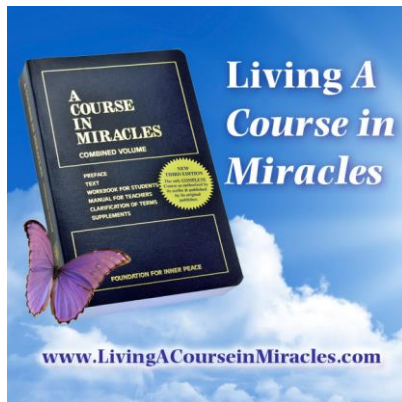


October 23, 2018



Healing the Habit of Feeling Dissatisfied



 *Jennifer Hadley*
your daily shot of spiritual espresso

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October 23, 2018

Healing the Habit of Feeling Dissatisfied

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 Ah, bonjour! Bonjour! Bonjour! Here we go again! Isn't it wonderful, transcending time and space together so that we can awaken from the dream of separation! I'm so grateful! So grateful for the opportunity that we're giving ourselves to heal, transform, resolve, dissolve, permanently release **everything** that causes suffering. **Yes!** We're living the Love and we're walking the talk together, and let's say a prayer together.

Opening Prayer

I invite you to join with me and place your hand on your heart. Take this deep, deep breath of Love and gratitude, and let us just be so grateful and so thankful that perfect Love is what we already **are**. We're already there, and we are **willing** to give up any idea that we're not. We're willing to give up any idea of separation, whether it's known to us or hidden in the recesses of our awareness. We're giving all to the Higher Holy Spirit Self, calling upon that Higher Holy Spirit Self to walk with us and talk with us, to shine the Light of Love within our own mind.

We are grateful and thankful to give up all causes of doubt, fear, worry, shame, blame, regret, jealousy, resentment, lack and limitation. We're giving it all to the Higher Holy Spirit Self for healing, and we're claiming our awakening, right here, right now.

In gratitude, we join together and share the benefits with everyone, because we are One with them. So grateful, so thankful, to **let** the healing be. We let it be. And so, it is. Amen. Amen. Amen. Amen.

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Oh! How blessed we are! So, so very blessed! Grateful! Grateful **beyond** grateful!

Building a Case for Dissatisfaction

Our topic today, such a good one! I love these topics that Spirit gives me. “Healing the Habit of Feeling Dissatisfied”. Right? Oh, my gosh, was this a major, **major** issue for me! Healing the habit of feeling dissatisfied. I had **no idea** that I was creating my **own** unhappiness, that I was getting in my own way so much, by choosing -- actively, very actively choosing -- to be dissatisfied, and to **feel** dissatisfied, to **claim** dissatisfaction. It was a **real** issue, and I’m so grateful and so thankful that we **can** change our minds. Yes!

Let’s just really define what we’re talking about here before we go any further, the habit of feeling dissatisfied. Here’s some of the ways that it showed up for me. One way was, I would enter into a room, a situation, a

I had no idea that I was creating my own unhappiness

meeting, a conversation, and I would, by **habit**, look around and see what I didn’t like. I would look for the things that felt threatening to me, I would look for the things that **could** bother me, I would look for the things that I could be **offended** by, and I would do it **so** quickly and unconsciously that I didn’t really understand this was part of this habit of being dissatisfied.

I might look at a menu in a restaurant, and I would quickly be like, “Ugh! Not this! Not that! Ugh! They don’t have -- ugh! Oh, my God!

It’s too expensive!” Just instantly going to complaints. I was looking for things I could be offended by, **because** being upset was where I got a sense of feeling powerful. I felt so deeply insecure that I would use upset as a source of power. Drama queens do that, and I was definitely a drama queen. Just thinking about it, remembering how I used to make myself **miserable** all day long, taking offense. Being hurt was a big one.

I’ll tell you something right now. I’m staying with family, which I’m happy to be here and grateful. It’s not a common thing, but one of my family members just snapped at me, and I knew, instantly, that it had **zero** to do with me. They were having a stressed moment, so I just lovingly got out of the way, didn’t need to say anything back, was not bothered or upset. I just went right to praying, knowing the truth, seeing the release of whatever

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the cause is, calling upon the angels, Holy Spirit, surrounding and enfolding them and lifting them up out of the mire of whatever thought was happening there. I didn't take it personally, did not feel it was meant personally, although it definitely was directed at me. It was just a short comment, "This has nothing to do with you."

