

November 13, 2018



The Path to Lasting Happiness



 *Jennifer Hadley*
your daily shot of spiritual espresso

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November 13, 2018

The Path to Lasting Happiness

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! I **love** getting to be with you! Thank you for joining me. Thank you for your willingness to transcend time and space so that we can have this time together to awaken to a miraculous life. So grateful for that opportunity! Ah! What a blessing!

I am coming to you today from Cancun, Mexico. I'm here for the HeartMath Global Conference. So, if you happen to be here, please let me know!

Yeah, it's a beautiful day here, and I was greeted yesterday with a double rainbow! Isn't that wonderful? Such a blessing!

Opening Prayer

Speaking of blessings, let's turn within and bless ourselves right here and right now. I invite you to place your hand on your heart. Let's openheartedly declare our willingness.

We Partner UP with the Higher Holy Spirit Self to remember, to recognize, to joyfully allow ourselves to be in tune with that Higher Holy Spirit Self. We Partner UP with the Holy Spirit. We Partner UP with our divinity, which is the divinity of all life. We declare our **willingness** to live a life of Love, to walk the talk, to **live** the Love so fully and so completely that everyone around us has a miraculous healing.

We are grateful to walk **in** the Love of God, on the path of lasting happiness.

We are grateful and thankful to join together for this joyous purpose, and to **allow** the healing to simply be. We **let** it be. And so, it is. Amen. Amen. Amen. Yes!

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Removing the Blocks to Happiness

Ah! So, there **is** a path to lasting happiness, and it's not complicated, and it's actually not hard. But, it **does** require a great, great willingness. So, we're cultivating that. Yes, we **are**! So grateful to cultivate it together. Mm-hmm. Much easier to "move on down the road" like they said in *The Wiz* when we're doing it together.

The perfect happiness, the Beauty, the truth, the Joy, is there for us. We are tuning into it, we're allowing it to be revealed to us, and it does **seem** like there's a secret to lasting happiness.

One thing that came clear to me, years ago, that's been extremely helpful to me, is to recognize the **blocks** to happiness. One of the blocks to happiness, that we constantly talk about, it's the block to Love which is our opinions, our judgments, and our perceptions. Right? We'll talk about that, and we always talk about that, because that's the whole ball of wax right there.

Let's start with this, though. Let's talk about Joy and perception. I'm looking at Chapter 6, Section II. Chapter 6, Section II is called *The Alternative to Projection*. In Paragraph 5, it says,

"The Holy Spirit begins by perceiving you as perfect."

That's where the Holy Spirit begins, perceiving **you** as perfect. And, we can perceive **ourselves** as perfect.

One of the affirmations that I have found very helpful is simply, "I am perfect." It's going to bring up your beliefs that might be contrary to your perfection, and that's good! Bring them to your awareness, and then as they bubble up, like bubbles to the surface of the lake. When they pop on the surface of the lake, and become your awareness, your conscious awareness, then **offer** it like a perfect gift, the perfect gift that it actually is, offer it to the Holy Spirit. "This thought of my imperfection I no longer need. Holy Spirit take it from me. Remove **all** traces of it from my mind, from my heart, from my awareness, from my activities. Undo **all** the consequences of my wrong decision, please! Take them **all**. I am no longer interested in them. I am grateful and thankful to **let them go!**"

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So, the thought comes up, “Oh! I’m an idiot!” Right then, as soon as you feel that, “Ugh!” -- “Holy Spirit take this thought out of my mind, so I never think it again. It’s no longer useful to me.”

Now, remember that thought, “I’m an idiot!” at some point that was the decision you **made**. Consciously, unconsciously, it’s a decision you made. It could have been 50 lifetimes ago. We don’t **know**! It does **not** matter, because time and space are an illusion. We don’t have to **analyze where** it came from, **why** it came from, **what** it came from, **when** it came from, **who** it came from. **None** of that matters! The Spirit knows all of that. Our Higher Self knows the whole story in perfect, pristine detail. **None** of that matters.

All that’s required for us to let it go is that willingness. Your willingness is **all** that is required. Let us give up the idea that more is required!

Can you see how that would put you on the **fast** path to lasting happiness?

