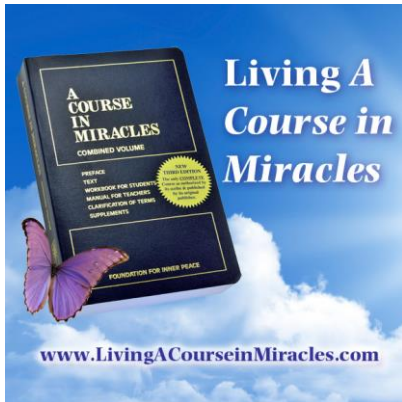


September 25, 2018



Jon Mundy - Mysticism & Miracles



 *Jennifer Hadley*
your daily shot of spiritual espresso

Copyright © 2018 by Reverend Jennifer Helen Hadley.
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Published by JenniferHadley.com. Printed in the United States of America.

For more inspiration to live a life of love,
visit www.JenniferHadley.com.





Jon Mundy - Mysticism & Miracles	4
Opening Prayer.....	5
What Is a Mystic & Mysticism?	5
The World is a Dream.....	7
Indescribable Experiences.....	7
Finding the Peaceful Mind.....	9
Allowing the Mystical Experience	10
Inspiration for Miracles and Mysticism	11
Knowing the Mind of God.....	13
Class Offering on Miracles and Mysticism	13
Upcoming Retreats	14
Everything Starts in Mysticism.....	16
Remembering, Recognizing, Rediscovering God.....	18
Seeing the Way Out	19
Remembering the Truth.....	21
The Power of Your Thoughts	22
Resources & Retreats	25
Closing Prayer	26

September 25, 2018

Jon Mundy - Mysticism & Miracles

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! It's a rainy day here in New Jersey. Ah! I'm grateful! I am **so** grateful!

I'm always grateful that we get to come together and transcend time and space this way with this radio broadcast.

I'm so grateful for all the people who write to me and tell me what this show means to them. I'm so grateful for people who suggest topics. I've been doing suggested topics for a while, now. There is a form you can fill out at LivingACourseInMiracles.com if you'd like to submit a topic to me. I'm happy to receive it.

Also, at LivingACourseInMiracles.com/radio you can always search there for a keyword and find all the shows related to that keyword--relationship, healing, whatever it is that you're interested in.

Today, we're interested in mysticism. We have my good friend, and a man I greatly admire, Jon Mundy. Reverend Dr. Jon Mundy is here with us in the house.

Hey, Jon!

Jon Hi! How are you doing this morning?

Jennifer I'm good! I'm good! We're going to talk about Jon's work with mysticism, his study of the great mystics, and how it correlates to *A Course in Miracles*. I'm very excited for our conversation.

Before we dive into it, I am going to say a prayer, as I always do. I'll tell you a little bit about Jon, in case you don't know, after that.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Opening Prayer

Let me invite everyone to place their hand on my heart--on **their** heart. It'd be hard for everybody to put their hand on my heart! [laughs]

Jon We'll just imagine it.

Jennifer Yeah! Exactly!

Energetically, we're declaring our wholeheartedness here, that we're wholeheartedly joining with the Higher Holy Spirit Self, our true identity, that Great Guide Who guides us into the mystic, the Holy Spirit. We're joining together for a holy purpose.

We declare our intention in this coming together. It's our healing. It's our awakening. We're coming together to consciously **shed** the thoughts, beliefs, ideas, concepts, that **do not** serve our life of Love.

We're declaring our willingness to be truly helpful by offloading the false beliefs and ideas, and we're grateful to step into the mystic today, and to recognize our own mystical self.

So grateful and thankful for the opportunity to share the healing that we experience with **everyone**, because we're One with them. We **are** changing our mind by joining together. In gratitude, we **let** it be. And so, it is. Amen. Amen. Amen.

Yes!

What Is a Mystic & Mysticism?

I could probably spend quite a bit of time introducing Jon. He's been a regular guest on this broadcast over the last seven years. He--Jon, was your **first** book called *Missouri Mystic*?

Jon No. No, my first book was called *Awaken to Your Own Call*. That was back in the mid-90s, '93-'94.

Jennifer Mm-hmm. Mm-hmm. And that book is still available. People love that book.

Jon Sure. Yeah.

Jennifer You have *What is Mysticism?* And then, you have the most recent one, *Mysticism and Miracles*.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jon Right.

Jennifer Jon's also doing a class on that topic right now, and we'll get into that as we go forth.

But, probably one of Jon's most popular books is *Living A Course in Miracles*. You can get all these books, and *Miracles Magazine*, which Jon has been publishing for--what, 30 years now?

Jon 33.

Jennifer 33 years! A mystical number!
[laughs]

***Mysticism is the most
natural state that there is***

Jon [laughs]

Jennifer Right? It's the number of the Ascended Masters. 33, or 3.

