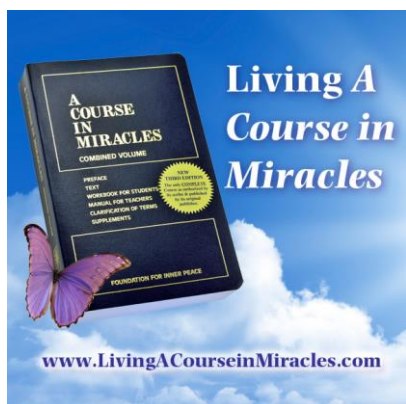


**February 26, 2019**



# Corinne Zupko - The Courage to Heal



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February 25, 2019

# Corinne Zupko - The Courage to Heal

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! I am grateful! I am so grateful for this opportunity to share this week on the radio show. I am grateful to welcome my guest and my friend, Corinne Zupko. She has been on the radio show before. She was on the show last year when she came out with her book about healing anxiety. We're going to talk about that today, and "The Courage to Heal" and what that takes, because it's no small thing and Corinne's an expert on that.

Welcome, Corinne!

Corinne Oh, Jennifer! Thank you so much for having me. I'm **so** grateful to be here and to be talking about the courage to heal.

Jennifer We're going to start, as we always do, with a prayer and a blessing.

## Opening Prayer

I'm going to invite everyone to place their hand on their heart as we take a breath. We just move into that deep grateful. We are grateful and we're thankful that our heart is the Heart of God, that **truly** our mind is the Mind of God. We are joined together in this joyful Divine Intelligence, this pure Wisdom, and we are grateful and thankful to recognize that, to come together and Partner UP with that Higher Holy Spirit Self **for** the purpose healing, **for** the purpose of having the courage to heal.

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We are grateful and thankful that **everything** we need is being provided to us, and we are **receptive** here and now.

We're transcending time and space to come together for the purpose of our healing, and we share the benefits with everyone, because we are One with them.

In gratitude, we let it be. And so, it is. Amen. Amen.

Corinne      Amen.

Jennifer      Yeah!

### *Our Resistance to Healing*

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Jennifer      Corinne, I was thinking about, we just did that Facebook Live last week with Jon Mundy and Lisa Natoli, and I was just pumped up. I'm always pumped up by the topic of healing, and you, and me, and Jon, and Lisa, we have this retreat that's coming up in March, and so we were talking about healing.

In preparing to have you as a guest on the radio show, I was thinking about the healing topic and your expertise on healing anxiety, and I want to share with you something that came up in *Masterful Living Class* this week that, to me, is very present all the time in my mind in working with many people, and you work with so many people, too, as a teacher and a therapist, a counselor and all the wonderful things that you do.

What -- it comes up for all of us. I know it comes up for me, and it was being brought up by folks in class this week, that it takes **courage** to heal, that there is a kind of a resistance and a reluctance to the very thing that we desire most.

We desire the Freedom from the physical body's pains and suffering, we desire to feel free from the limitations of the personality and the emotional body, which can just absolutely drive us all around the bend. We're constantly feeling that. I know many people are constantly feeling that.

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***It takes courage to heal.  
There is a kind of a  
resistance  
and a  
reluctance  
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Their emotions are upsetting, and a mystery, and unsolvable. Same with issues in the body.

And yet, as **crazy** as it is, we often have **very** strong resistance and reluctance or fear, about resolving and dissolving the problems that drive us crazy.

You and I have never actually had a conversation about this. I'm really interested to know what you know from your experience of healing anxiety and helping so many other people do that, too.

Corinne

Mmm! Jennifer, what a rich, rich topic. I have so many thoughts coming up at the moment. First of all, I love that this topic about courage came up in [\*Masterful Living\*](#), and I love that with that was the recognition of the resistance that is also there to heal.

This resistance is something that *A Course in Miracles* talks about a lot. In psychology, Freud calls it the “death instinct” that we have, this drive toward the pain. And so, it's been noticed even beyond the *Course* community that that -- we call it, what is it? Self destruction, like that self-destructive type of instinct. It's sort of in the same category of this resistance that we can encounter when, yes, we are desiring the truth, we're desiring healing. And yet --

I facilitate a weekly *A Course in Miracles* Study Group which, I think, has been going on now for about eight years, every Sunday night. One of the participants recently shared something that I thought was so poignant, and she noticed the attraction to the “ick” which is exactly what you're saying about that resistance that comes up, the attraction to the “ick”.

