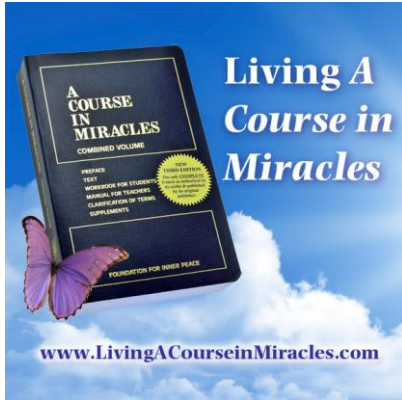


November 6, 2018



Getting Out From Under Guilt



 *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.





Getting Out From Under Guilt	4
Opening Prayer.....	4
Every Seeming Problem is an Expression of Guilt.....	5
Podcasts, Transcripts, Texts	7
Do Not Accept Suffering	8
Family Forgiveness Class.....	10
Masterful Living.....	10
The Mad Idea of Separation.....	11
Harvesting the Wisdom Decreases Guilt.....	12
Guilt in Codependent and Special Relationships	14
The Gift of Nonjudgment	17
Closing Prayer	19

November 6, 2018

Getting Out From Under Guilt

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! Bonjour! I am grateful to be able to join with you, and transcend time and space so that we can have a healing, a healing at the level of the mind and let it ripple out through our mental body, emotional body, physical body, our life, our experience, our relationships.

I am so, so grateful to allow the healing, to know that it's happening. So grateful and so thankful to consciously say, "Yes!" Mmm!

I'm Jennifer Hadley, and I love to pray! [laughs] So, let's begin! Let's begin.

Opening Prayer

I place my hand on my heart, so grateful that we're joining together now. We take a breath. Love and gratitude is where we place our focus, lifting our vibration up above any thoughts of lack and limitation, any thoughts of pain and suffering. We are grateful and thankful to let them dissolve and resolve, permanently, back to the root cause, so we never experience them again. We are grateful.

We are grateful to let go of the **guilt**, known and unknown, whether we feel it or not, whether we recognize it or not, whether we understand it or not, we're giving it all to the Holy Spirit. Healing it back to the **root** cause is what we are consciously deciding **for** right now, and we're letting the Holy Spirit do the heavy lifting.

We are grateful and thankful to let all the low vibrational thoughts of guilt and shame fall away.

We are sharing the benefit of our healing, of our expansion, of our Clarity with everyone, because we are One with them.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

In deep, abiding gratitude, we **let** it be. And so, it is. Amen. Amen. Amen.

Every Seeming Problem is an Expression of Guilt

Let's talk about guilt, baby! [laughs] Letting go of guilt. Getting out from under the guilt. This is the topic today. And, as I frequently say, and I know absolutely works, it's the fast, direct path as taught to us by Jesus the Christ in the *Fear and Conflict* Section in the *Text* of Chapter 2. Give it to the Holy Spirit for healing.

As it says at the end of Chapter 5 in the *Text*, "Let the Holy Spirit undo all the consequences of my wrong decisions." Yes! I will invoke the Holy Spirit to undo all the consequences of my wrong decisions, because I am no longer interested in feeling **guilty**.

Guilt and shame, energetically, **very** close together. Shame is even **more** detrimental to our health and our wellbeing than guilt is. But, guilt is pretty darn close. And, as *A Course in Miracles* students **know**, every seeming problem that we have really **is** an expression of guilt because of our belief in separation and our choices **for** separation.

This is why *A Course in Miracles* tells us the **Atonement** is the antidote to all of it.

What is the Atonement? The Atonement is the **knowing** that there never **was** a separation, there never **could** be a separation, there never **will** be a separation, has not **been**, cannot **be**. That's the Atonement. When we **accept** that simple truth, our mind is free.

