

*December 25, 2018*



# The Holy Instant & Special Relationships



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*December 25, 2018*

# The Holy Instant & Special Relationships

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, and Merry Christmas! Today is Christmas, and this is our Christmas show and I'm so happy to share it with you. Mm-hmm!

I am so grateful for *A Course in Miracles*, that gift of assisting us to remember the Christ, remember the truth, remember our natural true nature. This is the gift of *A Course in Miracles* **when**, of course, we **practice** it, when we **live** the Lessons. When we **live** *A Course in Miracles*, then all Heaven breaks out in our heart, in our mind, in our family, in our relationships, in everything, and we're grateful that we have a roadmap to get there.

So, let's begin with a prayer. *A Course in Miracles* tells us, "*Prayer is the medium of miracles.*" That's why prayer is something that we work a lot with in my classes, in particular my yearlong *Masterful Living Class*. I often hear people tell me, so much, how grateful they are, that they really started to pray, and learned how to pray in an effective way, an *A Course in Miracles* way, and let's pray right now. Let's pray the pain away.

## *Opening Prayer*

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We're grateful and thankful to join together. I place my hand on my heart, so grateful and thankful to Partner UP with the Higher Holy Spirit Self, so grateful and thankful to join together in the very nature of Love, our true perfection, our Wholeness. This is what we're calling into our awareness.

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We're willing to forget all that we have made. We are willing to forget the belief in wrong, in mistakes, in pain and suffering. All the root causes of suffering, we give them to the Higher Holy Spirit Self for healing.

We're grateful and thankful to join together, here and now, to remember the truth that sets us free.

We are grateful to call forth a healing and a holiness in all of our relationships, in all of our relating, including our **self**-relating.

We are grateful and thankful to accept a miraculous life. In gratitude, we are **choosing** a life of being truly helpful, truly awake, truly loving.

In gratitude, we accept that the Christ is preinstalled, the Christ is within. We are grateful, we are thankful, to join together for this holy purpose, and 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.

### *Recognize the Christ in All*

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Ah! I feel the Holy Spirit guided us to this topic today, "The Holy Instant and Special Relationship". This time of year is when many people are having relationship connections, some that are amazing, wonderful and miraculous, and some that are difficult and challenging. And so, the invitation to us today is to recognize, not just the Christ within our brothers and sisters, but also in **ourselves**. That message of *A Course in Miracles* is that the Son of God, which is what humanity is, **is** the Christ, that **we** are the Christ. Yes!

Let's talk about the Holy instant for a minute. I've done at least one broadcast on the Holy instant, so you can always find that in the archive.

And, by the way, because we have so many episodes now, iTunes divides the archive. So, if you're using iTunes for your podcast, it's in two sections. There's the *A Course in Miracles* archive that's the oldest shows, and then the newest shows are in the podcast called *A Course in Miracles*. So, we've got, I think this is 370-something, 376, and so 76 episodes are in that archive of the podcast. All of the episodes are searchable at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com), where we have the transcripts, we have the recordings.

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But, I do think most people find it easier to work in the podcast. And, if you don't know anything about podcasts, but you'd like to learn about it, we can help you get the podcast going on your device. It just makes it so easy to have all the episodes there, and you can just write to us at [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com) and we'll set you up with someone who can help you at no charge. We're doing all of this to support ourselves and each other in living *A Course in Miracles*, and it's our pleasure to be truly helpful.

### *What Is the Holy Instant?*

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Chapter 15, *The Holy Instant*, that's the whole chapter there. What is that Holy instant? If you're not clear about it, the Holy instant is that moment that you realize the **truth**, and it's about seeing yourself and your brother not as separate.

It's similar to the Atonement. The Atonement is when we recognize we're not separate, and separation never occurred, it never happened, there's no such thing. And, the Holy Instant is every moment we have the opportunity to **accept** the Atonement for ourselves. This Holy Instant is the opportunity and the choice to fully Love.

In Chapter 15, Section IV, it says,

*"You can claim the holy instant anytime and anywhere you want it."*

When we recognize our perfection that we're already as holy as holy can be, as I like to say, in that recognition is the holy instant, the perfect communication with God. So, when we drop all the opinions, the judgments, the complaints, everything that pushes God out of our awareness, **that's** the Holy instant.

