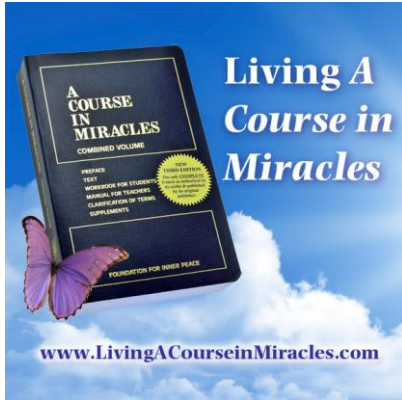


**December 11, 2018**



# Tapping Into Strength



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*December 11, 2018*

# Tapping Into Strength

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! Here we are again! Yes, indeed! Ah! So good to be with you!

Let's start with a blessing, as we always do.

## *Opening Prayer*

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I invite you to place your hand on your heart as we take a breath of Love and gratitude, Love and gratitude, Love and gratitude. This is our most basic spiritual practice. We don't need any special equipment, although I do like to place my hand on my heart and remind myself that I am wholeheartedly showing up in this moment, so grateful in this moment. **Really**, truly grateful. The sun is shining outside and inside! So grateful for that!

So, we take this breath of Love and gratitude, and we Partner UP with the Higher Holy Spirit Self, grateful and thankful to say, "Yes!" to our Wholeness and our holiness.

Grateful and thankful to lay upon the Holy Altar Fire of Divine Love all sense of weakness, all sense of lack and limitation, all sense of separation. We give it to the Holy Spirit for healing, and we open ourselves to the strength of God, the power of God, pure Love, pure Spirit, our perfection. We're allowing ourselves to recognize and remember it, gratefully and thankfully. We open ourselves to clear insight, to clear Wisdom, to the fullness of Love right where we are.

We share the benefits with everyone. We let it be. And so, it is. Amen. Amen. Amen.

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

### *Intuition is Key to Our Strength*

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This week, the topic is “Tapping Into Strength”. This is my guidance, and yeah! Guidance is **so** important to me. One of the most popular questions I get, and I know I’ve done a couple of radio shows on this topic, but one of the most popular questions I get is about intuition, and that is part of our strength. Absolutely! It’s **core**, key strength, being able to recognize, to know, to feel, to sense where to go.

It’s part of that “Truly Helpful” prayer, right? On Page 28, “I am here only to be truly helpful and to represent God, Who sent me, and I don’t have to worry. I don’t have to wonder. No fretting for me, because Spirit’s going to guide me, direct me, lead me where to go, what to say, what to do.” Badabing! Badaboom! All inclusive package! [laughs] That’s it! The “Truly Helpful” life is **all** inclusive. **All** needs met in Spirit, and this I have found to be true! The needing, the wanting, the craving falls away. **Thank God!**

“Thank God for being God today!” That was a song we’d sing in the Agape choir. That’s one of the first songs that Ricki Byers Beckwith -- Ricki Byers and Michael Beckwith wrote together, and yeah! Thank God for being God today!

So, that’s part of our strength is our intuition to be able to stand in that place, knowing we’re going to be guided and led, and it is a wonderful and wonderous thing that helps us to realize, “Oh, gosh! There’s no such thing as separation! I am **so** completely bound and connected with Spirit, that there is **no disconnection.**” Right?

We talk about being connected to Spirit. It’s really about **consciously** being connected to Spirit, because there’s no way to disconnect. But, we can put a veil in our mind that makes it **feel** as though we’re disconnected, and then, **of course**, we feel weak. Right?

So, I wrote in the description for this show, just tuned in, “Okay, Spirit, what am I to say here?” And I wrote, “When we feel weak and defensive, it can feel so demoralizing and demeaning. It seems as though the fear and weakness feed on each other.” Yes, indeed!

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*There’s no such thing  
as separation!*

*I am so completely  
bound and connected  
with Spirit, that there  
is no disconnection.*

---

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

There is a way to permanently release that pattern. Now, here's the thing. People will ask me, especially in *Masterful Living Class*, people will ask me, "What do I do about this pattern in my mind?" "What do I do about this problem in my relationship?" "What do I do about this thing that is happening at work?" "What do I **do** about these things?"

I like to give very specific practices that people can do -- things you can write out, things you can contemplate, things you can pray about. Multiple things that you can do.