Accepting it on an intellectual level is different than a heart level. This is what my classes are all about, accepting at the **heart** level. For so many years, I this intellectual understanding of the truth, and I was **studying** it. I was studying it as I was studying to be a Science of Mind Practitioner, which I became licensed in 2000-- I have to remember back, when was it? - - 2000. I was studying it as I became an Agape minister, studying at the Ernest Holmes Institute, and then at the Agape International Spiritual Center, where I studied for many, many years. I became a minister in 2006, still studying it intellectually.

It was right around the time of my graduation in 2006 that, pushed by the pain that was happening all around me in my life, in my relationships, and

A Course in Miracles Weekly Radio Show with Jennifer Hadley

fueled by my constant prayer for awakening, I finally **realized** some real truth. I started to have some **really clear** realizations of truth.

What I discovered-- not that other people don't know this, too, but I discovered it for real in my own **awareness**-- it took me becoming **less** attached to all my judgments, my opinions, and my beliefs to finally be able to see that, underneath all of that, that I had made up, there was the truth. I had **hidden** it in my mind behind these false beliefs, these opinions, these judgments, the regrets, the resentments, the shame, and yes -- the guilt.

And we can let it all go by giving it to the Higher Holy Spirit Self for healing.

Now, what is somewhat interesting to me is that I never would have **told** you I had any guilt. I never **thought** I felt guilty. I had no **awareness** of the feeling of guilt. I was mostly angry and resentful and bitter. I was mostly filled with regret, in a sense that there was something profoundly wrong with me. I didn't feel guilty. I lashed out at people all the time. I was sarcastic a lot of the time. I had just a long litany of constant **mean** thoughts, mostly directed at others. And, I didn't feel **guilty** that I **knew** of.

*Underneath all of that,
that I had made up,
there was the truth.*

It really took me a lot of clearing and healing to see, "Oh, gosh! Underneath all that is a **lot**, a big load, a big, big **foundation**, like a poured concrete foundation of guilt. I did **not** see that there.

And, right under that guilt was the shame. I felt guilty and ashamed for being so mean, so hurtful, so cruel in so many choices. I felt guilty and ashamed for having ruined so many relationships, and so many experiences that could have been lovely I turned into a real crap storm.

I also felt guilty and ashamed for not taking better care of myself, for self-abuse in the form of drinking too much, smoking too much, eating too much, working too much, exercising too much, all kinds of things like that. **So** many excesses.

And, I felt **ashamed** that, deep down, I was confused, and that fueled guilt, and here's how and why -- because I **knew** my parents **loved** me. I knew my grandparents loved me. I knew my family loved me, and I knew they had made so many sacrifices for me to have more than they had, and they

A Course in Miracles Weekly Radio Show with Jennifer Hadley

worked hard to help me, and they were really doing their best, and much of the time I felt unworthy, and it made me angry.

It made me angry because I felt unworthy of all that they were offering me. I was angry because I felt so wounded.

Not by people in my life. Not really. I truly believe I came in with that karma to heal, and I feel like I **have** healed it, and that is now why I do this radio show every week.

Podcasts, Transcripts, Texts

I think I shared this last week that, in the holiday season, the other shows all take a hiatus. The whole station takes a hiatus, and I get special permission to **not** go on hiatus, so that I can continue to share through the holidays and not have replays, because I feel like we are having an ongoing conversation, you and I, and I feel it. I feel it very, very strongly, and it's important to me. It's valuable to me. Yeah.

You know, let me just mention something, actually. I never really know who's listening to the radio show, because we don't have a way to track that. People sign up with the podcast, but that information, we don't have a way to access that. The podcasters, that's their data. We don't get that data.

So, one thing you **could** do, if you **wish** to, and you don't **need** to, is you could -- I started creating an e-mail to send to people when the transcript is being posted. We post all the transcripts of the radio shows and have an archive there at LivingACourseInMiracles.com/radio. You can go there. There's a ton of resources at LivingACourseInMiracles.com and on the radio show page you can sign up for that e-mail.

