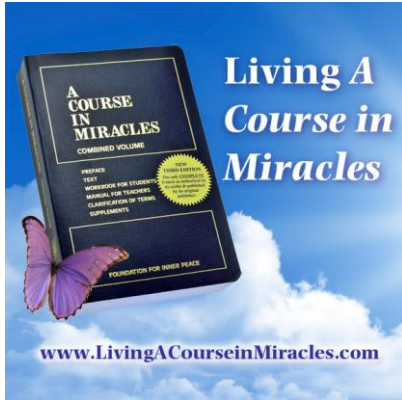


*December 18, 2018*



# Using Truth to Find Freedom From Pain



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*December 18, 2018*

# Using Truth to Find Freedom From Pain

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      Ah! Bonjour! I am so grateful! Yes! It's a beautiful day for us to join together to remember and recognize our Wholeness and our holiness.

## *Opening Prayer*

---

I invite you to join me, placing our hands on our hearts as we move into a blessing. Mmm!

Prayer is the “medium of miracles” it says in *A Course in Miracles*, and we are grateful and thankful to allow ourselves to know that this is so.

We are grateful and thankful to join together **in** the Love of God, **as** the Love of God, so grateful, so thankful that our Wholeness and our holiness are one and the same, that we're **already** there, we're already perfect.

We are grateful to Partner UP with that Higher Holy Spirit Self and ride the wave of this high vibration of our gratitude that *A Course in Miracles* exists, the teaching that we have been looking for, the insight, the Clarity, the assistance that we desire is ours, here and now, and we are so, so grateful.

We are grateful and thankful to open ourselves to an unlimited flow of unprecedented Love and Wisdom. We're calling forth Clarity. We're calling forth awakening. We're allowing ourselves to fully **accept** it, to **be** it, to **be** already there.

We are grateful and thankful that the Kingdom is within. It's preinstalled, and we are grateful and thankful to consciously say, “Yes!” to a life of Love,

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and Joy, and Wholeness, and Harmony. We're leaving the pain behind. We're stepping into an awareness of the truth that sets us free.

In gratitude, we let it be. In gratitude, we share the benefits with all beings, because we are One with them. In gratitude, we know it's done. And so, it is. Amen. Amen. Amen. Amen. ♪Amen! ♪ [laughs]

I'm Jennifer Hadley, and I love to pray! Yes! I won't say I'm a "pray-aholic" because there's no such thing. I just love to pray! I love it!

### *Truth: The Only Power is Love*

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Our topic this week, "Using Truth to Find Freedom from Pain". Yes! Let us do that and do it now! Let us find the Light and turn it on, so there's no more darkness.

One of the things I **love** about the Light is when we turn on the Light, the darkness **is** gone, because the darkness is **nothing**. Right? That in our physical reality, darkness is an absence of light, and it's **nothing**. It has no power, nothing whatsoever.

The only power there is, is the power of Love, the Power of God. But, when we place our attention, which **is** the Love of God, which **is** the Power of God, when we place our attention on dark things and think dark thoughts, hold them in our mind, hold the dark thoughts in our awareness, **then** and only then do they **seem** to have power.

But, they don't actually **have** any power. Only the Light has power, only the Love has power. This is the truth of it, and we are grateful and thankful to **allow** it to be. We're grateful and thankful to **know** it is so, and that is where we're coming from here, and I'm thanking you for joining with me today. We're the two or more gathered in the name and the nature of Love, and the Christ is right here. Yes!

### *Applying the Truth*

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Before I go any further into this unraveling and releasing, dissolving, resolving permanently the pain, and the habits and the patterns of pain, and how truth can help us with that, I'd just like to share that I feel so profoundly grateful, so profoundly grateful that these spiritual teachings of truth, **when** we apply them, moment by moment, day by day, to the best of our ability, we rise up.

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I get e-mails all the time, and I'm not able to respond to them all. It's just a lot. But please write them, because I read them, and I love being able to join with you. I really do! It's so valuable to me. This is my heart calling.

I've just been doing the [\*Forgive & Be Free\*](#) workshops live online, and I invite you, come and join! **Come and join!** You can text the word "FORGIVE" to the number 35227 or you can just go [to JenniferHadley.com](http://toJenniferHadley.com) and register for the [\*Forgive & Be Free workshop\*](#), free, online, video workshop. People are having such breakthroughs!

