

November 27, 2018



## In Case of Emergency



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*November 27, 2018*

# In Case of Emergency

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! Ah! I'm so happy to join with you today! Ah! So grateful, always, that we get to join together and partner in this journey of awakening, this journey of healing, and expansion, and Clarity, and Freedom, and the All-Good of the Beloved shining forth in our heart and in our mind. So grateful!

Let's begin with a blessing and a prayer. Let's open our hearts.

## *Opening Prayer*

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We take a breath, hand on our heart, so grateful, so thankful. So grateful to recognize our Wholeness and our holiness. So grateful that Spirit is all there is. One life, One Power, One Presence.

We take this breath together, and we recognize that there is but a perfection being revealed. That's all there is. Spirit's perfection being revealed in our heart and in our mind. We are willing to **see** it, to **know** it, to **feel** it.

So grateful to open ourselves to an unprecedented flow of Wisdom and Clarity. The Joy of God is right where we are.

We're Partner UP with the Higher Holy Spirit Self to remember and recognize our true nature and our true identity, and to give away all false identification, all false beliefs. **Everything** that's false, we lay it on the Holy Altar Fire of Divine Love, and we stand in the truth of what's Real.

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

Mm-hmm! Yes!

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

### *Capacity of Peace During Trauma*

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- Our topic this week is “In Case of Emergency”. I love these topics that Spirit gives us! “In Case of Emergency”.
- 0:03:15 As a Spiritual Counselor and a spiritual teacher for many years now, there’s **always** someone in my life who is going through a very difficult time, and I’m holding many people in prayer, and holding everyone in prayer, really.
- 0:03:44 One of the things that I teach in [\*Masterful Living\*](#) and [\*Finding Freedom\*](#), the classes, is how to really be anchored no matter what, to be anchored in the Love of God, in pure Spirit, and to **give up** the thought patterns, the beliefs, the habits that create a sense of insecurity and off-balance.
- 0:04:14 Many times people don't even recognize what it is that they’re thinking, believing, doing, energizing, putting their time and attention into that’s **destabilizing** them, that is robbing them of the Peace of God, of the Joy of God.
- 0:04:32 It’s so common that just some simple shifts and changes can make a **huge** difference in how people feel **every day!**
- 0:04:44 One of the things I notice now, and people often remark on, is that when there is a sense of emergency, or trauma or difficulty, that I have the capacity to be at Peace, I have the capacity to be harmonious, and that’s a great thing! That’s a really great thing.
- 0:05:15 What am I discovering is that Spirit is 100% there for me, and it’s **I** withdraw my attention in Spirit. I withdraw my connection **from** Spirit, and I am so much better now at recognizing, as soon as that happens, and seeing the choice to reconnect -- that I chose to disconnect, that this is how I chose, and now I can reconnect.
- 0:05:50 Being able to have this awareness, this **knowing**, is so helpful in times of emergency, because what it does, too, is it takes something that could be **very** intense to being challenging but not overwhelming, and that’s wonderful!

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***Just some simple  
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## ***A Course in Miracles Weekly Radio Show*** with Jennifer Hadley

