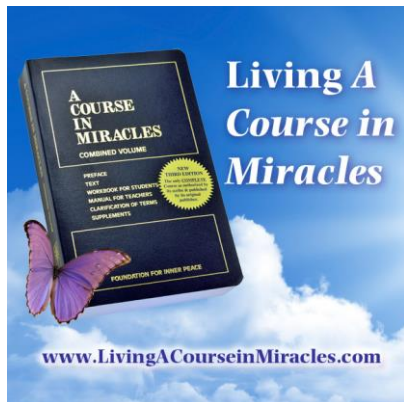


*January 8, 2019*



# Willpower versus Willingness



 *Jennifer Hadley*  
your daily shot of spiritual espresso

Copyright © 2019 by Reverend Jennifer Helen Hadley.  
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Published by JenniferHadley.com. Printed in the United States of America.

For more inspiration to live a life of love,  
visit [www.JenniferHadley.com](http://www.JenniferHadley.com).





<b>Willpower Versus Willingness .....</b>	<b>4</b>
Opening Prayer.....	4
Upcoming Guests & 5-Day Challenge .....	5
What is Willpower? .....	6
Willpower & Temptation .....	7
There is No Healing in Willpower.....	9
A Little Bit of Willingness .....	9
Connecting With Resources .....	12
Changing Our Mind, Not Our Behavior.....	13
Partnering UP for Healing .....	14
Willing to Be Willing .....	15
Awareness is Curative .....	16
We Need Do Nothing .....	17
Ask For Release From Fear .....	18
Stop, Drop & Roll .....	19
Thank You & Announcements.....	19
Closing Prayer .....	20

*January 8, 2019*

# Willpower Versus Willingness

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! It's a snowy day in Maine, here on Deer Isle. So happy to join with you! Ah! Yes, we're rip-roarin' into this new year. It's powerful, it's beautiful, it's so great, and I'm glad that we get to join together and share it. Yes, indeed!

Let's start with a prayer, like we always do.

## *Opening Prayer*

---

We take a breath. I place my hand on my heart, and I am grateful and thankful to consciously attune to the Love of God that is our very nature. It is the ground of our being.

We are grateful and thankful to open our hearts and open our minds to that Higher Holy Spirit Self, so grateful and so thankful to **allow** ourselves to be uplifted, to be inspired, to be activated.

So grateful and so thankful to **increase** our willingness.

We are truly grateful and truly thankful that the Infinite Intelligence, the Infinite Love that is our very essence and nature, is leading us and guiding us in every moment. That Higher Holy Spirit Self walks with us and talks with us, and we are truly **accepting** the Atonement for ourselves.

We are grateful and thankful to allow our healing to simply be. We let it be. And so, it is. Amen. Amen. Amen. Amen.

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

## *Upcoming Guests & 5-Day Challenge*

---

Ah! What a blessing! Yes! So grateful that we're sharing this opportunity for healing together. So grateful to allow ourselves to have the Wholeness of Love as our guide. Yippee! [laughs] So grateful!

Let's dive right into this wonderful topic. I was talking with my friend, Jon Mundy, just before, and we were talking about the topic "Willpower versus Willingness."

Jon Mundy is going to be my guest next week. I'm going to have a couple of guests this month, and then as I have done every year, except for one -- I can't remember which one -- every year I make the year of February all about relationship, kind of using that Valentine's Day as a jumping-off point.

Next week I'm going to have Jon Mundy as my guest. He is going to be talking about "The Power of Decision" and he's doing a class on that through the Power of Love Ministry, so we'll talk about that, as well. His class is going to start later in the month.

Right now, I'm thinking about willpower and the power of our willingness as being two **different** experiences of power. One of the things I can tell you is, it's **so valuable** to really be **aware** of the difference between willpower and willingness. I have really enjoyed contemplating this in the last week or so. Partly it came up because I was preparing for what I'm in right now, which is my [5-Day free challenge](#). It's a free program. You can come join me. It's a 5-Day challenge on self-sabotage and self-medication.