One of the questions I get all the time, Jon, that I'd love to ask you first, and hear your response to it is, "What is a mystic? What is mysticism?"

Jon Well, first of all, mysticism is the most natural state that there is. [laughs]
So, having said that, what I really mean by that is, the state of consciousness that we're in **most** all the time, most all of us, is unnatural.

By that, I mean it's the state in which the ego seems to rule the mind. And when the ego rules the mind, with all its worries, and fears, and anxieties, and past, and future stuff coming up all the time. Health issues, relationship issues, money issues-- the mind is full of junk, which is not natural.

Principle #6 of the 50 Miracles Principles says, "*Miracles are natural. When they do not occur, something has gone wrong.*"

Then, it also says that "*Unnatural thinking will always be attended with guilt, because it is the belief in sin.*"

Mysticism is the same thing. It's perfectly natural. In fact, it's the **only** natural thing that there is. It's the state in which we are when we are 100% back into our right mind. It's the state of mind that we would have when, let's say, we're in Heaven, when we're Enlightened, when we have completed this world.

You know, the *A Course in Miracles* says, "*This is an insane world...*" and it doesn't take very much for us to realize that this is an insane world. All you've got to do is watch the news **any** night of the week, and you'll see

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

that it's an insane world. And, it's always been an insane world. If you look at all the wars, and anxiety, and really cruel things that this world is.

The World is a Dream

It's interesting--my wife and I both have been reading Mark Twain. Mark Twain really understood that this was an insane world. He called it the "damned human race." He also recognized that he was a **part** of the "damned human race" to use his own terminology, but he didn't know a way out of it.

But, if you read his last book, the last section of his last book, *The Mysterious Stranger* it's pretty clear that he describes this whole world as a **dream**, and not a very nice dream. More of a nightmare than anything else.

Well, *A Course in Miracles* does exactly the same thing. Mysticism is not just--so, it's really what we're trying to get to do, what's happening in a mystical experience is we're getting back to our **natural** mind, to the mind that the way the mind **is** before it got distorted by coming into this world--by coming into this world, I mean by being trapped within the context of an **ego**, and then all the ego projections that we throw out onto the world.

Mystic--people have always had mystical experiences, which really just means that there have always been opportunities for people to kind of have breakthroughs, moments in which the truth dawned on the mind, for whatever reason it just came into the mind.

I can give you a while--fact is, on this course that I'm teaching, I go through a whole **list** of different things that stimulate the mystical mind. Very often, it's just something that comes when we get really relaxed and we're really peaceful.

Indescribable Experiences

I was just recently, as you know, in Scottsdale, Arizona. I gave a talk in Mesa, Arizona, and I had people talk about their own mystical experiences. This one woman described a mystical experience in which she was just, as a child, she was laying flat on the earth, just absolutely flat on the earth, looking straight up into the sky, and she just kind of disappeared.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

She had this profound religious experience, and she was trying to describe it to people. Then, she sent me an e-mail the next day, and she says, “I don’t think people understood how **profound** that experience was.”

One of the basic characteristics of a mystical experience--we’ll go through a whole list of characteristics in the class I’m teaching--one of the basic characteristics is “ineffability,” which simply means you just **really** cannot describe the experience. You can try. Poets get close to it. There are times--I could give you a quote from Emerson, which maybe I will, which is a perfect description of a mystic. It runs in about three sentences. But-- so you don’t know what it’s like until you actually have the experience.

By the way, I want to say everybody **has** had the experience, and often the point at which you’ve had that experience is when you were a child, very young. Actually, pre-verbal, probably because once the verbal comes in, then the discrimination comes in, and then the “rights” and the “wrongs” and the “goods” and the “bads” and the “prettys” and the “uglies” --

Jennifer Right.

Jon --which is a part of the divided mind. So, the mystical mind, or the miracle-mindedness, would be **not** a divided mind. It would be just seeing things the way that they **are**.

I’ve got a good cartoon that I like to use when I teach the class. It’s a picture of a man and a dog. It’s a cartoon, a drawing. They’re standing, looking at four trees. And in the man’s mind, there are all this--there’s a car, and a woman, and a couple people fighting, and a sad looking face, and a dollar bill, and all this stuff-- it means that that’s what’s going on in the man’s mind, and that’s what he’s seeing.

The dog, then, there’s this little blurb up above the dog, and it shows what the dog is seeing, and what the dog is seeing is the dog is seeing **four trees**, [laughs] because that’s what’s in front of him, is four trees. The dog is just seeing what’s right--what’s **there**, whereas the mind is--

I remember once I was on a beautiful beach in St. John’s in the Virgin Islands, and laying on this absolutely white sand, golden beach, palm trees, blue sky, blue sea, and I’m laying there worrying about **money!** [laughs]

Here I am--

Jennifer Right!

