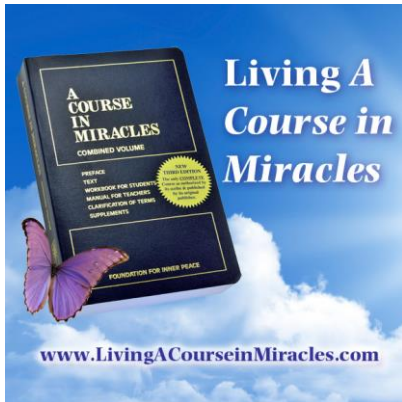


*August 28, 2018*



## **Heal Your Loneliness, Desperation & Fear**



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*August 14, 2018*

# Heal Your Loneliness, Desperation & Fear

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! So grateful to be with you today! I'm actually on my family vacation up in Maine. We finished the trainings, the Teacher & Minister Trainings in Arizona, Jon Mundy and myself, and I got to Maine yesterday here on Deer Isle. Oh, it's so nice to be here! This is about the only thing I'm doing this week that's work related, and I'm so happy to do it! I really enjoy the radio broadcast every single week! It's just a pleasure and a blessing. I feel our energy as we're joined together. Yes, indeed!

## *Opening Prayer*

---

Let us begin! Let us join together **in** the Love of God, **as** the Love of God.

So grateful and so thankful to place my hand on my heart and to recognize the Infinite Intelligence is **all** that we are. We are **part** of God, so we're Partnering UP, we're consciously attuning to remember the Perfect Love of God is our very be-ingness, it is our essence, it is the truth that sets us free.

There is **nothing** outside of God, nothing in addition to God. There is no **place** where God is not, no spot where God is not, so we're grateful and thankful to stand at the very center of God's Love, joining together to remember the truth of our identity, and to say, "Yes!" to our Wholeness and our healing.

We are grateful, we are thankful, for the Perfect Love of God shining in our mind, here and now. We share the benefits with **everyone**, because we're One with them. In deep, deep gratitude we allow it to be. And so, it is. Amen. Amen. Amen.

# ***A Course in Miracles* Weekly Radio Show**

## **with Jennifer Hadley**

### *Topic Requests, Transcripts & Searches*

---

Alright! So very good! So very grateful!

Our topic this week comes from a listener who made a request. Our topic this week is *Loneliness, Desperation & Fear*.

By the way, if you would like to make a request of a topic, you can to [LivingACourseInMiracles.com/radio](http://LivingACourseInMiracles.com/radio) and we have a form there that you can fill out and tell us what your request is. How cool is that?

When you go there, I invite you--you can look around. We've got transcripts of many of the episodes. If we don't have the one you'd like transcribed, we can put that at the top of the list.

Also, it's very easy to search in there, and to search key words and find episodes with **your** particular key words. Also, you'll see there you can sign up to receive an e-mail reminder about when the next radio show is ready for download and the things that were covered there. There's a lot there at [LivingACourseInMiracles.com/radio](http://LivingACourseInMiracles.com/radio).

### *The Perfect System of Giving & Receiving*

---

Alright! Ah! Let's relax into this wonderful topic that's been suggested. *Loneliness, Desperation & Fear*. One of the things that Spirit led me to right away is something that is a favorite section in the *Course*. It's from Chapter 6 in the *Text*. Chapter 6, Section V, and it's called *The Lessons of the Holy Spirit*. It's a wonderful section with these beautiful lessons.

We're in the Lesson here, "*To have, give all to all.*" This is something I learned many years ago, even before I started studying the *Course*. This is how it came to me, so I'll tell you that, and then we can go over this Section in the *Text*, "*To have, give all to all.*"

When I was in ministerial school, about 15 years ago, I was really **challenged** with Abundance and Prosperity. I had a lot of credit card debt, and I was having a challenge supporting myself financially and being in ministerial school, and I was really confronting the false beliefs I had about Prosperity, Abundance and finances.