As I was just talking about with Jon Mundy, for me, for a very, very long time, self-medication was a form of self-sabotage that was **very** challenging for me, very, very difficult. I really -- ugh! It was awful, and I'm so glad that that time has passed, and I'm not stepping myself in the shame, and the low vibrational guilt, and all of that, that the self-medication, the self-sabotage was causing.

If you're listening to this and you'd like to come take my challenge, it's totally free. Five days. We are rocking it out! Come check it out at [JenniferHadley.com](http://JenniferHadley.com), [5-Day Challenge](#).

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

We're doing this 5-Day Challenge, I'm doing it right now, in large part, to support the folks who are going to be with me in [Masterful Living](#). We start next week, my yearlong course. Registration closes January 14<sup>th</sup> and so this challenge is revving us up, but everyone is welcome to join us. It's free.

### *What is Willpower?*

---

I was actually -- you know, now that I'm thinking about it, it was doing my [New Year's Reboot](#) class on January 1<sup>st</sup> that got me thinking about willpower versus willingness.

You know, in *A Course in Miracles* it says to us, in this beautiful quote that I love, it says,

*"You must change your mind, not your behavior, and this is a matter of willingness. You do not need guidance except at the mind level. Correction belongs only at the level where change is possible. Change does not mean anything at the symptom level, where it cannot work."*

This is from the *Fear and Conflict* section. I know, I know! I love that *Fear and Conflict* section! Well, isn't that what we **all** experience so much of, fear and conflict?

That's why in *Masterful Living* I suggest to everyone, in *Finding Freedom*, too, "Read that *Fear and Conflict* section. It's just a few pages. Read it every day for a week, and then read it once a week forever after."

When we're trying to use willpower to change our behavior, **no** healing happens in our mind. But you know what **does** happen in our mind when we use willpower? We're affirming our sense of separation and our sense of lack and limitation.

Now, come along with me on this, because just think about when you might use willpower. Right? You're going to use willpower to keep yourself from having another glass of wine, another piece of pie. Right? You're going to use willpower to not follow through on your impulse to be sexual with somebody that's not appropriate. You're going to use willpower to

---

*When we're trying to  
use willpower to change  
our behavior,  
no healing happens in  
our mind.*

---

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

make yourself get out of bed. Right? We're going to use willpower in all these different ways.

**Very** different energy than willingness. When we use willpower, there is a subtle -- maybe it's not conscious. Maybe it's subconscious or unconscious, though I don't think that those terms really exist on a spiritual level. But yeah, I can go along with them on a psychological level, no problem. It certainly **feels** unconscious, **feels** subconscious. But, to me, consciousness is consciousness, and these are appearances, but that's fine.

### *Willpower & Temptation*

---

When we are using willpower to resist the temptation, let's just call a thing a thing -- there's an affirmation of the temptation and the causes of the temptation.

Now, *A Course in Miracles* talks about temptation. It says all temptation is of the body. Right? Where it **seems** like the body has power. Like, it **seems** like the body **is craving** the alcohol, the cigarettes, the sex and all of these things. It **seems** like it's the body. "It's not me. It's the body!"

Well, **we are not a body**. It's true. But, we do get **identified** with the body, and the body just doesn't have any thoughts. The body does not have the craving. It's in the mind, and it **feels** like it's in the body.

We **prove** this through our spiritual practice, that cravings we thought were in the body are dissolved and resolved, permanently healed, back to the root cause by **means** of an effective spiritual practice. Right? So, we don't have to manage and cope anymore. We don't have to use willpower anymore. We've **healed** the root causes of it.

This is one of the things I'm talking about this week during this "[5-Day Challenge to End Self-sabotage and Self-medication](#)" that I'm running, this free class, because I struggled with self-medication, probably from the time I was, maybe 12 or 13, that I really knew I was trying to sublimate my feelings, and dampen my feelings, distract myself with food and things like that. I started drinking at a pretty early age. I would steal some from my parents -- you know, a little of this, a little of that, and make these horrible, disgusting concoctions, because I was just looking to get high off the alcohol, so I didn't care what it tasted like. I would steal cigarettes from my

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

mom. She was a smoker back then, and so I would do these things to sublimate my feelings, to “numb out” starting at age 13.

