in Miracles*, they don't know anything yet. But, if they can find this [global calendar](#), they could start looking, "What are the things in my neighborhood? What are the things happening in my country?"

Because a lot of people are like me. Back in the day, I would have easily gone and driven 3-6 hours to go hear somebody that I really wished to hear. It was **totally** worth it to me to be in that vibration, and to catch an a-ha, an insight, to meet some new like-minded souls.

Now, I do the same thing, only **I'm** the one that's sharing, and frequently with others. I love when we can gather together. It's so fabulous!

Yeah! And, there's a lot more that we have on our agenda to do at the Power of Love Ministry through [LivingACourseInMiracles.com](#) and [JenniferHadley.com](#). So, if you have an interest in volunteering, and you have a skill that you'd like to help participate, you can write to

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Admin@JenniferHadley.com. Tell us what your skill is, and we'd love to give you a project to work on and help us build out these things.

Also, I'd like to make a prayer app, an app of my daily prayers. The cost on that, I just got the cost on that, it's \$15,000. Now, a lot of people charge money for their apps, but I feel like we can fund it. **We** can fund it, and so we're coming to the end of the year. If you'd like to make a tax-deductible contribution to support all these things that we're doing, helping people to really go **deep** with *A Course in Miracles*, **really** do the forgiveness work, **really** change the culture in their family, in their workplace, let's **do it!** It's **so** exciting!

Doing Our Inner Work Heals Others

Just the other day, I was listening to someone in [Masterful Living](#) share that they didn't like the culture in their workplace, and they decided to make a shift because of the work that they were doing, the inner work that they were doing, and the results that they were seeing through *Masterful Living Course*. So, they just started to say hello to people, "Good morning!" as people came to work and walked by her desk. She just would say, "Good morning!" which, she'd been there for a while, she never did that. And then, people started saying "Good morning!" back to her.

Then, even her boss began to shift and change, and start to be more friendly. He moved his desk, so he could see people going by his door and greet them, and all kinds of changes started rippling out throughout the office. And, it just started with **her** wishing to express her very loving heart, rather than feel like she had to submit to the culture in the office. She said, "Nope! I'm just going to start saying, 'Good morning!'" and the culture in the office is **really** changing the energetics.

See? People say, "I just hate this job! I've got to get out of here!" What if you're planted in the perfect place?

When forgiveness is dysfunctional, when it's to **get** something, we're not going to **see** these opportunities. We're **not** going to see them, and what I know about this person, who is by their very presence, their willingness to be truly helpful, to represent the One Who sent them, is changing the culture and the feeling of people around her at work, where she spends so much time, she's doing that because she's done her **own** inner self-forgiveness work.

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We're the Same - Let's Do the Work Together!

It hasn't been **easy**. It's never easy. No one ever finds it easy to do the **initial** bit of self-forgiveness work and forgiving others. I don't know anyone who's like, "Oh, yeah! Piece of cake! I've no resistance! I've no reluctance!" No, I've never met that person, ever. But, that's okay. We can join together.

See, that's the whole thing is, for me is, I tell you how **incredibly** resistant and reluctant I was! Now, the years, and years, and years that I felt like the locusts were eating the topsoil years of my life, **now** I see, "Oh, no! I was **learning!** I was **learning** about resistance, I was **learning** about reluctance, I was **learning** about the causes of pain and suffering, I was **learning** how miserable I could make myself, I was **learning** how low I could go, so I would **be able to share** with others who feel irredeemable, unlovable, just like me, feel bad to the bone, evil to the core. I mean, these are things that I felt, I **believed!** I was convinced! **Totally** convinced!

I just sent an e-mail out this morning, just not long before this that I wrote about it, and how people are changing. They're doing it! They're getting it, and it's such a relief! It's such a **relief!**

I think one of the most helpful things that we can do as *A Course in Miracles* students is to join with others to get out of the sense of separation that being alone is.

For me, usually when I do the forgiveness workshops and retreats, someone will come up to me on the first break and say, "Jennifer! I had **no** idea that others felt this way! I thought it was just **me!** I mean, **really!** I was totally, utterly convinced it was just me! But, listening to these other people, I realize, we're all the **same!** We're all the same!" **So beautiful!** Yeah.

And, we don't judge others as harshly as we judge ourselves, and so as we learn to have Love and compassion for others, and to pray for those who spitefully use us, **we are** lifted and shifted. **We** are healed. **We** are transformed.

***We learn to have Love
and compassion for
others, and to pray for
those who spitefully
use us.***

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I have these dreams sometimes about **now** how **easy** it is to let things go. I've a lot of dreams about teaching now. I don't have nightmares anymore. I used to have a lot of nightmares, wake up gasping, trying to wake myself up because I was in a terrible nightmare, and I knew it, and I'm trying to wake myself up, gasping. Don't have that anymore. I'm **so** grateful!