In the e-mail that I send each week, I just -- the highlights of the things that I covered in the radio broadcast, because people had been asking for that kind of information, so we invested in creating that, along with the transcripts. And so, if that's valuable to you, it's just a free e-mail once a week, and then of course we know you're a radio listener.

If that interests you, you can also text the word RADIO to the number 35227 and we'll sign you up for that e-mail. It's just once a week when the transcript of the new episode is being posted. We let you know the subjects that I covered in this week's radio show. Yeah.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

And, speaking of text messages, we also have free text messages, inspirational text messages. We've got two different kinds. We send one of each per day, and you can sign up for those texts by texting the word MIRACLES to 35227, or you can sign up at LivingACourseInMiracles.com or ACIMTexts.com.

Yeah. I love to get those messages. Today, let's see, I'll say -- yesterday's *A Course in Miracles* message was -- no, this was Sunday's. "*Forgiveness is the call to sanity.*" Then I have the actual quote of where you can find it in the *Course*. And then, my other quotes are just **me** sharing something, some thought that inspires me. Yeah!

Do Not Accept Suffering

Going back to, I was so filled with anger because underneath that I was really this wounded person seeking Wholeness, and I think that's what a lot of people do. It's **so** much like *The Wizard of Oz* that, like Dorothy, she had the key all along, and the Cowardly Lion, and the Scarecrow, and the Tin Man, everything -- we all had it, all along. Right? It's a very mystical message. Frank Baum, the writer of *The Wizard of Oz* wrote the series of mystical children's books, and *The Wizard of Oz* is one of them.

It's wonderful how Spirit speaks to us, and just think, Spirit speaking to all those children, all over the world, for so many years, saying, "It's within you already. **Decide** to go **home**." Right?

Why did Dorothy leave home in the first place? Right? She ran away from home because she felt **judged**. She felt misunderstood. You can see how this theme, it's so -- it's just my life's theme. "Undo the judgment, you can go home." Right?

She felt judged by her family, misunderstood, so what did she do? She judged them right back. She was a child, but this is what adults do, too. Instead of when somebody's judging us and attacking us, instead of us going into our loving heart and saying, "Wow! This person is offering me a cry for Love, and I can respond for Love. This is my opportunity to express my holiness, and to connect with Spirit, and to be truly helpful. Let me not misinterpret it. Let me be clear what's happening here."

I've learned to do that, and it was not easy for me, **at all!** There were many times when I would get hurt, and offended, and tweaked, and feel guilty,

A Course in Miracles Weekly Radio Show with Jennifer Hadley

and bad, and wrong, and ashamed, and I would wish to act out with **more** anger, **more** resentment, and create **more** pain and suffering for myself and everyone else, because I really used to think, “If I’m going down, I’m taking **everybody** with me!” I would get **very** upset, and I would just absolutely take everybody down with me. It was the thing I did.

Now, I’ve developed the skillset, and the willingness, and the desire, and the ability to go the other direction, and when people are upset, and frightened, and worried, and **they’re** acting out, I can step closer to them in loving assurance that we will **all** be lifted, and Spirit will lift us together.

That, my friend, is more valuable to me than **any other thing!** There is not **one** thing in this world that could hold a candle to the ability to be able to do that whenever there’s a threat, whenever there’s a cry for Love. That is **the** most valuable thing in this world, to be able to turn to face the Light, and to hold the hand of someone who’s attacking, and say, inwardly, “Holy Spirit, guide us to the Light, so that we are **never** the same again, so that we are **healed** in this moment, so that our lives are more loving **because** this eruption just happened.”

You see, **that’s** the thing, is when you’re feeling guilty, **do not** accept the suffering! **Do not**, my friend! **Do not!** **Do not!** Because the worse you feel, the **more** healing opportunity you have, **right there in that instant!** This is what I share in *Masterful Living*, how to **maximize** our healing opportunities, rather than push them aside, self-

medicate them, deny them, or misread them, misinterpret them. Right? An attack is **not** an attack. An attack is a healing opportunity. Despair is not just despair. It’s a healing opportunity. Intense shame is not just “Here it is again!” **No**, my friend! it is a quantum, miraculous **healing opportunity** that **you** have requested! **Don’t** misinterpret it!