### *The Loving Choice of Nonviolence*

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- 0:06:16 I particularly notice, for myself, is that two things would freak me out the most would be if I felt that I was unlovable --if something happened in one of my relationships of any kind, that I would feel that I was bad, wrong, unlovable, that would freak me out and start to create a meltdown. I would feel sick to my stomach. If I felt so threatened that I couldn't figure a way out. I even had times when I would throw up from the third chakra trauma, or upset. Of course, **now** I know it was all part of my healing.
- 0:07:19 The other thing that would threaten me tremendously was if I couldn't afford to pay my bills, like my rent, my phone bill, put gas in my car, those kinds of things.
- 0:07:31 And, you know what? Those occurrences of feeling deeply intensely threatened about relationship or money happened over, and over, and over again, a constant rotation for a very long time, until I figured the way out, which I did through my personal practice of nonviolence.
- “Is this a loving choice or an unloving choice?”***
- 
- 0:08:00 Back in '97, I started to practice nonviolence as part of my spiritual practice, so what that had me doing -- and I've talked about this a little bit before in the radio show in the past -- what it had me doing was, looking at all my **choices** for, “Is this a **loving** choice or an **unloving** choice?”
- 0:08:27 If it's an **unloving** choice, then it has an energy of violence, and I'm going to practice nonviolence. I was teaching nonviolence and working with The Center for the Advancement of Nonviolence in Los Angeles, and I was studying the lives of Martin Luther King, Jr., Mahatma Gandhi in India, and the whole nonviolent movement as a way for social, political and cultural change to a more loving society, more loving institutions.
- 0:09:06 I **really** found that it helped me to be more loving in my self-care and my day-to-day choices, so that when I found time in my life, when I was finishing up my ministerial studies, I finally felt I had enough bandwidth to add in *A Course in Miracles*, and so I began to study *A Course in Miracles*. The Lessons made great sense to me, because I **really** had been practicing it, fundamentally, for some time.

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

### *Identifying Life Emergencies*

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- 0:09:46 And so, when we are experiencing an emergency, let's just define that to start. Right?
- 0:09:56 There's physical emergency -- a health crisis, our house burning down. There's that kind of an emergency.
- 0:10:07 There's relationship emergency, where let's say that a child stops speaking to us, or we decide to stop speaking to someone else, or there's an emergency because there's a marriage that's threatened. Or, it could be even something going on with a coworker in some capacity, where a relationship is off the rails, it's highly dysfunctional, it's threatened to collapse. There's different kinds, obviously, of relationship emergencies.
- 0:10:56 And then, there are emotional emergencies, where people crash down emotionally, and of course, where people become obsessive-compulsive and frightened.
- 0:11:13 That's really more of a mental emergency. 0:11:13 Everything stems, of course, from our thinking. "All thought produces form at some level." That's from the *Fear and Conflict* Section in Chapter 2 that I'm constantly quoting. To me, it's so baseline.
- 0:11:28 If you haven't read the *Fear and Conflict* Section in Chapter 2 of the *Text* lately, I encourage you to just, for a week, read it **every day**. And, before you read it, invite Spirit, invite Jesus, invite the Holy Spirit to read it with you, and point out to you what it is that you're to know, to discover, to recognize in that particular moment.
- Just going to take a sip of my -- today I've got apple cider. I love apple cider!
- 0:12:12 There are different kinds of emergencies, and depending upon our personality, and where we get our identification from, our self-esteem from, we'll feel threatened. Right?
- 0:12:36 There's a body emergency. I think I left that out! Health emergencies. For some people, gaining 5-10 pounds would be an emergency.

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***Everything stems, of course, from our thinking.***

***"All thought produces form at some level."***

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

I like to take Pilates on the Reformer. Someday I'll get a Reformer of my own at home, but I go to Pilates and take classes on the Reformer, which I really enjoy.

There's someone in my class who is constantly talking about their weight, and that they feel fat. Having worked -- and this person, empirically, is not a fat person, and has a very, very low amount of body fat on their body. But, body dysmorphia is a very real thing in terms of a challenging mental-emotional pattern that creates a lot of drama, and stress, and suffering. I've worked with many people over the years who had real issues with their body image.

0:14:09 So, there's all these different kinds of emergencies. The thing is, is that each one, each person's **experience** of emergencies is **different** because it does **so much** depend on our identity and our self-esteem.

### *Searching on a Spiritual Journey*

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0:14:26 For me, one of the things that I began to see when I first studied spirituality back in the -- I started in the mid-80s with the great, great, great, great Unity minister and his wife and partner, Eric and Olga Butterworth. I used to go to services on Sundays at Lincoln Center with Eric and Olga, and that was mid-80s was when I started doing that.

0:15:05 From that time of beginning my conscious spiritual journey, and studying spirituality, I began **undoing** the false identification. What I **really** began to look for -- because, at that time, initially, part of what instigated my whole spiritual journey was a realization that I had this tremendous festering self-hatred. It came to me in a flash that I had this great festering self-hatred, and I felt suicidal at the time.