Giving up any idea that you have to **prove** something, you have to **make** something up and you have to figure out **how**, you have to **analyze** it and **understand** it. **all** of that laboring in vain is removed! “Give it away! Give it away! Give it away, now!” to the Holy Spirit! Don’t need it any more. Done, complete, thank you very much! [laughs]

Equality, Unity, Oneness

“The Holy Spirit begins by perceiving you as perfect. Knowing this perfection is shared He recognizes it in others, thus strengthening it in both. Instead of anger this arouses love for both, because it establishes inclusion. Perceiving equality, the Holy Spirit perceives equal needs.”

Alright. Let’s talk about equality here for a moment, because this is a key part of the healing. *A Course in Miracles* uses the word “equality” and I understand that. For me, it’s not the best word. “Unity” or “Oneness” is more accurate. When this was written, I get that equality was a good thing. We were coming out of the civil rights movement, or still in, it for sure, and so there was -- and the feminist movement in the United States, this rising up and taking nonviolent action, and working for equality -- equal pay, equal rights. That was the conversation at the time that this came through Helen Schucman.

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But **now**, with all the beautiful work of the Fillmore's and Ernest Holmes, and all their students, coming forth and we have this glorious New Thought movement in consciousness, these teachings of the Fillmore's and the Holmes', Ernest Holmes, and also many other people, of course. We can think of Mary Baker Eddy. We can think of my hero, Phineas P. Quimby. We can think of -- well, going back to Swedenborg, of course, and we can think of Emma Curtis Hopkins, and so many more! So many more! Mm-hmm! Emilie Cady. So many more! Fox. So many more!

These beautiful teachings we could categorize them as all as part of the New Thought movement.

Since the time when *A Course in Miracles* was written, we've come to, in the New Thought movement, understand Oneness and Unity more clearly. So, to me, these are more helpful words.

"Perceiving Unity, the Holy Spirit perceives unified needs." I'll edit that sentence. Okay?

"This invites Atonement automatically, because Atonement is the one need in this world that is universal."

What is "Atonement"? Atonement is the recognition that there **was** never a separation, **could** never be a separation, **will** never be a separation. It's kind of an awkward thing, verbally, but that's what the Atonement means in *A Course in Miracles*. "At-One-ment" works for me! But, we call it "Atonement".

"...Atonement is the one need in this world that is universal."

The recognition that Unity **is** -- and that's it! **Unity is!**

"To perceive yourself this way --"

Unified with all Beings,

"...is the only way in which you can find happiness in the world."

That's it! right there! The path to lasting happiness!

"To perceive yourself this way is the only way in which you can find happiness in this world."

***There was
never a
separation,
could never be
a separation,
will never be a
separation.***

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Happiness is...We're Not Really Here!

To accept the Atonement for yourself, to accept the Unity of all life for yourself, is the **only** way in which you can find happiness in this world -- happiness meaning true, lasting happiness. And,

“That is because it is the acknowledgment that you are not in this world, for the world is unhappy.”

And that's not where we **are!**

This, to me, is very, very helpful. Right? This is, again, Chapter 6 and it's Section II, *The Alternative to Projection* and it's Paragraph 5. Then it goes on to say here,

“How else can you find joy in a joyless place except by realizing that you are not there? You cannot be anywhere God did not put you, and God created you as part of Him. That is both where you are and what you are. It is completely unalterable. It is total inclusion. You cannot change it now or ever. It is forever true. It is not a belief, but a Fact. Anything that God created is as true as He is. Its truth lies only in its perfect inclusion in Him Who alone is perfect. To deny this is to deny yourself and Him, since it is impossible to accept one without the other.”

This is the only way there is to lasting happiness, is to recognizing **we're not here** in this world! We're observing it in our mind. We're experiencing it in our mind, but it's not where we live.

Think of playing a video game. I really think that's the best analogy. Think of -- you see, the Holy Spirit gives us these wonderful things like the movie *The Matrix*. Right? Neo, the Keanu Reeves character, he puts the software program and everything into his head, and he's able to project his mind into that computer matrix. But, his **body** is not there. His body is in that chair. First it's in the pod, and then it's in the chair. Right?

Then we can think of the movie *Avatar*, right? The movie *Avatar*, again, body's in the pod, mind is projected. The body is safe in the pod, no matter what the Avatar is going through. It's not really **them**. It's an avatar.

To accept the Atonement for yourself, is the only way in which you can find happiness in this world.

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Holy Spirit gives us these visual representations in movies to help us understand projection, and to understand that we're not really **here**. But, we can still **experience** it in such a way that we're completely identified with the projection.