Okay! I can get that! No problem! But, let me just say that 10 years ago -- well, maybe more. 14-15 years ago-- that would have been all I needed to spiral down and have it, **literally**, be the thing that would make me miserable for my entire visit. I would build on it, and I would start to look for more threads of the same nature and building my case.

This is one of the things that the ego does. These are the **habits** of dissatisfaction. The ego builds a case, like a lawyer, looking for evidence, looking for facts. Of course, the ego doesn't know anything about **true** reality, so it doesn't know about **facts**. It only knows how to **interpret** and make meaning in a negative, egocentric way.

But, I didn't used to know that. I thought it was all very **real**, and so my ego would begin building a case against my family members, against me. "I am not loved." "I am not cared for." "I am not appreciated." "I am not respected." "They always --" "They never --"

Those "always" and "never" words are the **key** for me. I really learned this, and this is one of the things I share in my classes, that you know it's ego when it's "never" or "always". You're into those habits of dissatisfaction. You're gathering evidence.

See, now, I am so grateful for this awareness that the ego needs to make a case, like an attorney, and present the evidence. **Why** is that? Spirit doesn't work that way. Spirit does not go around collecting evidence to prove a case, and the reason is simply this: What Spirit **is**, and Spirit **knows**, is eternally true for everyone. No case **needs** to be made. There's no convincing needed. You either are **willing** to know the truth that sets you free, or you prefer to keep energizing your beliefs.

Because all beliefs are **false**, the ego needs to build a case to convince. Just like someone, anyone, who's lying, and deceiving will build a case, will start to present evidence, will start to make things up. That's how **ego** works.

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Love is refreshing, renewing, restoring, reviving, because Love is eternally true, and Love is what we are.

So, when the mind goes to complaining and starting to collect evidence for your righteous complaints, **that's** when we can remember to laugh, because we're in that habitual ego mind, the **habit** of being dissatisfied. This is one of the most insidious and clever ways that the ego thought patterns are so sticky.

We Are the Operator of the Ego

One of the things I'll share with you, since you may be a long-time listener, even if you're a new listener, one of the things I'll share with you is that I'm being very **careful** in the ways I speak about the ego. For instance, I usually don't say, "**my** ego" although I did say it today. I said it intentionally. Most of the time I don't say, "my ego" because I don't wish to be **identified** with the ego. But, I notice the more I am **dis**-identified with the ego, saying "my ego" doesn't tweak, it doesn't spark a sense of identification with the ego.

The ego has no power. **Zero** power at all. It is like a puppet. Think of a hand puppet. If you put your hand inside the puppet, the ego seems to have power, the puppet **seems** to have power.

Right? It can **do** things. It can pick things up. It can hold things. Think of the Muppets, right? The Muppets seem like real beings, right?

But, we **know** they're not, and if we could see Kermit or Miss Piggy laying on a table, those puppets, those Muppets, we would say, "Oh! Yeah! They have **no** power. They have **no** personality. They have nothing! They are inert. They have **no** volition of their own. They require the puppet master, the Muppet Master, to operate.

And, the same is true of the ego, because it is a thought system into which we place our **awareness**, and then by lighting it up with our awareness, just like putting your hand inside a puppet, now that puppet seems to have life, now that ego thought system seems to have power, seems to have life. But, **it does not!** It requires an operator. The ego **requires** an operator.

*Love is eternally true, and
Love is what we are.*

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Really, this world that we're experiencing -- "Earth School" as Gary Zukav called it, -- and, by the way, I haven't read it in a very long time, whenever that was. 2000? Gosh! No, not 2000! 1990, reading *Seat of the Soul*. Something like that is when I read *Seat of the Soul*. I read it a few times back then. It was the best book I'd ever read up until that point. I just **loved** it! He called it "Earth School."

Everything is Symbols & Concepts

So, here in "Earth School", everything here is **conceptual**, symbolic, *A Course in Miracles* says, and that words are "symbols of symbols" because everything is in this world that we can **refer** to with words is symbolic.