0:15:50 As a way out of that, I began to go to services with Eric and Olga, and to read spiritual books. I started a -- well, a friend of mind started it, we were doing a "spiritual book and brunch club" which was fun, and reading different books like Eric's book, *Life is for Living*. I still have that copy that I bought back then.

0:16:28 Recognizing that my sense of my self-esteem and my self-worth, I was hanging by a thread related to my work and my ability to be **successful** in the eyes of the **world**. Right? That's **pure** ego, 100%. Right?

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- 0:17:06 Realizing, at that time, that I **did not** feel successful in the eyes of the world, and that I was **failing**, because I had worked very hard to get a job in the music business that, it turned out, I didn't like at all, now I thought, "**Now** what am I going to do?"
- 0:17:33 That sort of began my journey of having one personality or ego identity crisis after another, related to boyfriends and relationship, related to my finances, related to my success in my career, and things like that.

### *Commitment to Consistent Love*

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- 0:18:00 What I've seen over all these last 30-some years of spiritual journeying is that any place where I was getting a sense of worth and self-esteem from something in the **world**, it would be taken away from me. Which, by the way, is just the entire journey that's encapsulated in the *Development of Trust* Section in the *Manual for Teachers*. Right?
- 0:18:34 The *Development of Trust* Section is two pages that I always recommend that people read it every day for a week, and then read it once a week after that, so you really **cognize** where you are in that development of trust. That's right in the beginning of Chapter 4 in the *Manual for Teachers*.
- 0:19:01 Chapter 4 is about what are the characteristics of God's Teachers, and trust is the number one characteristic of God's Teachers upon which everything else is based.
- 0:19:16 The second characteristic of God's Teachers is named "honesty" which Jesus describes as being "consistency" that you're consistently choosing Love, that you have a **commitment to consistency**, because that's something that the ego has **no** comprehension of.
- 0:19:37 Here's why consistency is so important.  
  
And, all of this is part of being able to experience emergency **without crisis**, that you can have an experience of an emergency in your body, in your finances, in your relationship, in your career, in your home -- whether it's a flood, a fire, hurricane, divorce, a firing from your job or a death in the family -- or whatever it is, that you can move through the seeming emergency **without** feeling that you, personally, are in crisis, that your personality is in crises.
- 0:20:22 When our trust is in God, rather than in our opinions and judgments, our conceptions, perceptions and preferences, then we can place our attention

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on being **consistently** loving, **consistently** attuned to the Love of God, and in **that** is our healing.

0:20:59 When there's a crisis -- if we just temporarily, right now, just to define our terms, if we just say, "Well, the crisis is when we feel intensely threatened," it **must** be because we built our life, our house, on sinking sands, rather than on the rock of God's Love. Because if we are **firmly** rooted in God's Love, and we're practicing **consistency**, we will **not be** shaken. Right?

0:21:46 I often quote William Shakespeare's sonnet where he talks about "*Love is not love which alters when it alteration finds. ... That looks on tempests and is never shaken.*"

0:22:09 True Love -- God's Love, Love of life, Love of others -- True Love is not shaken by anything, it's not **threatened** by anything, because the very nature of God **is** consistency. God is the same today, tomorrow, every day, no matter what! No matter what, it's consistent, which is such a beautiful thing. That it's **dependable**.

### *Crises Are Opportunities for Growth*

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0:22:46 But, the ego's opinions and preferences consistently **change**. Everything in this world is changing all the time. There's decay, there's new growth. It never **stops** changing, and that's the difference between our eternal life in God and our life in the human experience in this world.

0:23:13 In order to be stable in an emergency, we place our trust and faith in God. And, **when** our faith is firmly placed in God, there's no worry.

Yeah -- of course, if somebody's house burns down. I know people whose houses have burned down in the fires in California -- they can look at it from a higher perspective, that something **good** is unfolding. **It can be no other way!**

0:23:57 Yeah, there's a sense of loss, and as human beings we can feel disturbed by losing our photos, and our family heirlooms, and artwork that can't be replaced, and different things like that.