So many people **study** *A Course in Miracles* for years, and years, and years without living it, without practicing it fully, or even partially, and they tell me all the time, "Oh, my God! Until I started to hear what you were saying, and do the actual work that you're saying, I was just studying it without shifting."

And so, of course, it's not **me**. It's we join together with this purpose of ending the suffering, the pain, the hardships, and **so much** happens, because our willingness increases, and it's so beautiful.

I'd just like to give thanks because I couldn't do what I do if you're not doing what you're doing. [laughs] I probably would still be talking to the birds, and the rocks, and the trees, because I just love being able to feel the Beauty of this teaching and the power of it. Yeah.

I just wanted to say I really am grateful for our connection, however it is, whether we ever connect in person, whether there's ever an e-mail exchange or anything. I am simply, simply grateful and I feel you, and I'm thankful for that. Yes, indeed!

### *Truth: We've Forgotten We Know*

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Let's look at the *Course*, and today I was guided to, in Chapter 14, Section XI, Paragraph 1. Section XI is entitled *The Test of Truth*. Yes. I got for us, as I said, today our episode is "Using Truth to Find Freedom From Pain." Here it begins with Jesus telling us,

*"Yet the essential thing is learning that you do not know."*

I'm going to restate this and just say, my understanding, my learning, is that we've **forgotten** that we know, but it's in there. It's in there, we've just put up all these blocks to Love so we've **forgotten** that we know, so it **is** as though we do not know.

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As I've said many times in this broadcast, one of my favorite, favorite stories, if not my favorite story, is the one of *A Christmas Carol* where Scrooge awakens from the dream of the three visits, and it's Christmas morning, and he wakes up and he realizes that he's still alive, he hasn't missed it, it's Christmas morning, and he's so happy.

I love the version with Alastair Sim. That's my favorite. I don't even watch any of the other ones, ever. I just own my own copy of the one with Alastair Sim, and I like watching it in black and white, the way it was meant to be. Alastair Sim is so, so good in it. Good lord! I think it's really one of the best performances of all time.

But, when he wakes up on Christmas morning, and he's dancing around his room, his bedroom, and he's saying, ♪ "I don't know anything! I don't know anything! But now I **know** that I don't know anything!" ♪ and he's **so, so** happy, and I totally **get** it! I really do, and this is we can wake up in that state of **rejoicing** that we don't know anything. It's the polar opposite of needing to be right. Right?

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*We can wake up in  
that state of  
rejoicing that we  
don't know  
anything.*

---

I used to -- I lost so much in the moment, so many opportunities to experience Love, and healing, and Peace and Harmony because of my desperate need to be right about everything. But, it's not -- I don't need to be right about everything anymore. I can just observe **what is**, and ask Spirit to show me.

Well, I'll say this -- sometimes my ego does get tugged on, that **need** to be right. So, when I've -- now, when I feel that kind of ego tug, I've learned, "Ah! Relax! Here's your **opportunity** to receive the answered prayer. This is the moment now where I can call for a healing of whatever the mental emotional pattern is that's coming up for healing. I can have a healing instead of repeating the pattern."

We're talking a lot about this in classes lately. It's just such a great opportunity for healing, and we don't want to miss it by repeating the patterns. So, this is our option and our opportunity to choose again every single time we get tweaked.

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*“Yet the essential thing is learning that you do not know. Knowledge is power, and all power is of God.”*

Right? No two powers, just one, the Power of God in our mind, in our mind that’s in our heart, the heart intelligence.

*“You who have tried to keep power for yourself have ‘lost’ it.”*

Right? So, we’ve definitely lost it! [laughs] Yeah. When we’re trying to have power **over** someone, **that’s** not power. **All** power is of God.

*“You still have the power--”*

When we’re trying to have power over things, over people, to manipulate, to control, to manage -- which we do out of fear, because we don’t **trust** God to lead us and guide us to the highest and best -- we’re trying to **manage** it, which always, always, always comes out **less** good than going with the flow of the power of Love.

That’s why my yearlong [\*Masterful Living Course\*](#) is a year long, because it takes a good year for most people just to **learn** to really begin to trust, and to let go of all the things that **interfere** with our trust, all the ways we put our trust and faith in the ego. Undoing those, we can make a **huge** difference in our mind in just one year.

