

**January 16, 2018**



# **Insights for the Awakening Mind - with David Hoffmeister**



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*January 16, 2018*

# Insights for the Awakening Mind - with David Hoffmeister

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the *Course*, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. 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! Welcome! Welcome! Thank you for joining me so we can transcend time and space together. As you probably know, today I have a wonderful guest, a dear friend of mine, the wonderful teacher and wanderer, David Hoffmeister.

Welcome, David!

David          Thank you, Jennifer. It's always a joy to be on your show.

Jennifer      Yeah. We have such a good time together, and I know we have done many a *Living a Course in Miracles* classes together. We've done retreats together, and *A Course in Miracles* conferences together. Our paths cross often. You also were a part of the Baja, Mexico retreat that I did.

If you're not familiar with David, I **strongly** encourage you to become familiar. We'll talk about that.

But, I'm going to start us off with a prayer. I always like to begin with that prayer.

## *Opening Prayer*

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We take a breath of Love and gratitude together. Deeply grateful and thankful that our hearts and minds are wide open. We're consciously connecting and communing with the Higher Holy Spirit Self. We're connecting with that Voice for God, that still, small Voice, and we're

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allowing ourselves to be led and guided by Spirit, recognizing that we are One with that Infinite Love, that Infinite Peace, that it is our true identity.

We're grateful to come together, David, Jennifer and everyone who listens at any time whatsoever. We come together for more Peace, more Love, more Joy, more Clarity in our heart and mind.

We are grateful that we naturally share the benefits of our awakening, our healing, with everyone, because we are One with them. In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

### *Introduction to David Hoffmeister*

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David Mmm. Beautiful.

Jennifer Yeah! I had told David before we began that Spirit was suggesting that we talk about the *Workbook*. But before we do, I would like to let everybody know that, David, you are an author. You have quite a number of books. I think the most recent one was *The Mystical Teachings of Jesus* that came out in 2016. Or was one last year?

David Yeah, I think that was the most recent. I had done an edited version of that from years ago, but we really felt like that title really conveyed the essence of the book, so it was kind of re-published. That's the most recent one.

I'm working on a book that will be published by New Harbinger that will be coming out, I think, around February 2019, called *This Moment is Your Miracle*. It's in the works.

Jennifer Mmm! That's a great title!

David Yeah.

Jennifer Yeah! So true! Indeed!

Just for context for folks who, maybe, aren't familiar with you -- we get people from all over the world listening, over 100 countries -- you have been a *Course* student since when?

David Since 1986. The summer of 1986 is when I picked it up at a Humanistic Psychology conference in La Jolla, California. Southern California.

Jennifer Yeah, we both got activated right around that same time. I think it was right around --I think there was a whole group of people that got activated

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right around that time. The harmonic convergence was coming upon us, and people started to really become interested in the mystical.

You have been really just **immersed** in the *Course*. You, to me, are a living representation of the *Course*. I've spent a fair amount of time with you, and you **really** personify living these teachings of *A Course in Miracles* and living with listening to that One Voice. It's a beautiful thing to be with you, and to be around you. Unless listening to that One Voice is confrontational, and then it can be, as we all know, then it can be like, "Ugh! I'm not sure I like this!" The ego will get tweaked by it.

I feel that you, more than just about anybody I know, you really **live** those Lessons. Since we're doing this show in January of 2018, and a lot of people are turning to the *Workbook* again, or for the very first time, do you have any recommendations about how to approach doing the Lessons?

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*The Holy Spirit's  
Voice  
is as loud as our  
willingness to  
listen.*

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### *Ideas for Working the Workbook*

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David Well, I know that the Holy Spirit's Voice is as loud as our willingness to listen. I always feel like when we do these Lessons, we want to be as distraction-free as possible. To really give yourself some quiet time, if possible, in the morning to really start off the day helpful, and then just give yourself over to it.

I think the most important advice is don't beat yourself up if you miss a practice period, or you don't follow exactly as the Lessons instruct. They're really pretty simple and straight forward, but sometimes people are very perfectionistic in what they do, and they can be pretty hard on themselves.

I would say if I had one piece of advice is, do it with sincerity and openness, and really give your heart to it. But also be light on yourself, because there's 365 Lessons, and there's no point in getting caught in kind of a guilt mechanism where you're trying to do it more efficiently than you're capable of. Just float with your readiness there.