But see? Who’s **teaching** this? The Holy Spirit is teaching this, and we **have** our Teacher. Our Teacher is not somewhere else. Our Teacher is **always** with us. This is what Jesus is teaching us. He says in the *Course*, “I learned to listen to only One Voice,” and **we** can, too! Even more shall we

*An attack is not an attack.
An attack is a healing
opportunity. Despair is not
just despair. It’s a healing
opportunity.*

A Course in Miracles Weekly Radio Show with Jennifer Hadley

do! We just have to be **willing** to listen to the One Voice and put aside our constant regurgitation of the same interpretations. **Powerful! Powerful!**

Family Forgiveness Class

I'm doing a free class Wednesday, November 7th, which is tomorrow, as this broadcast is going out, and it's called [*Family Forgiveness*](#). A free class. [*Family Forgiveness*](#). We will have a replay if you can't join us. You **do** have to register to get --it's on video. I'll be live on video. I'll be doing some coaching, and some clear things to help people make this transformation, and to have as much healing as we can **now**, as we're approaching Thanksgiving holidays, we're approaching the end of the year holidays. These family holidays are coming upon us, and we can be what I call the fulcrum point of healing in our family. We can **be** that! **We** have that opportunity to rise above the battlefield, because we walk with **God**, and One with God is a majority.

You see, that's the thing that I began to really **experience** because of my willingness. I've realized that, oh! I could walk into a room of angry, hate-filled people, and with the loving heart and my hand in the Hand of the Holy Spirit, Jesus by my side, **nothing** can come near me. I am Divinely roTECTED, I am Divinely held in Spirit, and everything is working together for my good-- **and**, I can be truly helpful. It's a Divine Opportunity. It's **not** a threat. It's an **opportunity** for **everyone** in that room to come to a healing. **Let me** seize the opportunity!

Masterful Living

This is part of the training that we're doing in my yearlong [*Masterful Living Course*](#). We're coming into the 11th year. 2019 will be the 11th year of *Masterful Living*. I can't believe it! I never thought I would do a 2nd year, and here we are, 11 years. But, it gets better every year. **Better every year**, because I have more Clarity every year, and so does everybody else. **And**, we have more willingness every year -- I have more, and so does everybody else.

Now we have this foundation of people who have been doing it for years who are volunteering to support the people who are joining, and it's just a Love fest. It can be. It's powerful.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

And actually -- oh! I better say this. [Masterful Living 2019](#) registration is open. We just opened it, and I'm doing a roll-back price, and it's only good 'till November 12th. Rollback price good 'till November 12th, so get in!

We're still going to have an Early Bird price. I haven't done these things before, but this is the year! **This is it! Now!** We can't wait another year! The time is **now!** There is so much healing possible!

Oh! Sometimes when the folks in the class are telling me how much their life has changed, and how much it means to them, we are **both** weeping because we're both so grateful that we said, "Yes!" Spiritual practice saves time. Spiritual practice saves money. I invite you to **prove it** and join us in [Masterful Living](#).

People tell me that I offer way, way, way too much for the cost-- we should charge hundreds of dollars more. But, I trust that people will make contributions and donations because it means so much to them, and that's how we can keep everything going, and hire more people to offer more free programs. **Yes!** Yes, yes, yes!

If it calls to you, register for [Masterful Living](#) early, so I can give you some things to begin now, and you can get in there and get that support now. **So powerful!**

We are going to have an **extraordinary** year next year. This year was off the charts! It has been, and it continues to be. Alright!

Guess what? 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*.

Get ready to focus on your intent to be the Love, be the Peace through practical application as we return to *A Course in Miracles: Living the Love, Walking the Talk*.