Another way to say it is "conceptual" and I think that's really helpful. We **conceive** of things. We have **concepts**. I love to really recognize that **all** concepts are projections. They are **not** of substance, they are not real, they are not eternal, so that helps me to intellectually **understand** how this world works, that it's a very sophisticated system that we basically place our awareness into.

It's very much like if you've ever seen the movie *Avatar* or *The Matrix*. These movies help us to conceptualize, to **understand**, what it's like to put on a body and have this experience.

Also, I don't know if I've mentioned this on the radio show. I don't talk about it a lot, but I really, **really** love the TV show *Once Upon a Time*. If you're a Netflix fan, I don't know about other options, but you can watch, I think, the first seven seasons. They're in Season 8 now, I think, on Netflix. Go to the beginning. Watch it. Watch it with your family. Watch it with your kids.

It's very much about our human experience of being transported, in a sleeping state, to a false reality, and not being able to remember who we really are. It's quite clever. The Holy Spirit is really woven all the way through it. I don't want to give it all away, but there were so many episodes, particularly in the first few years that I was watching it, that I would just start crying because I'd be like [sobbing sounds] "Oh! It's so true! Oh, it's just like *A Course in Miracles*! Oh, that's what it's like for us! We

All concepts are projections. They are not of substance, they are not real, they are not eternal.

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forget our power! We forget who we really are! We forget that Love is the answer!”

It’s a really beautiful story, and it’s got all kinds of magical people and creatures. You know, it’s the fairy tale folks, the Evil Queen, and Snow White, and Prince Charming, and Rumpelstiltskin, Belle from *Beauty and the Beast*, and lots of wonderful characters like that. They’re all **learning** how to work from their heart, and the consequences of choosing what **we** would call ego thought system, instead of the truth of their being.

The Power of Our Awareness & Choice

In there, as in all of life, we can see people, characters, on the screen of our life who **choose** dissatisfaction.

When people feel powerless, like I did, on a certain level-- and it doesn’t matter if you’re loud and boisterous, which I certainly was, a very strong personality. I was a drama queen, so I was not quiet, and demure, and keeping it all in-- but being **dissatisfied**, complaining, taking offense, being sarcastic, attacking, judging. These are all ways for the ego to **feel** powerful. Right? Not that the ego really **feels** anything, but it’s a way for **us** to feel powerful **when** we are identified with the ego. Just like the puppet cannot feel anything, because it has no consciousness. The ego has no consciousness, has no **awareness**.

We have awareness, and we can place that awareness in a thought system of lack, attack, limitation and separation, and we can experience it **very** intensely. Don't we know it? **Oh, yes!** We have proven it **so** often, there is **zero** doubt anymore! So, let’s prove God, now. Let’s prove God!

*Let’s prove
God!*

Recently, I’ve been running these forgiveness workshops, and I’m going to -- oh, yeah! You know what I’m going to do? If you text the word “FORGIVE” to the number 35227, then you can get a link back to sign up for my [free forgiveness live video workshop](#). I’m running this free, live video workshop, and it’s totally free. Please share it with friends. To get it, you’re going to text, to the number 35227, you text the word “FORGIVE”. Text the word “FORGIVE” to 35227 and I’ll send you a link to register for my [Forgive & Be Free life video online workshop](#).

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It's a workshop, so you're actually doing **work** together in the workshop with me. It's totally free, so please, please do share with friends, invite friends. The whole idea right now is to support people in breaking these habits of unhappiness, and forgiveness is the #1 tool that we have.

The holidays are coming. The end of the year is coming. It's going to be here before we know it. I love the start of the new year. **O.M.G.! I love** that energy, that Christ Energy. As we build to Christmas and travel into the new year, that Christ Energy is **so strong** on this planet, and I just **love** that time of year! It's fantastic! But, let's make the **most** of it. Let's be **prepared**, so that we can start the new year so beautifully.

I've been running these workshops, and -- wow! People are coming. They're doing the deep work. they're having the transformation and the healing! We're offering as many as we possibly can. They're all free, and it is a time commitment, but we do it all in just a few days. It's a 3-part series, and I invite you. So, "FORGIVE" -- text the word "FORGIVE" to the number 35227. Or, you can just go to JenniferHadley.com and sign up there on the Home page. [Forgive & Be Free live online video workshop](#), all free for you and your friends.