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Jennifer Yeah. That's **really** a great suggestion, because it's certainly counterproductive if we start berating ourselves about how well we're doing the Lessons. That Voice for God is all about teaching us how to be **gentle**.

David Yes, it sure is. Yeah. I think it was probably a couple two or three years ago that I actually went through, and I would record a section of *Text*, and then I would record a *Workbook* Lesson and some of the earlier Lessons, to give a little bit of commentary. But some people are telling me that that's helpful, too, just to have a soft, gentle voice reading it **to** them and sometimes they follow it along that way. I put those up on YouTube and try to make those things available.

But really, because we know there could be so much ego resistance, so much defense against that inner small, still Voice, that anything you can do that gives you a sense of confidence, or a sense of gentleness, like you mentioned, or relaxation, ease, that's very important. Because the ego resistance will try to come in there and do some sabotage maneuvers.

Jennifer Yeah. I'm glad you mentioned about YouTube, because you have thousands of hours that people can partake of at YouTube, totally free. Talks on just the gamut of topics. That's great that you have those Lessons there for people with your commentary. About how long is your commentary? Is it about the same each day, or --?

David I would say it's a little bit longer for some of those early Lessons, because like you know, those first 10-14 Lessons are **so** profound that I think the commentary just naturally came through a little bit longer. So, those could even run maybe 20, 25 minutes. But then it tapers off as you go along, because as you go along with the *Workbook*, too, you really start to get into the groove, into the rhythm.

I would say, there can be some long Lessons. I think the longest Lesson in the book is Lesson 135. That's kind of going over the hump, once you get over that one, and Lesson 136 about *Sickness is a defense against the truth*. Those are major lessons.

But then, I'd say as you move along, the Lessons will get shorter. You get review Lessons, and you really get into the rhythm of just a state of mind and a presence, which is really what the whole thing is designed to do. It's almost like a way of taking you into a state of meditation with your eyes

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open, because you're practicing many times with your eyes open as you move through the day.

### *Super-Size Your Spiritual Practice*

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Jennifer Mmm-hmm. Mmm-hmm. That's the thing that I have personally found, is that when you make your spiritual practice your **whole** day, and not just a **section** of the day, then you are able to -- the word I'm getting now is to "super-size" it. It just is this quantum leap that you make when you're really looking, "How can I apply the Lesson here? How can I apply the Lesson here? How can I apply it there?" rather than just trying to understand it for a half an hour in the morning.

David Yeah. That's it. It seems like when you can integrate it, and you are actually on the lookout for opportunities to **apply** it, then really, you're ahead of the game, so to speak, because it's becoming part of who you **are**, and you start to have this great experience that many *Course* students experience, where they have this a-ha moment, like, "Wow! That's amazing! It seems like my day is somehow orchestrated around the Lesson." That's an amazing experience when you first have that.

Jennifer Oh, I'm so glad you said that, because that is exactly how life is. People think that when we experience that, when there's that clear lining up of your day with the Lesson, that it's a coincidence.

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*The whole of all  
the Universe is  
arranged for our  
awakening.*

David Yeah. We who have been at it for a while, we laugh at that word because it gets stronger and stronger that, really, the whole of all the Universe is arranged for our awakening, and as soon as we start to tap into that, then we start to really avail ourselves of all the opportunities, and all the tools, and helpful symbols that are just floating through our day.

Jennifer Yeah. And that's the thing, too, is when we are **willing** to open ourselves to be taught by that One Voice -- I call it the Higher Holy Spirit Self, so that I don't ever forget that it's not separate for me, it's not apart from me. Some people call it the guardian angel. Some people call it the I AM that I AM. I also like to call it the I AM Presence. You can call it the Voice for Jesus. I think it has many names.

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But when we realize that **truly** all of life is **with** us and **for** us, and there's not one accident, not one coincidence, if we're willing to see it, Spirit will show it to us millions of ways.

David        Yeah. It is truly amazing when we come into that experience, because I know some people are kind of fascinated about how they can Google certain things and things come up. But now with Google and YouTube, and other search engines, you can type in issues, problems, struggles you've been having, and it's like suddenly you have a library of options that come back to you that are quite relevant. Amazingly relevant.