The Mad Idea of Separation

Jennifer Welcome back! We're "Getting out from under the guilt".

And I realized that I **might** not have told you, you could go to [JenniferHadley.com](#) to read about [Masterful Living Course 2019](#) and what's involved and what it entails.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

We're opening up to new programs. We are in the process of -- we have a [Spiritual Counseling Training Program](#), and *Masterful Living* is part of it. *Masterful Living* is also part of the Teacher Training, and Minister Training, and Prayer Practitioner Training programs that we're developing. It's pretty exciting! Oh, my gosh! Yes! Good things! Good things!

Masterful Living are on fire for what they can do, in terms of opening up their awareness to Spirit and being a loving presence in the world. It's very exciting!

Forgiveness. This is the basic tenant of *A Course in Miracles*, is that the way out of all suffering is through self-forgiveness.

Of course, we can forgive others, but if we're not judging them, there **is** nothing to forgive, and we can recognize that everything works together for our good -- everything, everything, everything! -- even though on the surface it sure as heck doesn't look like it sometimes. But, we can be willing to discover the good, so we have to be willing to take the long view with Spirit. Right?

Some things that happened to me earlier in my life, I would have said were horrible and terrible. But now, I see, no! They were the release of karma. They were the opportunity to rise above to a higher vibration, and to not repeat the patterns of the past.

Harvesting the Wisdom Decreases Guilt

When we don't judge, or when we forgive when we **do** judge, then we can actually harvest the Wisdom from our experiences, and that dramatically decreases the guilt. Here's why-- this is **so key** to understanding why *A Course in Miracles* is a **powerful rapid path** to Enlightenment, and this is why I teach the classes that I do, is because I encountered **so** many people who were **studying** *A Course in Miracles*, but they weren't really **living** it and **applying** it, so they were missing out on the expansion. They were comforted by the words and the thoughts, but not actually applying it deeply. They were missing out on the relationship healing, the body healing, all of these things.

When we are really working with the Holy Spirit to **live** *A Course in Miracles* one of the things that we begin to **see**, which is right there, clearly, over, and over, and over, and over, and over, and over, again in *A Course in Miracles*,

A Course in Miracles Weekly Radio Show with Jennifer Hadley

is that this underlying guilt is from having chosen a path of separation, and -- very important -- we didn't remember to laugh.

Exploring a path of separation and, "Oh, what if I could actually believe the unbelievable? What if I could put a veil in my mind, or a wall, or a block to Love in my mind, and convince myself that I was **separate** from God, and go on an expedition, an exploration of that?" That's what we did, but we forgot to remember it was something laughable. Right?

The mad idea is separation! It's mad because it's insane! But, it's mad in the sense of "It's a mad, mad, mad world." But, we've taken it, humanity has taken it, the Son of God has taken it, to desperate levels. But, we're on our way **back**. We're definitely on our way back. For sure, for sure.

This underlying guilt is from having chosen a path of separation, and -- very important -- we didn't remember to laugh.

When we feel guilty, we're going to project it out into attack and blame on other people, and that's what I did. I was angry, and blaming, and shaming **all** the time. So many things I did to place guilt on other people I didn't even **know!** Like, I would blame other people for my upset, so that they would feel guilty, so they wouldn't do it to me anymore.

What was I affirming all the time? "I'm a victim. I have no power. " So, of **course** I felt more afraid. Every time you affirm you're a victim, **of course** you're going to feel more afraid. It's terrifying, because you're the one doing it to yourself! But, you're blaming other people. **That** is a closed system! [laughs] and, God is an open system.

This is the underlying guilt, and it shows up in so many ways. Right? Regret. Regret and guilt often go hand in hand. Many people have a **mountain** of regret, and this is where the self-forgiveness will undo it all.