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jon --in this kind of ideal condition, and I'm worrying about money! [laughs]
It's not necessarily the circumstances that we are **in** that can induce that state of awareness. Meditation can do it. *A Course in Miracles* can help you do it.

Finding the Peaceful Mind

A Course in Miracles is really intended to help us to get to a place of Peace. That's what it says on the very cover on the book. It's published by the Foundation for Inner Peace. Then, when we get to inner Peace, now we're beginning to get into the mystical mind. There's a line in *A Course in Miracles* where it says, "*Peace comes to the quiet mind.*" Well, first we've got to **get** a quiet mind.

How do you get to a quiet mind? There are different ways to do that.

Recently I did a program on YouTube--I do a once-a-month program called *Miracles in Manhattan*. I skipped this summer. We'll start up again in November--but I did it with a friend who's a Zen Buddhist. And so, the whole thing was on comparing your Zen and *A Course in Miracles*.

Well, both of them have the same intention. By that, I mean they both intend to get to this peaceful, quiet mind.

The **process** is a little different, in that Zen the basic process is one of meditation. So, we meditate, long meditations, even, to get to this kind of empty mind, or quiet mind place.

*"Peace comes to the
quiet mind."*

The process of *A Course in Miracles*, on the other hand, is to **heal** all of our relationships. So, by healing all our relationships, we **then** have a peaceful mind, because our mind is not being distracted by difficulties that we have with personal relationships **or** with money, or with anything in the world.

Now, that's a simple beginning to answer your question.

Jennifer Yeah. I really appreciate that. I appreciate that you are **aware** of tools that people can use to help get into that mystical state that you're sharing that, teaching that, in your class, and that you are aware that everyone has this mystical ability, this mystical connection.

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

Jon Oh, yeah.

Jennifer For me, when I read *A Course in Miracles*, when I am present to the teaching, what I notice in my life, and in the lives of all the people around me who are working the Lessons, what I notice is that as we remove the blocks to Love by offering them to the Holy Spirit, letting **go** of our opinions, our judgments, our hurtful thoughts toward ourselves and others, as you were saying earlier--which I think it's so important, Jon, is that our natural state is then revealed. All this agitation, all the causes of suffering, are concepts that we have added onto ourselves over the many lifetimes.

Allowing the Mystical Experience

This is the lifetime that we can really wholesale, let it all go, and the Holy Spirit will take it out of our mind if we **allow** it! And then--

Jon Oh, yeah!

Jennifer --our mystical mind is there for us.

Jon Well, you said a keyword there, if we **allow** it. We've **got** to allow it. The *Course* places a lot of importance on **willingness--the willingness** to be able to **see** what is always been there. It's always there. It's just we stop blocking it, that's the whole thing. Stop obscuring it.

There's a wonderful line, the last line of Lesson 52 of the *Course*, which I like to quote a lot. This is something you say to yourself, and what you say to yourself is,

"Would I not rather join the thinking of the universe--"

Whoa! Think about that for a second! What is *"the thinking of the Universe?"* We could go on a long time about that. I won't, but we might come back to it at some point.

"Would I not rather join the thinking of the universe--"

You could think of that as the Mind of God.

"...rather than to obscure--"

That's interesting--to darken, to block out--

"... all that is really mine with my pitiful and meaningless 'private' thoughts?"

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

So, it's all these pitiful, meaningless **private** thoughts, these **guilt** thoughts, these **fear** thoughts, these **anxious** thoughts that block our ability to have this as a natural state of mind.

Jennifer Exactly! And so, I know that we love *A Course in Miracles*, because it --

Jon It works!

Jennifer --leads us step-by-step--yes! It works! It **works!**

Jon It **works!** That's the main thing about it. It takes patience, it takes time, it takes practice. We've got a *Workbook* with 365 Lessons and thank God we do!

If *A Course in Miracles* only consisted of the *Text*, and it didn't have that *Workbook* in it, there'd be not so many people studying it, because it's the *Workbook* that really makes it work, that makes it happen, that engages the transformation process for you.

Inspiration for Miracles and Mysticism

Jennifer So, now I'm curious to ask you, Jon. In doing--what inspired you to write this book, *Miracles and Mysticism*?

Jon Well, first of all, I've always had an inclination toward wanting to know--we **all** do--what the truth is. And, it really began, I grew up on a farm in Missouri in the 40s and the 50s, and it was really kind of a blissful time. By that, I mean that it was quiet and nothing like the complex world that we live in today. It was very, very simple growing up on a farm. We didn't have the technology to get in the way, for one thing.

I had some mystical experiences as a child. I won't go into elaborating them-- once when I was really quiet young. It's just that by that I mean the experience of being really connected--connected with nature, connected with animals.