I think that's, again, a testimony to how much we're loved by the Spirit, and how practical and helpful the Spirit is, that I AM Presence is. Just as we give ourselves over to that, then our life can become, with mind training, it can become more like a walk in the park.

That's very different from the way most of us have experienced planet Earth. We've had some **major** challenges, and it's wonderful when we kind of seem to turn the corner and start to have these synchronicities, and things just kind of coming up right to us as if there are no problems, or as if the problems had been removed before we reached them.

### *Tipping Point for Love*

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Jennifer        Yes! Yes! You know, as you're talking about that, David, I am reminded of something that I talk about in my *Masterful Living* course, my yearlong course, which is that there comes a tipping point. The best way that I can describe it is, when we are **more** interested in being loving than being unloving, then we find ourselves at that tipping point and things become really, very markedly different, meaning that the anxiety falls away, the worry, the doubt, all the things that are difficult. Even though you still have challenges, you don't experience them the same way at all anymore.

David        Yeah. Yeah, it's amazing. It's almost like--and both you and I have lived through these amazing decades of technology advances. It's almost like some of the technology that we used in our early years, and now with the upgrades in processors and speed and everything, it's just almost like being on a different world with these great advances.

I think that, in a way, that can be the tipping point you're talking about, where you keep practicing, practicing, and facing things, facing things, and

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then suddenly things just click and our life starts to feel a little more like a happy fairy tale than a grim fairy tale. Something switched, you know, when it gets lighter and lighter like that.

Jennifer Mm-hmm. Looking back, do you remember feeling like there was a marked shift at one point in your life? Like, really, **now** you could see, “Oh, now things are really, considerably different now, because my mind is at Peace, now, or mostly at Peace now?”

David Yeah, I think--I mean, I noticed one thing that we have in common is really the symbol of the travel. We both have done a lot of traveling, and kind have been traveling like wanderers. At first it can be a little bit of a shock. We're used to being in one place. Then after a while, you know, the days just start to fill up, and there's this bubbly Joy and this energy that starts to come in the heart center.

Then I don't know what it is, it's almost like Star Trek analogy where you get into light speed, and it goes warp speed, and goes way beyond anything that's happened before.

### *Learning to Live in Peace Daily*

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I would say that it was somewhere probably during those early years of travel where, once I got over the shock and started to have these miracles of things working out **way** beyond I could have ever imagined, and then it started to get more and more consistent, then, at some point, I probably just had a big smile on my face, like nobody could ever wipe it off from that point on, because I felt very cared for and very loved in a way that's not like a biological family, or an organization, or something of this Earth. It was more of an internal being cared for. That's when the smile was on my face.

Jennifer Mm-hmm. Yeah. I'm so glad you brought that up, because I remember my first teaching trip to Europe. I was concerned, because I was going to be staying a week with this one and a week with that one, and a week with another person or people, group, and I was going to be staying in people's homes or traveling day-to-day with them. I was concerned about how I would **like** that, that it would feel like things would be out of my control and that I'd have to just accept everything the way that it was.

What I found was, I was so **relieved** to accept everything the way that it was, and **not** to try to control anything, not to be **needing** to control

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everything, that I could **really** trust the people around me, and Spirit, to provide.

You and I have talked about this before, where you eat what you're served. You know, back then, certainly, I definitely had preferences, and I still have preferences, but it's not the same. One of the things that I learned is that, you know, I can just be at Peace anywhere, if I **choose** to.

David Yeah. Yeah. Very powerful just to have an inkling of that. Then you start to go, "Whoa! his is really turning the tables on the ego!" when you can start to have that consistent Peace, and you see that it's within your realm of choice. It's not like you're lucky or fortunate, but it's just really the result of all that devotion and mind training that you've put in.

Jennifer As we're talking about this, I'm thinking, David, of people who might be saying, "Well, I'm a vegetarian, so that's not going to work for me." Or, "I have to have things gluten free," or "I'm diabetic."

But you've traveled a lot, and you've traveled with a lot of different people. What have you seen the Holy Spirit teaching you about things like that?