But, you see, a lot of people don't **believe** that self-forgiveness can undo it, so they **don't even try!** This is one of the things that I see in the [Masterful Living Course](#), is that people get so **excited** about the power of self-forgiveness and doing, going through the processes, and the things that we do in class to get to that self-forgiveness, often working with the [Spiritual Counselors](#) who are coming out of our [Certification Program](#), or who are in the Certification Program, and working with them, with me, with their

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Prayer Partners, in their small groups, all the different components of the program, they can get to the true self-forgiveness, and then oh! The blocks to Love are falling, they're dissolving. And, they get so inspired, they just keep going, "More! More! What **else** can I forgive? What **else** can I forgive?" and they're really, truly forgiving it.

And then, of course, the insight, the Clarity, the ability to make **good** decisions is right behind that. Underneath the guilt is the **power** to make **great** decisions. If we are focused on "I'm bad" and "I'm wrong" feeling guilty for having been so unloving, feeling guilty that we **should** be doing more -- it's interesting. I have conversations all the time with spiritual students who feel guilty that they're not enabling other people's dysfunction! How crazy is that? That is the craziest darn thing! Right?

Guilt in Codependent and Special Relationships

People realize that they're in a dysfunctional, co-dependent relationship with their partner, their spouse, their children, their coworkers, their friends. They **know** it! They can **feel** it! It feels icky and sticky in an un-good way and they know it. They feel guilty for participating in it, and they want to leave, leave those patterns, those codependent webs of dysfunctional behavior. **And** they feel guilty for wanting to undo it! Yet, they don't know how, so the only choice they can see is to get out, to get away. And then, they feel guilty for wanting to get out and get away.

Healing isn't even in the equation! Transformation from special relationship to holy relationship, not even in the equation, because it's unfathomable! To the person who feels like a victim, to the person who feels disempowered, and sometimes the people who are going through all of this, they are actually enabling **somebody else's** victim behavior by trying to help them so much that that person doesn't find the strength within **them** to help themselves! They become so reliant on the spiritual student, who's being the helper, who is tired of being the helper, feels totally dysfunctional in that role. Everyone's feeling guilty, everyone's feeling ashamed, everyone's feeling icky, and the only thing that people can see is to walk away. Totally understandable. I **have** felt that, a number of times!

But, there's so much more that's possible and that's what's so exciting. When we settle for special relationships and, of course, until we recognize that we **can** have a holy relationship, that's what we do. As long as we're

A Course in Miracles Weekly Radio Show with Jennifer Hadley

settling for a special relationship-- special relationships that are ego-based, dysfunctional, codependent-- on some level, we're going to be exacerbating that hidden guilt, because we know we're **using** the other person in the relationship, or they're using us.

Now, sometimes-- of course, it's always a two-way street. You can't have a codependent relationship where only one is using the other as a prop in their life. No, it's always two-way. But, people just don't **see** it, because some people like to be the rescuer, the helper. That was me. [laughs] I know a lot about that! right?

As long as we're settling for a special relationship, on some level, we're going to be exacerbating that hidden guilt.

So now, I don't do that anymore, and I help people all the time. Of course I do! I **support** them in helping themselves, which is a really beautiful thing. I don't rescue anyone. I know I can't do that, anyway. But, I can support people in seeing how they can rescue themselves, by turning it all over to the Holy Spirit and sticking to it, not giving up.

It's the not giving up part that's really valuable, because people feel so guilty because they **say** they're going to do things, and then they don't do them. People feel so guilty and ashamed because they say, "I'm going to go to the gym tomorrow." "I'm going to stop drinking tomorrow." "This is the last time I drink a half a bottle of wine before I go to sleep. I am not doing this anymore. Tomorrow is a new day!" And, it's not -- and they feel guilty because they **can't** keep their own agreements with themselves.

I know a lot about that kind of guilt. I do, I do, I do! It is demoralizing when you can't keep agreements with yourself.

However, I have found that with really solid support, doing it with other people like we do in [*Masterful Living*](#), is potent and powerful. It's being that two or more who are gathered. Many people don't even realize that they're addicted to these patterns of the mind that bring forth more guilt, and there's no 12-step program for giving up the guilt. It's part of why I do what I do, to create support systems to assist people in getting out from under the guilt.