0:24:15 But, it doesn't have to be a **crisis**. It doesn't have to be a crisis. It can be an extraordinary **opportunity** for **growth**.

0:24:31 This is the thing, if we can look at the emergency, even with sudden death of a loved one -- which is I think just about the hardest thing for the ego to

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handle, is the sudden death of a loved one, and nothing more intense or upsetting than the sudden death of a younger person, a child, or a young parent, or a person who seems to have a whole bright future ahead of them. It **seems** like a tragic, tragic loss. But, we **do not know** what anything is for, even the sudden death of a loved one -- what we **can** come to know and to realize, and to be **grateful** for, is that no matter what -- no matter what! -- there **is a perfect** expansion, Beauty, wonderful, wonderful thing encoded into every single moment, without fail.

0:25:50 This is the truth of our life and our being. It **really** is. And so, ego emergency and crisis can be brought to a higher Light.

It's time for me to move into a break, and we'll talk more about this when I come back from the break.

This is Jennifer Hadley, and 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*.

### *Please Contribute!*

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Welcome back! Welcome back! Ah!

0:30:35 You know, today is officially now -- this Tuesday after Thanksgiving in November has become known as "Giving Tuesday" and it's a time for people to consider making charitable donations.

0:30:54 At the Power of Love Ministry we're embarking on another matching donation campaign, and inviting donors who would like to contribute to have a matching campaign. Last year we had several donors who contributed \$25,000, and then they said they would match up to \$25,000.  
[silence] I'm not sure what happened there! Okay!

0:31:43 Last year we had several donors contribute \$25,000 and that was to inspire people to match it. So, they were willing to match up to \$25,000, and we, indeed, raised another \$25,000 so we got the **full** matching grant.

0:32:06 We'd like to do the same this year, so if you are available to contribute, we're generating that matching fund now, and then we'll inspire people to contribute.

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0:32:21 But, of course, people can make small donations or smaller donations, but we're looking for some larger contributors who **really** would like to help fund this work, and who are inspired by what we're doing. We're planning so many more, **wonderful** expansions.

### *Power of Love Ministry Community Expansion*

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0:32:43 But first, I have to say that this year I **really** have witnessed that there has been **extraordinary expansion** in the community, that more and more people are inspired to participate, to volunteer, to be a support to others in the community.

0:33:06 Next year, one of the things that we're going to launch is what we're calling "Miracle Circles". It's similar to a Study Group, but it's not. It's more of a **work group** rather than a study group. A group of people would meet on a weekly basis, online -- not in person, so people could come from anywhere in the world -- and work, together, the principles of *A Course in Miracles* in a small group community.

0:33:48 And so, we're creating a program to train Facilitators to facilitate those groups, and to support the people **in** the groups. We have a goal of being able to have a Miracle Circle **every hour** of the day, **every day** of the week! 24/7 Miracle Circles, so any time somebody would be available to do a Miracle Circle, that they could join one and that, then that group would be there for them consistently, week after week.

0:34:31 I remember when I first started doing the spiritual expansion work, and working as a Spiritual Counselor, that I was so struck by how many conversations I had with people in different parts of the world -- all around the world! Different countries, of course including the United States -- but people who lived in places where there was **no** spiritual community available to them, really, of **any** kind. Only religious communities were available, and ones that didn't feel, maybe, loving or supportive to them.

0:35:16 People, I've talked with so many people, who **yearned** to have any kind of a **real** spiritual community, supportive community. And **now**, because of technology, video technology, we can meet together on video platforms like Zoom, which we use for all our classes, and we can have those small groups.

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- 0:35:42 That's what we've been doing in [Finding Freedom](#) and in [Masterful Living](#), and it has been **life-changing** for people! Because people are really, even more, going from studying to embodying. It's not until we start embodying that we really experience the change.
- 0:36:05 This is one of the programs that we're putting together. It's going to take some real time, and energy, and effort to put it all together. Volunteers are great, but a project of this scope and size **really** requires paid staff, and so this is one of the projects that your donations would go to support.