And then, I had one **profound** experience when I was 14. I was hunting in the woods, and just very briefly, all I did was, there's a thing you do when you hunt, we call it "freezing" where you just stand perfectly still. I was just--I did that. I was just standing perfectly still, so the animals don't hear you clomping through the woods. And if they can't hear you, and if they're not downwind from you, they can't smell you.

Jennifer Right.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jon

Some animals can get **very** close to you before they'll see you. I mean, a squirrel can get **really** close -- "Oh, my God! A human being!" [laughs]

And I'm a kid, so I play a game, and the game is "I don't exist." There's nobody here. There's no hunter hunting. There's no thinker thinking." And, for some reason--and, by the way, I've had several people now. I can come up with a list, literally, of people who have this experience around the age of 14. There's something about, as we're moving away from childhood into a more adult mind that can bring this one, and usually it's 14 or 15 that it's happened.

Anyhow, I decided to play a game, and the game was "I don't exist," as I said. There's no hunter hunting. There's no thinker thinking. And, for some reason it was really like that. I entered into this sort of--I just stepped into the Zen state. There **was** no hunter hunting. There **was** no thinker thinking.

***"What is having this
experience?"***

"Who wants to know?"

And the thing which brought me back was the thought, "**What** is having this experience?"

And then, I heard this Inner Voice which said, "**Who** wants to know?" All it said, "Who wants to know?"

But, I **knew**, at that point, that I was going to spend the rest of my life trying to answer that question, and the only place that was dealing with those kinds of questions for a kid in Missouri back in the 50s was the church. So, I got involved. I became a minister and continued. I started teaching courses in comparative religions. Well, I taught high school courses. Back in 1966, I was teaching in a high school in California, and it just continued.

Compare that, for 10 years I taught a class called "On Comparative Mysticism" at the New School University in New York City from '68 to '78, and it's always just been that way. Just constantly looking for--and we all are. We're all constantly looking for the answer, if you're putting any effort into it at all.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Knowing the Mind of God

I love Einstein. Einstein was a **true** mystic, by saying that “The most beautiful and profound emotion we can experience is the mystical.” I’ll give you the exact quote. “*He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awareness, is as good as dead... To know that what is impenetrable to us really exists... is at the center of true religiousness.*”

Einstein said, what he wanted more than anything else was to **know** the Mind of God, and his process, of course, for coming to know the Mind of God was through mathematics.

Now, that’s not the approach that many of us can begin to take, but we can. You don’t have to be a mathematician to understand the Mind of God, because it’s just innately there.

It’s like, again, if I can quote Thoreau, who--again, was a true mystic, said, “*What lies behind us and what lies before us are small matters compared to what lies within us.*” What lives within us, it’s already living inside of **everyone**, if you’re just willing to acknowledge that it’s there.

But, sometimes, it seems like something has to sort of stimulate it, otherwise you get wrapped up in the world, and you get wrapped up in the world and you think the world is **real!** [laughs] You think all this stuff that’s going on in the news--**none** of that is eternal. **None** of that is going to last. Everything dissipates and disappears, including all of the “personalities” that seem to constitute the world.

It’s not that we’re not real. It’s not that there’s not a real Spirit, there’s not a real mind. But, the way it is, we’ve got a drama, we’ve got a soap opera, going on inside our heads most of the time. **That** soap opera, that drama, keeps us from being able to see into eternity.

Jennifer Well said! Well said!

Class Offering on Miracles and Mysticism

We’re coming up on our time here for a break. Before we go to break, I would like to mention that you can see how rich this topic is! I’m so glad you were able to do the show with me this week, Jon, because I know you’ve got your class on *Miracles and Mysticism*.

Jon Mm-hmm.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

- Jennifer People can jump in and join at any point.
- Jon Right.
- Jennifer This is your second class that you're doing on video, on the platform of Zoom, which I use for almost everything I do now. I know you've been really enjoying it. People really enjoy being able to connect with you on the video live.
- It's so fun, isn't it?
- Jon Oh, it really is! It's nice to be able to see the folks all over the world! That's what's the exciting part. It's not quite the same as being in a classroom, but boy, oh boy! It's the next-best thing, that's for sure! No doubt about that!
- Jennifer Yes, it is! Yes! For sure!
- You know--
- Jon [phone ringing in the background] Sorry about the phone.
- Jennifer Oh, that's okay. What I'd like to let people know is that they can go to MiracleMagazine.org or JenniferHadley.com and you can register if you decide you'd like to join in the class. There **are** payment plans available for the class. You can get started right away, and join with Jon in this wonderful opportunity.
- Knowing that we have so many episodes of this radio show that people might listen to this a year from now, the class will still be available then, I'm sure.
- It's time for us to go to a break. I'm Jennifer Hadley. My guest is Jon Mundy, and we're talking about *A Course in Miracles*. We're living the Love, we're walking the talk on Unity Online Radio, and we'll be right back!