You know what? I'm just going to ask a favor of you. If you like this radio broadcast, and it's helpful to you, when you see my posts at Facebook -- you know, we don't have some big advertising budget. We're a nonprofit ministry. We're offering as much free stuff as we can -- it actually makes a huge difference if you click "like" and comment on any of my posts. You don't have to write a whole big long comment. You can just put a heart there in your comment. You know, you can just send me some love, and I'll send you love! What it does is, it just helps Facebook decide, "Oh, you know what? These posts are valuable to people, and let's show them to more people instead of burying them!" That's a really great way to help this ministry share more free things, so please do. Please do.

[0:24:55] It is **demoralizing**-- at least it was for me-- it was demoralizing to constantly **realize** I was being swept up in my own habits of dissatisfaction. You know, it just becomes so **familiar**. It's like an old bathrobe that's really comfortable but has become tattered and stained. Let's face it, if you were going on a date with someone, or something like that, you would **not** want them to see you in that bathrobe. Right?

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But, that's what our habits of dissatisfaction are like. There's something old and uncomfortable -- actually, "old robe" was probably not a good metaphor, but think of some old coat, or some old pair of shoes that you have, that are ill fitting and **very** unattractive -- stained, tattered, and make you look as though nobody loves you at all. **That's** what the habits of dissatisfaction are like. I'm going to get more deeply into this in the next part of the show. Yes!

Ah! You know, I'm just so grateful to bring all this stuff to the Light, and that we get to do it together. I am very, **very** grateful that we get to do it together. Let's take that breath of Love and gratitude, so grateful and so thankful as we go into the break here.

I'm Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio. 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*.

Interrupting the Habits & Patterns of Dissatisfaction

Welcome back! Welcome back! So grateful to be **healing** the habits of dissatisfaction. These habits, I've found, are so insidious, and what happened for me, personally, was -- and this was before I came to *A Course in Miracles*, just before I came to *A Course in Miracles*. I had been, for a number of years, doing the *Course* without doing the *Course*, because in '97 I started a very active daily practice of nonviolence, so I was looking for everything in my mind that was unloving. I began to really look for it and root it out. Of course, it was very challenging to me, but it was also very, very helpful to me. I began to realize, as many people do as they begin to do this work, I began to realize that, "O.M.G.! My thoughts are **almost all** negativity!"

As you may have heard me say, this is **very common** for people who take my [*Finding Freedom from Fear Bootcamp*](#), which I'm offering right now! Come join us! Right away, though, if you're listening to this around the time of broadcast. Well, you may be able to take it if you listen to it years later. I may be offering it then, too. Come check it out! It's the perfect time!

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I'm actually very excited. The classes are pre-recorded, and I have not done new classes in years, and I'm recording new classes! So, you can come join me live in the classes. I'm doing them on Zoom, which I've never done before. That'll be fun! You'll have all the classes, all the classes to enjoy and participate in. **Yes!** It's wonderful! It's wonderful what we can do with technology.

I love offering [*Finding Freedom from Fear*](#) because **these** are the practices that transformed my life! It's such a jump starter for people to really quickly turn things around. I've made it so comprehensive. I've been offering this class for 11 years now, and it's so deeply powerful for this very particular topic of interrupting the patterns and habits of dissatisfaction.

There's so much to my [*Finding Freedom from Fear Bootcamp*](#). It's really comprehensive. People are always amazed at how comprehensive it is. But, this is what I **ask** Spirit for. "How can I be **more** helpful? **How** can I make it more clear for people? **How** can I help them overcome -- or just dissolve, even better word choice-- dissolve and resolve, permanently, all resistance and reluctance?" Right?

The Transformational Healing of Dissatisfaction

The resistance and reluctance come from the deep-seated sense of unworthiness and so the habits of dissatisfaction. I mean, just think about it. If we, **fundamentally**, feel unworthy of God's Love, can we **have** satisfaction? Is there **any sense** of Peace that we can have? No! It would **only** be conditional. Right? There would not be this great sense of true resting in Peace as long as we think we're unworthy.

So, **healing** that root cause of the dissatisfaction -- not just breaking the habit, not just interrupting the pattern, which **really is** so much of the work, consistently interrupting that pattern -- but healing it back to the root cause, **this** is what Spirit does for us.