*“You who have tried to keep power for yourself have ‘lost’ it.”*

Lost the power, so it seems.

### *The Blocks to Truth*

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*“You still have the power, but you have interposed so much between it and your awareness of it that you cannot use it.”*

Right? These are the blocks to Love. What are the blocks to Love? Blocks to Love are our beliefs and the thoughts that go with them.

So, if I have a belief that there’s something **wrong** with me, I’m not enough, I’m never going to succeed, if I have these beliefs I’m going to have thoughts that are congruent with that like, “When he doesn’t call me, it’s because there’s something wrong with **me**, and this is the proof of it.”

Right?

The blocks to Love are these veils in our mind between our awareness and the truth. The truth sets us free because the truth is beautiful, the truth is

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perfect. The truth is perfect Love, and perfect Wisdom, and perfect Wholeness, and it's **not** open to interpretation.

It says here -- I'm just going to say it one more time,

"You still have the power --"

-- the power of God, the power of Love,

*"...but you have but you have interposed so much between it and your awareness of it that you cannot use it."*

Right? This is why I'm so frequently saying we **must** give up the opinions, the judgments, the complaints, the criticisms, all of these things we've made up, which **are** the blocks to Love, and which obscure our ability to **know** the truth that sets us free. Jesus goes on to say,

*"Everything you have taught yourself has made your power more and more obscure to you. You know not what it is, nor where. You have made a semblance of power and a show of strength so pitiful that it must fail you. For power is not a seeming strength, and truth is beyond semblance of any kind. Yet all that stands between you and the power of God in you is but your learning of the false, and of your attempts to undo the true."*

Alright. So, let's dig into this a little bit more. To me, it's so, so rich and so, so helpful.

*"Everything you have taught yourself has made your power more and more obscure to you."*

What have we taught ourselves that obscures our power? Well, we've taught ourselves that we are not good, that we're bad, and we could go on and on from there. But, we can just leave it at that.

How **can** we know the power of Love in our heart and in our mind, to heal everything negative that's ever been created, if we think we're bad and not good? No. It's not possible.

*"Everything you have taught yourself has made your power more and more obscure to you."*

---

***The truth is perfect  
Love, and perfect  
Wisdom, and perfect  
Wholeness, and it's  
not open to  
interpretation.***

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We've started with "I'm bad. I'm wrong." And we've just piled it on from there, block after block after block. Right? "*Another brick in the wall,*" as Pink Floyd would say.

### *Power is Not Truth*

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Then, He says,

*"You know not what it is, nor where."*

You know not **what** your power is, nor **where** it is.

*"You have made a semblance of power and a show of strength so pitiful that it must fail you."*

Some people may not be familiar with that word "semblance". People don't use it a lot. It's a good one, though.

*"You have made a semblance of power and a show of strength so pitiful that it must fail you."*

A semblance of power could be an illusion, but it's more like a modicum, a small amount, "allusion to" rather than an actual "expression of".

*"You have made a semblance of power and a show of strength so pitiful that it must fail you. For power is not a seeming strength --"*

Power is **not** strength.

*"...and truth is beyond semblance of any kind."*

Truth is eternal, constant, all-powerful. It is that, just like the light obliterates the **appearance** of darkness. We could say darkness is a semblance. Right? It's a semblance of lack, limitation, and when we turn on a light in a dark room, no matter how dark the room is, the light **will** prevail. It **always** will prevail.

So, we could use an affirmation to help us use **truth** to eradicate pain and suffering. We could use an affirmation, "I AM the Light, and the Light has come." I love that one! "I AM the Light, and the Light has come. Light cannot fail." The Light cannot fail. We can **hide** the Light, but the Light will never go out within any one of us. This is the truth of our being that's so powerful for us.

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***"I AM the Light,  
and the Light has  
come.  
Light cannot  
fail."***

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### *Letting Go of the False*

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*“Yet all that stands between you and the power of God in you is but your learning of the false, and of your attempts to undo the true.”*

We can let all of that go, and this is one of the great things is, we can actually say to the Higher Holy Spirit Self, “Take it **all!** Take everything that seems to be hidden in my mind, every false belief and all the shame, all the regret, all the resentment. Everything that I have thought was valuable to me, You take it all, and leave me **only** that which is truly valuable.”