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

Upcoming Retreats

- Jennifer Welcome back! I'm Jennifer Hadley and my guest this week is author and Missouri mystic, Jon Mundy.
- You have your event in New York state. Why don't you just say a few words about that, before we pick up the topic again?

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

Jon Sure. Well, we're having a retreat on Columbus Day weekend. That's October 5-6-7 and 8. You can either leave on Sunday the 7th. or you can stay and leave on Monday, the 8th, your option. The topic is *Awakening to the One Mind*, which is something that mysticism is all about. It's awakening to the One, realizing that there **is** just One Mind, that we're **not** separate, that we're not broken off.

The ego is very broken off. It's isolated, and it's for that very reason that it suffers. There's a line in the *Course* where it says, "*Divine Abstraction--*" which is a name for God-- "*...takes joy in sharing.*"

Now, we really do take Joy--that's our greatest Joy! People are so afraid that when they die it's going to be nothing, they're going to be isolated. It's **quite** different than that! It's actually a **reunion** with the whole, rather than the breaking off of the whole.

So, it's about awakening to the One Mind, and you can just go to our website, MiraclesMagazine.org, to find out more about it. It's coming up in just a couple of weeks!

Jennifer Yes! And I'll also mention that the reason I'm not going to be there, because Jon didn't include me. [laughs]

Jon [laughs] I tried!

Jennifer It was literally--yeah, it was like the same day, or the day after, I had committed to teaching in North Carolina, Jon asked me.

I'm going to be, that same weekend, I'm going to be at the Art of Living Retreat Center in the beautiful Blue Ridge Mountains of North Carolina. I'm offering my [*Forgive & Be Free*](#) retreat, which is a small, intimate gathering for deep healing, for those who have had enough, and they're willing to reclaim their energy, and stop investing it in unforgiveness.

What I can tell you is, that it's very common for people who attend my events to have lasting physical, emotional, mental healing--and certainly, relationship healing!

We're coming up to the holidays, so I like to put a lot of attention on doing the deep healing, forgiveness work before the holidays, so that we're not **repeating** the same painful patterns of the past.

So, if you'd like to come join me, I encourage you. We have payment plans! I always have payment plans for people who'd like to do the deep work.

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

Following my [*Forgive & Be Free*](#) retreat is my [*Spiritual Counseling Training Intensive*](#), which is open to anyone and everyone. We've had everyone from lawyers, medical doctors, accountants, all kinds of people, as well as life coaches, grandparents, people who would **like** to be Spiritual Counselors, people who'd **like** to be coaches, people **who** are coaches, family therapists, long-time therapists. All kinds of people come to [*my Spiritual Counseling Training Intensive*](#) to earn their CEU's and to learn mystical-- really, truly spiritual techniques that they can use for themselves and their clients, and to deepen your ability to listen and to communicate. It's **really** so much about communication.

Jon, which leads me to another question. I've been a Spiritual Counselor for 18 years now, seeing clients, and couples, and even business partners. You still do counseling, don't you? Do you have the information about that on your website?

Jon Well, just that it's there, and that it's available to people. There's a number that they can call, and all that sort of stuff. Yeah. Of course.

Jennifer Yeah. So, you've been doing counseling for many decades, and so, I just bring it up--I always bring it up, when I've got someone who does counseling, on the show, because many times people are struggling on their own, and they don't even realize that Spiritual Counseling is available. Because it's a very different thing from psychological.

Jon Sure.

Jennifer And, it's deeply healing and transformative, and so there's that.

Everything Starts in Mysticism

Now, I'd like to ask you a follow up question to what you were sharing before the break.

Jon Okay.

Jennifer I don't want to go off on a tangent, but I just do want to say, when you were talking about Einstein, I immediately got a thought about Helen Schucman, whom you knew, and she was your therapist, right?

Jon Right.

Jennifer These two are unlikely mystics, and I feel as though--

Jon [laughs]

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jennifer --they were--they had their professions, Helen as a therapist and an educator at Columbia University, and Einstein as this physicist, this mathematician-- and that they could bring us these treasured mystical insights precisely **because** they **were** so unlikely-- they **weren't** ministers, they **weren't** priests, they **weren't** nuns and monks.

Jon Right. Right.

Jennifer What do you think about that?

Jon Well, yeah. That's good because, you know, they didn't have any kind of training of that sort. So, another word that we could use beside "training" is the "indoctrination."

Jennifer [laughs] *Religions start from mysticism.*

Jon They didn't have the indoctrination that comes to us from something like the church, you know, with all of its rules, and regulations, and requirements. Fact is, they were probably distracted by that whole thing.

Jennifer Mm-hmm.

Jon There is--it's interesting. Can I share a quote with you from David Steindl-Rast? I don't know whether you know who he is or not.