Because, really, shame and guilt are two of the lowest vibrational thoughts. Apathy, shame, guilt -- these are the bottom of the barrel, and they can be

A Course in Miracles Weekly Radio Show with Jennifer Hadley

transformed very quickly, because the guilt and the shame are completely, 100% based on believing something that's false, and perpetuating something that's false.

What's real and what's true is Love, is Peace, is Freedom, is Wisdom, is Clarity, Harmony -- all the spiritual qualities. These things are **real**, and we can shift our attention. We don't even have to **recognize** what all the guilt is, or where all the guilt comes, from and that, to me, is so cool and so miraculous.

The ego thought system is insidiously offering us thoughts to tempt us into doing things we'll feel guilty about. Right? What would make a person feel more guilty -- to drink a half a bottle of wine every night for a month, **or** to drink a half a bottle of wine every now and then, and promise yourself you're never going to do it again, and then get up and do it again tomorrow? Yeah.

The second one is more guilt-inducing, because if you're just drinking a half a bottle of wine at night watching Netflix or whatever it is, you're in complacency, you're in apathy, and yeah, there is definitely a certain amount of guilt, that you're squandering the opportunity that you have to be a healing presence in this world, or to love life, to love other people, to be in healing relationships and all of that. Yeah.

What's real and what's true is Love.

But, there's way more guilt if you keep telling yourself you're going to do something different, but you don't. you keep telling yourselves you "should" do something different -- but you don't. Way more guilt with that kind of insidious ego thought agreement.

This is one of the things that *A Course in Miracles* tells us, is **all** temptation is of the body, related to the body, so it's very, very tempting to say, "Oh! I'm too tired! I'll do it tomorrow!"

People are always telling me, "Oh, my God! You do so **much!** **You do so much!** And I **do** a lot because I have this profound constant stream of energy from Spirit lifting me up. It refreshes me, it renews me, it restores me, it revives me, and it **inspires** me! Oh, my gosh!

A Course in Miracles Weekly Radio Show with Jennifer Hadley

I really only do about a tenth of what I'd like to do [laughs] because I am responsible for taking good care of myself, and I like to exercise, and I like to hang out with friends, and I like to go to the movies, and I like to cook food, and I like to do all kinds of things, as part of my spiritual life experience. I am learning to be a Kundalini yoga teacher, because I love Kundalini yoga. I have to share it. I have to share what I love! [laughs] and the teacher training is exciting to me, it's interesting to me. It's more time with God, and I love it!

The Gift of Nonjudgment

Now, another thing that brings a **tremendous** amount of guilt that's **right on top** of what I was just sharing about, you know, the constant promising yourself that you're going to do better, and you don't do better. It's so insidious, the judgment, the guilt, the blame, the shame, the regret. On, and on, and on, it's a **really** sticky whirlpool, and it can pull us down.

I remember feeling that so strongly, and I used to literally just sit on my sofa smoking, drinking, watching television, having all this spiritual information from all these classes I had taken, and all my studies, but my information wasn't helping me. I was **still** sitting on my sofa, inert, feeling ashamed, feeling guilty, feeling spiritually stupid.

Part of that guilt was the sin of being wasteful of my gifts and talents, being wasteful of my time, energy and money, being wasteful of my physical health and well-being, and the constant saying, "I should do it differently. I will do it differently tomorrow!" and then not.

It was a **really, really** sticky cycle for me! I would get out of it for a while sometimes, through doing a lot of exercise and shifting into self-medicating with exercise instead of food and alcohol and cigarettes and things like that. Or, I would shift into self-medicating with volunteering at church so much that it was excessive. I tried different things.

So, what I learned, though, I'm so grateful for. I wouldn't change a thing, because the depth of my despair, my helplessness, my feeling of hopelessness, my sense of really just "There's something so profoundly wrong with me. How can I be so called to God, to Spirit, to being loving, to being truly helpful, and still being stuck in these dark, dark cycles? How is that happening? It must be **me!** It must be I'm totally bad and wrong!"