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***When we drop everything that pushes God out of our awareness, that's the Holy instant.***

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*A Course in Miracles* encourages us to **practice** the holy instant, and our special relationships give us a great opportunity to do that. Our relationships are our **opportunity** to heal our mind. *A Course in Miracles* tells us those relationships that we have are the **greatest** tool, the very greatest tool that we have in healing our mind, in letting go of all false beliefs.

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This is why Buddha also taught that those who are living in families -- they call them “householders” in the Buddhist tradition -- people are having families, people are living in the world, people who are **not** monks, **not** nuns, **not** priests, but people living in the world, having “real world” experiences. I say that, realizing that *A Course in Miracles* doesn’t call this the “real world” but rather than the monastery or the convent, that kind of a different world, in a sense -- that those of us who are living in this human experience of relationships, and families, and work, and all of that, that **we** have the greatest opportunity to work with our mind day in and day out, moment by moment.

We can practice that holy instant everywhere we go, in every conversation. It’s the main thing, I find, is what is it that you desire? What is it that you’d like? What is it that you are going to choose? Will you choose the past, or will you choose life, Love, holiness?

We can always choose **how** we’re going to see ourselves and our brothers and sisters. Mm-hmm. We **always** can make that choice. And, if we make an unloving choice, we’re going to feel that discord, that disharmony, and then we can choose again, take a breath and choose. Again. This is **practicing** the holy instant, and that’s where the healing happens.

One of the things I discovered in my experience of *A Course in Miracles* is -- see, I came to *A Course in Miracles* when I was just finishing my Science of Mind ministerial studies, which was a 9-year odyssey [laughs] and to be first a Prayer Practitioner, and then a minister, in the Agape community. I started studying *A Course in Miracles*, you could say, or exploring *A Course in Miracles*, in my senior year of ministerial school, and as I got into meeting other *Course* students, I started to realize, “Oh, a lot of people are studying this book, but they’re not really **living** it that deeply.”

I was just talking with someone recently, finishing up the year in *Masterful Living*, they said that they had studied the *Course* very much so for 10-12 years, but had never **applied** it, really, fully, was not experiencing the miracles.

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*We can practice  
that holy instant  
everywhere we go,  
in every  
conversation*

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I've just talked with so many people who have that experience, so as we're beginning to go into the new year, of course you don't need to work with me in order to transform your experience of living *A Course in Miracles*, but gosh! If you'd like to, we'd love to have you come and join *Masterful Living* with us.

It's so powerful when we do practice the holy instant. When we **practice** it. You see, transformation really is 99% practice and 1% study. It's just a tiny fraction of study, and 99% of the time it's all about how we **live** it. Are we **really** being truly helpful? Are we "giving to get"? Are we making people wrong, so they feel guilty and ashamed? Ah! Yes! Just letting that sit in.

### *Recognizing Opportunities of the Holy Instant*

I had the experience just yesterday where I bought this really lovely sheep's milk cheese, which has just a wonderful flavor, and I found out my brother used half of it on chili, this really spicy chili, and I'm like -- and I just thought, "What are you doing? You can't even taste that cheese on that chili!" [laughs]

I can tell you why I was bothered. I was bothered because it felt like a waste. I was bothered because there's nowhere even remotely near here in Maine where I can go get that cheese. I'd have to drive a couple hours to get more of that cheese. [laughs] And so, I thought, "Ugh! Why didn't you ask me? We have all these other cheeses! Why would you pick that sheep's milk cheese, that I bought special, for your three-alarm chili?" But, I didn't think all that, really. I just "Agh!"

I could see where my comment was literally designed to make him feel bad, make him feel guilty, which most people would be like, "Well, yeah! Yeah! He did the wrong thing! He did a bad thing! Why didn't he ask me if he could eat that cheese? He knows that I bought that cheese special! Why is he just putting it on his chili without even asking? You know, when there's all these other cheeses that he bought, that he knows about? Why is he doing that?"