Jennifer No, I don't! Please!

Jon Well, he was a Trappist. He's still around. He's 92 years old, I think, at this point. But he was a Trappist Benedictine monk who got permission, somehow or another, to study Buddhism. He was studying a link between the Buddhists and the Christians, and he wound up getting so much into Buddhism that he said he was a Christian Buddhist. That's sort of a strange thing to say, but I love this quote from him. *"Religions start from mysticism. There is no other way to start a religion. Eventually, however, religions tend to lose their direct ties to the mystical experiences from which they grew."*

Jesus--I'm not quoting him now, but Jesus was a mystic. Buddha was a mystic. Mohammed was a mystic. And they all got -- it's interesting. If you look at their life stories-- Jesus was off wandering the wilderness when he had this really most profound experience, Buddha sitting under the Bodhi tree, Mohammed's meditating in a cave-- and it all really starts when they're alone and isolated, and they break through, and begin to have this kind of conversation with God.

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

Let me go back to the quote from David. He says, “*I compare this to a volcano that gushes forth...*” the mystical experience.

Jennifer Mmm!

Jon “...and then...the magma flows down the sides of the mountain and cools off. And when it reaches the bottom, it’s just rocks. You’d never guess that there was fire in it. So, after a couple of hundred years, or two thousand years or more, what was once alive is dead rock.” He’s talking about religion! “*Doctrine becomes doctrinaire. Morals become moralistic. Ritual becomes ritualistic. What do we do with it? We have to push through this crust and go to the fire that’s within it.*”

It starts--everything **starts** in mysticism, and then it gets modified, and made into rules, and laws and creeds, and doctrines, and then it becomes--that’s one of the reasons the churches are dying today--it’s lost the fire, it’s lost the energy that was there in the beginning for everyone.

Remembering, Recognizing, Rediscovering God

You’ve got to rediscover--and what’s nice about *A Course in Miracles* is, *A Course in Miracles*, **and** other things like *A Course in Miracles*--the *Course* says itself that it’s **one form** of the Universal course that gets you back to the fire, it gets you back to that energy, it gets you back to that.

Remember what the *Course* is all about, it’s about --a word that I really like a lot is “remembering”, but more important than remembering is “re-cog-niz-ing”. Recognizing, bringing back into the mind what the mind **already** knows. We already know **all** of this. That’s what happens, is we just recognize.

I think that’s also one of the things that happens when folks pass away. When they die, it’s the “re-cog-niz-ing”. Nothing is **lost**. You’re going **home!** Why do we talk about people--people very often, on their deathbeds, are saying, “I want to go home!” I can tell you story after story that I’ve heard of people saying, “I want to go **home!**”

It just happened recently with a friend of mine, too.

Jennifer Yeah!

Jon Her husband thought he was having stomach problems. He went to the doctor, went to the hospital, and while they were waiting on the diagnosis, he was sitting in the chair--he was not in the bed, but in a chair in the

A Course in Miracles Weekly Radio Show with Jennifer Hadley

hospital room, and he started saying to his wife, "I want to go home." **She** thought he meant he wanted to go back to their **house**.

Jennifer Right.

Jon She got up to go to the bathroom, and while she was gone to the bathroom, he went home! [laughs]

Jennifer Oh, wow!

Jon To his **Real** home! You know?

"You do not live here."

Jennifer Right.

Jon This is not--there's a line in the *Course*, Lesson 49, and it says this is not your real home. "*You do not live here.*"

So many people realize that this is not true, but they don't know how to find the way back home, even while they're in this world. That's the trick--the trick is being able to do it while you're still here in this world. Mm-hmm.

Jennifer Yes! For me, it's been such a journey of hating this world to now loving it, with all of its expressions, because now recognizing that it's impermanent, that it's not real, but we **are** Real, and we are permanent-- not **here**, but in God.

Jon No.

Jennifer I can handle--I don't have to hate this world anymore. I don't have to hate my experience.

Jon No.

Jennifer Hey, I'd like to go back to this theme of--

Jon Sure.

Seeing the Way Out

Jennifer --your book, which is *A Course in Miracles* and mysticism, and the great mystics. What are some of the things that you learned in writing the book?

Jon Well, just an affirmation, I guess, of so much that's universally true. That *A Course in Miracles* also talks about--*A Course in Miracles* **is** a mystical document.

Jennifer Mm-hmm!

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jon It's the most profound, I think, mystical document ever to cross the face of Planet Earth.

Although, there's lots of times--you know, if you go back and you look at somebody like Swedenborg. Swedenborg was the--

Jennifer Oh, I know!

Jon --*A Course in Miracles* in the 18th century. And you can kind of just go through-- that there was Gnosticism, that was deeply mystical, and Neoplatonism, the Kabbalah-- it's **in** there. But the thing about *A Course in Miracles* is, it's 21st century. It was written during the latter quarter of the 20th century.