There you go! I'm going to say again,

"Atonement is the one need in this world that is universal."

"At-One-ment" understanding the Unity of all life, is the one need that's universal.

"To perceive yourself this way--"

Unified. One with All. One with God,

"... is the only way in which you can find happiness in the world. That is because it is the acknowledgment that you are not in this world, for the world is unhappy."

A Course in Miracles is a mind-training to understand this **by** removing the blocks to Love, by removing the blocks to clear insight, by removing the blocks to our holiness, our perfection.

Where are the blocks? They are in our mind, they're in our awareness, and we can let them go. We can absolutely **let them go!**

Happiness is...Seeing Things Differently

Another aspect of this mind-training is to recognize that we're obsessed with the meaning we've made of things. I'm going to put you to the early *A Course in Miracles* Lessons that are so helpful. Seriously! It's very helpful to **really** stick to those early *Course* Lessons.

Lesson 28: *"Above all else I want to see things differently. Today we are really giving specific application to the idea for yesterday."*

What was yesterday?

Lesson 27: *"Above all else I want to see."*

"Above all else I want to see things differently."

Meaning, I'd like to see **beyond** my perceptions and projections to what the truth **really** is.

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“In these practice periods, you will be making a series of definite commitments. The question of whether you will keep them in the future is not our concern here. If you are willing at least to make them now, you have started on the way to keeping them. And we are still at the beginning.”

I just love the way Jesus presents this! You know, gently, like “Just do the best you can! Make the commitment! If you break the commitment, well, you know, let’s just keep moving forward.” I love that! He goes on to say, “You may wonder why it is important to say, for example, ‘Above all else I want to see this table differently.’”

Right? This is from the Lesson the day before.

“In itself it is not important at all.”

So, don't get hung up on being able to see the table beyond your perception, your projection of it. **Don't** get hung up on that! Instead, just recognize you're just exploring. He says,

“Yet what is by itself?”

“In itself it is not important at all.”

To see the table differently, in itself.

“Yet what is by itself?”

Nothing. Right? We live in a unified field.

“And what does ‘in itself’ mean? You see a lot of separate things about you, which really means you are not seeing at all.”

So, we look at, “Oh, there’s the table. There’s the chair. There’s the sofa. There’s the cup on the table. There’s the window.” They all **seem** like separate things, but they’re **not**. They’re part of a unified field. He says here,

“You see a lot of separate things about you, which really means you are not seeing at all. You either see or not. When you have seen one thing differently, you will see all things differently. The light you will see in any one of them is the same light you will see in them all.”

This is why we just work with,

“Above all else I want to see things differently.”

Above all else, I want to **truly see**.

**When you have seen
one thing differently,
you will see all things
differently.**

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“Above all else I want to see.”

For myself, I take that word “want” out of it. “Above all else I’d **like** to see. Above all else, the deep desire of my heart **is** to see.” **That** feels more accurate to me, for me! It just takes out the wanting, the craving, then needing. “I’d **like** to see. The deep desire of my heart **is** to see.”

“In itself it’s not important at all...”

-- to see the table differently.

“Yet what is by itself? And what does “in itself” mean? You see a lot of separate things about you, which really means you are not seeing at all. You either see or not. When you have seen one thing differently, you will see all things differently. The light you will see in any one of them is the same light you will see in them all.”

***I’d like to live in
my True Reality,
instead of the
matrix I made
up.***

“When you say, ‘Above all else I want to see this table differently,’ you are making a commitment to withdraw your preconceived ideas about the table, and open your mind to what it is, and what it is for. You are not defining it in past terms. You are asking what it is, rather than telling it what it is.”

This is **so** important in our happiness. Right? Instead of telling everything what it is -- “I see you. I know what you are, and I know what you’re for.” No! Remember, this is Lesson -- we’re looking at 28 here, which 25 is,

“I do not know what anything is for.”

So helpful to me. **Life changing!** I don't know what anything is for.

Whenever you're upset, just take your hands like you're wiping them, saying, “Good bye! I don't know what anything is for!” That's what I do. “Good bye to my perceptions! I don't know what anything is for! Thank you very much, perception. Now, I choose **truth**. I choose the **facts**. I once was blind, but now I see! Holy Spirit, bring amazing grace into my mind, so that I can see what's actually **there**. I don't know what anything is for, except it's for my good, and I'd like to **see how**. I'd like to **know how**. I'd like to live in my True Reality, instead of the matrix I made up.”