Now, that’s a tall order for a lot of people. A lot of people don’t have that level of surrender. But, I’m inviting you to have the **courage** to try it out. Start to notice how important to you your opinions are, and see if you can let them go. See if you can allow them to be permanently dissolved and resolved, back to the root cause, that root decision that you made, that “This thought of separation is valuable,” let it all be healed back to the root cause, so we never experience it again.

And so, here in the next paragraph -- again, we’re in Section XI in Chapter 14, which is entitled *The Test of Truth*, Paragraph 2, He says,

*“Be willing, then, for all of it to be undone, and be glad that you are not bound to it forever.”*

Whoo-hoo! Let’s celebrate! **Yeah, baby!** Not bound to it forever!

This was one of the great realizations for me. I used to -- I say this in a counseling session from time to time. It just came to me as something to say, and occasionally it comes back for me to say again to someone who’s going through a difficult time, and feels very stuck or very challenged, or they have a belief like, “I can’t be happy without that person in my life.” Right?

There’s so many ego sad songs which I encourage you not to listen to them anymore! **Don’t** go into that negative pleasure. Right? If you’d like to get rid of the pain in your life, do not allow for negative pleasure. Right? You feel sad, you listen to the sad songs and you cry. **Don’t do it!** It’s not a good idea.

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***If you’d like to get rid of the pain in your life, do not allow for negative pleasure.***

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It's just like if you're feeling depressed, **don't** drink. It's not a good idea. Of course, you know, do it if you'd like to do it, but eventually you'll realize, "Ooh, this is not loving, and this is causing more pain."

Remember that song, ♪ "I can't live, if living is without you." ♪ Right? ♪ "I can't give, I can't give any more." ♪ Right? These are the songs of pain and suffering.

The invitation is to **forgive**, instead.

Remember, you can text the word "FORGIVE" to 35227 and join me in my free forgiveness workshop, [Forgive & Be Free](#).

Also, I'll remind you that [Masterful Living](#) registration is open on an Early Bird special right now at [JenniferHadley.com](#).

You are listening to *A Course in Miracles* on Unity Online Radio. 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*.

### ***Seeing & Knowing Only Truth***

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Here we go! Welcome back!

We're talking about "Using the Truth to Find Freedom From Pain" and - mmm! We've become so **identified** with the one who is in pain that we're like the man that was brought in on a bed when Jesus was teaching in somebody's house one time. They had to open up the roof to bring his bed in through the roof, remember?

And Jesus -- this is what I felt when I tuned into it, Jesus knew that he was attached to decisions he'd made about himself and his life in the past, and my strong, strong intuition is that the man felt very guilty and ashamed for something, and it incapacitated him, and so he was bed-bound. Jesus could see through that, because He had this high awareness, 5<sup>th</sup> Dimensional awareness, He could see beyond time and space to the causation of people's situations, and this is what enabled Him to, in part, be such a wonderful healer, because He was willing to **see** the truth, **know** the truth, **only** the truth, live the truth.

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And so, He said to the man, “It’s **over**. If you wish to, it’s over. Take up your bed and walk.” And, he did, because in that moment he was the two or more gathered with Jesus. And, Jesus, knowing so clearly what the truth was, He could see it not just in a way for Himself, he could share that vision with such a knowing.

This is one of the things that we can **all** do. We can **all** know how lovable someone else is, how completely lovable they are. And, while we might think **we’re** not lovable, we can look at someone else, even a dog or a cat, and say, “Oh, yes! That one is totally worthy of unconditional Love and adoring attention. But, not me.” Right? “Not me.”

This is one of the many ways in which our brothers and sisters are our salvation, because they teach us that unconditional Love is a real thing, because we find people in our life that we can fully and completely Love, and that Love is so deeply healing and transformative. Why? Because Love is what we **are**, so when we are allowing ourselves to **express** Love, to **know** Love, to **feel** Love, to **share** Love, it is healing to us because it makes us in that vibration of Love which brings us back to our self. Love is what we are. *“Teach only Love, for that is what you are.”*

### *The Insanity of Our Story*

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So, going back to *The Test of Truth*, Section XI in the *Text*, Chapter 14, Paragraph 2,

*“Be willing, then, for all of it to be undone, and be glad that you are not bound to it forever. For you have taught yourself how to imprison the Son of God, a lesson so unthinkable that only the insane, in deepest sleep, could even dream of it. Can God learn how not to be God? And can His Son, given all power by Him, learn to be powerless? What have you taught yourself that you can possibly prefer to keep, in place of what you have and what you are?”*

So, you see, it’s **insanity** that we would teach ourselves to prefer the sad, sad painful story that we’ve **made up**, instead of enjoying and rejoicing -- hallelujah! -- that the truth is true, now and forever more.