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*I can just be at  
Peace  
anywhere,  
if I choose to.*

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David Well, I think the main teaching I was getting from Spirit was, you know, everybody wants to feel connected. Everyone wants to feel loved.

For me, about eating what was served, like you were mentioning, was more about the connecting. Like, it was more about "Join with your brothers and sisters in this full exploding Love, and don't let any kind of things of the world that could be like blocks, don't let them become in the forefront of your mind." That there will be things where you can say, "Oh, thank you so much for offering." If there's something like you feel is **very** important to you, then you can speak it up.

But for me, learning to focus on the connection and the Love was what it was all about. Then, the rest of the things just started to fade away, those preferences, and concerns, and issues just faded away, as I felt more connected and more in Love with everyone.

Jennifer Yeah. It's true. I remember one time, somebody -- I had a cold and somebody found out, and they made me all this beautiful soup, homemade soup, and it was filled with noodles, wheat noodles. I don't have a problem

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with wheat, but I just tend to not eat a whole lot of it, particularly back then. I thought, “Oh, what am I going to do with this soup?”

Because I asked it as a question, Spirit said, “It’s made with so much Love, it’s going to be so healing to you, every morsel of it.” So, I did. I ate every bit of it and enjoyed it thoroughly. Of course, I felt great and it was--I really feel like that’s why I got that cold, so I could have that experience with that soup.

David Beautiful. Beautiful. That’s how it goes. We’re just so cared for in this, and it’s beautiful.

I think you must say to yourself, too, “I must really be following the Spirit,” because with your ministry and my ministry, things have just opened up. Doors have opened up left and right for us, and if they ever were going to ask two people about the struggles of -- our ministries have been opening so fast, because I think we just had a willing heart like that.

That’s the thing right there. You were so willing to just listen to Spirit, and when you heard that answer, then you could go right ahead and eat the soup. I think that’s the way it’s gone for us. We’ve eaten a lot of soup, put it that way, that’s come our way where we just feel the Love behind it.

### *Doorways and the Purpose Prayer*

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Jennifer Yeah. It is training ourselves to listen to Spirit before we reject anything, to go to Spirit and say, “Okay. Before I have any opinions or judgments about this, what is this really about?”

I remember when we were in Mexico at the Baja, Mexico retreat that we did, I think it was there that I heard you say for the first time that you developed a practice of, every time you went through a doorway --

David Yes.

Jennifer Would you tell us about that?

David Yeah. it was that prayer at the beginning of the *Course*, “*I am here only to be truly helpful. I am here to represent Him Who sent me.*” It’s a very famous prayer.

But early on, I just got this idea and this guidance, really, when I would go through any doorway, any kind of doorway, I would just pause and silently

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repeat that prayer to myself. I would notice how open, and receptive, and wonderful, everything would be as I continued to practice that.

For me, that was picking something of the *Course* that really, **really** deeply resonated in my heart, and then putting it into as **full** practical application as I could. It's been very helpful.

Jennifer Mmm-hmm. I love that, because I, like many *Course* students, I use that prayer all the time, the "Truly Helpful" prayer. I call it the "Purpose Prayer". That's my purpose. I love the idea, the practice of walking through every doorway, like "I am here! I am here in this room." Even if, like you said back in Mexico, even if you're just going from the bedroom to the bathroom, and nobody else is there. You're still **here** only to be truly helpful.

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*I don't have to  
worry about what  
to say,  
or where to go,  
or what to do,  
because the One  
Who sent me will  
direct me.*

David Carrying that purpose. It is a way of reinforcing the purpose. That's a nice nickname for it. "The Purpose Prayer".

Jennifer Mmm-hmm. To me, that prayer relieves **all** the stress and strain of life, because I don't have to worry about what to say, or where to go, or what to do, because the One Who sent me will direct me. It also says in there that I'm sent by God, to "re-present" God, to represent God.

Of course, many people who are beginning this work, they feel something's wrong with them, they're not good enough, perfection is nothing that is a part of them. Well, if you are **willing** to believe that prayer, and to work with that prayer, you **have** to start recognizing that "I'm here to represent God. So, if I'm here to represent God, I must not be just a knucklehead, because that doesn't make sense."