The thing is that, I think it is so important that we're able to **see** that. So, just the fact that we can recognize that is taking us leaps and bounds toward healing, because it's when we **don't** see it, and we keep falling in, again, and again, and again, that we keep getting tripped up and we don't seem to progress, but the fact that we can actually **see** that resistance, now

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

we can see it and we can say, “Ah! I want to choose again. Holy Spirit, I’m looking at this with You. I’m giving this over, and show me a better way.”

The way that I like to conceptualize this resistance, or this attraction to the ick, number one is that we become **familiar** with darkness. Right? We’ve become **familiar** with pain. It’s almost like we can get comfortable in that pain, and it starts to **define** who it is that we are. We think, “Well, I’m Corinne. I’ve had anxiety. I have --” and we start slapping on these labels onto our identity.

### *The Attraction of the Ego Bait & Triggers*

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And the thing is, that number one -- well, let me back up for a second. The ego throws out any hook that it can to attract us back to it. So, that’s sort of the temptation, I like to think of it. The ego is dangling bait. so whatever your hooks and triggers are. This is a lot of what I talk about in my “How to Heal Anxiety” class, whatever those triggers are.

For me, it was health anxiety. I was always worried about something being wrong with my body. I would get freaked out if I heard about the latest outbreak of some disease on the news. It would just unravel me.

And I’ve started to picture it as the ego dangling a piece of bait, like a little token, a little shiny token, and it’s saying, “Here! Come on! Come back!”

That starts to kick up a little bit **more** as we embark on this healing journey, because the ego -- which is nothing more than a part of our belief about ourselves. It’s no force, it’s no entity, it’s no thing of itself. It’s just a part of our belief about ourselves -- and that part, though, starts to feel threatened when we start to withdraw our attachments and our belief that we’re pumping into it. When we start to say, “Hey! This isn’t working. This isn’t making me happy!” that part feels threatened, like, “No! Don’t stop believing in **me**! I’m going to start throwing things at you to try to get your attention back to me.”

And so, those hooks and triggers, it’s so important that we start to label them and see them for what they are. That’s **all** that they are. You know? It’s nothing -- again, like I said already, there’s no **force** of its own. It’s no entity of itself. It’s just a belief, and it’s a belief that we’ve chosen, and because we’ve chosen it we’re, then, in a place of power to make a **new** choice, to un-choose, to choose something new, to choose for God instead.

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

### *Glimpses of Truth Through God's Mind*

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And going back to what you began with in your meditation, which is so spot-on -- and I love your prayers, Jennifer. I just love them! -- you said, "Our hearts are the Heart of God, and our mind is the Mind of God." **That's it!** We **think** -- we can get tripped in thinking that God is outside of us, that the Spirit is outside of us. Our heart, our mind, **is** the Heart and Mind of God, so this is already taking us back into recognizing that this is something we already know. It's something that's already in us. It's not separate from us. It's not unfamiliar. It's **more** familiar than anything.

When we start to have glimpses -- I can remember so many times having these glimpses of just pure Love and Joy, and then saying to myself, "Why in Heaven's name did I ever defend against this? **This** is home. **This** is who I am. **This** is my truth. **This** is what I want." And when we start to have more and more experiences that take us into that, even just glimpses, our trust builds in Spirit. We start to really know and sense that there **is** something there that we can put our faith and our trust in. And, rather than an effort of trying to push away or get over our issues, or push away the ego, it just falls away. It just falls away, because now we're placing our belief in what is true, in who we truly are.

So, the ability to recognize our resistance is so key because we're bringing the darkness to the Light. It's like we are taking a cornerstone, a stone that -- you know, there's a shadow underneath it and we're turning it upside down and we're exposing that darkness to the Light. So when we can see that resistance, **that's** the opportunity to say, "Oop! I see it! Spirit, show me! Here You go! I'm willing! I'm willing!" and Spirit then takes that next step. We've done our part with looking at it, handing it over, and staying in trust and now we let Spirit do Its job.

Jennifer      Wow! Yes! So clear! And as you're sharing there, Corinne, what popped into my mind is my awareness that the closer I got to having a breakthrough, oftentimes it seemed as though resistance was stronger, and the reluctance was stronger.