*“What have you taught yourself that you can possibly prefer to keep, in place of what you have and what you are?”*

But, we do! We do! Right?

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I remember **so** many times I saw the opportunity to be loving to myself and loving to others, and I willfully **would not** do it! I **wanted** to punish myself. I **wanted** to punish others. I **wanted** that! That was important to me in that moment! I **valued** my free will choice to lash out, to strike out, to cause pain and suffering, to withdraw from the Light in order to keep my thing going.

You know, it could have been any number of things. You know, so many times I would do things like just have a half a bottle of wine in order to just get a wedge between me and everything else. I was overwhelmed by my own sense of guilt and shame. Yeah.

**So** grateful that's **not** my experience any more. I never thought I would be able to break free of it. But, the truth is, is that we **can**. We really can. So good that we can! **Yeah!** Mmm!

### *The Truth of the Atonement*

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It goes on here,

*“Atonement--”*

Remember, Atonement is the realization that there is no separation, never was, never will be, never could be,

*“Atonement teaches you how to escape forever from everything that you have taught yourself in the past, by showing you only what you are now.”*

What a gift! I mean, talk about a Christmas gift!

*“Atonement teaches you how to escape forever from everything that you have taught yourself in the past, by showing you only what you are now. Learning has been accomplished before its effects are manifest. Learning is therefore in the past, but its influence determines the present by giving it whatever meaning it holds for you.”*

Okay? So, Atonement teaches you how to escape **forever** from everything you've **ever** taught yourself in the past by showing you **only** what you are now.”

Accepting the Atonement for our ourselves, even if it's just an intellectual concept, if we just say, day after day after day, “Jesus, Holy Spirit, I am willing to accept the Atonement for myself, and share that awareness with everyone, because I'm One with them. Show me how. Show me how to

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accept the Atonement for myself.” And then we’ll be given opportunities. It might be an opportunity to let somebody go first in traffic, and seeing no separation, “I don’t need to get ahead of them. I’m One with them.” Letting someone go ahead of us in line. You know, “You have only a few things, I have many things. Please go first.” What are we feeling in that moment. Where is our trust and faith placed? Right?

I’ve learned to watch this in myself all the time. Not in a critical way, but in an **opportunistic** way. Where are my opportunities to undo the patterns of lack, attack, limitation and separation? And when I see one that I haven’t seen before, I can **rejoice**, I can do that happy dance. [laughs] I can be so grateful and so thankful to let the truth of the Unity of all life be my guide, be the lead. So grateful that that is **available** to me.

You see, I’m so grateful that I don’t feel what I used to feel, which is just immersed in the darkness alone, just like feeling the walls with my hands, and banging into things in the dark, dank prison of my mind. “Where’s the door? Where’s the light switch? Where is it? Where is it?” Still looking outside myself in that dark prison of my mind.

Finally, finally, finally I got it! “Seek the Kingdom which is within. Put that your number one priority, and then everything else **will** be added unto you.” So, I started to look for the Kingdom within. Right?

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### *Seeking the Truth in the Kingdom Within*

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There’s a section, I’ve done a radio show on it, called *The Fear to Look Within*. We’re **afraid** to look within. Then we can’t find Heaven, because it is **within** our heart. *A Course in Miracles* also says to us that our heart is the altar of God. Let us place **no** false idols on the altar. It’s the false idols that decrease and diminish our Clarity, our Freedom.

We think that oh, spiritual practice is going to take time that we don’t have. Over the years, I’ve had so many conversations with people who -- and I used to be one of them! I used to have this conversation with my **own self!** “I don’t have time for spiritual practice! I don’t have time! I don’t have time!” And people will quote Gandhi who said, “Oh, I have so much to do today. I must meditate for two hours instead of one.”