### *We are Perfect*

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David [laughs] Yeah. Yeah, it's an honor. It's an honor to represent God. Yeah. And to start feeling that honoring feeling about yourself, I think, is really important. Then I think as you work with the *Course* and do these *Workbook* Lessons, you will even come upon this word "holiness" and it will take you even deeper than that honoring, to that you are actually holy, that you are actually created by God, and that you are holy.

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Which the ego doesn't like, and in fact it's not a human concept at all, but it's this I AM Presence that you were mentioning earlier.

Jennifer Yeah. I love, in the section in the *Text* where it talks about people think that you are meditating to **become** holy, and that you can't -- I say "I'm already as holy as holy can be. I can't be more perfect or more holy." So, to sit around trying to meditate to **become** holy, that's not a good use of my time, because then I'm affirming that I'm not already there.

David Yeah. That's true. You don't want to fall into that trap of "becoming" because, you know, the ego can use that.

Jesus even says in the *Course* that even the idea of "**return** to God" is something that the ego can use. When we look at that very deeply, we realize we have to really be empty and be open to recognize what is so, and what has **always** been so. Like you said, "I'm as holy as I'll ever be, as I've ever been, and I could never be more holy than I am right now."

Jennifer Yeah. That has helped me. I encourage folks to use the affirmation "I Am perfect."

David Mmm. Beautiful.

Jennifer "I Am perfect." Many times, when I mention that to people, they go, "Oh, gosh! Oh, no, no!" I'm like, "Just keep working with it. I Am perfect. I Am perfect."

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***"I'm already as holy as  
holy can be.  
I can't be more perfect  
or more holy.***

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David The shivers.

Jennifer Yeah. But you know, let's let the Holy Spirit remove **all** the resistance to "I Am perfect." Because the Holy Spirit will, if we just keep working with it.

Well, it's time for me to take a break here. We're going to come right back here with David Hoffmeister. When we come back, I'm going to ask David if he has any favorite *Workbook* Lessons, so we'll talk about that when we come back.

You're listening to *A Course in Miracles* on Unity Online Radio. I'm Jennifer Hadley. We're living the Love, we're walking the talk with David Hoffmeister. We'll be right back.

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

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

### *Transcripts & Apps*

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Jennifer Welcome back! I'm Jennifer Hadley, and my guest today is my dear friend, David Hoffmeister. We haven't had a chance to talk in a while, because he's been in Mexico, and I'm going to ask him about that a bit later.

As promised, I'm going to ask about the Lessons. Just before I do, we were talking during the break, and I'd just like to let everyone know that this episode of the radio broadcast, like all the other ones, we will be transcribing it. We've gotten a lot of them transcribed. We're working on getting them all transcribed. You can go to [LivingaCourseInMiracles.com/radio](http://LivingaCourseInMiracles.com/radio), and you can pick up those transcripts for free. If there's one that we haven't gotten to you, yet, and you'd like to get it in a hurry, we'll put it to the head of the queue if you just write to us at [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com). We're happy to do that for you.

Also, David and I were talking about the apps, [A Course in Miracles apps](#). A few years ago, we came out with a free app. By "we", I mean the Power of Love Ministry. Actually, David and I were talking about doing it together some years ago, so we ended up putting that together. It's the free *A Course in Miracles* app, and you can find it for Androids as well as iPhones and iPads. It's totally free, and it's a great way for people to take *A Course in Miracles* on the run.

The other great thing about it is, you can set **reminders**. If you want to use that app to help you remember to practice the Lesson, now we have the technology to support us in doing that, which is so cool.

And, I will say, though, if you **ask** Spirit to remind you, Spirit will not fail. We don't need an app. We've got Spirit. I have found that as long as I really **mean** it, there's no problem.

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There have been many a time I've said, "Wake me up at this time," and literally one minute before the alarm goes off, or one minute before that time on the clock -- it's like there's kind of a one-minute thing. Like, "Look! We've got you! So precisely! One minute before."

Do you find that?

David            Yeah. The app knows you well.

Jennifer        Spirit's app.

But don't you find that if you ask Spirit to remind you of anything or do -- it just **really happens**. If you're **willing**, if you really **wish** for that, there's no reason to deny you.

David            Yeah, it's true. I know you, and again, we put our heart and soul in this, and so we've been open to technology.