For decades, into my 40’s, I was still really struggling with feeling compulsive about self-medication. Willpower was what I thought I had to try and keep myself from being overly self-destructive and self-sabotaging. I **had** to rely on willpower, because the compulsion to self-medicate, at times, would be so, so strong. And, of course, a **lot** of the time I would give into it.

As I was talking about in the challenge, one of the things that I really found was that, the more I took spiritual classes and was raising up my vibration, well, the more I would feel **compelled**, compulsively compelled, addictively **compelled**, to find something -- smoking, eating, drinking, even exercising, zoning out watching television, these kinds of things I would find to bring my vibration back down. Right?

So, I didn’t **have** the willpower to not try to -- I didn’t have the willpower to attempt to hold onto the high vibration. I had no one to talk about this with. I didn’t know anyone who was talking about compulsion and self-medication and things like that. To me, that was for people who were in AA, and while I had addictive-compulsive problems with all kinds of things, it could just as easily be exercise as alcohol. Really. You know? You can get a high off of exercise, for sure! For sure, for sure! And, you can go through withdrawal, too, from the endorphins. For sure!

---

*On some level, I  
was punishing  
myself,  
and I was just in a  
place of trying to  
keep myself playing  
small.*

---

For me, I felt I had an addictive compulsive personality. What I **didn’t** know was that, for me on some level, I was punishing myself, and I was just in a place of trying to keep myself playing small.

That’s why I do my [\*Stop Playing Small\*](#) classes, and I think that you can actually get those for free -- there’s free classes, but there’s also paid classes. You can get those classes, *Stop Playing Small*. For me, that’s one of the most powerful topics that I can share on, because -- and I’m sure there’s episodes in the archive. This year we’re going to hit our 400<sup>th</sup> episode! Woohoo! Who’d a thunk that when I started back in 2011?

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

## *There is No Healing in Willpower*

---

When we are trying to control our impulses with willpower, where's the **healing** in that? There's no healing in that! You see, it's an ego distraction. And then when happens, when we're trying to control our urges with willpower, it's like a **nonstop** affirmation that we **have** a problem, that we **are** a problem, that we're a sinner, that we're a loser, that we're a failure. It might be subtle for some people, but it is in there when we're trying to use willpower to make ourselves do anything.

We're not divinely guided when we're using willpower. It's **ego** power -- and, the ego has no power! Everything that is ego-based, in a sense, is self-destructive. Right? So, if we're trying to get willpower enough to do something, then we don't actually have **willingness** for healing and for change. What we have is, we're **making** ourselves do it.

You know what it is? It's like the very clear rise into our consciousness of the parent and the child. Right? The parent has the willpower, and the child is going, "No! I don't want to! I don't want to!" and the parent is saying, "You **have** to! If you **dare**, if you dare drink today, if you do that, oh, that's punishable!" And the child is going, "Oh, but I **want** to! Why can't I? I want to!" Right?

## *A Little Bit of Willingness*

---

So, we get into that inner battlefield, that conflict. Right? This is why the teaching comes from the *Fear and Conflict* section. What it talks about in terms of conflict -- very simple, so helpful. I love this! When I first read this, I went, "Oh, my God! This is so **good** in here!" -- it talks about conflict arising from simply, we **say** we want the Peace of God, but we're not willing to employ the **means** necessary to get it.

So, what is necessary? What are the necessary means for us to have the Peace of God? A little bit of willingness. That's all it takes. **All** that is required is a little bit of willingness. That's where we start.

Willingness is what comes from Spirit. It's the willingness to let Spirit lead us and guide us. It's the willingness to place our trust and faith in Spirit. **That** is healing, and it's a whole load of difference from willpower.