I talk about it **not** because I'm special. Anybody who knows me, knows I am not special! [laughs] just ask every member of my family, I am not special! Right? A prophet in their own land.

But, it's not even **that**. I'm so clear I'm not special. I don't **want** to be special. That's not interesting to me. Not at all. I share because I **Love** God, and I can't stop talking about it. It's so exciting to me! It's so exciting to me! It's so empowering!

The Challenge of Self-Forgiveness

I love now, to work with people who feel completely lost, dejected or just people who yearn to have a clear connection with God and can't seem to find it, Because I felt, **so long**, it was not available to me. "You can try, and you can try, girl! But you ain't never gonna get there! Never gonna get there, because you are bad to the bone! You are fundamentally evil! You can't get there! All you can do is press your face up against the window and look inside, but you'll never know what it's like to be inside, be inside the bakery, have the good smells and the good tastes, and you can actually eat the good stuff. **No!** That will not be for **you!** Don't know why, but somehow, somewhere, you forfeited that option!" **That's** how I felt.

Self-forgiveness got me out of that. Self-forgiveness **and** extending Love. Yes, forgiving others, but forgiving others is a piece of cake. It's **always** the self-forgiveness that is the challenge.

When Compassion is Dysfunctional

How I came to learn that forgiveness could be dysfunctional was, I saw in myself a tendency to be "dysfunctionally compassionate" and I've taught classes about this, and I speak about it from time to time, because it was **so** revolutionary to me to realize what I was doing. That out of **trying** to be kind, **trying** to be loving, **trying** to be forgiving, I was actually very dysfunctional in my understanding of compassion.

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I call it “dysfunctional compassion” however, compassion can **never** be dysfunctional. **But**, if you don't **understand** compassion, if you don't **understand** forgiveness you can be dysfunctional in your thinking, and **think** you're being compassionate, **think** you're forgiving, but you're actually **not**. Instead, what you're actually doing is, you're being codependent, and you are **increasing** the drama and the trauma, the pain and the suffering, and you're dragging others along with you. That's what I used to do. **That's** how I know about it.

Because I used to do it, and I've forgiven myself, I don't have judgment of **others** because I don't have

Compassion can never be dysfunctional.

judgments of myself. When you have judgments of **others** for their dysfunction, you're just projecting it out onto others. It's actually helpful to **know** that, to **realize** that, to **see** that, because it gets your attention, so you can **stop** doing it, because it's completely **unnecessary**.

Let me give an example of what I'm talking about here with “dysfunctional compassion”. In the first part of this episode, I gave you some ideas about dysfunctional forgiveness. This is “dysfunctional compassion.” When someone keeps disrespecting you --let's say you're in a relationship with someone, you feel really attached to them. It's not a holy relationship. It's a **special** relationship. It's ego-based. It's fear-based, and you don't want them to leave you. You want them to like you. You want them to really get that you love them, you accept them.

So, they're doing things that are disrespectful **to you**, maybe to themselves, and you have compassion for it, and you forgive it, and **nothing** changes. It just keeps repeating, and you start to feel more and more bothered by it. Or, maybe you get inured to it. But, deep down, you have a meaning that you're making of it, an interpretation of it, that's not happy, it's not positive. It's unloving, it's judgmental, and it is pain-inducing, and you stuff it all down, because it doesn't seem very spiritual to say anything, to do anything. Or, if you do, they're going to leave you.

All of **that** is “dysfunctional compassion” and dysfunctional forgiveness

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Healing the Pain of Unworthiness

Let's break it down and look at it here a little bit, and as we're doing that, let me just say, I'm really, really **clear** that the people I was "dysfunctionally compassionate" with in my life, they **showed me** my lack of Self-Love, because the **only reason** that I accepted their dysfunctional behavior, and was codependent with them, was because I did not feel **worthy** of being treated with more Love, more kindness, more Patience, more Wholeness, more healing. **That's** the only reason **why**.

But, once I began to feel truly worthy, then all of that stopped. **So** grateful I don't have to do that kind of thing anymore.

It was **very** painful! It was very painful. When you **think** you're being compassionate and forgiving, and it's really painful, you might just be "dysfunctionally compassionate" or dysfunctionally forgiving-- not **true** forgiveness, not **true** compassion. Codependency.

I was going to say, as I started to say, "You might just be -- "I heard that comedian go, "You might just be a redneck!" [laughs] Not a redneck, but a codependent. And, it's coming up for healing, so let's not **judge** that. Let's be grateful, let's be thankful.