But, there's no **gain** for me in making him wrong, bad or guilty. First of all, it's not going to get the cheese back. But, even if it could get back ten times the amount of the cheese, or a lifetime supply of an unlimited amount of

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that sheep's milk cheese, it wouldn't be worth it, **except** to the ego. Except, to the ego.

But, that's how we are. We destroy the opportunity for the holy instant, the holy relationship, by making people wrong. It's such a delicate walk between saying -- "Do-over!" Here's my do-over to say to my bro, "Oh, how was the cheese? Was it good? Oh, great! I haven't tasted it yet, but I love that cheese! Yeah, it's just special sheep's milk cheese that I really enjoy. Yeah. You know, there's only so much of it, so maybe you could save the rest and I could have that, because I don't like these other cheeses, and I can't get anymore."

But, see? Even **that**, I start thinking about it, and I think, "Hmm! He's going to feel guilty, he shouldn't have had it." You see? So then we have to think about it some more, and then we finally say, "Okay, Holy Spirit, I must have made a wrong decision." Right? The prayer at the end of Chapter 5, "*I must have made a wrong decision because I am not at peace.*" "I'd like to make a right decision, so I'm going to give it all to You, and I'm going to ask You to do all the consequences of my wrong decision."

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***We destroy the opportunity for the holy instant, the holy relationship, by making people wrong.***

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And when I say "undo all the consequences of my wrong decision" what would be the consequences of my snapping at my brother about the cheese, my reacting? Just **listening**.

You know, so we can all listen. Undoing the consequences would be any sense of guilt, any sense of shame. And, to me, it's also I missed an **opportunity** to be loving, and instead I was unloving. Undoing the consequences, to me, is also giving me back a loving opportunity to increase the Love in our relationship -- the patience, the kindness, the generosity.

What's wonderful is to live in a family in a workplace, in a community where, every day, we all make errors. Nobody makes more errors than me. That's what I find. [laughs] I make a lot of errors, and that's life! I misperceive things. I forget things. I am too busy, I can't pay attention to everything. Sometimes I get overwhelmed by so many details.

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By the way, when you're running an online ministry like this, there are so many details! Every webpage has details, every piece of artwork has details, every recording has details, every transcript has details, every class has details, every participant has details. This one, their browser's not working properly, this one they're password they can't remember. On, and on, and on, and on. It's a freakish amount of details.

When I started it, I had no clue about that, so I just plunged in. I just said, "Oh! How hard can it be?" OMG! I did not know! But, thank God I **didn't** know, because if I had known how hard, just like how complex, how just tremendously intense all the details are, I would **not** have done it. I, for sure, would not have done it, and I'm so grateful that I had no awareness, I was ignorant. I was naïve, and I'm so grateful for that, because I got too far in. I got too far in, and so I just kept going. Like, "Oh, I can't go back now! I can't quit now! I'm not a quitter." [laughs] But, there were times when I just thought, "Oh! Whew! This is intense!" and it's just intense because it's so, so, so many details. **So many** details! Mm-hmm.

Listening to the birds. Hmm.

### ***The Purpose of the Holy Instant***

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The holy instant.

*"The holy instant is the Holy Spirit's most useful learning device for teaching you love's meaning."*

This is Chapter 15, Section V, which is entitled *The Holy Instant and Special Relationships*.

*"For its purpose is to suspend judgment entirely."*

That's the **purpose** of the holy instant, is to have our mind be free of every opinion or judgment, every block to Love we've ever held.

*"Judgment always rests on the past, for past experience is the basis on which you judge."*

Think about that for a second. Right? Imagine this, or consider this -- you don't need to imagine it, but just consider -- you're five years old. You're in a store with your parents, and they see someone who's wearing, let's say, the normal wear of a person from an African country, an Indian country or an American country, or some country that's not yours, and your parents,

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let's say, they had a reaction to that, like, "Oh, my gosh! Look at her! She looks like a goddess in that sari! Oh! Oh, my gosh! What a **spectacular** outfit! That woman must be amazing! Wow! Look how she's dressed! It's magical looking in that sari, in the headscarf, and the dot at her third eye, and, oh, my! What an amazing thing to see, a beautiful woman like that!" Right?