***Healing that root
cause of the
dissatisfaction --
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for us.***

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Of course, nobody needs **my** help to do that, **but** I have found that it is much, much **easier** for people to do this as a group. For me, I did have my Prayer Partners and friends doing this work with me. But not in the **same** way that **I** was doing it, because I was doing the things in my Bootcamp, and my friends were not doing that, so I was doing the Bootcamp on my own, with Spirit. Not **totally** on my own, because Spirit, the angels, were all with me, for sure, and I felt the more and more, every day. But, what I **see** is that the people who take my classes now, they do it so much **faster** than me.

I had a conversation yesterday with somebody in *Masterful Living* -- well, several people, actually, in *Masterful Living* and they were just going on, and on, and on about how **grateful** they are that their mind is really deeply shifting, and they are seeing the **contrast** between how they felt a year ago and how they feel now. They're **definitely** transforming their minds **far** faster than **I** ever did, and we're just moving together along at a really good pace and clip, and it's **exciting!**

The Cost of Dissatisfaction in Our Lives

It's exciting, which is why, now, I'm so happy to be training ministers, and teachers, and Spiritual Counselors.

Oh, you know? This might be helpful to you. Looking at the patterns of dissatisfaction, just taking a moment here, what is the **cost**? Like, think about it in terms of your relationships, because *A Course in Miracles* tells us the two best tools we have for healing our mind, for our salvation, are our relationships and our body. How does your dissatisfaction show up in your relationships? Do you blame others for your dissatisfaction?

***A habit of a
dissatisfaction is a
constant
disappointment***

A habit of a dissatisfaction is a constant disappointment. Many people have a constant disappointment with their family members, their loved ones, their coworkers, their boss, their employees. A constant sense of dissatisfaction. What it does is, it keeps us tuned to the ego radio station.

Praise, appreciation, gratitude, compassion, Love-- extending **these** raises up **above** the battleground, so we can experience Love and Peace consistently.

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Being dissatisfied -- grumbling, complaining, criticizing, shaming and guilty. I've done some radio shows on guilt. If you notice that you **say** things to people that might be what some people would call -- and I put this in air quotes -- "telling my truth" really, what it's designed to do, is to make people feel guilty and shamed. **That is not** loving, and it's really not necessary.

You see, *A Course in Miracles* tells us, extremely **clearly**, that all healing is at the level of the mind, so we **think** that the dissatisfaction is with **life**, itself. We think that the dissatisfaction is with the **circumstances** we're encountering. But, it's **simply not true**. It's simply not true! We don't **know** what anything is for.

For instance, right now one of the things I'm doing is, I'm studying Kundalini yoga as a teacher-in-training, and I **love** it! I **love** it! Kundalini has spiritual practices working with mantras and chanting, and Kundalini yoga is -- another one of the definitions of Kundalini

energy is the Christ Energy, and it's about physically bringing that Christ Energy up from the lower chakras all the way up through the top chakra, so that we can walk in the world as Enlightened Beings and be truly helpful.

That's **really** what the Kundalini yoga practice is **all** about, and so I'm loving the combination of working at the level of the mind and **using** the body to help me do that, because it **dramatically** strengthens your nervous system, your glandular system, your hormonal system, and it works -- you work with your mind in Kundalini yoga, because sometimes you're holding a posture, that's not comfortable, for several minutes, and you wonder, can you **do** it?

In the teacher training the other day, we had to hold our arms up in the air at an angle -- I forget if we were chanting or breathing now. I can't remember. It doesn't matter that much -- but I was holding my arms up at a 60-degree angle, I think it was, and with our fists tight, or something like that, and breathing deeply, maybe chanting, too, for 11 minutes. 11 minutes is not a very long time, but it **seems** like a long time when you're holding your arms up in the air! I have started to develop the **mental**

We think that the dissatisfaction is with the circumstances we're encountering. But, it's simply not true.

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ability to **not** have to pause and take my arms down. For me, my shoulders are very tight, I'm holding my arms up for 11 minutes, and so after a few minutes, it begins to **hurt**.