In fact, with my yearlong *Masterful Living Course*, in addition to all the many supports that there are in the class for the whole community, and for every individual in the community, there are three 400-page Journals. They're beautiful four-color, spiral bound Journals that you can fill those pages. There are so many what I call "Masterful Inquiries". So, where I've laid out the questions to be answered, and things to be followed through on, and step-by-step for people to do. These are the things that I have done that helped me so much.

We have Study Buddies and programs for those people who really would like to do the work, to do it, and to do it with others, to do it in community, so that we can laugh instead of cry. [laughs] Or, maybe we'll cry together sometimes, and **then** we'll laugh. Right? Because we're **all** purging, we're **all** healing, we're **all** strengthening, we're **all** giving up the causes of weakness.

### ***Tapping into God's Gift of Vision***

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So, God is our strength. This is the absolute truth of it, and this is what we for sure know. Lesson 42, "*God is my strength. Vision is His gift.*" It says, actually, in Lesson 42,

*"The idea for today combines two very powerful thoughts --"*

Strength and vision, right?

*"...both of major importance. It also sets forth a cause and effect relationship that explains why you cannot fail in your efforts to achieve the goal of the course."*

You see? **I love** it when Jesus tells us these things. "It sets forth a cause and effect relationship."

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

In other words -- because that, for some people, would be like, "Cause and effect relationship? What is that?"

Well, the **cause** of our experience is our **thinking** and our **belief**. First comes the belief, then comes the thought. When we choose to think the thoughts that are congruent with false beliefs, then the effect, or the experience, will be one of suffering.

When we choose to think the thoughts we think with God, the thoughts that are **true**, that do not align with our beliefs but instead align with **the** truth -- not some personal interpretation of the truth, but **the** eternal, Infinite Truth that is the same for everyone every minute of all eternity -- when we align with **that** truth, then we cannot fail, in our efforts to achieve the goal of the *Course*.

So, right there, you see, to me, that's *A Course in Miracles* all, everything that there is to know about *A Course in Miracles* right there in that little sentence.

*"...you cannot fail in your efforts to achieve the goal of the course."*

---

***Trade in the  
ego's fantasy  
for your life.  
Trade that in to  
the Holy Spirit.***

All you have to do is **align**, be willing to align.

In fact, I love so much that Jesus says, "Stop thinking **you** can do it, that **you** can heal your life, that **you** can change your mind, that **you** can do any of these things. Just say, "Yes!" to having it done."

Right now, I'm having car trouble and I'm trying to decide. My Prius battery has decided it's complete. [laughs] It's making its transition, and so -- I have an old car, 2005. Do I get a new battery? Do I get a used battery? Do I trade it in? Do I get --? What do I do? I don't know. I'm not a car person, so I'm trying to navigate these things.

So, what came to my mind was, "Trade in the ego's vision for your life." Not a vision -- a fantasy. "Trade in the ego fantasy." It could be a negative fantasy. Right? Of self-destruction, and poverty, and aloneness, and despair and destruction. Whatever. It's a negative fantasy, it's whatever it is. Trade **that** in to the Holy Spirit. You're going to get such a deal on this trade-in! Such a deal you're going to get! Oh, my God! [laughs] So, trade it in!

This is the part I love here. It says,

*"You will see because it is the Will of God."*

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You will see. You will have vision because it is the Will of God.

*“God is my strength. Vision is His gift.”*

Lesson 42.

*“You will see because it is the Will of God. It is His strength, not your own, that gives you power. And it is His gift, rather than your own, that offers vision to you.”*

You see? So, it is God’s Strength, **not** your own, that gives you power. We don’t **have** to -- and this is the whole thing about the ego -- we don’t **have** to come up with our own power. Right? Because the ego’s idea of power in the world is “power over”. Right? *How to win friends and influence people*. Power over. When you win, somebody’s losing.

Now, I haven’t read that book, so I don’t know anything about it. I’m just -- that’s just what popped into my mind.

God’s Strength is what gives us our power, so the only way to get to there is to tap into it. God is my strength. Paragraph 2,

*“God is indeed your strength, and what He gives is truly given.”*

### ***You Are In the Right Place At the Right Time***

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It’s not conditional, you see? That’s what “truly given” means. **Not** conditional. Right? So, when we are unloving to people who are disappointing us or irritating us, where’s the Love? It’s conditional. Kindness is conditional, then, you see?