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

So, no matter how long we are cultivating willpower, no matter how effective we are at using willpower to stop the behavior, it **will not** heal the mind that is compulsively, addictively behaviorally desiring, craving, wanting, needing that thing, that behavior, that substance, that whatever it is that's going to fill that ego black hole of "not enough, separate".

Now, I'd like to be really clear here, because it really resonated with me. I felt a big "ping" intuitively when I said, "using willpower to get out of bed, using willpower to resist the temptation." Sometimes it can be very useful to use the willpower **enough** to be like a wedge, where we can then insert, and energize, and affirm, and declare, and be grateful for, a **true** willingness, or even just a little bit of willingness.

So, yeah. You know, it might take some willpower to throw back those covers, and sit up, and be on the way to being willing to live differently, to be **powered** by God and to work for God, Incorporated, instead of the ego. It might take you a little bit of willpower.

But, don't **rest** on that, because there's no resting there. It's a swamp. It's a quicksand. It is something that will pull you in, like you're sinking into a foam mattress that has no bottom. That's the thing.

So, begin to **cultivate**, when there's a feeling of craving, needing, wanting, addictive compulsive behavior is coming up, take a breath. Inspiration comes in on the breath. It does. Spirit speaks to us, seemingly, on the breath, so take a deep breath. Be grateful that you're **recognizing** that you're attracted to something that's not going to support you living the life you truly desire.

From there, call upon Spirit. Call upon God. Call upon Jesus. Call upon a higher vibration than your own **in that moment**. Right? To me, it's all the same. We're all part of the same One Life of God. So, whether I call Jesus, Holy Spirit, Archangel Raphael, Mother Mary, Quan Yin, Archangel Michael, whoever I'm calling, whatever I'm calling, I am calling upon God.

---

*Be grateful that you're  
recognizing  
that you're attracted to  
something  
that's not going to support  
you living the life  
you truly desire.*

---

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

So, “God, help me now! Jesus, help me now! Holy Spirit, help me now!”  
Same thing.

I start with gratitude, raise my vibration. “I’m grateful. I remembered I’m **not** alone! I am **willing** to call upon a higher vibration than my own right now to hold my hand, to lift me up, up above the low vibration of repeating shame, and regret, and guilt, and most definitely self-punishment, self-sabotage, playing small. I am **willing** to rise up out of this swamp! I am grateful and thankful that Spirit does not know that failure is an option. Only ego knows that.”

Ego’s use of willpower **ensures** there will be a failure, because let’s say you have the willpower of someone who, that you never drink again, you never smoke again, you never engage in pornography again, you never do anything that your ego says is a sin, is bad and wrong, and you manage to use your ego willpower to never do that thing again. The **temptation** is there, but you’re able to counteract it through your use of willpower, just let’s say.

---

*Ego’s use of  
willpower  
ensures  
there will be a  
failure*

---

Well, then you’re going to miss your whole life and the **healing** opportunity, and that’s the truth of it. We’ll talk more about that.

I’m coming into a break here. Before I go into the break, I’d just would like you to know, especially if you’re new to this broadcast, thank you for joining me! We have a huge archive. We have two archives, because we filled up the first one, they’re starting on a second one. So, we have the “[A Course in Miracles](#)” and “[A Course in Miracles archive](#)”. All the episodes are in two different podcasts, “A Course in Miracles” and “A Course in Miracles archive” and then you can get all the transcripts at [LivingACourseInMiracles.com/radio](http://LivingACourseInMiracles.com/radio). You can also receive -- we have so many wonderful resources for you. If you’d like to get e-mail reminders about when that transcript is uploaded, and what the key things, highlights, of that episode are, you can send a text message to us. Text the word “RADIO” to the number 35227, and you’ll get an e-mail later in the week when we post the transcript.

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

You can also get free [text messages](#), inspirational text messages, and you can text the word “MIRACLES” to 35227.

It’s time for me to take a break. 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*.

### *Connecting With Resources*

---

Welcome back! I’m Jennifer Hadley. We’re talking about “Willpower versus Willingness.” It’s such a **great** topic! I love it!

