

January 29, 2019



David Hoffmeister - This Moment is Your Miracle



 *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.





David Hoffmeister -- This Moment is Your Miracle	4
Opening Prayer.....	4
Consciously Choosing to Live ACIM.....	5
Extending From Within	7
Living in Trust & Purpose	9
Knowing True Guidance	11
Making the Transition to Trust	12
Workshops & Resources	14
Transforming the Concept of Fear	15
Letting Go of What We Think We Know	16
True Empathy & Forgiveness.....	17
Freedom in Being & Receiving.....	19
Surrender is Not Losing.....	21
Miracles Happen Now, Not In the Future.....	21
Workshops & Trainings.....	23
Closing Prayer	23

January 29, 2019

David Hoffmeister -- This Moment is Your Miracle

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! Happy day! Ah! I'm in New Jersey, getting ready to go to Arizona, so next week I'll be in Arizona. It's snowing here. We're getting ready for that big cold snap here.

I am **very** blessed today, **we** are very blessed today, to have as our guest -- I don't know how many times David Hoffmeister's been on the radio broadcast here, but certainly about once a year, so 5-6 times. So happy to have David with us today!

Welcome, David!

David Thank you, Jennifer! It's always a joy to come on your show!

Jennifer Indeed, as we love our conversations, our opportunities to get together! Not frequent enough, but we have a good time when we get the opportunity.

I'm going to start us off with a prayer, like I always do.

Opening Prayer

I'm going to invite everyone to place their hand on their heart and take a deep breath of Love and gratitude. We're just so grateful that we're joining together with that Higher Holy Spirit Self, that true identity of perfect Wholeness.

So grateful to come together and recognize that we're **already** free, we're **already** perfect, we're **already** as holy as holy can be and we are grateful to Partner UP with that Higher Holy Spirit Self, Partner UP with our Divinity, consciously connect and commune for the purpose of our healing, our expansion, our awakening awareness.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

So grateful to make an offering of all limited thoughts and beliefs. Any sense of lack, we're giving it to the Spirit for healing, and we are grateful to know that our conversation is a Divine Dialogue, it's a blessed conversation, a blessed event in the Infinite Mind of God and we welcome the healing that's happening right here, right now.

We're transcending time and space to be together, to remember the truth that is our liberation.

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

Consciously Choosing to Live ACIM

David Amen. Mmm! Beautiful!

Jennifer Mmm!

David's in Mexico. I'm in New Jersey. Probably not snowing where you are, David. [laughs]

David [laughs]

Jennifer I love that we can transcend time and space to be together and join together, and inviting everyone who's listening, whenever you're listening, years from now or with us live, to consciously **choose** the healing that we are intending by joining together.

David Hoffmeister and I have known each other, I don't know, since maybe 2011? I think our first conversation ended up being **hours**. We just became friends instantly, and like attracts like.

I so deeply admire David and appreciate him and his teachings, You know, I was saying in my *Masterful Living* class last night that it used to be when I would, back in the 90s, let's say, and I'd be sitting at the Agape International Spiritual Center listening to some spiritual teacher teaching, I'd sit there with my arms crossed across my chest and my legs crossed, a totally defensive posture, and I'd be thinking, "**I know that! I know that! I know that!**"

I remember, so clearly, when we were doing the retreat in Baja, Mexico, there was a little a-ha, because you were speaking and I said -- and as you were speaking, telling the truth as you always do, I was, out loud, saying, "Yes! Thank you! Yes! Say it like it is!" and that kind of thing. [laughs]

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

It was just a little a-ha that when we actually **know** the truth, versus thinking intellectually that we understand it. When we just understand it intellectually, we don't **know** it. There's a gap between the two. When we **know** the truth, when **anyone** speaks the truth, it lights us up. You know? It's just like a beautiful upliftment.

That's always what I feel when we have a chance to be together and talk, that it's a conversation about the truth which is always nourishing, reviving to the Spirit. It's healing. It's expansive. It's everything we could wish it to be. And that's the thing about the truth.

*When we know the truth,
when anyone speaks the truth,
it lights us up.*

I had no intention of saying that. I don't prepare, usually, remarks to say. But what do you think about that, David?

David Yeah, I agree. It's a recognition, because I think with the spiritual journey, so to speak, you can't really be a dabbler. I know for both of us, we're in such happiness and Joy, when we wake up in the morning we do have a sparkle in our eye and we're looking forward to extending.