### *Help Us Support the Community*

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- 0:36:31 In recent years, we raised money to pay for the transcription of all the radio shows. We've done that!
- And, we've raised money to help begin converting the radio shows into YouTube videos, and we're posting those, several of those, every week, and you can -- if you don't know my [YouTube channel](#), it's "Jennifer H Hadley" at YouTube. Helen is my middle name, so Jennifer H Hadley. You can find my YouTube channel there, and you can subscribe. I think you'll get a notification every time we post another one of the radio shows at YouTube.
- 0:37:12 One of the reasons why we're doing that at YouTube is because it's **very** helpful for people to be able to listen and read along at the same time, **particularly** for people for whom English is a second language.
- 0:37:31 One of the reasons we did all the transcripts is because those who are hearing impaired, the deaf, couldn't hear the radio broadcast, obviously, so we transcribed them all, so that they could read them all. Same with the [Daily Prayers](#), my [Daily Prayer for Today](#) and my [Shot of Spiritual Espresso](#) that I offer every day. We got **so many** requests to transcribe those prayers for the hearing-impaired and now we do that as a regular item.
- 0:38:11 There are just all these **wonderful** things that we're **able** to do **because** of people giving back and giving donations.
- 0:38:21 What I would like to invite you to do is either make a one-time donation or make a supporting contribution. You can go to [PowerofLoveMinistry.net](#), [LivingACourseInMiracles.com](#) or [JenniferHadley.com](#). All three websites will give you the opportunity to contribute, and you can go to the donation page.

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- 0:38:53 It's a tax-deductible donation. We're a non-profit organization. **All** the funds go to support the staff's salaries and all the projects that we're working on.
- 0:39:08 We also support some other things in the spiritual community that are supportive of the work that **we're** doing, and so one of the projects that's on our list of things to do is to continue to expand the use of our Events Calendar. We have a [Study Group map and calendar](#) that's global, and anybody can list their Study Groups there, and *A Course in Miracles* teachers can list their *A Course in Miracles* events there. David Hoffmeister, Jon Mundy, on and on, these spiritual teachers who are teaching *A Course in Miracles* specifically, their events -- Gary Renard, et cetera -- we're getting those listed on the calendar.
- 0:40:01 So, that's another project that we're putting money into so that we can have a global events and Study Group calendar that will include **everybody**, all inclusive! There are other listings of Study Groups and things like that, but they're not globally, all-inclusive of **all** *A Course in Miracles* teachers, so we're reaching out to more and more teachers, as we can, and to Study Group leaders as we can, as funds and volunteers allow.
- 0:40:34 Some wonderful projects! We'd also like to build an app, another app. We have an [A Course in Miracles app](#), to **add** another app, a prayer app, for people to easily get the [Daily Prayer](#) that I record every day, and to access the library of prayers.
- 0:40:54 In the meantime, we have the prayer podcast, and you can easily find that at [JenniferHadley.com](#) or iTunes or Stitcher and things like that. It's my [Prayer for Today](#).
- 0:41:05 I actually could spend **quite** a bit more time sharing with you the projects that are in development and the things that we're doing to support the community.
- 0:41:21 So you know, the [A Course in Miracles app](#) is totally free, and we've got some updates that we're going to make to that.
- All of it, of course, costs money, so your donations, your support of these things, allows **us** to support **you** even more. It's really quite wonderful!
- 0:41:40 **And**, what's wonderful, too, is I get e-mails from people all over the world -- actually, too many for me to really respond to all of them, but I do **read** them all as much as I can -- and people can request radio show topics. I try

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and do a few of those a month, the requests, and, of course, listening to Spirit, also.

0:42:08 Please consider making a contribution or a supporting contribution, if you haven't. And, if you'd like to be a part of this matching contribution, I welcome that. You can write to [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com) if you have any questions or would like to get ahold of me.

### ***Developing Trust During the Storm***

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0:42:31 Let's go back to "In Case of Emergency", what to do with *A Course in Miracles*.