I see it a lot with parents who -- this is a very common thing. I've worked with a lot of parents, particularly moms, who have daughters or children that treat them unkindly and disrespectfully. I **get** the whole thing about parents and teenagers. I have not raised any teenagers. I've been a round a lot of teenagers, and nieces and nephews who were teenagers.

I was a teenager myself, and I was extremely disrespectful to my mom, to my dad. I had so much resentment towards my mom. And, the biggest cause of my resentment towards my mom was that she **let** me speak to her disrespectfully. She **let** me! She got **mad** at me. "That's not acceptable! Ahh!"

But, they didn't make me stop, because the only way they knew how to make me stop was to say, "You're grounded for a month!" something like that. They didn't have the tools that I now **teach** in [*Masterful Living*](#), that I now teach in [*Finding Freedom*](#), why I feel **so compelled** to teach them, of **how** do you have these conversations, **how** do you do the work at the level of the mind, the level of the Spirit, so you're not just **repeating** it, over, and over, and over again, feeling stupid, feeling frustrated, feeling hopeless.

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

Changing the Patterns in Relationships

You have to get in there and interrupt the patterns at the level of the **mind**, and you have to create a new environment **at** the level of the **mind**, and **this** is what we do in these classes. We work **together**, and we **help** each other, and it's **powerful**, and **it is life-changing**.

To me, the **very** best benefit of doing my [*Finding Freedom from Fear Spiritual Bootcamp Class*](#) or my yearlong [*Masterful Living Course*](#) is that **you will shift your relationships** -- if you **wish** to. Some people just listen and don't do the work. But, those who do the work, **they** have the **results**, and they're **real results** because they're **real people** experiencing **real miracles** at the level of the mind.

This is the promise of *A Course in Miracles*. A lot of people **read** the *Workbook*, right? They **read** those Lessons and they **say** they're doing the Lessons, but they're **not!** They're **not!** They're just **reading** them.

You have to create a new environment at the level of the mind.

That's why I made my [*A Course in Miracles app*](#), so you can set reminders in it, and that's why it's **free**. You can set reminders in it. You've got it with you. It's in your phone. You can refer to it. You can highlight things, bookmark things. I love being able to **search** for keywords. I love that about the functionality.

I created the functionality because of-- I said, "These are the things **that I** would like to do." To experience something other than that "dysfunctional compassion" that dysfunctional forgiveness, that you **know** it's not working, it's because the **true** forgiveness is not there, and **true** forgiveness is **releasing your attachment** to the meaning **you've** made of it, **your** interpretation, saying, "**I do not** need these judgments and opinions anymore. They are not helpful. They are not useful to me. I can let them go. Holy Spirit take them out of my mind, so I **never** experience them again, and undo all the consequences of my wrong decisions, in all directions of time and space."

"Dysfunctional compassion" is when we say, "Well, they're doing the best they can, and I don't want to be a troublemaker."

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But, if you have a small child, let's say, that's eating a huge bag of candy, and you can see that the effects of the candy-eating are **not** good for them, if you love that child, wouldn't you take that candy away? Say, "Honey, let me take this from you. You've had enough. You can have some more later."

The child's going to scream, become hysterical. Do you give it back to them? Or, do you say, "I love you enough to say no. You don't get to treat me that way. No. No, no, no."

That's one of the hardest things for people. "No, you **don't** get to treat me that way, and, here's why. Number one, you will feel **bad** about yourself if I **let** you treat me poorly, and I don't **want** you to feel bad about yourself! I'd like you to feel that you're wonderful, that you are **so** loving, and **so** kind!"

But, we can't **ask** people, or **expect** people to do things that **we can't do**, and that's **very** often the case, and **there's** the dysfunction.

However, there's a **healing**, and it's ours to receive. Ask, and it is given. So, let's get the Holy Spirit into the relationship, and let the Holy Spirit do the heavy lifting. **Yes!** I say, "Yes!" to that!

And, I say "Thank you" to all the people who donate to support this radio show, because it takes a lot of work, and we couldn't do it without you. So, thank you very much.

You can always make a donation at LivingACourseInMiracles.com, JenniferHadley.com.

I'm going to start fundraising for some projects we've got, global *A Course in Miracles* projects. I hope you'll join us in that.

[*Finding Freedom from Fear Boot Camp*](#) is starting at the end of October. Come join us! **Yes!**

Let's get the Holy Spirit into the relationship, and let the Holy Spirit do the heavy lifting.

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

Closing Prayer

Let's place our hand on our heart, be so grateful and so thankful that we **can** become functionally forgiving, functionally compassionate and that our life is a life of Love.

In gratitude, we share the benefits with everyone. We let it be. We know it's done. And so, it is. Amen. Amen. Amen.

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