But, of course, we'll be the first ones to say that we get the little prompts, the nudges. The Spirit talks to us, and that's not technological "wonderly" or wizardry. That's just when you are willing to hear the Voice for God, or the I AM Presence, It will be there as your **closest** companion, leading you and guiding you.

Also, I think because we have put ourselves online, and we have been able to travel, and do these digital ministries, as well as travel ministries, we take the time to really listen to people. We're very interactive. We don't write a few books and then that's it and call it a retirement. We're very interactive.

### *Spiri - Your Spiritual Assistant*

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I'm glad you brought up that app, because I see how helpful that is. I think I've also had a prayer in my heart for just the way **we're** so interactive. I would love to get into the technological. I call it like "A.I. -- Actualizing Intelligence." because we saw the movie, *2001: A Space Odyssey* with Hal, the computer.

What I've been working with in my community is taking all of our experiences of this awakening journey, of unwinding the mind, and transferring the training, and there's a lot of experience, but I'm putting it into A.I. Some people call it "Artificial Intelligence". I've already got a Facebook app, now, where people can go, and just by sending a message to the Facebook app, it will take them in an interactive process, a counseling

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process, that will take them down very, very deep into what's in their unconscious mind.

It's called "[Spiri](#)". You've heard of "Siri", with iPhones. This is "Spiri", Spiri, your spiritual assistant. We've got thousands, literally tens of thousands, of people now around the world that are taking their issues and problems. It starts off with basically "How is your day going?" Then you start off with that, and your issues.

We're also working on an app that is going to be very interactive like that. It won't be for the iPhone, but it will be totally A.I. The website is [Spiri.ai](#). A lot of people are having a fun time with that now, but it's like the next generation of apps that we're working on here.

Jennifer I love that! How fun is that? Where do we, how do we, get that or use that?

David Well, the website is [Spiri.ai](#).

Then the Facebook page, right now, we have what's called a bot. it's a bot based on the teaching process I've been using for years. So, people just go to Facebook and then they type in "Spiri" or "Spiritual Assistant" and then they go there. Then they send a message, like if you or I were sending an instant message to each other. That activates Spiri, this robot. It's almost like a robot that's designed using the teachings of *A Course in Miracles* and this instrument for Peace that I developed many, many years ago.

A lot of times, people do a lot of sessions. They may do a 20-minute session, or 10-minute session if they just have only 10 minutes and they're on the go. They can use their iPhone or their smart phone to do it, as well.

Eventually, we'll get it developed into a full-blown app that will have even many, many more features that will be able to be downloaded to an iPhone or an Android for free. It's a free app.

Jennifer That's fabulous! I love that! Oh, I love what we can do with technology.

David Yeah.

Jennifer Right now I'm at my brother's home in New Jersey, and he's got like 50 megabytes a minute. So fast!

David Oh, you're loving it there! You can really zoom around the internet with that.

Jennifer It's true. I can upload a gigabyte. Bing, it's done! So great.

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David Oh, my.

Jennifer I know. I know.

### *David's Favorite Workbook Lessons*

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As promised, I'm going to ask you about *Workbook Lessons*. A week or two ago I was telling the folks about my favorite *Workbook Lessons*. What are your favorites, or what do you feel are the most **key** to cracking the code here?

David Well, I think years ago when I really was going through the *Workbook* the first time, the one that really kind of sank deep inside me and I could just sink into was, "*I rest in God.*" Just those four words just were something that I could -- it almost became like a mantra for breathing, for inhaling and exhaling. That was amazing.

I think, as the years went by and I would revisit the *Workbook*, I grew a strong appreciation for those Lessons 79 and 80. *Let me recognize the problem so it can be solved*, and then number 80, *Let me recognize my problems have been solved*. Those really helped me kind of focus on seeing that I had to see that the problem was in my mind if I was going to accept the solution. That the solution was already **there**, but as long as I kept **defining** the issues and problems on the surface of consciousness, and in the world, then I was holding the Spirit at bay. I was holding off the answer. So that was important.