Since what God gives is **truly** given, it says here,

*“This means that you can receive it any time and anywhere, wherever you are, and in whatever circumstance you find yourself.”*

So, the strength, no matter how **weak** you feel, right? No matter how weak you feel, the strength of God is **there**. All we have to do is say, “Yes!” to it.

I’m going to go back to the “Truly Helpful” prayer, famously on Page 28 in Chapter 2. It’s at the end of Section V.

*“I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal.”*

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Now, going back to Lesson 42, Paragraph 2,

*“God is indeed your strength, and what He gives is truly given. This means that you can receive it any time and anywhere, wherever you are, and in whatever circumstance you find yourself.”*

So, it matches up with *“I do not have to worry about what to say or what to do, because He Who sent me will direct me.”*

Back to Lesson 42,

*“Your passage through time and space is not at random.”*

See, we think there's luck. There's no luck. Luck? No! There's no luck. There's no chance. There's no random.

*“You cannot but be in the right place at the right time. Such is the strength of God. Such are His gifts.”*

Now, think on this -- when we say, **“I do** believe in luck. **I do** believe in chance. **I do** believe in random. **I do** believe I'm being punished. **I do** believe that other people have the power, but not me,” when I choose to believe all **those** kinds of thoughts, of course I'm going to feel weak, because my strength is in my Unity with God. Without that, **of course** I will feel weak.

### ***Connect With God By Being Loving***

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Now, people talk about feeling connected to God, not feeling connected to God. Totally get that. But, the way to feel connected to God is to be loving. That's it! To be loving. To be loving is unconditional. No “giving to get”. None! Not even giving to God to get. Right? Because we've all done that, right? We're trying to please God. “Oh, look, God! Look how good I am! You see? I'm helping the homeless people! Look how good I am! I'm spending my Thanksgiving serving the hungry. Look how good I am! I'm helping that jerk who lives next door, and I'm not even making it known that I know they're a jerk, and they don't deserve my help. But, I'm a good person, I'm going to help my neighbor.”

You see, these are all the patterns of separation and distress where there's no Love. No! We've edged God out.

*“You cannot but be in the right place at the right time.”*

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

Knowing that, and being able to stand back from the circumstances that are not happy-making, and say, “Oh! This must be the right place at the right time. This is the pain that’s pushing me to find my strength in God **instead** of in the world. This is the pain that’s pushing me to feel my strength in God, not in the world.” **Yeah!** Absolutely! So good! So good, so good! Mm-hmm! Yep!

You know, especially during the holidays, family times, which is right now, one of the temptations is to, when you spend more time with family, to point out their mistakes, their errors in thinking, what they’re doing wrong and how they’re -- what’s the word? -- they say one thing and do another. We’ve all done that, right? We say one thing, we do another, and instead of correcting our **own** thoughts and behavior we correct **others**, other people. Right? Parents correcting their children, children correcting their parents, when they, themselves, are not in alignment. This is how we do. We just project it out. We just deal with it outside instead of inside.

But, the thing for us to realize -- for real, for real -- our brothers and sisters **are** our salvation. They **are** our salvation! These **are** the facts. Mm-hmm.

So, our strength is in being loving. Our strength is in being loving. We can’t find it anywhere else.

### *Living From Joy*

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In Chapter 1, the 50 Miracles Principles, #16

*“Miracles are teaching devices for demonstrating it is as blessed to give as to receive. They simultaneously increase the strength of the giver and supply strength to the receiver.”*

What’s a miracle in *A Course in Miracles* terminology? What’s a miracle? A miracle is when we give up the ego thought, and we choose the God Thought. So, we give up the thought of lack, attack, limitation and separation and we **choose** the thought of Love and Unity, compassion. That’s the miracle.

I did an episode -- gosh, I think it was last year, 2016, 2017. I’m not sure. -- called something about miracle-minded, being miracle-minded. People liked it a lot. It’s our **nature** to be miracle-minded. *A Course in Miracles* tells us that

*“Miracles are natural.”*

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

Miracle thinking, that's where the miracle is. The miracle happens in our awareness **because** of our loving choices. That's it, 100%. And then, what happens is, because we change our mind about something, and choose Love instead of lack, attack, limitation and separation, then something will change in form, something will shift in form.