Jennifer Mm-hmm.

David It's not a job. It's not just one little aspect of our life, you know. It's like our - - we're fulfilling our calling, and I think that's where that, "Yes! Yes! Yes! Yes!" comes in, or even people in a church where the minister's up front and as he's speaking, you hear from the audience, and the choir behind him or her, "Amen! Amen!"

Jennifer Yeah! [laughs]

David Everybody is in it together, and to me that's what's so important. That's actually **living** *A Course in Miracles*. That's actually a title you use -- living *A Course in Miracles*.

Jennifer Mm-hmm.

David You don't have "studying *A Course in Miracles*" or "memorizing *A Course in Miracles*". It's "Living *A Course in Miracles*" and with any spiritual path, it's all about the living it. If it's divorced from the teachings in any ways, where

A Course in Miracles Weekly Radio Show with Jennifer Hadley

things are spoken about as an intellectual understanding or an “as if”, then that’s not really it. It’s not really it.

Extending From Within

Jennifer Right! Exactly! It’s interesting that you brought that up, because one of the things I was thinking that I’d like to ask you about first was, it’s -- so, we’re talking about your beautiful book, *This Moment Is Your Miracle*, and I’m going to do something probably most people wouldn’t do, but it’s just what I felt called to do, is to ask you to speak first about what’s toward the end of the book, “Extending From Within”.

Extending from within is, to me, it’s **so** life-changing, it’s so critical for us to learn this, or remember, this skill that we have, this healing -- I don’t know, healing opportunity that’s always presenting itself to us.

Would you be willing to share a bit about what you mean by “Extending From Within”?

David Yeah. To me, what is within is what is given of the Spirit, and so when you are truly extending from within, it’s like you’re so in a state of mind, you’re so in an experience, you have -- you’re inside of an attitude, and then whatever comes from that joyful attitude comes involuntarily. And that’s what Jesus says in the *Course*, miracles are involuntary. “*They should not be under conscious control.*”

Jennifer Mm-hmm.

David People say, “Well, that **sounds** good. What would be like a contrast of that?” Using teleprompters, constantly preparing notes and looking down at your notes, and reading from your notes, or just even preparing, preparing, preparing, like if you’re going to visit somebody and you’re rehearsing lines in your mind. Or, you’re going to have a phone call and you’re playing it out in your mind how it’s going to go, and what you’re going to say, and what you’re going to do.

None of that **that** I just mentioned is extending from within, because the preparation is really putting it off as if it’s something on the timeline, and extending from within is **not** on the timeline. It’s literally coming from the Source, it’s coming from your heart. It’s heart-Self, it’s experiential. It’s just pouring through just like rain, just pouring down, pouring down, and you don’t control the rain.

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

Everybody laughs at that scene in *The Truman Show* when it's contrived -- the Truman Show, how when the rain is above him and it's contrived, he sees that it's fake. And when you're coming from within --"

Jennifer Oh! Same spot! We lost David again at the same spot. I don't know if you can hear us, David.

So, I'm just going to pick up while we're waiting for David to return. Louis, you might want to message him on Skype.

I'm going to share a little story here.

David [unintelligible]

Jennifer Oop! There's -- David, we're losing you. I don't know if you can hear. We're losing you.

David -- one of the things I encourage you to know about David is, he has been traveling around the world, in case you don't know, for more than, I think 30 years, traveling around the country.

And as we've talked about many times, because we both travel so, so much, for years he said he traveled with just a knapsack, and not even a tent or anything, and oftentimes he didn't know where he was going to sleep or where he was going to stay.

And so, he's learned to **really** trust the Spirit, and it's so worthwhile to be able to have an opportunity to practice that trusting, and to really put your life and your wellbeing into the metaphorical "hands" of the Spirit. It's completely life-changing to be able to do that.

I'm starting to hear David come back. You just jump in.

David Yeah. Can you hear me?

Jennifer Now we can, yeah.

David There we go! Yeah, I switched over to another network. Okay. Very good. Okay!

Jennifer So, the rain. The rain in *The Truman Show*. He realizes it's fake.