I know that I know my body, which I love my body so much! I've just the most wonderful body! I just -- seriously! God gave me a fantastic body! Somebody else might say, "Uh -- well, you've got a belly hanging over, and you've got cellulite, and your breasts are droopy now, because you're 58 years old, and you've got age spots or sunspots, on your face, and--" Oh, I don't know what else. I have gray hair coming in. It's in there. It's mixed in. --and some people would be like, "Uh - why would you be so grateful for **that** body?" But, you know what? I **love** this body! This body has gotten me through my life, and I have been **really** hard on this body, and my body is still doing **great**! Anyway, so I know my body, so I know when I'm hurting myself and I need to ease off, and I know when I just need to keep going.

So, I felt that pain of "Oh, my shoulders are not happy. My arms are not happy. I'm doing things I am not **yet** able, I don't have the strength and the flexibility to do **easily**, so it hurts!" But I was working with my **mind**, and I was working with my nervous and, of course, I was working with my muscular system, and all these things, and I made up my mind, "I am holding my arms up for the entire 11 minutes, no matter what is going on."

I called the angels to help me to release the pain, the **thoughts** of pain, because pain is in the **mind**. Pain is in the mind, and I've had transcendent experiences in Kundalini yoga where I -- and some people say it has to do with releasing sexual energy. I don't know anything about that. I know about the Christ Energy moving it up through the chakras. I'm beginning to teach Kundalini, so I'll be sharing things with you, if you're interested. I'll let you know how to get them. You can stay tuned to my YouTube channel, [JenniferHHadley@YouTube](https://www.youtube.com/channel/JenniferHHadley).

So, working with the body to work with the mind, very powerful! **Super**, super powerful!

My old tendency would be like, "Oh, my God! This hurts so much! Oh, my God, I cannot do this! Oh, my God, how much longer?! Why won't they tell us how much longer? Why do they keep us in the dark? Why? Why? I think it's maybe we've only done five minutes. Oh, my God! I have six minutes more! Oh, my God! How am I going to do this? Oh, it hurts so much! Oh, I

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have permission to take my arms down! I don't--! Ah! Oh! I can't stand it!" and I'd take my arms down. I'd rest my arms, and I'd rub my shoulders, and I'd put my arms back up. Once I took my arms down once, then I'd start taking my arms down every 30 seconds, every minute, and "Oh! So much pain! So much pain!" I was focused on the pain.

Finding Freedom from Dissatisfaction

But, you see, **really** healing the habits of dissatisfaction, I can see now, how my Kundalini practice **helps** me with it, because this time on the weekend, when I was doing that, I **felt** the discomfort, but I said, "No! I am keeping my arms up. I can **do** it! I **can** do it! The angels are helping me. It **will** be done by me, and this is good! This is good!" It's like hitting a switch in your mind that just says, "It is **done!** I have **done** it! It's happening!" rather than [whiny voice] "Oh! I don't like this! Oh, oh my God! How much longer? Wa-wa-wa-wa!"

I mean, some of that was coming up, but I decided not to dance with it. right? Let's say you're at the dance, and the dissatisfaction comes up and says, "Would you like to dance with me?" And you say, "Oh! You look very familiar to me! Sure! I'll dance with you! I bet I know how to dance your dance!" So, you dance the dance of dissatisfaction.

But, you could be at the dance, and that dissatisfaction comes up and says, "Would you like to dance with me?" and you can say, "Thank you for asking, but **no!** I'd like to dance with someone who's happy! I'd like to dance with someone else."

Remember, like attracts like, so this is what we do. One of the main things that I did for myself, back in the 80s was, I made a decision to really move out of constant complaining and attacking. That was a **huge**, huge step for me. And so, my friends at the time, for the most part, we got together, and we bonded through complaining. We had "like attracts like". Like attracts like. So, the lonely, sad, frightened people filled with self-hatred who felt powerful by being angry, and complaining, and sarcastic, and attacking were **attracted** to me, and we became friends. And then, I realized, "I do not wish to do this anymore, because it makes me want to kill myself."

You know, one of my closest friends, we made a break, because my friend didn't want to hang out with me anymore once I stopped the pity party. It wasn't that long, maybe a year or two, my friend died of brain cancer. Yes. I

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

was just like, “Okay. We all have our ways of getting **out** of the misery.” And for me, for a time, I was suicidal and desperate, filled with despair. [It was] a very dark time for me.