As we were going to the break there, I was sharing that if you’d like to get the free text messages -- *A Course in Miracles* quotes every day, just once a day, and we send it between, I don't know, 9-10 a.m. and 7 p.m., something like that, and we do it according to the time zone of your phone number. We also, occasionally, send announcements. You know, when we’re running a free class or something like that, we’ll send an announcement. You just text the word “MIRACLES” to 35227.

Also, if you’re new to this broadcast, you may not know that my ministry, the Power of Love Ministry, has a huge resource at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com). there’s a ton of free classes. There are the [radio show transcripts](#). You can also easily find there the [app](#), free *A Course in Miracles* app, and you can go to [ACIMapp.com](http://ACIMapp.com) and you’ll find that there.

I’m going to be at the [A Course in Miracles Conference in the U.K.](#) in May, and the [A Course in Miracles Conference in Boston in](#) May, also. Those details are at the [Events](#) page at [JenniferHadley.com](http://JenniferHadley.com).

I love to share all these resources. One of the things that we’re going to do at the conference in Boston is, prior to the conference I’m going to do a whole workshop, free workshop for folks who are interested in being a Study Group leader, *A Course in Miracles* Study Group leader. I think I’m going to do something afterwards, totally free, spontaneous, after the conference in the U.K. on Sunday, if you want to stay for a few hours extra.

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

I'm really interested this year in doing everything I can to support people who are interested in starting their own Study Group, having a Study Group, because it's so valuable when we can **connect** together. It's just life-changing, absolutely. *A Course in Miracles* tells us that the very best tool we have for changing our mind is our relationships, and ain't that the truth?! [laughs]

---

## *Changing Our Mind, Not Our Behavior*

---

In the *Fear and Conflict* section, we were talking about symptoms and behavior. It's Paragraph 3 in the *Fear and Conflict* Section, Section VI in Chapter 2, and in Paragraph 3, it says,

*"You must change your mind, not your behavior, and this is a matter of willingness. You do not need guidance except at the mind level. Correction belongs only at the level where change is possible."*

-- which is at the level of the mind. So, we don't correct our **behavior**. We correct the **mind** that's choosing the behavior, or belief that the behavior will somehow bring benefit. Right? There's such a thing as "negative benefits" that the ego pursues all the time. This paragraph closes out with

*"Change does not mean anything at the symptom level, where it cannot work."*

That's why *A Course in Miracles* is not a program of "behavior modification". It's about healing at the level of the mind that ripples out to all of our choices.

This is what I was talking about in the Challenge yesterday, that I never would have known, until I actually **experienced** it, that the thing that would shift that compulsion to self-medicate, to distract, to zone out, that impulse, it really came from that guilt that *A Course in Miracles* talks about, that we all carry around -- the guilt that we've left God, we've denied God, we've really walked out on God, and we've done a crazy turn-around and said, "No, no! God has abandoned **us**, and left us in this world!"

But *A Course in Miracles* students, who are willing, begin to recognize that "**I am** the one who pushed God out of my mind, and **I am** the one that

---

*So, we don't correct  
our behavior.  
We correct the  
mind that's  
choosing the  
behavior.*

---

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

started to think about separation and value my thoughts of separation, value my thought that ‘This one is better than’ and ‘This one is less than’. And, maybe in this moment, I’m the one who’s ‘better than’, I know right from wrong, and that is wrong, and I am right.” Or, it could be ‘less than’. “Oh, my God! They’ll never be interested in me. They’ll never pick me. They’ll never choose me.”

Sometimes when I’m on retreats, I’ll do things where I like to get people into small groups with people they don’t really know, have a fresh experience and a fresh perspective. And so, I’ll say, “Okay, you four are the team captains, and you each pick somebody you don’t know.” Then people will say, “Oh, it’s that thing. I’m always afraid I’m not going to be picked!” I’m like, “Well, the reason you wouldn’t be picked is because they **know** you already! So, it’s not about --”

It’s funny how the ego can just interpret everything into “I’m not lovable. Something’s wrong with me.” That **is** its mission. It’s **not** on a mission for Love. It’s a mission for separation.