He goes on to say,

“When you say, ‘Above all else I want to see this table differently,’ you are making a commitment to withdraw your preconceived ideas about the table, and

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open your mind to what it is, and what it is for. You are not defining it in past terms.”

Right? You’re allowing your mind to become **free**. You’re **asking** what it is, rather than **telling** what it is.

“You are not binding its meaning to your tiny experience of tables, nor are you limiting its purpose to your little personal thoughts.”

Just think of -- most people think of a table, right? We could think of a kitchen table. Most people think of it as something you sit down and eat at. But, you can also stand by it, and lay out a piecrust, and make things on it. you could also stand on it in order to reach the ceiling and change a light bulb. Right? You could -- what was that movie with Jack Nicholson and Jessica Lange? She was baking, and he comes in, and they end up having sex on the table! Right? They push everything off the table, and it becomes a platform for their sex. [laughs]

So, let’s get rid of the preconceived notions about tables, just as an example -- just freeing our mind, opening up the edges, committing ourselves to **truly seeing** beyond “*your tiny experience of tables,*”.

When we’re making this commitment, it’s “I’m willing to **see** what’s really going on here!” and moving beyond our past, our history, and the meaning that we have made of things for eons. **This** is where true happiness lies. Right? It’s that moment on Christmas morning when Ebenezer Scrooge wakes up and realizes it’s Christmas, he’s not dead, he’s learned all from the three ghosts, and now he says, “I don’t know anything!” and he’s **so** delighted that he doesn’t know anything! We can **live** in that space.

It’s time for me to take a break. I’m Jennifer Hadley. You’re listening to *A Course in Miracles* on Unity Online Radio, where we’re living the Love, we’re walking the talk, and I’ll be right back!

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

Radio Resources, Miracle Circles & Retreats

Welcome back! I was just looking at this beautiful little yellow bird in the palm tree outside my window. Precious! Yes!

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Before I forget, because I often do, if you're interested in getting e-mail announcements when the radio show transcripts are posted, you can text RADIO to the number 35227. You send us that text message to the number 35227, and you text the word RADIO to that number, and then you'll get a message back about how to subscribe to the e-mails that we send when the transcript is ready and done. And, we also put in that e-mail the highlights of the transcript, and what point in the radio show I talked about that particular thing. It's just another, additional service.

Also, for those who might be new, don't know, we've transcribed all the episodes of the radio show. We have, oh, getting up to about 370 episodes now, and you can get all of them at LivingACourseInMiracles.com. there are a lot of free resources, including the transcripts, totally free at LivingACourseInMiracles.com.

While you're there. If you like this radio show, you can make a one-time [donation](#) or a recurring donation. Recurring donations are **really** helpful. Even \$5 recurring, \$10 recurring, every month, is really super helpful to us in budgeting and planning, as you might imagine.

Right now, we're in the stage of planning to roll out what I'll call Miracle Circles. We're calling them Miracle Circles. Like Study Groups but somewhat different, because instead of focusing on **studying** *A Course in Miracles* we're focused on **living** *A Course in Miracles*. We're getting ready. We're preparing to train Miracle Circle Facilitators to facilitate these wonderful conversations about being miracle-minded, and all of that will be a free program. If you'd like to support that, please do.

We're about to do a fundraising effort to raise the money to pay for all the web parts and the staff parts to be able to have this program, because it's going to be quite involved. And, of course, then people all over the world can join together.

We're not sure what platform we're going to use, but something either like Zoom or similar to Zoom, so we can meet in person, weekly meetings in your Miracle Circles.

In my yearlong [Masterful Living Course](#) we have Mastery Circles that meet, and there are Prayer Partners in each of the Circles. It's a very valuable part of that *Masterful Living Course* program.

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By the way, [Masterful Living registration for 2019](#) is open right now, and it's open until January 11th. We have an Early Bird special through December 31st, and then the price goes up January 1st. The whole reason for that is to inspire you to make that commitment to yourself right now, and to lay the groundwork to jump right out of the box in early January.

We've had two years of working with the Mastery Circles in *Masterful Living*, and they've been **so** fruitful, and people love them **so much**, that now we're expanding into having these Miracle Circles for people who would like to truly live *A Course in Miracles* and have that Mighty Companionship. That program is coming forward. Yeah! exactly!