Then maybe 20 years later, you realize you have this just deep desire to go to India, and you don't even know why, and you've always been interested in Indian things, and Indian food, and going to Indian restaurants, and cultivating Indian friends, and all because of that first experience.

Of course, it could be **not** a positive experience. It could be a negative experience, where you just casually do something, and somebody says, "Don't be an idiot! What are you doing? Don't do that!" and we take these things on, especially when we're children.

It's just one of the ways that our relationships become so special, and so that they're not based in Spirit connection. They're based on the judgments, the memories, like it's saying right here, and that's why *A Course in Miracles* offers us **so much** healing opportunity **when** we practice it, **when** we really live it.

### ***Save the Date - Healing Retreat***

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Oh! Before I forget, save the dates! We're getting ready to announce a healing retreat that I'm doing with dear friends Lisa Natoli, Jon Mundy, Corinne Zupko -- healing, forgiveness, miracles and Kundalini yoga. It's going to be a 5-day immersive retreat, so that we can **really** go deep with it and have a lot, a lot of fun! We're going to do March 20<sup>th</sup> to the 24<sup>th</sup> and it's in upstate New York. It's going to be powerful and beautiful! Details to come.

You're listening to *A Course in Miracles* on Unity Online Radio, where we're living the Love, we're walking the talk, and I'll be right back!

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

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### *Healing Happens in the Holy Instant*

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Welcome back! Ah! We're talking about "The Holy Instant and Special Relationships" and the **healing** that we can have when we focus in on the **opportunity** that we have, in each and every moment, to **practice** the holy instant. That's **really** living *A Course in Miracles*, to me.

*"The holy instant is the Holy Spirit's most useful learning device for teaching you love's meaning. For its purpose is to suspend judgment entirely. Judgment becomes impossible without the past, for without it you do not understand anything."*

*"Judgment becomes impossible without the past --"* When we live in the holy instant, when we live in the present moment, judgment is **impossible**. We're looking at everything in the present moment through the lens of the past **when** we're in judgment, **when** we're complaining, when we're criticizing, **when** we're attacking. We're **not** actually present in the moment.

Now, I know that hear this all the time, but here's what's **so** important to comprehend -- healing can **only** take place in the present moment, and that's precisely **why** the Holy Spirit can undo all the consequences of our wrong decision.

Let's say we made a decision in the past that we're not worthy of Love, that there's something wrong with us, and that has led us to some kind of physical distortion, emotional distortion, mental distortion.

I work with so many people who really quickly heal chronic depression, chronic pain and things like that. It's one of the reasons why I asked Lisa, and Jon, and Corinne if they would come and do this healing retreat with me in the Spring, and it's because we can do so much healing in the holy instant, in the moment. We can **really** Partner UP with the Higher Holy Spirit Self, we really can drop our attachments to the meaning we've made of things in the past.

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### *Upcoming Classes & Support*

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And, this is precisely why I have my [\*Finding Freedom Boot Camp\*](#) class to jumpstart things. The next one will be offered in March.

Right now, it's Christmas Day, and we're coming to the end of the Early Bird special for [\*Masterful Living\*](#). We have a [\*Bonus Class\*](#) on January 1<sup>st</sup>, which is so fun, and anyone can take that. But, it's a Bonus Class for the *Masterful Living* folks. We kick off the new year and then our weekly classes begin on January 14<sup>th</sup>.

There are many different components to *Masterful Living*. We have small Circles, we call them Mastery Circles, and we have Study Buddies, and we have -- I've designed, or Spirit's given me these designs of these counseling sessions that our Spiritual Counselors do with people 1-on-1. We have group orientation. We have all these different components to [\*Masterful Living\*](#).

People can do as little or as much as they'd like. It's all optional. We have Prayer Partners. People really learn the tools of transformation, and have the encouragement and the support to really do the work. Because we all know, that this is the challenge for us, is not actually doing the work. It's not -- our commitment to living in the holy instant, it needs support, for most of us. Certainly, for me.