One of the things I have done for many years is, I have had an **intention** for my year that I set at the beginning of the year. My intention was to stop working for money, and to **only** work for Love. I came to the idea that

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everything I share, I share **with** God. Everything I have **comes** from God, and everything I give, I give **to** God. Everything I receive, I receive **from** God. Everything I share or give, I give **to** God, I share **with** God. God shares with me, I share with God. It's a perfect system.

At that time, I was building my spiritual counseling practice, and it was part of how I earned a living. Some folks would come to me for counseling and they'd say, "I have \$5.00. Will that work for you?" I had made up my mind, when I first started counseling, that while I would have a fee--it might have been \$100 at that time for a 90-minute session, I would be willing to do counseling on a donation basis. If people were willing to **do** the work, and not just have me keep them company, but actually **do** the deep inner work and **make** the shifts and changes, then **I** was willing to go right along with them, **affirming** that we were **both** prosperous.

It's one of the reasons why, now, I give away **so much**. **So** many free classes, so many free things. In fact, one of the things you can do is, with the Spiritual Counselors that I'm training, everyone who's in the that [Spiritual Counseling Certification Program](#), they must do 111 counseling sessions as part of the program, as part of their Certification process. They need that experience. And so, those folks who are in that program, they are agreed, they have agreed, to do counseling for people in the ministry on a **donation** basis.

People who are participating in the Power of Love Ministry can receive spiritual counseling on a donation basis. It works for **them**--they're getting their hours in. It works for **you**--you're getting your counseling. We just certified two new counselors, so they probably won't be available on a donation basis. But, gosh! There are so many wonderful [counselors](#) coming forward. We're certifying more and more, and I'm **so happy** about that! It's very exciting. This has been a passion of mine since **I** became a Spiritual Counselor and I learned, "*To have, give all to all.*"

### ***If You'd Like to Have - Give!***

---

If you'd like to have Abundance, give Abundance to all. Don't hold them in your mind as not having, because this is the temptation, to energize that people don't have, that they aren't **worthy**. If you look at anyone, let's say, in the news, on television and in the newspaper, and you say, "**They're** not worthy of Love, **they're** not worthy of compassion, they're **only** worthy of

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judgment. No forgiveness here! Only judgment, only condemnation,” then **we’re** being divisive, and we’re interrupting the flow of Love, and we are creating our own **deep sense** of loneliness, poverty, separation, unlovability.

To **have** Love instead of loneliness, to have companionship, to have great, loving, holy loving relationships, give all to all, including **yourself**.

Let’s see what the rest of this says here. It’s Chapter 6, Section V, A, Paragraph 6.

*“To have, give all to all. This is a very preliminary step, and the only one you must take for yourself.”*

This is the **only** step that we have to take by ourselves. We have to make this decision, “*To have, give all to all.*” It says,

*“It is not even necessary that you complete the step yourself, but it is necessary that you turn in that direction.”*

This, I saw for myself. I remember back in the 80s, I was in Peru and camping on the Incan Trail on the way to Machu Picchu. I was in my tent as the dawn was rising, very early in the morning, 4:30, 5:00, something like that. The roosters were crowing, and I was in my tent, and I was reading Shakti Gawain’s *Living the Light*, probably for the --I don’t know. I read that book a lot.

I had a realization in that moment, that in my **life**, in my **attitude**, in my **thinking**, in my consciousness, in my heart, I had actually been facing the dark, looking at the dark, focused on the dark. **Not** the Light, but the dark.

As the sun was rising over the mountains that morning, in the Andes, high up, I realized, “Oh! I can turn and face the Light of my Being now. I must do that now!” and I mentally made that decision. I think that’s what Jesus is talking about here,

*“To have, give all to all. This is a very preliminary step, and the only one you must take for yourself. It is not even necessary that you complete the step yourself, but it is necessary that you turn in that direction.”*

My invitation here is to mentally see yourself turn towards the Light, turn towards open-mindedness, open-heartedness. “*To have, give all to all.*” The release of judgment, living without judgment, making this **decision** to turn in this direction. It says,

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*“Having chosen to go that way, you place yourself in charge of the journey, where you and only you must remain. This step may appear to exacerbate conflict rather than resolve it, because it is the beginning step in reversing your perception and turning it right-side up. This conflicts with the upside-down perception you have not yet abandoned, or the change in direction would not have been necessary. Some remain at this step for a long time, experiencing very acute conflict. At this point they may try to accept the conflict, rather than take the next step towards its resolution. Having taken the first step, however, they will be helped. Once they have chosen what they cannot complete alone, they are no longer alone.”*

### *You Are the Decider*

---

Then, the next teaching here is, *“To Have Peace, Teach Peace to Learn It.”* Certainly, this is what I have been doing, teaching Peace in order to learn it, and I **am** learning it.