David Yeah, he realizes it's fake, it's a set, and that's very much like I was sharing before, like using teleprompters, always referring to notes, anything that really keeps you on the timeline, and keeps you looking for cues in the world, is **not** really extending from within. That's just kind of going

A Course in Miracles Weekly Radio Show with Jennifer Hadley

through the motion and trying to adapt and adjust to the world, and that's just reinforcing the self-concept that the ego made up.

Living in Trust & Purpose

I love that you're saying that, because when we couldn't hear you, I was saying how you traveled around, initially you were traveling so constantly, couch-surfing, no tent, just a change of clothes, that's it, and you really learned to trust Spirit.

I remember one of the things that you also shared with me, that I now share with everyone in my classes, is that when you were first practicing *A Course in Miracles*, you took that prayer on Page 28, the "Truly Helpful Prayer" which I call "The Purpose Prayer", "*I am here only to be truly helpful.*" that you would recite that prayer every time you went through a doorway. And so if you were going to the bathroom from the bedroom, each way you were reciting that "Truly Helpful Prayer" and your life demonstrates it.

So, you see, this is the thing -- prayer is **so**, so powerful. People don't believe in the power of prayer, because they've been taught about prayer where they're begging and beseeching God to give them the things that they think that will make them happy, and it's not a good formula. [laughs] Because we don't know what's going to make us happy!

Oh, are you back?

David Yes.

Jennifer Okay. Alright. So, maybe now we can finish with *The Truman Show* story.

David Okay! Well, it just always reminds me that we just have to be, like you were just saying, so much in the prayer, and so much in the trust, and so much in the not knowing, but "Show me. Just lead the way and show me." and that really ignites the miracle, and really ignites our hearts when we do that.

So, to me, that's like the core thing through it all. We have to be tuned in.

I have a whole section, a whole chapter in the book called "Trust" which I share. It's kind of like radical trust is the only way we go into radical forgiveness.

Jennifer [laughs]

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

David [laughs] So, you know, it's the gateway there.

Jennifer That has been true for me, David. I don't know if I've ever shared this with you, but I had an experience, I think it was 2007, where I knew that it was time for me to be full-time with my ministry, and to give up my part-time gig that was paying my bills. And so I prayed, very powerfully, that I would be led, guided and directed, and that whoever was best suited for the job I had, that they would **have** it, and so we'd both be in our right place.

In less than 24 hours I got an e-mail from my employer saying, "Your services are no longer needed." [laughs]

David [laughs]

Jennifer And so, I was like, "What?! That's so fast, God! I'm not prepared!" [laughs]

And so, I decided the only way I could make that transition was to have what I called "radical trust". I took a page out of Colin Tipping's book, and called it "radical trust" and I just, day after day when I would start to feel panicked about money, I would say, "No, this is radical trust time. This is what this is for."

And I encourage everyone and anyone to, if you feel threatened, remember "radical trust". That's the opportunity that you're being given in that moment, is to give up trying to organize it yourself and **allow** Spirit to find the highest and best for you, and it requires radical trust.

*Whatever we're not
giving over
to the Spirit
we're giving over
to the ego.*

David Indeed!

Jennifer And it **feels** radical! Why do think it feels so radical?

David Well, I think we can start to realize that whatever we're not giving over to the Spirit we're giving over to the ego, so we've become radicalized in ego beliefs and ego thinking. And so when we start to trust in Spirit, trust in God, then we're turning in another direction. Because the mind is very powerful, so it's going to trust in something.

Jennifer Mm-hmm.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

David And so, you're either trusting in the ego or you're trusting in the Spirit, and that's why I think you really have to flip the switch. I can relate to exactly what you're saying, because I didn't really start to go into the fast lane with miracles, or the high-speed miracles, until I was willing to start to trust in **all** areas of my life, not trying to manage, "Oh, okay. I'll handle this. This is Spirit, but you handle that -- blah." You know, that doesn't get you very far at all. It's still a mixed kind of message.

But, yeah, when you really throw yourself into it in a full way, then, you know, that's everything.

Knowing True Guidance

Jennifer So, what do you share with people, David -- I know you have a chapter in this book called "Finding True Guidance." How do you know true guidance? How can you help our audience recognize true guidance?

David Well, you know, I like that part in the *Course* where He says, "How do you **feel?**" That, of course, you have to go into that very deeply, because the ego can generate a lot of pseudo-feelgood defense mechanisms, as well.