### *Letting Go of Judgments*

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*"Judgment becomes impossible without the past for without it you do not understand anything. You would make no attempt to judge, because it would be quite apparent to you that you do not understand what anything means."*

If we were standing in that holy instant without any of our judgments, we wouldn't know what anything means. This is where *A Course in Miracles* begins -- "I do not know what anything is for." I don't **know** what it means, because **I've** given everything all the meaning that it has for me, so I don't know what it **really** means. But, **I can**. **I can** stand in the holy instant and discover it, and remember it, and my special relationships, and the pain and the suffering that those relationships are, always, is the **inspiration** to move into the holy relationship and live in the holy instant.

Now, for most of us, it seems absolutely **impossible**, just impossible! It's like a fantasy on television that is **not** going to happen for us. But, the

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**truth** is, the reason why we think it's not going to happen for us is because we don't make the **commitment**.

That's why working with others, holding the commitment together -- "Oh! This one held the commitment through difficult times. Oh! And I can hold this person, this other person who's going through a challenging time, and help **them** hold the commitment, and then that strengthens it in **me** so that I have a better ability to hold the commitment to see, to know, to feel, to experience Love no matter what."

We begin to become more effective, more capable, and together we get inspired to drop these judgments and to stop living in the past.

It says here, and again this is Chapter 15, Section V, first paragraph,

*"You are afraid of this because you believe that without the ego, all would be chaos."*

We're afraid of the holy instant because we've invested **so much** in the ego. Jesus says,

*"Yet I assure you that without the ego, all would be love."*

Right? This is what people who are **truly** practicing *A Course in Miracles* are beginning to really **feel** and to **know**. "Oh, my God! It's **all** Love! I thought it was something else, but that was just the meaning I attributed to it, because I was constantly reliving the past! But when I'm willing to **let go** of my attachments to the past, now I can see, it's **all Love!**" **Yes!**

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*When I'm willing  
to let go of my  
attachments to  
the past,  
now I can see,  
it's all Love!*

---

Jesus goes on to say,

*"The past is the ego's chief learning device, for it is in the past that you learned to define your own needs and acquired methods for meeting them on your own terms."*

See, this is **so helpful** to us in recognizing what the heck is going on, and this is why special relationships can be so helpful to us, because in the special relationship, we're trying to get our **needs** met through that relationship, instead of getting them met through God.

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When we're turning to Spirit for all our needs, we begin to live in that place of "I need do nothing." We begin to live in that place of "All my needs are met in God." **That's** where my needs are met, and so I don't have to go and try to get my own needs met. Spirit will provide everything. Everything, everything, everything! It truly will!

But, since we don't **believe** it, we don't **allow** it, and **that's** the thing that we really focus on in *Masterful Living* is allowing it.

### *Allowing the Answered Prayer*

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If you listen to my prayers -- so, I record many, many prayers, but I also record a [daily prayer](#), and anybody can listen to it, anyone can subscribe to it. You can get the podcast. You can get my "[Daily Shot of Spiritual Espresso](#)" which includes the prayer. You can call the prayer, have it on your speed-dial. You can read the transcript of the prayer, as we do that. We started doing that. We had so many requests from people who had trouble hearing, they wanted to see the prayer written, so we transcribe them all now.

At the end of every prayer, I talk about **accepting** the answered prayer, **allowing** the answered prayer. That is part of my prayer. That's part of my prayer, that I **allow** it, that we **allow** the answered prayer to actually manifest, and not get in the way because of what we think **should** be and shouldn't be, and because we believe we're **not** supported by God.

You know, when there's **fear** there's no sense of **real** support in God. Right? That's why that's one of the main benefits for people when they drop the judgments, is they stop feeling afraid, because now they're **more** receptive to inspiration, to Spirit leading them and guiding them.

If you're going to block the Source of all your good, which is what the **blocks** to Love do, when you think **you** have to figure everything out, and you're on your own, and you don't **have** a capacity to allow because you do not **trust** God, then you are going to live in a constant state of worry, fear, and probably depression.

*A Course in Miracles* tells us that depression comes from believing you are deprived of something that you want. But, **no one** can deprive you but you. If God is the Source of everything good, and true, and worth having,

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and **you** feel you **don't** have what's good, and true, and what's worth having, it's because **you're** blocking the flow.