If you're interested in the things that we're offering, you can also text MIRACLES to 35227. Lots of good things unfolding.

Speaking of free things, I also just did, at JenniferHadley.com, you can find my free [Family Forgiveness](#) class that I just did. A powerful class for folks who are preparing for the holidays and family times, and doing that forgiveness work.

Oh, one more announcement here. I'm working on a healing forgiveness, miracles, and Kundalini yoga retreat, a 5-day retreat -- I haven't done a 5-day retreat, I don't think, ever! -- with Lisa Natoli, Jon Mundy, Corinne Zupko and some of my Kundalini teacher friends. We're going to do Kundalini yoga every day, which is often a more gently, deeply clearing, healing, sacred yoga practice. We are going to have a lot of fun, we are going to practice a lot of forgiveness, and we're going to open ourselves to profound healing.

Many people who come on retreat with me, we have a lot of testimonials of people have healing of chronic pain, and digestion issues, family issues. Lots of miracles! So, we're going to do a 5-day retreat. Here are the dates: March 20th to the 24th. It's a Wednesday to a Sunday, and includes the equinox, the Spring equinox and the full moon. How cool is that?

It's going to be in New York state probably. We found a place, well, let's say somewhere in the Poughkeepsie area. More details to come, but you can save those dates and come join us.

You know what? If you're coming from somewhere else in the world, you can come early and stay late, and we can have just a total miraculous healing extravaganza! I'm totally up for that!

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Happiness is...Asking “What is This For?”

Alright, let's go back to “The Path to Lasting Happiness” here.

Now, check this out! Okay, we're talking about our **willingness** to **see** the table differently, our willingness to **commit** to seeing things as they **truly** are, a **willingness** to lay on the altar our preconceived notions, our projections and our perceptions, the meaning that we've made of things, our interpretations, our opinions, our judgments -- **all** words for the same things, so that we can actually move into **vision**.

This is what Jesus says to us here. We're still in *Workbook* Lesson 28, finishing up Paragraph 3, it says about opening our mind to what it is, what anything it is, what it is for, but specifically talking about the table here, He says, when you open your mind to see beyond your preconceived ideas about the table,

“You are not defining it in past terms. You are asking what it is, rather than telling it what it is.”

You see there? “I don't know what **anything** is for. I'll let Spirit **tell** me! I'm **willing** to **know** what things are **really** for. I'm tired, I'm **exhausted** from projecting! I'm **exhausted** from trying to figure it out. I'm going to relax my mind and say, ‘**You** tell me what You're for.’”

“You are not binding its meaning to your tiny experience of tables, nor are you limiting its purpose to your little personal thoughts.”

Do you really want to live in a world where it's just your little personal thoughts?

I remember -- I lived alone for 22 years in the same apartment in Los Angeles. It was a beautiful place, I was very happy living there, and that's where the majority of my spiritual transformation took place, a lot of it.

For years, I lived alone. Why? Because I was **so** judgmental and attacking of other people, projecting all my self-doubt and my self-hatred out on to others, that I just didn't want to be around other people, because I was triggered constantly.

You see, this is why Buddha says that the way of the householder, the person who's living with other people, is a **faster** path to awakening than being the monk or the nun who lives in a cave by themselves. But, that's all I could handle!

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But, as soon as I had some breakthroughs in that, and I recognized, “Dang! **Here’s** my challenge! It’s all these judgments! It’s all these opinions! **That’s** the thing that’s really freaking me out! It’s **not other** people, it’s what I **think** about them that’s bothering me! I’m **never** upset for the reason I think! I think I’m upset because she’s acting like an idiot, and he’s being a jerk, and she’s not doing what I want her to do, and he’s not doing what I think he should do, and that’s why I’m upset!”

No! I’m upset because of my thoughts **about** them, and, I don’t take **ownership** of it. I **blame** it on them. “It’s their fault! They’re ruining my life!”

So, I was living alone to avoid stewing in that garbage. Right? Living in that stinky diaper of my own stinkin’ thinkin’. I was living alone so I would get less triggered.

But as soon as I moved to that **willingness** to be all-in for God, that willingness to take **total** responsibility for **everything** I see, *responsibility for sight*. “I am responsible for everything I see, and everything is just as I wish it would be.” Right? That’s my little paraphrase of that *Responsibility for Sight* teaching from the *Text*.