But for me, it was when I started to become consistently joyful, and I was feeling all these little intuitions, prompts, little nudges. You know, many of us are aware of those little nudges that come. And then when I would start to just follow those, really, and go from one to the next to the next to the next, and then get into the flow of it, I started to be convinced that by my feeling of Joy, of happiness, of openness, that, "Okay! This **is** the Spirit's guidance, because that's what God's Will is for us, it's perfect happiness."

So, as I become more and more consistently happy and joyful, then that's, they say, the proof's in the pudding. The proof is in the experience, and when you experience those feelings consistently, that's where it is.

For many, they feel like they're just waiting in the dark, like it's more of a predominant depression, sadness, anxiety, worry, concern. And, you know, I would say that that's where you and I really have a real meeting point, that we are both into practical application.

I mean, you have your *Masterful Living* courses. It's practice, practice, practice.

Jennifer Mm-hmm.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

David When I have people that I work with in community that have lived with me in different parts of the world, we're going throughout the day, we're taking pauses to look at what we're feeling, to express it, to pray together, to **really** put it into full practice, and I do feel that's important, in a sense that if people just are reading the books, any books -- spiritual text, or the *Course*, or anything -- and they're just still trying to get some kind of an intellectual grasp so that they can talk the talk, or then write a book, or do something just from that intellectual place, then it's really -- I think they're just selling themselves short. You know?

Jennifer Yeah.

David I think it's 1% principle and 99% practice, and I know you really put that emphasis in your *Masterful Living* classes. And I just met one of your students, actually. I had a call with Suzanne Finder down in San Diego area, and she's going to be hosting me with the book down there.

*God's Will for us is perfect happiness,
but a lot of people do not believe that.
They do not think that that could even be true.*

Jennifer Yes!

David She mentioned you, your seminars, webinars, and the *Masterful Living* class. To me, it was like there was a recognition, again, **because** we're so into the practice.

Jennifer Mm-hmm.

David And so we'll keep blowing our trumpets, telling people to practice, because we know that it was essential for us, and we're wanting to give it away, we're wanting to give away what's helpful.

Jennifer Yes, indeed! It's such a joy to be able to give it away and share it with people.

Making the Transition to Trust

As you were sharing, David, I was thinking about folks who, they **fear** to trust, they fear really recognizing that the guidance will be helpful to them, because it says in *A Course in Miracles* that God's Will for us is perfect happiness, **but** a lot of people **do not** believe that. They **do not** think that

A Course in Miracles Weekly Radio Show with Jennifer Hadley

that could even be true, like it's just the opposite, God is making life hard for them.

A lot of people, I think deep down they feel that way, and so for someone who might be in that kind of a loop, where they fear God, how can they make that transition to trust?

David Well, I think the first thing is to take a look, if you have a lot of expectations that you have around that, or how that's going to look. That's one of the ways you can start to **soften** that relationship with God, to make it more gentle.

As Jesus said, "Blessed are the **meeek**, for they shall inherit the earth." We don't want to have a harshness, a sense of having that inner critic just constantly dominating the airwaves in our mind. We need to soften up, and we need to be gentle. We need to learn to relax, and that's going to be a first key to starting to build some trust.

I think, too, I do know many people who have studied the *Course*, and they're kind of like, "It's a lot of work. It's a lot of chapters."

You have to bring the illusion to the truth.

You can't bring the truth into the illusion.

Jennifer Mm-hmm.

David And then they're kind of like in their hearts, can say, "Well, what's the gist of this? What's the message?" I always tell people, "You know, it's about you have to bring the illusion to the truth. You can't bring the truth into the illusion."

Jennifer Mm-hmm.

David And when people have a very difficult relationship with God, or a fear of God, and they --

Jennifer David, if you can hear --

David Oh, are we back?

Jennifer You're dropping out a little bit.

David Okay. We'll try one more time to make sure that I'm not on any kind of a wi-fi here.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jennifer And you know what? We're going to be going to a break in a minute. So, you know what I'll do is, I'll share a couple of things before we go to the break, and we'll pick up what you were sharing about after the break.

One of the things I'd like to let people know is that David's book is just about to be made available, and so you can order the book. I was sharing about it, I have the link in my "[Spiritual Espresso](#)" blog today, and we'll give you the link where you can go and get that book. You can go at [DavidHoffmeister.com](#). You can order the book there.