*“To have, give all to all.”*

To have great relationships, **allow** yourself to be in a great relationship with everyone in your life. **You’re** the decider. **You’re** the one that decides whether or not **you’re** going to have a great relationship. There is no “other one”. Literally, there is no “other one”. **We are** in this together.

A bit further on in the *Course*, in Chapter 7, Section VIII, which is entitled, *“The Unbelievable Belief”*. It’s about not being afraid of the ego. Listen to this--this is just at the end of this Section, and it is Paragraph 7,

---

***We are the Love of God.  
We are the jewel.  
We are the treasure.***

---

*“The whole purpose of this course is to teach you that the ego is unbelievable and will forever be unbelievable. You who made the ego by believing the unbelievable cannot make this judgment alone. By accepting the Atonement for yourself, you are deciding against the belief that you can be alone, thus dispelling the idea of separation and affirming your true identification with the whole Kingdom as literally part of you. This identification is as beyond doubt as it is beyond belief. Your wholeness has no limits because being is infinity.”*

Mmm! *“...being is infinity.”* *“Your wholeness has no limits.”* *“the...Kingdom as literally part of you.”* We **are** the Love of God. We **are** the **jewel**. We are the **treasure**. Over and over, *A Course in Miracles* tells us these things.

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### *Choosing Separation Causes Our Loneliness*

---

But, **this** is the thing about no longer feeling alone. We **must** say, “I’m accepting the Atonement for myself,” even **if** we don’t understand what that means!

But, the ego **never** wants to accept something it doesn’t understand what it means, **except**--what? The ego will **happily** accept, “I’m not good enough” even though we **don’t** know why. The ego will **happily** accept “I’m bad” “I’m wrong” even though we don’t know **why**. The ego-thinking will accept, “I am evil. I am unlovable. I am unworthy,” even though we don’t know **why** --**but**, the ego mindset **will not** accept the Atonement without understanding it.

**But**-- the ego **can’t** understand the value of the Atonement, because accepting the Atonement for we are the **undoing** of the ego. That doesn’t mean you’re going to go crazy in this world, and it doesn’t mean you’re going to explode into a ball of light. Neither of those things is true.

However, when we accept the Atonement for ourselves, what **does** happen is we’re saying, “I’m **no longer** interested in believing the separation. I’m **no longer** interested in suffering. I’m **no longer** interested in **living** alone, **feeling** separate, **feeling** not good about myself.” That’s the **end** of separation-- choosing the Atonement, joining in the Unity and Oneness of all life.

Just as it said we **can’t** do it alone, the thing for us is to join together with our brothers and sisters every opportunity we have. We keep ourselves alone as a way of keeping God out.

Listen to this. This is--we’re chugging right along here in the *Text*. This is Chapter 8, “*The Holy Encounter*” which is Section III. Chapter 8, Section III, if you drop down to Paragraph 5, listen to this,

*“The goal of the curriculum, regardless of the teacher you choose, is ‘Know thyself. There is nothing else to seek. Everyone is looking for himself and for the power and glory he thinks he has lost. Whenever you are with anyone, you have another opportunity to find them. Your power and glory are in him because they are yours.’”*

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Your power and glory are **in** your brothers and sisters. **My** power and glory is **in** my brothers and sisters, because they **are** mine. They **are** my power and glory. It says,

*“The ego tries to find them in yourself alone, because it does not know where to look.”*

The ego tries to find the power and glory in **ourselves** alone, but that’s not how it works. It’s really in the **joining**. When we feel really alone, and desperate, and

afraid, the **answer** is to find someone to join with, and to see **them** as perfect and whole. It doesn’t really matter if they Love us or they like us. Our job is to **see** our perfection **reflected** in our ability to see the perfection in our brothers and sisters.