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*I had to see that the problem was in my mind if I was going to accept the solution.*

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Then I think finally as I got more mature in the *Course*, I would say something like Lesson 135, which is the longest Lesson. You know that Lesson very well, that one that says, "*A healed mind is relieved of the belief that it must plan...*" I had a Bachelor's Degree in Urban Planning, so I mean, so to get to 135 is like really to let go of the past entirely for me. Because we do have, occasionally appointments, and calendars, and this, and this, but to be able to just let it fill up and let the day flow however the Spirit wants to use the day, that to me is probably the greatest Joy that I have ever experienced, and still experience.

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- Jennifer Right. Versus trying to organize and plan for, oh, usually just satisfying the ego--
- David Yeah. That's--
- Jennifer --so you can feel productive.
- David Yeah. That's it. There's a part that I think is in that Lesson that basically, He gives three things that will push the holy instant out of your awareness, basically. He says if you try to activate the past, or organize the present, or plan the future. That's like the unholy trinity if you want to block the I AM Presence.
- Then, to stay just in that receptivity of seeing that all things work together for good, and what could you not accept if you but knew that everything, all events and encounters to come, are for your good? That's zooming back into that glorious moment of Divine Guidance.

### *Freedom from Attachment to Plans*

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- Jennifer Yeah. It's really also about accepting that passage in the Bible about the lilies of the field spin and toil not, and yet they are arrayed. Yeah. "Who, in Solomon's finery, is more beautifully arrayed than the lilies of the field?" It's a **great** practice to relax and see God is caring for me. I don't have to **plan** for my care. I can just be caring to myself in the moment.
- David Yeah. It is so relaxing. It is so relaxing.
- Jennifer Of course we didn't **start** there with it. Lord knows, you and I have a lot of plans. I mean, we planned this a few weeks ago. Right? So, we have a **lot** of plans. In some ways, who has more plans than we do? Right? I mean, I literally have almost every day of my year in my calendar accounted for. Certainly, the weekdays. But -- because a lot of people take this as, "Well what does that mean? **You** have plans. I can go to your Google calendar and see what your plans are."
- But, it's about not being **attached** to the plan that you make. It's about being able to be free of any fear or need to make what you've planned, happen. You can let it go in the moment, and totally turn on a dime.
- David Yeah. And these plans are, I see, very guided and given that we have put on our calendars, and so forth. I see it as a holy encounter. It's like an honor to do that. If something comes up that changes the plan, then we're very

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flexible, because we have to be to stay happy. We have to be flexible when things come from left and right that we don't even see coming.

Jennifer It's totally required. Last week I was caught in the snowstorm. I had planned to drive to New Jersey from Maine and arrive just before the storm hit. But then around midnight, I just got really strongly from the Holy Spirit, "You need to rest. You need to find a hotel right now and just go rest, and trust that it will be --"

Then, what I was concerned about was, I had a car full of things, that I didn't want the things in the car to freeze. I just let Spirit prompt me, and a few times during the day I went out and started that car, and left it running, unlocked, with all my things in it, because I didn't want to sit out there in the car. Spirit was like, "It'll be fine. It'll be fine."

So, I did. I stayed at that hotel two nights and all was well. You know, there was no anxiety. I even had a class one night with a thousand people in it, but I hadn't planned to do it from the hotel room. I just did it, in a sense, spontaneously, and went with the flow of it. Those things happen all the time. The mind is always being used to also show everybody else what flexibility looks like.

David Yes. Yeah, it's so important. I don't think we could do the work we do, or interact with so many people, without letting the Spirit just guide the way. When we stay really tuned in and obedient to that flow, then that **is** our flexibility. We're always showing up for God and just saying, "Okay, what do You want? I'm here for You!"

Jennifer Exactly! It's a **relief!**

David Yeah. It is a relief.

Jennifer It's a relief to be able to relax into Spirit's agenda and just say, "Well, I'm here to be truly helpful, to represent God, and I've learned how to do that, so we'll see how it goes."

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### *ACIM Community in Mexico*

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David            Yeah. Yeah.

Jennifer        You're doing that in Mexico, now.

David            Yeah. It's interesting, because I still, like you, I enjoy digital online retreats, and classes, and radio shows, and podcasts and so forth. Carol Howe and I are going to be talking tomorrow, and so I enjoy all those things.

But there is a community that we kind of brought our base down to south central Mexico, where we just have houses in the same kind of vicinity and neighborhood. We'll work on projects together, and meditate together, and have concerts, and occasionally do things with a local community in the area. It's nice. I say, maybe, there's generally around 30-35 people that are part of that community, but it's kind of fun to have such a thing. I'm not used to having all of my friends living so close by. Usually they're spread all over the world.