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

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

Workshops & Resources

Welcome back! I'm Jennifer Hadley, and my guest today is David Hoffmeister. We think we worked out the technical difficulties.

Just before we pick up our conversation, I'd like to make a couple of announcements here. One is that we're reprising my [Forgive & Be Free](#) online workshop. It has three sections. It's live. We work on the Zoom platform with video, and it's very interactive. It's profoundly healing, and I invite you to consider registering for it. It's totally free. I encourage you to consider coming with a friend, a loved one. There's homework. It's three parts over three days, and people have **really** been loving it!

If you'd like to get information about that, you can always go to [JenniferHadley.com](#) [Forgive & Be Free](#). But you can also text the word "FORGIVE" to the number 35227 to register for the workshop. It's free, but you do have to register so we know where to send the info and the homework, et cetera.

Then, if you'd like to receive my *A Course in Miracles* [free text messages](#), I send a message each day, the way to do that is you can go to [ACIMtexts.com](#) or you can text the word "MIRACLES" to 35227.

Then I also would like to let people know that the transcript of today's show will be available in a couple of days at [LivingACourseInMiracles.com/radio](#). We're transcribing all the radio shows, 370-some episodes, and we'll be

A Course in Miracles Weekly Radio Show with Jennifer Hadley

transcribing this one right away so you can have that. That's, of course, free, too. Free transcript of the broadcast today.

Transforming the Concept of Fear

David, we were talking about when people are afraid to trust that God actually has their best interests at heart and how to transform that consciousness of fear.

David Yes. Yes, I think it's important to realize that a lot of times people have ideas, and concepts, and beliefs about God, but the Spirit is so loving it will reach the mind in a way and the symbols that are most available and most accessible.

So, I was just thinking back to that, while I was talking about it, and I was thinking to my own experience of how the Spirit really used music, and then movies, and actually mind-training through sports, through basketball and tennis, baseball and so forth. The things that I was really into, in terms of my worldly life, the Spirit used those to **gently** kind of call me in deeper.

That was the way that I really overcame the fear and the resistance, so what's just coming to me right now, is that the Spirit will reach you in ways, just such a huge variety of ways, if you really just have the sincere desire for openness and Peace.

*Spirit will reach you in ways,
just such a huge
variety of ways,
if you really just have the
sincere desire for openness
and Peace.*

Jennifer Yeah, that sincere desire for openness and Peace is something that we can actively cultivate that brings more benefit than we can actually conceive of. [laughs]

What are some simple ways, since we love to talk about practical application, what are some simple ways that you've learned to do that?

David Well, I actually put them in the back of the chapters of the books, because I know prayer, different types of meditations, different types of exercises, sometimes listening to music or a particular audio following instructions,

A Course in Miracles Weekly Radio Show with Jennifer Hadley

that that was part of what I wanted to do with this book, is to make it very practical.

And so, for me, it's good to have examples, and it's good to have models and way-showers and it's good to have people witnessing for something, because that's all part of a convincing, that the Spirit's convincing us how loved we are and how worthy of Love.

But just giving oneself over to these exercises, I think, starts to put you in the habit of looking more towards the experiential, and it takes you a little bit, a nudge beyond just the conceptual, because for many people, they just stay with the concepts and then they wonder, "Why isn't my heart lighting up? I really have memorized the concepts. Why am I not experiencing things?"

So, those practical applications are very, very important.

Jennifer Indeed! Yes, they are. It's -- and it's something to hold on to. When you feel like you're drowning in the waves, which are a riptide of the ego, it's something to hold onto, and it's a way to very quickly transform and transcend that drowning or stuck feeling.

Letting Go of What We Think We Know

David Yes, and I was talking earlier about the pathway of the *Course* is really bringing illusions to the truth, so for many people, they're used to thinking in terms of boxes and concepts in terms of work, in terms of relationship, in terms of diet and so forth.

And then, people come to the *Course* and they say, "Why doesn't Jesus just prescribe a diet for me in the *Course*?" as if there's **one** diet which would get you back to Heaven or something. Or, "Is there any kind of exercise routine in the *Course*?" "How can it help me transform my career? Will it help me have a better career?"

Yeah, the *Course* is not really about **any** of that. It's really about Peace of mind and coming back to that natural state of **being**, as God created the mind as pure beingness and pure Spirit.