So, being of service in community, even if it means going to Starbucks and looking at every single person that comes in or out of that Starbucks, and blessing them, saying a prayer for them. **That’s** the end of loneliness, desperation and fear-- is changing our tune.

---

**My power and glory is  
in my brothers and  
sisters, because they  
are mine.**

---

### *You Teach What You Believe You Are*

Now, listen to this. Again, this is still in that same Paragraph 5 here in “*The Holy Encounter*” Section in Chapter 8. It says,

*“The Holy Spirit teaches you that if you look only at yourself you cannot find yourself, because that is not what you are.”*

We are **not** a body!

*“Whenever you are with a brother, you are learning what you are because you are teaching what you are.”*

Certainly, you’re teaching what you **believe** that you are.

*“Whenever you are with a brother, you are learning what you are because you are teaching what you are. He will respond either with pain or with joy, depending on which teacher you are following.”*

Ego or the Holy Spirit. Right? Which wolf are you going to feed?

*“He will be imprisoned or released according to your decision--”*

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--to be loving, to be kind, to extend Love, and kindness and compassion. It says here,

*“He will be imprisoned or released according to your decision, and so will you. Never forget your responsibility to him, because it is your responsibility to yourself. Give him his place in the Kingdom and you will have yours.”*

*“The Kingdom cannot be found alone, and you who are the Kingdom cannot find yourself alone.”*

When we feel lonely, desperate and afraid, we’re judging ourselves into a corner of separation. We feel unworthy. Maybe we’re in that space because we have believed that **others** were unworthy.

But that’s where the desperation and the fear feelings **come from**--judging, judging, judging. Judging ourselves and others. Get out of the house! Go be of service! Start blessing people! **This** is how it ends. It’s about releasing all forms of condemnation.

As I was preparing for the broadcast today, I got some wonderful affirmations that I’m going to share with you after the break. Yes!

---

***Go be of service!***  
***Start blessing people!***

---

One of the things I’m going to invite you to consider doing is to join me in some wonderful opportunities coming up.

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

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the talk*.

### ***Cancel That Thought & Choose Again!***

---

Welcome back! I am so grateful for this request to have this topic. It’s really **powerful!** I’m glad we’re doing it together.

We’re talking about loneliness, desperation, fear. What a perfect combo!

As I promised before the break, I’d like to share with you some affirmations that came through this morning. I just started writing these affirmations, so I’m going to speak them out, and if you would like to, you can easily go

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get the transcript of this radio show, which will be available in a day or so at [LivingACourseInMiracles.com/radio](http://LivingACourseInMiracles.com/radio).

I'm just going to give a shout-out. If you do go there, you can sign up for the free text messages, free *A Course in Miracles* [text messages](#) or you can just text the word "miracles" to the number 35227. Or, you can fill out a form at the [LivingACourseInMiracles.com/radio](http://LivingACourseInMiracles.com/radio).

Here are these affirmations which, again, you can also get from the transcript once it's available.

"I cancel that thought, and I choose a higher thought."

That was the first one. You're feeling lonely. You're picking on yourself. You're self-medicating. You're self-sabotaging. You're feeling sorry for yourself. You're feeling alone. Maybe you're feeling frightened that you're **always** going to be alone, that you're going to die alone, whatever that sense of desperation might be coming from.

Here's a series of affirmations that begin with "I cancel that thought and I choose a higher thought."

"I am in Infinite Being, and I am no longer subject to that belief."

"I am **guided** by Love. I make loving choices that lead to my health, wealth and happiness."

"Love is my healer. I **choose** healing. I choose to be loving and kind to accelerate my healing."

"Love is my protector. I choose to be loving and **feel** safe."

"Love is my true identity. I choose to be loving and **live** the truth that sets me free."

"Suffering is over because I **choose** Love and happiness."

"Love is my Source. By choosing loving thoughts, I **am** choosing Abundance and Prosperity."

"I **choose** Love and I **choose** health, wealth and happiness, which I gratefully **share with all**."