Spiritual practice **saves** time. This is one of the key things that we learn in *Masterful Living* because there’s so much time that’s eaten up through self-

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medication, self-punishment, worry, doubt and fear, because of the things that we say, and we do because we have no spiritual discipline for Love. And so then we have to clean up the mess we made. Or, we're drowning our emotions because we feel we're like burn victims, we've been burned by our own choices, and we're so pained, we're just looking for something to blot out the pain. All of these things take **time!** Right?

People get into car accidents because the decisions that they're making are so dysfunctional, and Spirit is trying to say to them, "Hey! Wake up! Stop! Stop! This is not the way for you to go! You're not looking where you're going." Even when people rear-end us, these things, these jolts of falling down and car accidents, let us know that it's time to make a change. Right?

Often this is one of the things about illness, is it's helping us to make a change in our thoughts and our beliefs. And we don't **know** what anything is for, but we can be really, really good at opening to Spirit letting us **know** what it's for. Right? We **can** be like Scrooge on Christmas morning saying, "I don't know what anything is for," and him dancing around saying, ♪ "I don't know anything! I don't know anything! I don't know anything!" ♪ Mm-hmm! Yes!  
[laughs]

---

***I am part of God,  
and my brothers and  
sisters are part of  
God,  
so they're part of me.***

---

*"Atonement teaches you how to escape forever from everything that you have taught yourself in the past, by showing you only what you are now."*

This is how to undo that sense of unworthiness, that sense of feeling bad and wrong, and I **know** that it works! Right? Because I became very, very committed to seeing my brothers and sisters as **not** separate from me -- not better than me, not less than me, just One with me, part of me. I am part of God, and my brothers and sisters are part of God, so they're part of me. We share the same mind. There are no private thoughts.

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### *The Nature of Universal Truth*

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Jesus goes on,

*“Learning has been accomplished before its effects are manifest.”*

Okay? So, what we see in the world, what we experience in the world, what we **feel** in reaction to the world, or what we feel because we’re in tune with the Infinite, with our own heart and mind, whatever we’re experiencing on mental, emotional and physical levels, circumstantial levels, it is the byproduct of what we’ve **been** thinking. Right? Not what we’re thinking right now, but what we’ve **been** thinking.

*“Learning has been accomplished before its effects are manifest.”*

Especially in this world of density, where things kind of move slow. But -- but, but, but, but -- the manifestation can happen in the very next second.

*“Learning has been accomplished before its effects are manifest.”*

If we don't like what we're experiencing right now, let us not entertain the concept -- because it is a concept, not the truth. Right? And here, we're undoing the pain by the truth. Let us make an offering of our **belief** in the concept that healing takes time, or that it's hard. These are **ego** concepts. They are **not truth**, because if they were, they would be true for everyone, all the time, everywhere, universally.

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***Let us make an offering of our belief in the concept that healing takes time, or that it's hard.***

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That's the **nature** of truth. We don't have individual versions of truth. You may have heard me say this many times. I think it's so important for us to recognize that truth is true **all** the time, consistently. There are not different versions of the truth. There's only the **permanent** truth. That's it! That's all there is. Eternal, permanent truth. That's what's real, and we can tap into it, even if we don't know how. We can say to the Higher Holy Spirit Self, “Show me now. Show me now.”

And that, to me, was what was going on for Scrooge on Christmas morning. He realizes, “It's Christmas Day! I haven't missed it! I can still open my heart, throw it all open and share. I can do things to make life more enjoyable for others. I can be truly helpful in some way.” Right?

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Remember how much fun he's having, giving the raise to Bob Cratchit, his assistant all those years, and telling him to put more coal on the fire, and to get gifts for his family, all these things? It's wonderful! It's great fun!

There's no fun in being parsimonious and withholding. No fun at all! But, there's **great** fun in being able to share. It's delightful, it's joyful! Because why? Because then we're in tune with our true nature.

You see, and that's the thing is that Scrooge had reached that place in that moment where he was giving from his heart, not to **get** anything. He wasn't negotiating with Bob and his family. He was just making a holy offering, just saying, "Ah! I have much to share! Please receive it! Let me share it!" Right?