***Trust was always
learning to tune into
guidance and let go of
all my preconceptions
of everything that I
thought I knew.***

A Course in Miracles Weekly Radio Show with Jennifer Hadley

So, I think, when I think of trust, for me it was always learning to tune into guidance and let go of all my preconceptions of everything that I thought I knew, and then also Jesus would throw in a lot of travel, which I know you've had a lot of travel, too. [laughs]

Jennifer Mm-hmm.

That's got to be a great mechanism. If given over to the Spirit, that will wash away the self-concepts in a pretty quick way, because you're pushed out of these false, pseudo, ego comfort zones and you're trust just has to be like a bonfire, eventually, where you can handle anything that the world seems to throw at you. Really, it's just your own beliefs coming up into awareness, but it really builds the trust in a very strong way when you're not trying to fit spirituality into the pockets and the concepts of the world.

Jennifer Mm-hmm! Mm-hmm! And the *Course* tells us that are relationships with other people are the best help for that, and you have a whole part of your book, the whole section is on relationships, "Miracles in Relationships".

I really appreciate that, because in our audience, they are -- I do a month of relationship radio shows every February, and a whole bunch of shows in between Februarys, on relationship, because for me, for everyone, relationship is our great opportunity to transform the ego attachments and the conditioned view.

True Empathy & Forgiveness

You talk about "From People Pleasing to True Empathy" and I wonder if you could help us to **really** understand "true empathy." Is there a difference between true empathy and compassion?

David I think, probably, the way that many people use the word "compassion" it still can have tinges of what the *Course* would call "false empathy" because it still has a bit of an outward focus, whereas true empathy is getting so clear in your mind, having such a clearing experiencing with your beliefs and your thoughts, that your perceptions become so forgiven, and so straightened out, and so clear, Jesus uses the words "true perception" --

Jennifer You're breaking up a bit, there. I don't know if it's me or it's you.

David Okay, can you hear me now?

Jennifer Yes.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

David Okay. That the perceptions have to be so cleared out that, once they are, you actually have an experience that everything is coming from within you, and that's back to that first topic we looked at about extending from within.

I think they asked the famous mystic and sage, Ramana Maharshi, one time, they were asking him, "How can you deal with difficult others in your life?" and his simple answer right away was, "There are no others." And now that's going right to the heart of it.

But, approaching that, because you have to start to realize that every person, every relationship, you seem to experience with the external world is really just taking a good look at yourself. It's really **showing** you what you are thinking.

*Every person,
every relationship,
you seem to experience
with the external world
is really just
taking a good look
at yourself.*

Jennifer Mm-hmm.

David And if you are judging them as misbehaving or being inappropriate, being out of line or whatever, then it's just showing you that there's a thought adjustment needed, there's a forgiveness needed in the mind.

And so, it's very much a focus on shifting your perception through releasing ego thoughts, is what the focus is.

Jennifer Mm-hmm. Mm-hmm. And talking about forgiveness, *A Course in Miracles* let's us know that, similarly to empathy, all forgiveness is self-forgiveness. Can you help us to understand better how that -- why that is the truth?

David Yeah, all forgiveness is self-forgiveness because, we could say, all forgiveness is **self-concept** forgiveness.

Jennifer Mm-hmm!

David There's the Divine Christ Self that is the creation of God, and then there's the ego make-believe self concept which is an image. And so, basically first we have to acknowledge that there's some image-making going on, and we can also start to acknowledge that these images that involve the body, the world, all kinds of overlays about the weight of the body, or the size of the body, or the abilities of the body. They're all overlays of a self-concept that is being dissolved. Or, you might even say "dismantled".

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Jennifer Mmm!

David This is really -- it's not a very comfortable process, because the ego is fighting and kicking and spitting all along the way as it's being dissolved. It just wants to exist, and yet God didn't create it, so that's going to, in the end, be an impossibility.

So, I think self-forgiveness, for me, when I hear those terms together, it's talking about the make-believe self and, in the end, even being a spiritual aspirant is a concept, or being a student or a teacher of *A Course in Miracles*, these are all just concepts that eventually have to evaporate and dissolve, and it takes a lot of faith and determination to go all the way with that dissolving.