"I am willing to have holy relationships that **are** wholly loving."

Yes!

I'm going to share these again here.

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“I **cancel** that thought. That thought of loneliness, that thought of fear, that thought of despair. I cancel that thought, and I choose a higher thought.”

“I am in Infinite Being, and I **am** no longer subject to that belief.”

“I am guided by Love. I am making loving choices that lead to my health, wealth and happiness.”

“Love is my healer. I **choose** healing. I **choose** to be loving and kind to accelerate my healing.”

“Love is my protector. I choose to be loving and feel **safe**.”

“Love is my true identity. I choose to be loving and **live** the truth that sets me free.”

“Suffering is over because I choose Love **and** happiness.”

“Love is my **Source**. By choosing loving thoughts, I am choosing Abundance and Prosperity.”

“I choose Love and I choose health, wealth and happiness, which I gratefully share with all.”

“I am willing to have holy relationships that are wholly loving.”

Yes! Yes! It feels so powerful! I loved writing those down. I feel like they completely came from Spirit.

### *Our Happiness IS God's Will*

---

Now, I'd like to go further on from where we were before the break into Chapter 8 here in *Text of A Course in Miracles* to Section IV, which is entitled, “*The Gift of Freedom*” and it begins with,

*“If God's Will for you is complete peace and joy, unless you experience only this you must be refusing to acknowledge His Will.”*

There needs to be an affirmation here about aligning with God's Will.

“I am **grateful** to align with God's Will, perfect Peace and happiness for me.”

**Yes! So good!**

*“His Will does not vacillate, being changeless forever.”*

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I just got a message that the engineer could hear me typing. I made a note of that affirmation. I don't want to forget it, because it just came through!

*“When you are not at peace it can only be because you do not believe you are in Him.”*

Loneliness, desperation and fear, it **all** comes from choosing to believe things that aren't true. **That's** why being able to start with this first affirmation, “I cancel that thought, and I choose a higher thought. Because I Love myself, I cancel that thought.”

I'm going to write that down, too! “I choose a higher thought.”

The thing is, that some folks don't Love themselves, so it **seems** on the surface. But, my experience is, we've just gotten out of the **habit** of expressing the Love towards ourselves because we're not joining with others in Love.

That practice I gave about going to the Starbucks and blessing everyone, going to the grocery store and blessing everyone, praying for everyone--you can sit and look at the newspaper headlines and bless everyone you see. No condemnation for **anyone ever**. That's the thing that's going to bring the Love. Mm-hmm!

*“When you are not at peace it can only be because you do not believe you are in Him. Yet He is All in all.”*

*“To have love, give all to all,”* because God **is** “All in all.”

“God's peace is complete, and you must be included in it. God's Laws govern you because they govern everything. You cannot exempt yourself from God's Laws, although you can disobey them. Yet if you do, and **only** if you do, you will feel lonely and helpless, because **you** are denying yourself everything.”

### ***The Prescription for Healing Loneliness***

---

Alright! So, if you feel lonely, helpless, desperate, afraid, **here is the prescription for healing**. Knowing **you** are choosing to separate yourself, it says--I'm just going to back it up here, and I'm going to read it exactly as it's written. Sometimes I change where it says “His” or “the Father” to “God” so that--because God is **not** male or female. God is All in

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all, and it's been explained that Jesus gave it this way to Helen Schucman to assist recovering Catholics. That's just how I understand it.

*"The Gift of Freedom."* It begins with,

*"If God's Will for you is complete peace and joy, unless you experience only this you must be refusing to acknowledge His Will. His Will does not vacillate, being changeless forever. When you are not at peace it can only be because you do not believe you are in Him. Yet He is All in all. His peace is complete, and you must be included in it."*

Naturally you're included in it, because God is the All in All!

*"His laws govern you because they govern everything. You cannot exempt yourself from His laws, although you can disobey them. Yet if you do, and only if you do, you will feel lonely and helpless, because you are denying yourself everything."*

**Who** is denying everything to ourselves? **We** are! It **doesn't** come from the outside. It **can't** come from the **outside**. It's an **inside** job. We don't have to know **how** to heal the mind. We don't have to know **how** to heal our relationships. We don't have to know **how** to heal the body or **anything** in this world in order for it to heal. But, we do have to **choose** healing.