And, then what did God do? Sent me out traveling. He kicked me out of my house! [laughs] I just knew, “Oh, I gotta go! I gotta go!” and I started travelling, staying with other people, spending a lot of time staying with my brother and his family, and visiting other people, and living in other places where I can’t **control** everything. Right?

I can’t control **when** the meal’s going to be served, or **what’s** going to be served, and having to start to say, “Okay. Alright. Let me give up all the meaning that I give to everything, and live on a path of happiness, instead! I don’t know what anything is for, except it’s for my **healing**, it’s for my **good**, it’s for my **benefit**. Let me see only **that**. Holy Spirit, teach me, show me. I’m so grateful! Thank You, thank You, thank You!” moving into **that** space. Profound! So great!

Back to *Workbook* Lesson 28, and Paragraph 4.

Let me give up all the meaning that I give to everything, and live on a path of happiness, instead! I don't know what anything is for, except it's for my healing, it's for my good, it's for my benefit. Let me see only that.

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“You will not question what you have already defined.”

Right? **Why** would you question it? Hmm?

“And the purpose of these exercises is to ask questions and receive the answers.”

Get us trained into asking the Holy Spirit, “What’s it for? What’s it for?”

Happiness is...Seeing Love in All

“In saying, ‘Above all else I want to see this table differently,’ you are committing yourself to seeing. It is not an exclusive commitment.”

In other words, you can make more than one commitment.

“It is a commitment that applies to the table just as much as to anything else, neither more nor less.”

You can make a commitment to seeing **everything**, not just the table, clearly, by just going throughout our day, and when you feel tweaked about something -- you know, “Why won’t this drawer open?” “Why won’t this drawer shut?” “Why is that man beeping his horn?” That commitment can apply to **everything** that annoys us and bothers us. Paragraph 5,

“You could, in fact, gain vision from just that table, if you would withdraw all your own ideas from it, and look upon it with a completely open mind. It has something to show you; something beautiful and clean and of infinite value, full of happiness and hope. Hidden under all your ideas about it is its real purpose, the purpose it shares with all the universe.”

To **Love you!** Those are my words. To **Love you!** To **Love us!**

Through my *A Course in Miracles* work, and through this ministry, I’ve had the good fortune to meet wonderful people. So many wonderful people! Good Lord, so many wonderful people! Just the best of the best! You know, not that people are better than others, but for me it’s the best of the best **experiences** to be able to have time and connect with my brothers and sisters who are so wonderful.

That’s, to me, the wonderful gift of my [*Masterful Living Course*](#) is over the years -- it’s going to be the 11th year next year, 2019 -- you know, I don’t know how many people, a thousand or more of just **wonderful** people! Wonderful people!

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One of the wonderful people I've met over the years is a wonderful *A Course in Miracles* teacher, Regina Dawn Akers, and we **love** to get together and have a conversation. I've had her on my radio show two or three times. I encourage you to go to the archive and look for those.

Oh! By the way, I keep forgetting to announce. There's a funkadoodle thing with iTunes and podcasts. So, iTunes, every time we add a new episode to the podcast for this *A Course in Miracles* radio show, it kicks the oldest one out.

So, we've created a second podcast called "*A Course in Miracles* archive." So, to get all **the** radio shows, you need to have both podcasts. So, just letting you know that.

I just don't know if you'll be able to get --maybe one of those Regina Dawn Akers shows would be in the archive. You can get everything at LivingACourseInMiracles.com. But, the simplest thing is to sign up for the podcasts, the two podcasts, *A Course in Miracles* and *A Course in Miracles* archive.

Regina Dawn Akers, yes. I think she talked about this in the radio show. I'm pretty sure she did. I know we've talked about it in the [Living A Course in Miracles classes](http://LivingACourseInMiracles.com). So, there's a ton of -- I don't know how many, close to 200, maybe *Living A Course in Miracles* classes with all kinds of *A Course in Miracles* teachers. Some of them are paid. Some of them are free. Check it all out at LivingACourseInMiracles.com

Happiness is...Recognizing Nothing is Separate From Us

Regina has talked about experiences, such as she had a mystical experience where she totally tuned into the consciousness of an apple and felt it's Joy, and felt it's Joy as she was **eating** it. She also had an experience, I think it was in a hotel room in Japan, where she tuned into the consciousness of the towel rack. Right?