0:42:38 Remember, Spirit doesn't **have** any emergencies, really. Spirit doesn't really have crises, because everything's always **perfect** from a spiritual perspective. And, if we **feel** that it's not, it's because we're ego-identified, **and** we're working **through** that ego identification **to** a pure spiritual identification.

0:43:01 So, when there is an emergency, when there is the **feeling** of crisis, of meltdown, of freak out, the #1 thing that is indicated, that we often don't see, sometimes until years later, the #1 thing for us to know in case of emergency, or freak out, or meltdown, or collapse is that **this is an opportunity** to have **extraordinary** spiritual growth. It is the opportunity to **leap** in a quantum way.

0:43:48 I remember back in -- oh, a dozen years ago, it seemed like I was having a crisis, emotionally and mentally. I was having a crisis that my mom had a terminal cancer diagnosis. I was in crisis because I was in challenge with my ministerial program at Agape, and I was in crisis in romantic relationship. I was in a crisis with my best friend, and it seemed like everything -- and my finances were a freaking mess, and it seemed as though everything in my life was falling apart, except for my body. That was the only thing that was not falling apart!

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***Everything's always  
perfect from a  
spiritual  
perspective.***

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0:44:45 I stood in the midst of it, like standing in a hurricane with the winds blowing everything away. Everything that I felt was an anchor was being

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blown away, it was being ripped away, torn away, just like it talks about in the *Development of Trust* Section.

0:45:12 And it was at that time that I began studying *A Course in Miracles* that it happened, that experience. I was able to stand in the midst of it and say, “I see what’s happening here! Everything that’s **not necessary** is being transformed. Everything that doesn’t **serve** me anymore is being taken away. Everything that is ready for healing is **up** for healing, it’s up right in front of my face, pressed against my face, so that I **cannot** look away from it.”

### *Letting Go of False Beliefs & Perspectives*

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0:45:57 I **decided** to put my trust and faith in God, rather than to focus on trying to manage, and cope, and restructure, and recalibrate to some managing and coping strategy to make things better. I decided to let **Spirit** handle it, and to be Spirit led and guided as I **never** had been before!

0:46:35 That was **life-changing** for me, because it was **then** that I **really** went through that development of trust phase. The whole thing took a couple of **years!** It **so** rocked my world that there were many, many days where it felt excruciating.

0:47:01 It was excruciating to my ego, and **boy**, did I feel it in my stomach, in my third chakra! That third chakra is where your self-identity is held, your **perception** of yourself. To me, it’s where that **ego** perception, the self-perception, is held, is in that third chakra, the solar plexus chakra. Or, “chuhk-ruh” is probably a better way to say it, but most of us here in the Western world, we say “shak-ruh”.

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*I decided to put my trust and faith in God, rather than ... trying to manage and cope... to make things better.*

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0:47:42 What I felt was, I often felt sick to my stomach, like “Ugh!” It was like a churning, twisty-turny feeling that was just almost every day. I **knew** what was going on, and that made such a **difference** for me, because I didn’t feel like it -- even though it **looked**, to the ego, like it was all happening **to me**, intuitively I **knew** that I had asked for that which didn’t serve me anymore to fall away.