This is why my *Masterful Living Course* is a whole year long, because that way people will stay connected, and there's a cumulative effect that's extraordinary.

This is my favorite time of year in many ways, because I love -- I get to speak with -- I do, in my yearlong course, one of the things I do is, I do 1-on-1 connects with the people in the course, so I get to know them, and I can specifically address the things that are their issues, and it's lovely.

And so, this time of year it's a harvest time, and people are sharing the benefits.

I talked with Nancy last week, a couple days ago, and the first thing she said was, "This has been the most joyful year of my life!" Right? "Not without challenges, but still the most joyful year of my life!" That's exactly what she told me.

The Joy is released when we find the strength of God and we live from it. When we shift out of feeling like a victim to incorporating Self-Love, being kinder -- kinder? That's a combination of "kinder" and "gentler". Right? I'm thinking of George H. W. Bush who just passed and talked about being "kinder and gentler", a throwback.

Yeah! That's where the Joy comes from, is being able to extend Love, and share Love, and give up the judging, complaining, criticizing, blaming, shaming, guilt and all of that. And, also giving up feeling like a victim, giving up feel the weakness. The Joy is **naturally** there. It's like suppressed. It's like coiled underneath all the things that we're shoving on top of it -- the resentments, the regrets and all of that.

As we remove those layers, and have the -- connect with the Holy Spirit to remove them, then the Joy is released.

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***Joy is released  
when we find  
the strength  
of God and we  
live from it.***

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

### *Miracles Increase Our Strength*

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*“Miracles are teaching devices for demonstrating it is as blessed to give as to receive. They simultaneously increase the strength of the giver and supply strength to the receiver. “*

One of the fastest paths -- the fastest way to get into being miracle-minded is to practice true forgiveness, all day every day. It seems like it would be exhausting, but that's the ego perception. It's actually **intensely energizing** in a very good way. It's healing to mind, body and Spirit.

This, I know, and for that reason I'm offering my free, online live video [workshop](#). You can register online at [JenniferHadley.com](#). It's on the [Events](#) page, and you can also find it on the Home page at [JenniferHadley.com](#). It's totally free, and I'm encouraging you to come and bring a friend or a family member. Come join me live this weekend. It will -- oh! People are so grateful for the opportunity to sit and do this together, because we put it off and we put it off, and we **think** it's going to be so hard. But, actually, it's **not!** So, I encourage you to check that out!

Also, we are now posting videos of these radio shows at [YouTube](#), so people can find them there, and that's a cool thing. Just to let you know, my video channel is at [YouTube](#).

It's time for me to take a break. I'm Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio. We'll be right back!

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

### *Free Resources*

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Welcome back! Yeah!

You know, I'd like to just remind you about two things. If you are interested, if you would like to receive a once a week e-mail about when the radio show transcript is posted, we've got that available for you. All you have to do is text the word "RADIO" to the number 35227. Text the word "RADIO" to 35227, or you could always go to [LivingACourseInMiracles.com/radio](#) or just go to [LivingACourseInMiracles.com](#) and then find the Radio page.

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

We have tons of free *A Course in Miracles* resources at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com). You can sign up for these e-mail reminders, and we send an e-mail every week with the key highlights and the timestamps in the radio show. So, that's if you just want to know when the transcript is posted, because we're transcribing every episode now, and I think we're all up to date. We've got them all transcribed now.

We're still ongoing paying for that, so if you would like to make a contribution, you can make a one-time donation, you can make an ongoing monthly contribution. Both are **very** welcome. If you do end of year donation, that's awesome! We would love to accept that. We're doing **a lot** of expansion next year to bring in more *A Course in Miracles* free support for more people. We increase every year.

One of the things that we're doing now, this year, is free text messages, inspiring text messages. You can text the word "MIRACLES" to 35227, text that word "MIRACLES" to 35227 and you'll get inspirational text messages once a day with *A Course in Miracles* messages. You would also get a text message, for instance, to let you know about a free class or something like that.

Yes! Great! Good stuff!

### ***Trading In Our Thoughts for God's***

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Let's go back to the *Text*. We were looking at in the *Miracles Principles* here. Where was it? There it is!

*"Miracles are teaching devices for demonstrating it is as blessed to give as to receive. They simultaneously increase the strength of the giver and supply strength to the receiver."*

Remember, a miracle is when you give up your ego-based thought and you trade it in, like I might be trading in my car, with the Holy Spirit for a God Thought.