### *Partnering UP for Healing*

---

*“Change does not mean anything at the symptom level, where it cannot work.*

Our healing **only** occurs through cultivating the willingness, not the willpower. If you feel you **need** the willpower to resist doing something that’s intensely self-destructive, I’m asking -- I’m not saying, “Don’t do that.” I’m just saying, **that** will not produce **healing** at the level of the mind. So, if that’s where you start, don’t stop there. If you start in the sense of it helps you to get out of bed, willpower, to throw back the covers, put your feet on the floor, **start** there, but then jump right into gratitude and willingness, Partnering UP.

If you have been listening to this radio broadcast for years, or for a substantial time, you’ll know that the prescription for healing that I’m continuously reminding myself of and, of course, sharing with you is we Partner UP. We don’t go it alone. We call upon a high vibrational consciousness than our own. That’s the Holy Spirit, that’s the Archangel Michael, that’s the Mother Mary, the Jesus, the Buddha, Quan Yin. I love them all! They are my pals and my guides.

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

Being grateful that we **can** Partner UP raises our vibration so that we can, more clearly, Partner UP, and we are cultivating the **willingness** to make a higher choice. **That**, in and of itself, “I’m willing to make a higher choice. I don’t feel like getting out of bed, but I’m willing to make a higher choice. I’m willing to get out of bed, even though there’s a strong pull to stay here stuck in dread and fear, and worry, and doubt or whatever’s going on. There’s a strong pull for that, but I am **willing** to have a new experience. I’m **willing** to put Spirit in charge. I’m **willing** to have a healing.”

For me I went from this experience of feeling compulsive and addictive with anything that would bring my vibration low, and take me out of really succeeding in life as a spiritual student and a spiritual teacher. I just kept returning, again and again, to that child self that wanted to escape, to be like *Alice in Wonderland* falling down a rabbit hole and escaping this world. Escaping into fantasy was a favorite drug of mine for a very, very long time. Fantasy and vision are not the same. I’ve done broadcasts on that.

---

### *Willing to Be Willing*

---

But when I started to focus on just the willingness -- and for me there were many, many times when I was starting out with this that I would say, “Well, I’m **willing** to be willing. But that’s as close as I can get right now. I’m willing to be willing.”

“I am willing to be willing.” Now, think of that.

Now, a little bit of willingness and a lot of willingness, they are different, but they still are **both** willingness. It’s like a little bit pregnant, a lot pregnant. They’re both still pregnant! [laughs]

Any amount of willingness, willing to be willing, is a pretty good place for us to **begin**, and that willingness to be willing has gotten me through some really rough times. So, I’m encouraging you to employ that, and it’s so much better than willpower.

“Holy Spirit, I am willing to be willing. I am willing to be willing to forgive. I’m willing to be willing to stop judging. I’m willing to be willing to stop complaining. I’m willing to be willing to make a higher choice. I’m willing to be willing to Love myself.”

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

Through this effective spiritual practice, I found that the impulse, or the compulsion, to self-medicate was gently falling away, no longer necessary.

### *Awareness is Curative*

---

Now, one of the sort of hidden secrets in our spiritual expansion and growth -- one that we talk a **lot** about in *Masterful Living*, one of the reasons why I know Spirit guided me to start this *Masterful Living* community 11 years ago -- was that a lot of people are like **me**! Like attracts like, like-minded souls. A lot of people are like me.

Here's what I used to do. I was talking about this in the Challenge, too, because I would get -- every day, for the five days of the Challenge -- and I think I'm going to add a sixth day, because it's so good! -- I would get the worksheet to fill out.

I've been sending everybody a worksheet. You get a worksheet for each day. You can jump in and join us wherever you are. It doesn't matter. You can catch up.