A Course in Miracles Weekly Radio Show with Jennifer Hadley

I finally gave Spirit the heavy lifting, and I made the decision to stop judging myself, no matter what. If I was going to **decide** to do something self-destructive, I was going to do it without judgment, without shame, without guilt. **No** looking back! I'm not looking back, because I'm not **going** that way. I'm going to forward! I'm not looking back!

Self-forgiveness got me out of it. Self-forgiveness! It's why it's the foundation of what I do. **Self**-forgiveness.

Another reminder I'm doing this [*Family Forgiveness*](#) workshop, and I am going to do my [*Forgive & Be Free*](#) again in December. So powerful and so successful, people got so much out of it. **Yes!**

There's so much more we'd like to offer in the way of these forgiveness workshops for people all over the world to participate when it's convenient for them, and to do it live. We're developing programs to make this a very **real** possibility, so we can be of service to more people.

*I'm not looking back,
because I'm not going
that way. I'm going to
forward!*

I'd like to thank **all** the people who have given any amount of donation to support this work. I wish you could hear, and see, and feel everything that I do from your donations, your contributions. Everything helps! **Everything!** We're doing it together! That is so clear to me!

One of the big things that people feel guilty about is their loved ones, not loving their loved ones more. And then their loved ones pass, and they feel guilty that they didn't **do** more, that they didn't **say** more. But, you know what? I would **never** want my loved ones to feel that way. Could my loved ones love me more? Could they say more to appreciate me or things like that? Yes, they could. But, I don't **need** that, because I'm not giving to them in order to **get** anything back from them.

We can all be more kind, more loving, more generous, more thoughtful, more **aware** of what other people are going through. But, being guilty, feeling guilty for not wanting to, not having the bandwidth to, that doesn't help anyone! Not one person!

You know, I've got three nephews and a niece, and the older ones there's lots of times I'll text them, I'll even call them, I'll e-mail them, and they

A Course in Miracles Weekly Radio Show with Jennifer Hadley

don't respond. It's not because they don't love me. It's just they're careless in their communication. I don't say that as a judgment or a negative. I just notice that it's not unique to **me**, so I don't take it personally. I would never wish for them, if I were to suddenly make my transition, for them to feel guilty and ashamed, that they could have reached out to me more, they could have responded to me more, but they didn't, and they feel bad about themselves. That would not, in any way, be something I would wish for.

Just the opposite. I would hope that they would have **no** judgment of themselves, that **that's** the gift I'm sharing with them -- a life of nonjudgment, a life of pure acceptance, true unconditional Love and acceptance.

It's hard to offer that to other people when we don't offer it to ourselves, and I get that. Right? Don't go to the hardware store for frozen yogurt, because they don't have any.

Although, as I was saying to somebody, I think that's really good idea! A hardware store that has really good snacks! Guys who are working hard all day are usually the people going to the hardware store, and they could use some good, healthy snacks!

If you feel guilty about your loved ones who have passed on, and it gets triggered at the holidays or any other time, self-forgiveness is the way out of that. Have the courage to do the self-forgiveness work. We've got lots of opportunities.

And, if you go to JenniferHadley.com, under the "Classes" you can see the counseling. We've got counseling on a donation basis. Come work with one of our [counselors](#)! Don't torture yourself anymore. It's not helpful to anyone, and it just occupies your time, your energy.

*That that's the gift I'm
sharing -- a life of
nonjudgment, a life of
pure acceptance, true
unconditional Love and
acceptance.*

Closing Prayer

Time to pray!

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

So grateful to place my hand on my heart to give the Holy Spirit the heavy lifting. So grateful and thankful to share the benefits with everyone, because we're One with them.

In gratitude, we let the healing be. And so, it is. Amen. Amen. Amen.

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