Now, seriously! It's **that** simple! We can say to the Holy Spirit, the Higher Holy Spirit Self, "Okay, I've got this ego-based thought. I know this is an ego-based thought, 'My neighbor's a jerk!' 'I'm an idiot!' This is an ego-based thought. I'd like to trade it in, and make a holy offering of it. I offer it to you, Holy Spirit. Take this thought of out of my mind, so I never think it again! I'm **done** with it! I don't need it anymore! Take it away! That's it!

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Break it down, melt it down, and all the energy that I've invested it in my whole life, take it! Take it out of my mind, so I never think it again."

"Instead, let me think the thoughts I think with God. **Those** are the thoughts I'm interested in. Please make it so now."

I'm telling you, I've done this God knows, thousands of times. It works! That's how we become miracle-minded. That's how we tap into the strength.

You see, our nature is to be so, so strong. Being weak or feeling weak is part of the **illusion** of separation. The illusion of separation comes from, and is made by, our **thoughts** of separation, and we can just give them all to the Holy Spirit. "I feel so weak right now. All the thoughts that are causing this sense of separation, I give them to you, Holy Spirit."

It's our **earnestness** that brings the miracle.

Week after week in *Masterful Living* I hear story after story after story of people who do just this, and they inspire each other. We inspire each other. They inspire me. It's a powerful community! [laughs]

So, let's go now to -- and they give me so many -- oh! So much proof that God works! That the Law of Cause and Effect is active in our life and mind, and we can use it for **good**, we can use it for healing, and increase our strength **and** increase the strength of our brothers and sisters. So beautiful!

### *The Weakness of Illusions*

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Chapter 22, Section V is called *Weakness and Defensiveness*, and it says,

*"How does one overcome illusions?"*

This is a good question for us to ask. How does one overcome illusions? Jesus says,

*"Surely not by force or anger, nor by opposing them in any way."*

Right? Don't we sometimes find ourselves fighting with the ego or other people's ego expressions, and then we just want to be right? Truly? Ugh!

*"Merely by letting reason tell you that they contradict reality."*

Right? So, not by force or anger, but by letting **reason** tell you that they contradict reality. Illusions contradict reality.

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*“They go against what must be true.”*

This is being **logical**. Right? So, this is the logical approach. However, you do have to be willing to **accept** that the truth is true. Right? It’s not something we believe. It’s true. Beliefs are **false**. They’re made-up versions of not reality, but illusions. They’re made up illusions. Truth is true, and that is our true reality. It says,

*“The opposition comes from them, and not reality. Reality opposes nothing.”*

God’s Love opposes **nothing**. God’s Love opposes nothing **also** means that we can choose to be unloving, unforgiving, resentful, regretful. We can choose the thoughts that lead to our feeling ashamed, and hopeless, and helpless and reality will not oppose it. It’s our free will choice. When we get tired of it, the Holy Spirit will take the thoughts out of our mind. When we’re done with them, the Holy Spirit will take them out of our mind.

So, for me, my *Masterful Living Course* is designed to help people see, “Oh! This actually works! It’s true!” You **do** have **to do** it. You have to be engaged. And **if** you do, it works. You have to “for realsies” be engaged.

*“Reality opposes nothing. What merely is --”*

Which is reality, which is Love, which is Peace, which is Harmony, which is Wisdom and Abundance and Prosperity, all of it. Heaven --

*“What merely is needs no defense, and offers none. Only illusions need defense because of weakness. “*

You see? So, next time you find yourself arguing with somebody and you need to be right, rather than just listen and have compassion, but you need to be right, you need to prove your point, you’re feeling defensive, **then right then**, you’re wrapped up in the illusion.

*“What merely is needs no defense, and offers none. Only illusions need defense because of weakness. “*

When we’re defending, we’re actually **increasing** our sense of weakness. We’re digging a hole in the weakness of the world when we’re defending. When we need to be right, we are actually **weakening** ourselves.

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**When we need  
to be right, we  
are actually  
weakening  
ourselves.**

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

### *The Strength of Compassion*

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So, strength and power are God's, therefore they are our true nature. So, when we go to defending and attacking, we are weakening ourselves. We become like a paper tiger, as they say. There's no rock to stand on.