Jennifer Yeah, it does. It takes a lot of faith -- trust, faith, determination, and what has helped me so much, David, is to know that Spirit **cannot** fail.

David Yes! Spirit is there for us. [laughs] That's our bedrock.

Jennifer And we don't have to do it. We let Spirit do it. In fact, Jesus tells us, "You **can't** do it!"

In that section where He talks about, "You can't even do it. You can't **even** do it!" So, I feel like he's saying, "Sweetheart, My Love, sit down and just decide it will be done for you. **Allow** it to be done for you. You don't have to lift a finger. You just have to say, 'Yes!' 100%, or even more than 50%. Be **more** willing than unwilling."

Freedom in Being & Receiving

David Yeah. Yeah, it's great to think of the story of the scribe of *A Course in Miracles*, Helen Schucman, because it wasn't easy for her. That was seven years of intensity of scribing this book, and re-going over passages over and over. And at the end, I think she was kind of in relief that it was done, and I think she had a feeling like, "Okay, mission accomplished! I did what You asked me to do, and what I agreed to do."

And then, in the end, Jesus is like, "Well, it really wasn't about the book. It was -- it's just, I Love you!" The "I Love you" is underneath **everything**, and for the mind as it's so identified as a human, that sometimes people say that humans are more "human doings" than "human beings" because they're so identified with the body, and the actions, and the behaviors, and accomplishments.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

But in the end, it's quite amazing to think that there's just this pool of deep Love underneath all of that, and when all of that just kind of blows away, like leaves blowing in the wind, that bedrock of Love is still there, that innocence is still there. That's **true** spiritual Freedom. It's always the basis that's underneath everything of this world, and it encourages us to really let go of trying to be the do-er.

Jennifer Let go of trying to be the do-er and trust.

David Mmm! Mmm!

Jennifer I know from my own experience, it took me a long time to get the hang of that. You know, all my resistance and reluctance came up, and for a period of several years I prayed, every day, to release the resistance and reluctance to having the very thing that was my heart's desire, just the ability to trust.

David Yeah. Yeah, oh, I'm glad you did! It's been a blessing for all of us. [laughs]

Jennifer [laughs]

David Because we can feel your happiness!

Jennifer Me, too! It was so crazy-making for me, David, that I would pray for guidance, the guidance would come, and I'd think, "Yeah, I don't want to do that!" Maybe half the time I would say, "No, I'm not doing that! Not doing that!" And it would just be simple things -- simple things like, "Go to the store now. Don't wait until tomorrow." "No, I don't feel like going now." And then, of course, the next day I'd realize, "Oh! I should have gone yesterday! I don't have time to go now! Oh, no! Yeah, I should have -- you know."

And so, about a million of those kinds of events taught me to pray **just** to be willing to **receive** what I had asked for, for Heaven's sake! [laughs]

David Yeah. Yeah. I know. It is very humbling. I mean, that's -- you get all those opportunities, and then when you start to realize, "Hmm! Maybe I should pay more attention!" It's very humbling because it's almost like we've been in the -- we believe we are in the driver's seat, and then eventually we get convinced that it's better to be a passenger, and to be carried along like the "Footprints in the Sand" story. You know?

Jennifer Mm-hmm.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Surrender is Not Losing

- David Let Jesus or let the Spirit be in the driver's seat, and that does take a lot to let go of that, because all our conditioning was about "You're in charge", and "Take control of your life", and "Be the master of your own destiny." And actually, it's more of like a **surrender** that brings us into our true destiny instead of trying to control the world, which is very, very different.
- Jennifer Yes. I've had a number of conversations recently with people, because this - - some of my Prayer Partners, they like to pick a word for the year. My word for the year is "surrender" and I was sharing that with some other people, and they were like, "Ooh! That -- eh, I don't know about that! Surrender! Eh!" [laughs]
- David [laughs] Yeah, I know, it's so associated with defeat in this world.
- Jennifer Yes! Right?
- David The one who surrenders in the war is the loser. [laughs]
- Jennifer [laughs] Yeah, to me it's surrendering the fight, for sure.
- David Yeah.
-

*Surrender brings us
into our true destiny
instead of trying to
control the world,
which is very, very
different.*

Miracles Happen Now, Not In the Future

- Jennifer Yeah. Yeah. You know, I'd like to ask you about something else, David. I was contemplating this over the weekend, or a few days ago, the insidious ways that separation is kept in the forefront of our minds and we don't even realize it.
- I was thinking about things like -- so, the name of your book, "The ever-present miracle of now" *This Moment is Your Miracle*. "The ever-present miracle of now" is the introduction, but the name of the book is, *This Moment is Your Miracle*.
- I was thinking about that, *This Moment is Your Miracle*, and how we tend to operate as though the miracle is going to be in the future. "It's not now, it's going to be in the future. We have to do something **now** to **earn** the miracle," and that we're -- that the ego thought system is one of "The good is always in the future, it's never where we are now."