I once said to Ken Wapnick, "Why do you think we got this now? Why did this come to us now?" He said he didn't know the answer to that, for sure, but there was **one** thing he was sure of-- it could not have happened until after Freud, because it wasn't until Freud that we had a really clear ego psychology. He understood the ego very well.

The problem with Freud was that he was atheist, and being an atheist, he did not see an "out". There was not a door. There was no exit. You were just **trapped** inside this ego thing, and there was no freedom from it.

Well, it's no accident that Helen was a Freudian. Helen understood Freud very well, but she had this ability to open her mind in such a way that she could see the door, she could see the exit, she could see the way out, and then Jesus could come speak to her, and show **us** what that exit looked like, and even provide a very clear *Text* book, it's been described, of how you get out of here safely! You know, how you remember home.

Jennifer Right.

Jon So--yeah.

Jennifer And, we have Jung.

Jon And we have Jung. Yeah, Jung was the--the very interesting thing about Jung-- Jung said of himself, in the red book, that he was not a mystic, which is really interesting, because he says, "I am a scientist first." Which is sort of interesting, because so much of what he said is purely a clear sign of being aware of the collective mind--

Jennifer Yes. Yes, yes.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

- Jon --and the consciousness. So, he **was** that, despite the fact that he resisted being **called** that on his own. But, it really opened up the whole world. He saw what--he **did** believe in God. I mean, there was no doubt about that.
- Jennifer Right. Yeah.
- Jon Yeah. Right. Right.
- Jennifer Well, and it makes sense to me that, as also being a scientist, and many mystics are very scientific, like Einstein--
- Jon Oh, yeah!
- Jennifer --you know, they're super scientific, because their mind is so vast--
- Jon Right.
- Jennifer --they can hold it all, and not see contradictions, and not have to close off any part of it.
- Had he claimed mystic, perhaps his work would have been less valuable to people, because of their not being religious or spiritual themselves, and then discounting it because of the spiritual nature of it.
- So, makes sense!
- Jon Mm-hmm.

Remembering the Truth

- Jennifer In your experience of writing the book and studying these mystics, did you come to a greater appreciation of the *Course*?
- Jon Oh, sure! How could you **not**? I mean, it's all there, in the *Course*. But what the mystic sees, what my book is about, is really kind of comparing the insights of the mystics with the teachings of *A Course in Miracles* and, in a way, saying, "Look, this isn't new. What's new is the packaging."
- What's new is the way that it's all laid out so clearly--so very, very clearly--and, by a psychologist who was able to describe all the process that we have to go through to awaken.
- That's why our theme for the retreat is called *Awakening to the One Mind*. We **are** awakening to this. Remember--remembrance of the truth is all that's in it.
- Jennifer Indeed!

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jon

There's a lot the Course is trying--and, you know when you **get** that this is not a real world--I mean, that really bothers people to say that. It just means that it's made up. It's a construct. It's a concept. It could have been made up **lots** of different--in fact, if you travel very much, you see there's a lot of ways to make it up. You study history, you've seen all kinds of ways of making it up. But, it still winds up being made up.

One of the things the mystic sees, that the *Course* says very clearly, that time--time, itself is--time is where the **story** is, and the story isn't **real**. But--you know, it's like when you have a dream at night, and you're dreaming it all looks very real! But it also occurs in time. We're going through--there's an event, and then there's another event, and then there's another event.

In a way, what the *Course* is saying is-- well, actually you said it --it says, "Time is a vast illusion. It's relative." That's Einstein's discovery. It can speed up. It can slow down.

Time is a vast illusion.

And what's really interesting is, what happens when it stops. You know, we can really stop all the machinations of the mind. You really can't--trying to-- meditation **gets** us there, it opens the door for it, but then you've got to kind of go into that door.

And then, the *Course* also helps us understand that even though there **is** a story, the *Course* says, "*The script is written.*" or Einstein said, "*God does not play dice with the universe.*" You know?

The Power of Your Thoughts

And so, there's a process. And the more we can connect with that process--I've been studying, lately, I'm reading a book on Dharma, which is a Hindu concept, which is really just the concept that everything---it includes every one of our thoughts, every word that we say, every action.

But, let's go back to the root--back to the root is thought. Every thought has its **effect** in the Universe, and it especially has an effect in our lives.

So, if we're angry, if we're attacking, if we're projective, we're **blind** and we **cannot** see. That's why the *Course* is trying to just--there are 34 times that *A Course in Miracles* uses the phrase "*watch your thoughts.*" Watch what you

A Course in Miracles Weekly Radio Show with Jennifer Hadley

are thinking, and **why** are you thinking that? **Why** are you angry? **Why** are you attacking? **Why** are you being disappointed? **Why** are you being upset? You know? **Where** is that coming from?