Whenever you see somebody who's bragging, who is attacking, someone who thinks they're smarter than other people, and better than other people, deserve more than other people, whenever you see someone who is not caring for their brothers and sisters, and thinking it's dog-eat-dog, right there you can know that they're doing **all** of that coming from a place of weakness and increasing their sense of weakness.

The only rational response to that is **compassion**. Yeah.

So, in *Masterful Living Class* last night, we were talking about how blessing those who spitefully use us -- those who are unkind and attacking, blessing them, because what is that -- it doesn't mean, "Oh, they're bank account is going to go up." And "Oh, nobody's going to steal from them." That's not what the blessings are. The blessings are **awakening**. There's **no other** real blessing. Awakening to Love.

---

***Strength and  
power are  
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nature.***

---

Think of, as I often do, Ebenezer Scrooge in the great Charles Dickens' classic, *A Christmas Carol*.

His awakening **is** the blessing. His money is **not** the blessing. His power over others is **not** a blessing. These things are not blessings!

Because if we're not in our loving heart, we can't **use** them as they're meant to be used. I think of Dolly Madison -- is it? I can't think -- is that her? No. What's Dolly's last name in *Hello, Dolly!*? I can't think of it! Anyway. "This is --" well, anyway. Right? She, at the end there, she's telling the wealthy man, whose name I also cannot remember, that "Money is like manure. It doesn't do any good if you don't spread it around to help things grow. That's what it's for!" Right?

Gosh, almighty! How did I get off on that? [laughs] Ahh!

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

### *Defense Makes Us Weak*

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*“Only illusions need defense because of weakness. And how can it be difficult to walk the way of truth when only weakness interferes? You are the strong one in this seeming conflict.”*

Okay? So, our strength comes from being loving. Let us walk the way of truth, which is the way of Love, and then we **need** no defense. No defense is needed!

I used to be so defensive. Now, even when people attack me, I usually don't feel a need to defend. Sometimes I, many times now, even, I can see where I could **explain**, but that would just be perceived as opposition and an argument, so I oftentimes, I don't even need to explain. I don't even need to explain. Yeah. It's interesting.

We need no defense.

*“And you need no defense. Everything that needs defense you do not want, for anything that needs defense will weaken you.”*

Let's just think about that for a moment. Think about when you feel defensive, **where** are you? What are you **doing**? What's happening? Really think about it, right now for a moment. When do you feel defensive? Where's the relationship? Where's the situation and the circumstance where you feel defensive?

You **need** no defense. Ego needs **constant** defense, but you, who are of God, **need no defense**.

*“Everything that needs defense you do not want, for anything that needs defense will weaken you.”*

Be willing to examine your mental and emotional attachments to things that need defending. It's such an energy time, emotional drain to be defensive. Oh, gosh! It just takes -- it drains off the bandwidth that we have to do things that are joyful, and happy-making, and productive, and wonderful, and liberating.

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***Let us walk the way of  
truth,  
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Love,  
and then we need no  
defense.***

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

Make a pack with yourself to give up all defenses. The truth needs no defense. The truth is **powerful!**

But, as long as we're in this place of weakness and defending and attacking, right? So, that's one of the things that *A Course in Miracles* tells us, is that we often are defending as an excuse, that we're actually doing it because we want **permission**, justification if you will, to attack.

So, that's Lesson 135.

*"If I defend myself I am attacked."*

Paragraph 2.

*"You operate from the belief you must protect yourself from what is happening because it must contain what threatens you. A sense of threat is an acknowledgment of an inherent weakness; a belief that there is danger which has power to call on you to make appropriate defense. The world is based on this insane belief. And all its structures, all its thoughts and doubts, its penalties and heavy armaments, its legal definitions and its codes, its ethics and its leaders and its gods, all serve but to preserve its sense of threat. For no one walks the world in armature but must have terror striking at his heart."*

*"Defense is frightening. It stems from fear, increasing fear as each defense is made."*

Be willing to **know** this, to **see** it, to **feel** it. Every time we get defensive, we are weakening ourselves. We **think** we're protecting ourselves. There's **no way** to protect ourselves through defending ourselves. Love is our protector. Being loving is the way to strengthen. Being loving is the way to protect. It doesn't make sense to the ego, and it never will.