So, you get a worksheet each day to fill out. The first day's three times as long as the rest of the days, which is to jumpstart it. I would get a worksheet like that, and I'd think, "Nah, I don't have to fill this out! I **know** the answers! Yeah, I've already looked at these things. I already **know** the answers!"

But, by joining together in a community, people actually -- I'm asking them, "What is your answer to this question?" and about very specific numbers, percentages, numbers, things like this, which, no, you don't know the answer to the question until you start filling it out and thinking about it.

**Awareness** is curative. **Awareness** is healing, and if you're filling out these worksheets with the intention to stop being ego identified, playing small, self-sabotaging, self-medicating, feeling like a failure all the time -- if you're setting an intention, **instead** you're filling out these worksheets to self-empower, to Self-Love, to cultivate your willingness, you **will** experience insight and some healing!

---

*Awareness is  
curative.  
Awareness is  
healing.*

---

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

We have two healing homework sessions each day. You can come to one or both. They're essentially the same, but different people, different energy. One's in my afternoon, one's in my evening. It's so fun to come together and talk about these things, just expose them to the Light of Truth.

Because most of the time people are a lot like me, which is I used to feel terribly **ashamed** for **not** having the willpower **or** the willingness to transform my life. And so, I would self-medicate in shame and in isolation. I didn't want to see anybody to see me. It was very unspiritual.

That's one of the reasons why I feel compelled to talk about, compelled to share about it, because I felt so **deeply** ashamed. I didn't see other people talking about it. Okay, my friends in AA and things like that, they were talking about it, but they're addicts! [laughs] No, I'm just kidding! But, on some level, that is what the ego might say. "Oh, I'm not like **them**. I'm not an addict!" Well, I **was** completely addicted to shaming myself, to playing small. Yes, yes, yes!

---

### *We Need Do Nothing*

---

In the *Fear and Conflict* section that I love so much, it talks about doing something very, very **radical**, which is to stop trying to work at the symptom level, and to really begin working at the level of the mind.

Remember, this is Chapter 2, so it's early on in the *Text*, when Jesus is explaining that really, if you would **like** to have the Peace of God, if you would **like** to experience the Joy, and the Freedom, and the Prosperity, and the Wholeness of God, what's required for you is to make that **choice** for it, to choose for God, to be **willing** to look for the higher choices and make the higher choices. That's the **only way** it's really going to happen.

But you don't need **to do** anything. This is what He talks about, also, is -- and I did a show on this, I think it was two years ago, now. Good Lord! Lord, Almighty! I think it was on "I need do nothing." -- He tells us, Jesus tells us, so clearly, "Look, you can't do it anyway. You **can't** do the healing. Don't even think about that! You can't do it!"

I love that! "Oh, okay! I'm going to **relax** thinking I need to find the willpower to make this happen and do it! I just have to be **willing**! Oh! What a load off! I **can** be willing!"

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

We can **joyfully** move into that place of being willing to be willing, and move into the space of being **really** willing, **gratefully** willing, **abundantly** willing to let go of all the determinations, all the decisions, everything that we're thinking of, whether we can remember that we ever thought of it or not. Just give it all to the Holy Spirit for healing.

### *Ask For Release From Fear*

---

In the *Fear and Conflict* section, right after the talk about trying to make a chance on the level of **symptoms**, or temptation, or compulsion where it **cannot** work, right after that, Jesus says,

*"The correction of fear is your responsibility. When you ask for release from fear, you are implying that it is not. You should ask, instead--"*

Instead of a **release** from fear, ask --

*"...for help in the conditions that have brought the fear about. These conditions always entail a willingness to be separate."*

All conditions that we **think** produce fear are actually a by-product of our **belief** in separation. That's right! Every condition in our life that we **think** is the cause of our fear is **not** the cause of our fear. The fear **is** caused by a belief in separation, and what Jesus is saying here, "Be willing to ask for help at the level of cause instead of the level of effect."

Just think about this. All healing is at the level of the mind because that's where the **cause** is. It's a thought, it's a belief, it's something we're holding in our awareness that's not true. That's the essence and nature of the problem.