I'm going to go back to those affirmations here. If we're thinking a thought of **less** than Wholeness, **less** than perfection, **less** than Beauty, **less** than Abundance and Prosperity, **less** than pure loving Light-filled holy relationships, here's what we **could** say. If you would like to try these affirmations out, I invite you to do so.

And, what I also invite you to do is comment about your experience in our Facebook page, *A Course in Miracles* radio show has a [Facebook page](#) and you can make your comments there, so let's do that!

Here we go. Here's the affirmations. If we're feeling upset in any way, shape or form, here we go!

"I cancel that thought, and I choose a higher thought. I choose a higher thought because I Love myself, because I Love myself, I choose a higher thought!"

"I am in Infinite Being, and I am no longer subject to that belief."

"I am guided by Love. I **make** loving choices that lead to my health, wealth and happiness."

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“Love is my healer. I **choose** healing. I choose to be loving and kind to **accelerate** my healing.”

“Love is my protector. I choose to be loving and feel safe.”

“Love is my true identity. I choose to be loving and live the truth that sets me free.”

“Suffering is over because I choose Love and happiness.”

“Love is my Source. By choosing loving thoughts, I am choosing Abundance and Prosperity.”

“I choose Love and I choose health, wealth and happiness, which I gratefully share with all.”

“I am willing to have holy relationships that are wholly loving.”

“I am grateful to align with God’s Will, perfect Peace and happiness for me.”

Wow! How cool is **that?!**

### *Isolation & Loneliness Are Illusions*

---

Alright, so let’s go back to “*The Gift of Freedom*” Section IV in Chapter 8 of the *Text*. If you pull yourself out of the flow of Love, it says,

*“...you will feel lonely and helpless, because you are denying yourself everything.”*

In Paragraph 2 of this Section, it says,

*“I am come--”*

Jesus is telling us, here, about Himself,

*“I am come as a light into a world that does deny itself everything. It does this simply by dissociating itself from everything.”*

God is Everything, so we **dissociate** ourselves from God, and we associate ourselves with the ego, thereby denying ourselves everything, cutting ourselves off from the Source. It says here,

*“It is therefore an illusion of isolation, maintained by fear of the same loneliness that is its illusion.”*

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It's a perfect system--if we'd like to feel totally separate, we **can!** If we would like to believe in loneliness, we **can!** It's not **real**. It's an illusion, and it can be dispelled instantaneously.

Just think, if you're feeling desperately alone, you could, in an instant, make a connection with Jesus. Not even another human being in form, but Jesus, and no longer feel alone, and here's what He tells us. He says,

*"I said that I am with you always, even unto the end of the world. That is why I am the light of the world. If I am with you in the loneliness of the world, the loneliness is gone. You cannot maintain the illusion of loneliness if you are not alone. My purpose, then, is still to overcome the world. I do not attack it, but my light must dispel it because of what it is."*

What is it? It's an illusion.

### *Shining Our Light with Jesus*

---

*"Light does not attack darkness, but it does shine it away. If my light goes with you everywhere, you shine it away with me. The light becomes ours, and you cannot abide in darkness any more than darkness can abide wherever you go. The remembrance of me is the remembrance of yourself, and of Him Who sent me to you."*

This is the **antidote**.

*"You cannot maintain the illusion of loneliness if you are not alone."*

---

***Every single place we go,  
let us bring the Light and  
shine away the darkness.***

---

Why not say to our elder brother,

Jesus, "Jesus, I'm done with being alone. I feel like I've learned **all** I can learn from it. Now I **am** accepting the Atonement for myself. I'm accepting that the illusion of loneliness is something that **I** made up, and I feel complete with it. I'd like to, now, join with my brothers and sisters for the purpose of healing, of loving, of remembering our true identity, of bringing Joy to the world, **being** the Joy, **being** the Light in the world **like You**. **Show me how! Show me now!**"

He says,

*"If my light goes with you everywhere, you shine it away with me."*

So, let's take the Light of Jesus to the grocery store, in the traffic, in the Starbucks, to work, to visit our family. Every single place we go, let us bring

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the Light and shine away the darkness. Let us be truly helpful. There's no way someone can be aligned with being truly helpful **and** still feel alone. It doesn't work that way.