This was such an eye-opener for me! It took me so long to get this! **I am** the one that's blocking the flow with my judgments, with my opinions, with my criticism, with my condemnation, with all of it, blocking the flow of Love, blocking the flow of Abundance, and Prosperity, healing, Harmony. Everything that I **really, truly** desired to experience, and to have, and to know, and to feel, I was **blocking** by my judgments and my opinions.

It's just, this is what I find in *Masterful Living*. At the beginning of the year, people always tell me that they didn't think they were that judgmental. No, they didn't think so. Lots of people, "I'm one of the **least** judgmental people I know!" That's how people feel at the beginning of the year.

And I challenge them to write a letter to me as though it's the end of the year, right? "So, tell me, write me a letter, and tell me all the wonderful things that transpired this year for you. All the breakthroughs, all the healing, all the amazing, amazing, wonderful changes and shifts in your life. Please tell me. Write a letter."

Then, at the end of the year, they tell me, "You know, I didn't think I was very judgmental, and I found out, oh, my God, I'm **constantly** judging! I just don't ever take a break from judging! I had **no idea** how judgmental I was!"

Then they really work on it, releasing all those judgments to the Holy Spirit, and over the course of the year their relationships become holier and holier. They become **more** present in the moment, experiencing the holy instant of being able to **consciously** choose Love instead of revisiting and regurgitating the past.

When they come to reading their letter at the end of the year, many, many, many times they tell me that, oh! They don't know **how** it happened, but they seem to have experienced or manifested **a lot** of it!

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You see, when we can **really** energize what it is we'd like, and the deep desires of our heart, **without attachment**, and we **allow** our mind to open to the Holy Spirit, and we **give** to the Holy Spirit for healing the thoughts, the judgments, the complaints, the criticisms, the worries, the doubts and all of it for healing, we begin to open to receive and to allow, allow! I often say, "You don't have to figure out **how**. Your job is to **allow**." **Allow**. Have a vision of what you'd like to experience.

### *The Fantasy of Special Relationships*

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But, you see, if that vision of what we'd like to experience is a **fantasy** that's **compensating** for our negative beliefs about ourselves, if our fantasy is about us being recognized and appreciated for ego-based reasons -- that's one of the ways you can tell it's a fantasy, is you're using it to escape your life -- that's **different** than having a vision of sharing your gifts and talents in the world in ways that are **profoundly** fulfilling for you and for others.

A fantasy of you being **special** is so different from really holding a vision of holy relationship, living in the holy instant, so there's no reason for God to give us what we'd like and the deep desires of our heart. **But**, if we **need** it in order to feel good about ourselves, it **won't** work. It won't work. It becomes a **false idol**.

Many times, what people are asking God for are things that are actually going to make their life **more** painful, and that's one of the things about special relationships. People cling to special relationships.

When a relationship is deeply fulfilling, and connected, and harmonious, there's no need to **cling** to it. You just **enjoy** it.

**But**, when it's a **special** relationship, you're **not** living in that holy instant. You are revisiting the past, so you're going to experience that you're trying to get something, you're trying to manipulate, you're trying to control, you don't feel secure, you feel off balance. Your happiness **depends** on the people in the relationship, and what they think of you, and how they treat you. And so, all of those things are time-based and temporary. They're **not** in the holy instant, because the holy instant is eternal.

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It says here,

*“The past is the ego's chief learning device, for it is in the past that you learned to define your own needs and acquired methods for meeting them on your own terms. We have said that to limit love to part of the Sonship is to bring guilt into your relationships, and thus make them unreal. If you seek to separate out certain aspects of the totality and look to them to meet your imagined needs, you are attempting to use separation to save you. How, then, could guilt not enter? For separation is the source of guilt, and to appeal to it for salvation is to believe you are alone. To be alone is to be guilty. For to experience yourself as alone is to deny the Oneness of the Father and His Son, and thus to attack reality.”*

### Be Willing to Live In the Holy Instant

When we Love some more than others -- and it's different to Love and to like, to feel connected to, to cherish -- but just to Love, to be able to be open-hearted towards everyone, of course this is **intensely** challenging. And, just because we're not getting it perfect in this moment or this day **doesn't** mean we stop going for it or we think we can't do it, you see, because if we **think** we can't do it -- “Oh! I can't love everybody! Oh, I can't really accept everybody!” -- if you think **that**, you're not **allowing** the Holy Spirit to lead you and guide you. Just **that** awareness is so cool, isn't it?