Those kinds of thoughts can only come from an ego. You are **not** an ego. That's the very basic clear message of the *Course*. You're a Spirit. You're a mind. You're a part of God. That's what we've got to get back to remember.

Another way to say that, is to say that there's no duality, there's no "other". There is no subject. This is the mystics great discovery--there's no subject/object.

In the *Course*, there's a wonderful line--I love little, 5-word sentences from the *Course*, and one of them is, "*There is nothing outside you.*"

You're a Spirit.
You're a mind.
You're a part of God.

Now, what it means when it says, "nothing outside you" it means there's nothing outside of **your mind**. Everything is a part of the **mind**.

I listen to the astrophysicists, like Neil DeGrasse Tyson, talking about "dark energy" like it's a thing--85% of the universe is made up of this thing which we cannot see, because it doesn't reflect light. And yet, we **know** that it's there, because there's this gravitational pull about it, and it's affecting everything.

And I think, "Well, why don't we call this huge invisible thing that's really kind of running or operating the Universe, why don't we call it "mind"? Why don't we call it "God"? Why don't we call it "Love"? Why don't we call it what it is? [laughs] You know? Instead of just limiting it, somehow or another, to some physics.

Jennifer Right.

Jon It's not **just** physics, you know?

Well, anyhow, this is all--it's just fun stuff! It's really fun stuff to think about. My goodness!

Jennifer It is! It's **so** liberating!

Jon It is.

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

Jennifer I remember years ago, I wrote an article for Science of Mind magazine about Lynn McTaggart's work in her book, *The Field*. Yeah. She called it "the field" and--

Jon Right.

Jennifer --the "field of energy" instead of the mind. There are experiments that have been done, obviously, many people know them, with working with the field or the mind to **shift** things.

One experiment that was so powerful was a group of a couple thousand people committing to meditate every day in the Washington, D.C. area, and the crime rate went down by 25% while they were doing it.

***The mind can heal the
body, but the body can't
heal the mind***

Jon Yeah! Wow! Isn't that great?

Jennifer It is! Yeah!

Jon You don't know! I mean, you don't know how--there's a line in the *Course*, "You do not know how powerful your thoughts are." For example, if the mind can heal the body, but the body can't heal the mind, then obviously the mind is the stronger thing here. [laughs]

So, again, "What are you thinking?" You know?

Jennifer Yes! And, the body is a tool of the mystics, that we can **use** the body to help us connect with the mind--

Jon Yeah.

Jennifer --by shifting our--you know, we all can experiment with taking our awareness from where our physical body is, and where we **think** we are. It's sitting behind our eyeballs, and we can project our mind to the past, to the future, to a distant place. All kinds of--we can project our mind all over the place, and we **know** this, but then we feel **trapped** in the body.

Jon Right.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Resources & Retreats

- Jennifer So, this is the time of the everyday mystic, the ordinary mystic, and realizing that this is our, as you said, it's our naturalness, it's our **natural** state.
- Jon Right.
- Jennifer I'm so glad you're doing this class at this time. I think it's--
- Jon Yeah. It's good.
- Jennifer I know that people are really loving it.
We are about out of time here. It goes so quickly!
- Jon It does! It goes just like that! [snaps fingers]
- Jennifer I'd like to remind people that both Jon and I are doing different events that first weekend in October. Jon has this wonderful gathering in New York state, and you can go for a day or you can go for the weekend.

Then, I have my [Forgive & Be Free retreat](#) in North Carolina, followed by the [Spiritual Counseling Training Intensive](#). So, you can come for the weekend, or you can come for 10 days, or you can come just for the training, whichever you prefer.

Jon's class, you can go to Miracle Magazine--is it dot-com or dot-org?
- Jon Dot org.
- Jennifer [Miraclemagazine.org](#). You can look for his events there, and the class there. Also, you can subscribe to Miracles Magazine, which has articles by people like me!
- Jon Yes!
- Jennifer I mean, that magazine is **packed!** That is a wonderful resource, and people hold onto them, because they're so much a resource. You can get back issues, too, I believe.
- Jon Sure.
- Jennifer I encourage people to look for that, to check out Jon's book, *Miracles and Mysticism*.

I'd like to say thanks to all the people who support this radio show and make contributions to Power of Love Ministry to support the show, and to

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

support the free text messaging that we're doing, the free classes that we do, the transcribing of the radio show--all these different things that we do. It's much appreciated!

Closing Prayer

It is time for us to close.

I invite everyone, we take a breath. We give thanks to the Higher Holy Spirit Self leading us and guiding us all the way, every day.

Thanks to Jon Mundy!

In gratitude, we let our healing and expansion be. We know it's done. And so, it is. Amen. Amen. Amen.