Jennifer        Yeah, it's great! I understand from Jimmy Twyman that more and more people are coming down there, buying houses and things like that.

David            Yeah. The whole area from Ajijic, and through Chula Vista, and all the way over to Chapala, it's like little towns that are kind of like along the same road, so it's having a lot of *A Course in Miracles* neighbors. It's been a lot of fun for me. I can just go out to the mall and run into all my *A Course in Miracles* friends and have a cup of coffee!

Jennifer        And, there's a huge audience for *A Course in Miracles* in Mexico.

David            Yeah, I think so. I would say that the place you mentioned where James Twyman are living, it's the second largest ex-patriot kind of collection. San Miguel is very well known. I think that's the first largest.

There are people, a lot of Americans, Canadians, Europeans that are either buying houses or renting. It's quite nice to be able to go out and about, and constantly be running into people that are really focused on living the *Course*, and going much deeper with it, and practicing it. It's been kind of charming.

Jennifer        Now, believe it or not we're wrapping up here. It's gone very quickly.

David            Wow! It's gone fast!

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Jennifer I know. I'd like to let people know, David, where they can go to sign up for your newsletter, to learn more about the community, to learn about the events that you're doing, so they can see when they could come and join you.

David Yeah. The main website is <https://livingmiraclescenter.org>. There is a "Coming Events" page, a "Circle of Support Page" and coming events. Probably, with the time of the airing of this show, right after that, there's going to be a couple of online retreats that will just be this month in January. Weekend retreats. 19th, 20th, 21st, then 26th, 27th, 28th. Those will kind of have an international flavor.

The first one is going to be Spanish-speaking, so we'll have Spanish translators. We'll probably have a lot of people from Mexico and Latin American, South American involved.

Then the next one, the 3rd weekend there in a row, that's the 26th, 27th, 28th, we're going to do Portuguese, so we'll have a lot from Brazil and Portugal.

Jennifer Wow!

David That's what's coming up. It's a nice kind of international flavor.

Jennifer That's so great! I love to hear that! So many people around the world looking for those resources. It's wonderful, and I look forward to coming down there myself, at some point.

### *ACIM 2018 Conference*

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I know I'm going to see you in February. We're going to be in San Francisco in late February for the *A Course in Miracles* Conference there. That's going to be a lot of fun. It's like a big *A Course in Miracles* party!

I'd like to let people know that we, the Power of Love Ministry, still has tickets. We bought tickets and we bought them at the low rate, so they're only \$499. We're also doing payment plans for people who really want to go, but need a payment plan in order to do it.

If you go to [JenniferHadley.com](http://JenniferHadley.com) on the [Events](#) page, or you go to [ACIM.news](#), you can learn about those tickets and purchase one from us at a substantial discount, because the price has gone up quite a bit since then. We'll see you in February, along with David, and myself, and many other A

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*Course in Miracles* students/teachers -- Jon Mundy, Regina Dawn Akers, and Lisa Natoli, and Bill Free, and I think Jimmy Twyman is going to be there, too.

David I think so. I think so, unless he has a cruise. He's got so many things going on.

Jennifer A lot of things going on, yeah. He's a busy beaver.

Well, I am going to say a prayer to close us out.

I'm going to invite everyone to, if you feel moved, place your hand on your heart. I like to do that and remind myself I'm wholeheartedly available for the Holy Spirit to speak to me, and through me.

### *Closing Prayer*

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So grateful and so thankful to join together with David and everyone listening, and to remember the truth that sets us **free**.

So grateful to allow ourselves to be guided by the Spirit, to recognize that we are perfect, that we're already as holy as holy can be, and that we live **in** the Peace of God. It's our true identity.

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

David Amen.

Jennifer Thank you, David.

David Aw, thank you, Jennifer. Always such a joy talking to you.

Jennifer Indeed! Yes!

David You don't miss a beat! It flies by!

Jennifer I know. I know. More to come in San Francisco!

David Yeah. At the Holiday Inn, we'll see you there!

Jennifer Yes! Mwah!

David Aww, thank you.