One of the prayers I used to make is, “Holy Spirit, show me **how** to Love this person. Right now, I'm **not** feeling it, I'm **not** seeing it, but I'm **willing**. I'm **totally** willing, so take the blocks to Love out of my heart, and let me Love like the Christ. Let me Love like Jesus Loves. Holy Spirit, let me Love the way I'm **designed** to Love, fully and completely.”

It's so critical, though, to know we **don't** have to like everything and enjoy everything. These are crazy misperceptions! It's just not possible for us to really -- I mean, we have preferences, right? But, still we can have our preferences without any judgment, and I have done a ton of shows on that.

In this moment, we can practice the holy instant, and we can say in the moment, when something bothers us -- like with my brother and the cheese. I did go back to him and say, “I'm sorry. I'm sorry if I made you feel guilty about the cheese.” He said, “You can have a special cheese.” And I said, “I know. I know. It was really -- I thought it was the misuse of the cheese on the chili.” I said, “But that's crazy. You know, I don't -- I'm so sorry.” He was, “It doesn't matter.” You see? Because we have **agreed** in

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our relationship that we can have a human experience, and we don't have to take everything personally.

**That's it!** Being able to demonstrate **that** in our families, in our friendships. I'm really interested in being super masterful at **that**, just not taking anything personally, because it's not **meant** personally. When people are unconsciously reliving the past -- like I did with the cheese, some idea of how the cheese is supposed to be enjoyed and appreciated, right? -- that's a preconceived idea. It has **nothing** to do with being present in the moment now. In the moment now, we can do whatever we like with the cheese. That's what's cool about the moment now. We can just enjoy the moment now. We don't have to save everything for later, or have everything be special.

Living in the holy instant, we can stop all the **need** for everything to be special, because when we need to be special, it is an absolute affirmation that we don't think we **are** wonderful, so we're settling for specialness, instead.

Children learn specialness at a very early age, and we can help them to dissolve and resolve those attachments to specialness by dissolving them in **ourselves** and modeling it. What a wonderful thing to teach children, is "I don't **need** to be special. I don't **need** to be appreciated. I don't **need** to be recognized. I can just live and give fully, without needing anything in return. I don't need to take things personally, because people are reliving their past. I'm not even in the equation. They're living the past. I just have to be here when they're doing it. Why would I take that personally?"

Once I know that's what's happening, taking things personally is a **choice** I don't have to make anymore. And when we can practice that over a course of years in our family, in our friendships, in our workplace, **everything** changes.

I think I may have mentioned this earlier in the year, someone in [\*Masterful Living\*](#) decided to make an experiment where they just greeted everyone in the office each morning, and over the course of months it changed the culture in the office. Just saying, "Good morning!" to each person, making a point of it. There you go! It's not rocket science. It's not so hard. Little things mean a lot. They mean we're **willing** to change our mind and to choose again. **Yes!**

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### *Upcoming Events*

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Well, I'd just like to say that I'm so grateful for the Love of God shining in us, and I'm grateful for the healing retreat that's coming in March. I'm also, right before, going to offer a [Teacher Training](#) again, how to lead a workshop, and I will specifically teach you and certify you to teach and lead my [Forgive & Be Free](#) workshop, so we can have more people doing that in the world.

Also, I'm going to be at the British *A Course in Miracles* Conference in May, and the Boston *A Course in Miracles* Conference, also in May.

[Masterful Living](#) registration is going to be closing on January 14<sup>th</sup>, so come join us. Give us a shot for your best year ever! [New Year's Reboot](#) class, separate class, bonus class, January 1<sup>st</sup>.

### *Closing Prayer*

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Let's take that breath of Love and gratitude together, hand on our heart. We wholeheartedly Partner UP with the Holy Spirit. We are grateful to allow the healing to be. And so, it is. Amen. Amen. Amen.

Mwah!