If you are feeling lonely, desperate and afraid, go back to that "Truly Helpful Prayer" on Page 28, and use that to transform your heart and your mind, because **I know** that it works! I know! I know, I know, I know!

That's the heart of healing, to be truly helpful. Page 28,

*"I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."*

### Being Helpful to End Loneliness

This is **fundamental** to our healing. This is Chapter 2 and it's at the end of Section V. Gosh, Chapter 2 is so awesome! It's **so good!** Section V, of course, *The Function of the Miracle Worker*. The function that we have in this world **is** to be truly helpful, and that **is** how we dispel the darkness. Shining the Light, being truly helpful, is the same thing. "Jesus, **show** me how to be truly helpful. **Teach** me how to be truly helpful. I'm willing! Let's do it! Let's do it together!"

I **love** the idea that I got from David Hoffmeister. I had him as a guest on the show earlier this year, right early this year, and we talked about this, that when he was studying the *Course* in the beginning, many, many years ago--30 years ago, or whatever it was--he had this practice of saying that "Truly Helpful Prayer" before he went through a doorway, or as he was going through a doorway. So, he said, "Even if I was just going from the bedroom to the bathroom, I would say that 'Truly Helpful Prayer'". The "Light Worker's Prayer" is how I think of it.

That's the **end** of loneliness! If we're dedicating ourselves to being truly helpful, to having an awareness of Love's presence, seeing it, sharing it--"*To have, give all to all.*" --if you'd like to have more Love in your life, **be** loving with everyone!

But, you see, the reason that we feel that we're not worthy of Love is because we are not **sharing** Love with everyone, we're not **shining** the Love with everyone. **That's** how it shifts. **Be truly helpful!** Be of service in

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this world. And, it's not the "do-ingness", it's the "loving-ness". It's that "be-ingness". Then, fear dissolves. Desperation dissolves. Loneliness dissolves. As far as I can tell, there's not another plan that works.

Now, what we must also add to this--I feel so strongly--is to **forgive** ourselves for all our errors, transgressions, "mis-takes."

### *Workshops, Retreats, Trainings & Texts*

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I have a free workshop on the Home page of [JenniferHadley.com](http://JenniferHadley.com) called [\*How to Get Over It!\*](#) It's a forgiveness workshop that has a number of tools.

Oh! And, in the first weekend of October, Columbus Day weekend, I'm doing my [\*Forgive & Be Free retreat\*](#). It's an extended retreat. Come and do the self-forgiveness work with me! I love it! I've done this the last couple years as a prelude to my [\*Spiritual Counseling Training Intensive\*](#). People who do them together have **extraordinary** healing, but you can definitely do one or the other, and it's just a powerful, perfect combination.

What I love is, people will come and do [\*Forgive & Be Free\*](#) retreat, that first weekend in October, and they go back home and now they're truly helpful in their family, in their workplace, in their neighborhood. **Healing has happened!** Extraordinary healing is available to every single one of us. We must **choose it!** Jesus will walk us through it, every minute of every day, **if we allow it.** So, it's **not** choosing the **separation.** It's **choosing the Unity. Yes!**

I'm going to speak a word of prayer here, and just remind you if you'd like to get inspired text messages, you can text the word "miracles" to 35227. You can--oh, there's so many things you can sign up for at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com), [JenniferHadley.com](http://JenniferHadley.com). so many free things!

I invite you to pray with me every day at [JenniferHadley.com](http://JenniferHadley.com).

Let's pray right now!

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### *Closing Prayer*

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So grateful, so thankful, to place my hand on my heart and declare the end of loneliness has come. We're choosing perfect Love. Perfect Love is awake and alive in our heart, in our mind, and we're grateful and thankful that this is so. In gratitude, we let it be. We know it's done. And so, it is. Amen. Amen. Amen. Amen.

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