So, if we're aligned with the ego, it's not going to seem plausible to us. This is why in my yearlong *Masterful Living Course* we put a lot of attention on proving spiritual principle and truth so we can see beyond the ego perception to what really is going on, and stop monkeying about and wasting our precious life force, our precious energy that we have, to be in **great** relationships, to **heal** the body, to **heal** depression, to **heal** financial difficulties and to **heal** despair!

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**Love is our protector.  
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## ***A Course in Miracles Weekly Radio Show*** with Jennifer Hadley

I work with so many people who are in despair because they **know** they have these wonderful gifts to give and share, but their mind is occupied with much smaller stuff. You know, we feel that we **can't** do what we'd **really** like to do with our life because we don't have enough time, or energy, or something like that, and so we're preoccupied with cleaning up little messes. "Oh, well, if I can just get these ten inconsequential e-mails answered."

### ***Building Momentum & Bandwidth***

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But then, any time that we have any bandwidth that we have to work on something more extraordinary and expansive, we don't have it. Right? We've drained it off with being defensive. We've drained it off with being worried. We've drained it off with trying to protect ourselves. We've drained it off trying to understand, "Why is she doing that?" "Why won't he listen to me?" "Why? Why?" You know, all these kinds of questions, we're trying to make sense of a nonsensical world.

So, aligning with the Holy Spirit, going back to the beginning. It's the Holy Spirit. When I trust the Holy Spirit, it always takes us in a big Circle. So, going back to the beginning of aligning with the Holy Spirit, putting our trust and faith in the Holy Spirit, **then** we're going to have intuition.

But, you know, thought by thought, we **choose** what we will think throughout the day. It may not seem like it, but still it's so. [laughs] We have to accept that. We've got to accept the truth that we choose what thoughts we will think.

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***We've got to accept  
the truth that we  
choose what thoughts  
we will think.***

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And so, if we are **choosing** to think thoughts of lack, attack, limitation and separation we are not going to be able to simultaneously hear the Voice of God, which is our own Higher Holy Spirit Self. We cannot listen to two tracks at the same time. You cannot tune one device to two radio stations at the same time. You have to tune to one or the other.

All that's required is that **willingness**, that willingness that is strong enough to really be a desire will make it **so** much easier. A little bit of willingness is **enough** to start the momentum.

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

This is why in *Masterful Living* we focus on building momentum, and that's why at this time of year, we're harvesting that momentum and getting excited about what's next!

You know, one of my favorite things is, when people will say, "You know, I began this year really thinking that I was going to find a strategy to get divorced this year, and we're going on a second honeymoon! Didn't see that coming!"

It's not true for everyone. Some people feel that there's no way out of an unhappy marriage, and at the end of the year they see a path of peacefully moving to completion of a relationship and moving on. Everybody's different. Everybody's got unique stuff. There's no two alike, and that's the beauty of it.

But, working together, we see how much alike we actually are, and people finally begin to see, "Oh! I'm not the only crazy, dysfunctional loser in the world! In fact, this is just how people are when they're aligned with the ego, and it's not the truth of my being or anyone else's." and that's miraculous! It is miraculous!

And that's where we begin to trust and have faith that in our **defenselessness**, our safety and our strength lies., that this is the truth of it, and we can let go of the things that weaken us.

That's one part of the equation that we work in *Masterful Living* -- offloading the things that weaken us and increasing the things that strengthens us. So, we work both sides of it, and that's why we can accomplish so much in just one year!

### *Masterful Living 2019 Registration*

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Yeah! It's so cool! Registration is open right now. We've got an Early Bird special on through December 31<sup>st</sup>, and class is starting -- I think we're going to start January 1<sup>st</sup>. January 1<sup>st</sup>! Yes! So cool! I love it! And, if you miss the first class, that's fine.

Lots of good things coming! Don't forget, [\*Forgive & Be Freedom\*](#), my free, online video forgiveness workshop is this weekend, and you can sign up at [JenniferHadley.com](http://JenniferHadley.com) on the [Home page](#), on the [Events page](#).

And, yeah! So much goodness is unfolding! Come join us! Thank you.

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

### *Closing Prayer*

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Let's pray!

We take this breath of Love and gratitude, so grateful and so thankful that Love is what we are, that our very nature is perfect.

We are grateful and thankful to open ourselves to the unlimited, unprecedented power of Love.

We share the benefits with all. We let it be. And so, it is. Amen. Amen. Amen.

I love You! Have a great week! Mwah!