But, I broke out of it. I broke out of it, and one of the things I did was, I wouldn't have called it then “breaking the habit of dissatisfaction.” For me, it took me a very long time to do that. You know what? That's **exactly** why I keep running my [Finding Freedom from Fear Spiritual Bootcamp class](#), because it **did** take so long for me. But it didn't **have** to, and if I could have signed up for something like what I offer now, O.M.G.! Oh, my God! I would have **loved** it! I would have **loved** it! Now, I'm so grateful for every bit of my miserable experience, because I learned so much from it that I can share now. So, I'm harvesting the Wisdom, and I'm **extending** that harvest and sharing it, and that is my **Joy**.

I tell you, people tell me all the time, “Oh, my God! You do so much! You accomplish so much!” God accomplishes so much when we get out of the way! I'm on fire! I'm on fire! I never get bored. It's never tiresome like, “Ugh! I **have** to do this!” No! I **get** to do it! I'm **excited** to do it! I **love** to do it! Oh, my God! I love talking with the people in my [Sacred Circle](#), in my [Finding Freedom!](#) I love talking with the people in [Masterful Living!](#) It is **fantastic!** Sometimes we just cry together, it's so fantastic.

We're so grateful that we have found the way to get to that tipping point where we are more peaceful than not. And once you get to that tipping point, it just gets so, so much easier. It's **crazy** how much easier it is, how much more enjoyable life is, how much easier relationships are, and even the challenges of the body. I always think people who have lots of intense challenges with the body, they are so committed to their awakening.

Escape from Darkness Brings Escape from Fear

Here we go! A little bit of *A Course in Miracles* here. This is from Chapter 1, Section IV which is entitled *The Escape from Darkness*.

“The escape from darkness involves two stages: First, the recognition that darkness cannot hide. This step usually entails fear. Second, the recognition that there is nothing you want to hide even if you could. This step brings escape from fear. When you have become willing to hide nothing, you will not only be willing to enter into communion but will also understand peace and joy.”

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How beautiful is that?!

“The escape from darkness involves two stages: First, the recognition that darkness cannot hide.”

In other words, everybody sees **everything**, even if they're not talking about it. Right? I mean, we all know who the happy people are and who the unhappy people are. Everything about us gives everything away. There's **no** private thoughts, there's **no** hiding, and so we get afraid, then. We **want** to hide, we're **not** able to hide, and we're **trying** to hide, and why? Because we feel ashamed. So, all of that can be brought to the Light.

The second step is the recognition that there's nothing you **want** to hide, even if you **could**. To me, this is one of the best things about the classes I offer, is that people come together, and they start to just tell the truth, and it's such a relief not to be hiding anymore! And, because we all practice nonjudgment we can

***It's such a relief not
to be hiding
anymore!***

embrace each other. We're actively practicing compassion. We're actively interrupting the patterns of unhappiness. This is why we come together, and I'm so grateful that it proves *A Course in Miracles* **works**. It does, and I am grateful to --

Oh! You know what? I almost forgot! Let me tell you that if you would like to join my [Forgive & Be Free workshop](#) again, text "FORGIVE" to 35227.

Also, if you're interested in my [Finding Freedom from Fear Bootcamp](#) right now, I'm doing a price rollback, and you can save \$100. We've all kinds of payment plans. What you're going to do is, you're going to use the code at checkout "RADIO100" at the checkout, and you'll get \$100 off, so you can do that.

A big thank you to everyone who donates to make this radio show possible. It really couldn't be possible without all your support. The free classes, the free text messages, the free *A Course in Miracles* app, **all** of it would not be possible if not for the donations and the regular contributions of those listeners who say, "Yes!" to making a contribution. You can do so at [LivingACourseInMiracles.com](#) or [JenniferHadley.com](#) and when you go there, check out how many resources for you! **So much** free stuff! Please enjoy and participate.

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One quick thing -- if you are thinking of taking my [*Finding Freedom from Fear Bootcamp*](#) but you're not sure, you can get a free consultation. Just sign up and get that.

Closing Prayer

Let's take a breath. So grateful and thankful for the Love of God shining in our heart, shining in our mind, shining in our life.

In gratitude, we share the benefits with all. The Holy Spirit lifts us all. We let it be. And so, it is. Amen. Mwah! Have a great week! Mwah!