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- 0:48:34 So, romantic relationship -- fell away! Dear, close friend -- fell away! Spiritual community -- fell away! And, my **pretenses** fell away.
- My identification as “I am this person that has this relationship and that relationship and this standing in my spiritual community” and all those things, I just let them fall away, and something **new** emerged, and that’s the place in which I live now! I had to let my grasping, needing, wanting, craving of ego identification with things that didn’t serve me -- I had to let that **go**.
- 0:49:34 I remember once I had a conversation with a man who was some kind of Christian right, very staunch attitude. I sat next to him on a plane, and he struck up a conversation with me. He told me that he had just had this conversation, berating his best friend for having an affair, and that he was telling his best friend that he was **ruining** his family’s life, his wife’s life, his children’s life, and that he should stop it immediately, that he was a sinner, and going on, and on, and on.
- I really was not that interested in having a conversation with him, but Spirit was **very clear** that we were to have this conversation.
- 0:50:35 So, one of the things I said to him was, I said, “Let me ask you -- **how do you know**-- like, **how** do you **know** -- that his wife and children are better off **with** him in their house? Maybe his wife would be better off married to someone else, and maybe his children would be better off if their parents were in relationships that were loving and fulfilling. You know? If he’s not respecting and honoring his wife in ways that feel good to both of them, maybe it’s time for them to recalibrate their marriage! How do **you know** what’s **best** for them?”
- 0:51:23 I said it in a gentle way, like, “Well, how do **you** know? **How** is it that you know?” He was like, “[stuttering] Because it’s a **sin** to be an adulterer!”
- And I said, “But maybe it’s best if the marriage **doesn’t** stay together. How do **you** know it’s best if they do?”
- “How do  
you know  
what’s  
best?”*
- He realized that he had made all these assumptions, and he didn’t **really know!** He didn’t really, truly know! He was just going on his assumptions.
- 0:51:56 That’s the thing is, **sometimes** the best thing is for people to work on their relationship in such a way that it can be **vastly** improved and made into a

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**holy** relationship. Sometimes you can make your relationship into a holy relationship, and then it's **very clear** that you're not to stay together. I've seen all kinds of occurrences happen.

0:52:27 But, if we're identified, "**I am** this person's spouse, and we live together, and our life is built together" and that seems threatened, it can seem like an emergency. It can seem like a crisis, that something **bad** is happening, something terrible is happening!

### *Surrender to Spirit is the Way Out*

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0:52:45 But, we **must** remember that Spirit is **always** progressive, **always** expanding into a good and greater good. So, when we're trying to **stop** the progress, and go back to something in the past that no longer fits what's really going on in the hearts and minds of people, we are not necessarily -- well, we're following ego. We're not following Spirit.

0:53:18 It takes tremendous trust and faith to follow Spirit, and that's the way **out** of crisis and emergency, is to surrender trying to fix everything, and to finally **really** listen to Spirit. That's challenging! It's **deeply** challenging!

0:53:36 That's why *A Course in Miracles* can help us so much. "I'm never upset for the reason I think." "I do not know what anything is for." "Everything works together for good. There are no exceptions. "What could you not accept if you but knew that everything was gently planned by one Whose only purpose is our good, your good?" **Gently** planned!

0:54:02 It's hard to imagine that a house burning down is a **gentle plan** for our good. But, if we're willing to **see** it, if we're consistently **willing** to see the truth, by placing our trust and faith in Love, in Spirit, then **we will** see what we couldn't see before. We **will know** what we had forgotten.

0:54:29 **That's** the way through an emergency, and the way out of a crisis, is placing our faith and trust in Spirit. Sometimes, that's how it happens, that the house blows down, so now we must build the house with Spirit. Yes!

### *Live Masterfully in 2019!*

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0:54:55 Hey! I want to give a heads up of a couple things here. [\*Masterful Living\*](#), my yearlong course, is open for registration right now. We're on an Early Bird special.

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What I love is when people tell me that they just went through a difficult time, and it **wasn't** a crisis, it **wasn't** an emergency, and they could feel the good coming out of it. Such a wonderful report card to hear from people!

This is the time of year when people are **really** seeing the difference that things are making in their life. Their spiritual practice is healing their mind and their heart, and it's making **such** a difference in their life because of being in [\*Masterful Living\*](#) all year.

Also, I am planning a wonderful healing retreat, and another Teacher Training, in mid-March, so stay tuned for those things.

### *Closing Prayer*

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Well, let's take a prayer here. Let's go into our prayer and be grateful and thankful.

This is my birthday week. Tomorrow's my birthday, so I am grateful and thankful for all the good that I've experienced this year, and for what I feel unfolding.

In gratitude, we Partner UP with the Higher Holy Spirit Self, remembering the truth of our identity is perfect Love, now and forevermore.

In gratitude, we share the benefits with everyone, because we're One with them. We let it be. And so, it is. Amen. Amen. Amen.

Mwah! Have a great rest of your week!