### *Learning the Truth Through Contrast*

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And so, that's the end of the story, is that Scrooge then becomes known as someone who is the best keeper of Christmas in town. Why? Because he understands the **contrast** between withholding, and not sharing, and living in the darkness versus giving, and sharing, and receiving, and being generous. He understands the contrast.

This is a world of contrast. So, no matter what choices we've made, let's say **nothing** wrong has happened, nothing wrong has happened. Everything is in perfect alignment for us to see the contrast and to choose again.

You see, that's what true forgiveness is -- not judging ourselves for having made a life in which the contrast is so strong and intense it's punishing and painful. Let us not judge ourselves for that.

The ego has **such** a strong belief in punishment, but God doesn't know anything about it. Right? In the system of God and Spirit there's karma, but it's **not** punishment. We're not experiencing bad or negative karma **because** we're bad and wrong. No! We're experiencing -- in a certain way, karma is neutral. Right? If we pour poison in the world, since there's only One Mind, **we're** going to be drinking the poison, we're going to be thinking the poison, we're going to be experiencing the poison, we're going to get the biggest dose of it because it's emanating from our awareness.

There's no way to poison someone else with negativity and **not** experience the fullness, the greatest share of it. And, likewise being loving, and generous, and kind, generous of the heart, compassionate from the heart,

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we will experience the greatest portion of it, of that healing, because it's coming **from** us. That's the way this world works.

### *Learning to Remember the Truth*

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It says here in Paragraph 3,

*“Learning is therefore in the past, but its influence determines the present by giving it whatever meaning it holds for you. Your learning gives the present no meaning at all. Nothing you have ever learned can help you understand the present, or teach you how to undo the past.”*

This is really helpful to us. So, remember, it's saying, “Learning has been accomplished before its effects are manifest.” And what is **learning**? It's really **remembering** the truth.

The learning has been accomplished **before** we feel the effects in the physical realm. And, even we can recognize that the world of form is our physical body, it's the circumstances of our life, it's our emotions, it's even our thoughts. So, the learning's been accomplished before we're going to **feel** the effects, **see** the effects, **recognize** the effects.

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***Our healing and our learning is to undo our attachments to the meaning we gave things in the past.***

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All learning that we have is in the **past**, and it's influence determines the **present** by giving it whatever meaning it holds for you. So, learning is **not** truth and **knowing** truth. Learning is **en route** to the knowing of the truth.

*“Your learning gives the present no meaning at all.”*

It's all about the **meaning** that the **past** has for us, and then we make decisions in the **present** based on our **interpretation** and the meaning that we've given to things in the past.

Our healing and our learning is to **undo** our attachments to the meaning we gave things in the past.

*“Nothing you have ever learned can help you understand the present, or teach you how to undo the past. Your past is what you have taught yourself.”*

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### *How to Get Out of Pain With the Truth*

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Everything that we **think** about the past is our interpretation. It's the meaning we've made of it. Everything! And, we can hand it all over to the Holy Spirit. I like to say, "Let's place it on the Holy Altar Fire of Divine Love and open our hearts and minds to the truth that sets us free."

*"Your past is what you have taught yourself. Let it all go. Do not attempt to understand any event or anything or anyone in its 'light,' for the darkness in which you try to see can only obscure. Put no confidence at all in darkness to illuminate your understanding, for if you do you contradict the light, and thereby think you see the darkness."*

All of it can be undone by the Holy Spirit, if we request it. **This** is how we get out of pain with truth.

Oh, my! I could go on this topic for a very long time.

I'd like to invite you to consider joining me next year in [Masterful Living](#). Registration closes January 14<sup>th</sup>, and right now we have an Early Bird special until the end of December. It's powerful, and you can always join us, and if you change your mind, you can always withdraw.

Let's get in on the good stuff! Yes! Yes, yes!

And, if you enjoy this broadcast and it's meaningful to you, if the [transcripts](#) are meaningful to you, if the [free text messages](#) are meaningful to you, and the free workshops, please consider making a donation to support our sharing even more at [JenniferHadley.com](#) or [LivingACourseInMiracles.com](#).

### *Closing Prayer*

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I place my hand on my heart, so grateful and thankful that the Love of God is all that we are. We **accept** it, and we share the benefits with everyone.

We let it be. And so, it is. Amen. Amen. Amen.

Have a great rest of your week! Mwah!