A Course in Miracles Weekly Radio Show with Jennifer Hadley

How to identify when we're affirming that belief with things like, "Oh, I'm really looking forward to this thing in the future!" or "I'm dreading this thing in the future!"? Just different ways that we can bring ourselves into actually accepting, calling forth, receiving, allowing the miracle **now!**

David Yeah, you know, I have pondered that, too, and I think there's just like this intuitive draw into -- I think we're just inspired by anything that reminds us of humbleness, and anything that reminds us of simplicity, of a sense of Freedom and spaciousness. The insidious part is, there's a part in our mind that always is like concerned about an image, like a public image. It's pride. I'll just call it pride.

Jennifer Mmm! Mm-hmm.

David And pride is very insidious, because it's almost like it doesn't rest. It just stays like this active subroutine or program in your mind.

I had to laugh a couple days ago because, you know, in science, Einstein was very famous for $E=mc^2$ you know, the equation. Somebody had posted an equation on Facebook, I think it was for narcissism, and narcissism is "selfies per minute" or something, number of selfies per minute.

Jennifer [laughs]

David I was just laughing so hard, because I thought, "That really kind of hits it on the head with some!" the idea of pride, the idea of trying to hang on to the images, and to an image of self and polish it, and like the resumes, and this, and your public profile. and you updated this and this. It's almost like there's a formula for -- and now it's been incorporated into survival.

I'm just remembering how humble the Spirit is. You know, Spirit doesn't take a form, so it's not like -- it never **is** the body, and so it can never be popular or unpopular. It sounds kind of funny -- "Oh, that's an unpopular Spirit, or a popular Spirit."

Jennifer [laughs]

David Because it has nothing to be popular or unpopular **with**. It's empty of those things. It's just pure Love and Light.

And so, when I think of this moment as your miracle, I really feel like it is this place where you are just so turned over, so surrendered into just accepting what is. All the great traditions have said, "Let all things be exactly as they are" and "All things work together for good" and all those

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

beautiful sayings that we loved so much, they're all based on just pure acceptance, not trying to maintain **any** sort of image.

I actually find that delightful! I find that energizing! I am full of Joy and vitality, because I'm not wasting my mind's energy on trying to maintain something or perpetuate something. That sounds exhausting to me! Before, I mean, it sounded actually kind of natural, but now it's -- I can't even imagine!

Jennifer It is exhausting! Yes! And it's distracting from what is truly helpful.

David Yes! I think we've reached that time. You had some announcements to make, so I'm --

Workshops & Trainings

Jennifer I do! Thank you, David! Oh, my gosh! It's wonderful to have David here. You can go order his new book at DavidHoffmeister.com, *This Moment is Your Miracle*. David has number of wonderful books, really beautiful healing to read, and so many audios, so many things. Sign up for everything David has, you'll not regret it!

I'd just like to mention that I have two events coming up in March. Jon Mundy and I are reprising our [Teacher Training, "How to Create and Lead a Workshop"](#) and you'll be certified in how to lead [my *Forgive & Be Free*](#) workshop. I was just talking yesterday with folks who were there when we did it last year, and they're out there leading their forgiveness workshops and it's beautiful!

Then, Lisa Natoli, Corinne Zupko, Jon Mundy and myself are leading a healing retreat. David couldn't come, we asked him. The topic is ["Spring Clearing"](#) so you can check that out at JenniferHadley.com.

Closing Prayer

Let's all place our hands on our hearts and be grateful and thankful that God is leading us every day, every way, and we are grateful to accept it and share the benefits with all.

In gratitude, we bless David Hoffmeister and ourselves, and we say, "Yes!" And so, it is. Amen. Amen. Amen.

Have a great rest of your week, everybody!