If we're looking for the problem to be healed at the level of the **effect**, which is the situations and circumstances of the world -- the feelings that we have about it, the feelings of fear, the feelings of conflict, even the thoughts of fear and the thoughts of conflict -- "Oh, my God! I'm never going to be able to do this! I'm always going to keep -- blah, blah, blah!" and these kinds of thinking, these are an effect.

---

*All conditions that we think produce fear are actually a by-product of our belief in separation.*

---

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

Yes, they will also produce their **own** effects, if we believe them and energize them, because all thought produces form at some level. **But** the **real** cause of us thinking these thoughts, being attracted to these thoughts, believing these thoughts, is our **belief** that we're separate. It's **always** what the root cause is.

We feel that we're being punished for liking being separate. We **must** like it, otherwise why do we keep choosing it all the live-long day? Yeah!

Effective spiritual practice begins at the level of willingness, and Jesus **will** correct the causes of fear if we **ask**, if we **allow** it.

### *Stop, Drop & Roll*

---

Every time we're afraid -- this is what I share in *Masterful Living* -- every time you're afraid, it's like "stop, drop and roll". Right? Stop -- just take a pause. Drop that thought, that belief into Spirit's Hands, if you will. Right? Not to anthropomorphize God, but we can give it to Spirit. I like to lay it on the altar, drop it on the Holy Altar Fire of Divine Love, and then, just roll on away from it. Right? "God's got that. That's not **my** problem anymore. I put that on the altar. I need **do** nothing."

Then, of course, there's going to come the opportunity to take it off the Holy Altar Fire of Divine Love, and start treasuring it and polishing it all over again. Stop, drop it back on the altar, and roll away from it. [laughs]

I don't know. For some reason I like these little things like, "Stop, drop and roll." You know, that's what you do if you find your hair's on fire, your clothes are on fire, stop, drop and roll to put the fire out.

But really, just giving it to Spirit for healing is **so powerful! It's so powerful!**

### *Thank You & Announcements*

---

0:53:46 I'd like to take a moment here and say, "Thank you!" to all the people who support this radio show. All your donations make such a difference. They make it possible for us to transcribe all the episodes, and now we're making them into videos, which are being posted at my YouTube channel. You can search for [A Course in Miracles radio at YouTube](#).

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

What else? We've got the *A Course in Miracles* [text messages](#). You can find that a [LivingACourseInMiracles.com](#). You can find the *A Course in Miracles* app, the free app for whatever device you have for your tablet, your iPad, your Android, your iPhone. We've got, for all these different devices, the [A Course in Miracles app](#). It's the one with deluxe features! *A Course in Miracles Complete with Deluxe Features*. You can search. It's a wonderful tool. I built it to use it.

Oh! Let me mention that, in addition, we've got [Masterful Living](#) registration is closing and it's my yearlong course, so if you'd like to join us, please sign up now. I've got the [5-Day Challenge](#) on. That's free right now.

I'm doing a healing retreat in March! I'm going to do a Teacher Training, another "How to lead my [Forgive & Be Free workshop Teacher Training](#)", and that's in March, March 15-20<sup>th</sup>.

Then, from the 20<sup>th</sup> to the 24<sup>th</sup>, I'm doing a healing retreat with Lisa Natoli, Corinne Zupko, Jon Mundy and more. We're going to do forgiveness work, healing work. We're going to celebrate. We're going to dance. We're going to do yoga. We're going to have a **great** time, because when I get together with these people, believe me, we know how to have **fun** and **play**! So, we'll be doing that, two events there in March. You can come and join us and do the deep healing work with us.

The reason I do them back-to-back is, we've got people coming from long distances, sometimes, and they can come and stay.

### *Closing Prayer*

---

Let's take that breath together.

So grateful and thankful for the Love of God shining in our willingness. We are grateful and thankful to be more willing than **ever** before. We put the Holy Spirit in charge.

In gratitude, we let our healing be. We share the benefits with all. We know it's done. And so, it is. Amen. Amen. Amen.