We think that inanimate objects have no consciousness. Well, anything made of the elements has consciousness. It **does!**

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Her experiences really **help** us to understand what Jesus is saying here, that everything -- the table, and everything else -- has something to show you, something beautiful, and clean, and of Infinite Value, **full** of happiness and hope. And, that was Regina's experience of connecting with the consciousness of the apple, and connecting with the consciousness of the towel rack. It was **thrilling** to her to **feel** the Joy of the apple, that she's enjoying that apple, that the towel rack is being used to **support** her life experience.

I remember I had a similar experience when I was in Greece. I've been fortunate, my best friend lives in Greece. She's Greek, and she has a home in Athens, a home on the island of Andros. I've been there many times.

I was in the house in Andros, there on the sea, and it was a beautiful day. It was sunny outside. I was working inside, and I felt **so strongly** the slate tiles outside on the patio calling to me, "Come outside! **Walk** on us! **Feel** the warm sun on the tiles! We've prepared this for you! Come, enjoy it! **Come! Come!**"

It was **so** strong! It was **so** clear! The tiles were speaking to me. So, I went out and walked upon them in my bare feet.

You see, all of life is like this, saying, "Come! Come, enjoy! Come **see** the Beauty! Come **experience** the happiness of communion with **all life!**"

So that's the path of lasting happiness -- recognizing nothing is separate. All of life is awake! Right? Think of *The Peaceful Warrior*, Dan Millman's story. There's **never** nothing happening, because all of life is **awake!** It's **awake!** And **we** can be in that **awake** state.

Jesus says, at the end of Paragraph 5 here in Lesson 28,

"Hidden under all your ideas about it is its real purpose, the purpose it shares with all the universe."

"In using the table as a subject for applying the idea for today, you are therefore really asking to see the purpose of the universe. You will be making this same request of each subject that you use in the practice periods. And you are making a commitment to each of them to let its purpose be revealed to you, instead of placing your own judgment upon it."

***There's never
nothing happening,
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And we can be in
that awake state.***

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Practicing, “Above all else, I want to **see**. See what’s **truly** there.”

Happiness is...Being of Service

Now, think of the tiles, and the towel rack, and the apple, and think of yourself. Jesus tells us in *A Course in Miracles* that true Joy comes from being of service. The tiles, calling me to come **enjoy** what they had prepared. The towel rack, Regina felt it’s Joy at her **using** the towel rack. She felt the Joy of the apple. Right?

Everything has that Joy to offer us, because everything is offering us a **service**. Even the ones who seem to be **against** us. Even the ones who seem to be locking up children in cages and racist actions. All of it is offering us a service, to **see** things differently, to **feel** the Unity of all life, to **not** judge, to **not** put into our awareness the thoughts of separation, to **not** agree to them anymore, to **no** longer value them, to make a **new** decision. “I only think the thoughts I think with God.” That was very helpful to me in making this turn.

Ah! Just breathing with it. We **know** we’re not seeing things correctly when we’re **upset**. That’s the indicator. “I must have made a wrong decision, because I am not at Peace.” We can change our mind. Yes!

And, it’s very challenging when we try to do it by ourselves, **without** the Holy Spirit, and that’s why I like working in groups, where we’re all doing it together, and we can remember to laugh!

“Oh, I got **so** upset yesterday! Ha ha ha ha ha ha! I was **so** convinced that things were not working together for my good! ha ha ha ha ha ha ha ha! I spent an hour complaining, and judging, and criticizing! Ha ha ha ha ha! But **then**, I **remembered** -- “Holy Spirit! Help me now! Holy Spirit take these thoughts out of my mind, so I never think them again. Yes!”

That’s what Prayer Partners are for. That’s what support is for, Spiritual Counselors, all these different things.

Everything has that Joy to offer us, because everything is offering us a service. Even the ones who seem to be against us.

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

[Masterful Living](#) Early Bird registration. I don't think I've done an Early Bird registration in years! So, come get it if you're interested! Let's lock it in that 2019 is our year for happiness!

Closing Prayer

So good! Let's pray!

And, a big thank you to all our donors!

In gratitude, we Partner UP with the Holy Spirit, and we give thanks for all the good that's truly happening in our awareness.

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

Have a great rest of your week! Mwah!