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*The closer I got to  
having a  
breakthrough, it  
seemed as though  
resistance was  
stronger, and the  
reluctance was  
stronger.*

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

### *Facing Anxiety With Spirit*

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How, specifically, to healing anxiety and emotional challenges, do you think that that plays out? How do you see that people experience it, intensifying it, even if they're close to that breakthrough?

Corinne Well, one thing that I do always say is that if the anxiety is kicking up, it means you're making progress because, again, that's just the ego kicking up, saying, "Hey! Come back! Come back! Come back!"

So, it's so important -- now, this is where what you articulated with the word "courage". The fear and anxiety can feel like a vortex. It can feel like that whirlpool that's going down the bathroom drain when you pull the plug. It can feel like it can just sweep us away, and we can just totally lost in the fear.

However, this is where courage really comes in. With healing anxiety, the temptation is to run away from it. The temptation is to distract ourselves, to try to go do something else to keep ourselves busy. And, in some cases, we might need to do that if the anxiety is really, really high.

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*This is where  
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---

Jennifer Mm-hmm.

Corinne But if the anxiety is in a kind of somewhat manageable place, rather than running away from it, what I found, that the breakthroughs come when you're able to turn toward it and to imagine you're not turning toward it alone, you're not looking at it alone. You can imagine Spirit, Jesus, angels, whatever works for you, looking at that anxiety **with** you. They're standing next to you and you're looking at it together because what you're looking at is simply a false belief.

And as you invite the Light of truth to shine upon it, just like the fog gets burned away by the sun, by the early morning sun when the sun starts to get higher and then the fog fizzles, that's been my experience with healing anxiety, with looking at the pain, the ick, with being able to **be** with it and to sit with it, but imagining that I am **not** doing so alone.

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

If we imagine that we're doing so alone, that can just increase more fear. But we're **not** doing it alone because, just like you said before, our mind is the Mind of God and our heart is the Heart of God, and so we are not alone in this very holy and very important work that we're doing when we're healing anxiety.

### *Our Responsibility to Heal*

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And I fully believe that it's our responsibility, it is our **responsibility** to heal. If we're struggling, whatever we're struggling with -- even take it beyond anxiety -- the greatest gift we can give to ourselves and to others is to be willing to do this work, is to be willing to allow Love into our own minds. And the key, also, because anxiety will kick up when we are making progress. It is so key that we not allow guilt to sneak back in there, because that's another form that the ego will try to get in there and dangle that little shiny token to try to make you think, "Oh! I'm regressing! I'm not getting better!" That thought that I think everybody has had, "I should be further along the path than I am," that's an ego thought, and that's a thought that's just trying simply to hold you back.

---

*Breakthroughs  
happen when we  
have the courage  
to be with the  
fear,*

---

So, breakthroughs **happen** when we have the courage to be with the fear, but to look at the fear with Spirit, with Jesus, with God, with angels, whoever it is that resonates the most with you. Does that make sense?

### *We Are Not Special -- We Are a Child of God*

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Jennifer      It does! It does! And what it makes me think of is that, do you think it's necessary -- or, what role does it play, Corinne, that people feel, "Look, it's just not possible for me anyway. It's just not possible! I can't live without fear. This anxiety's going to be mine for the rest of my life. I'm going to be managing and coping with it for the rest of my life."? If that's the **belief**, then do people even **try** to heal? I mean, what do you see with people who start in that place of they actually **don't** think that healing is possible for them?

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Corinne

Well, I say this with so much Love, but I would say, “You’re making yourself very special.” [laughs] “You’re making yourself very special. Your anxiety --” You know, one of the lies that anxiety will try to make you believe is that you’re the **only** one that feels this way, that is as bad off as you are. It will try to absolutely convince you that there’s no hope for you.

But you are a child of God. You **are** still as God created you. This is just a **belief**, again, just a belief in your mind. So healing, it **has** to be possible. Of course, it’s possible! You’re not so special that you’re going to just stay lost in anxiety forever. That’s, again, just an ego belief, and it’s important to see that for what it is and, again, to have that willingness to see that belief differently.

So, if that’s a thought for anybody listening -- “It’s not possible for me. The anxiety’s always been here. It’s going to always be here. It’s just how my brain works. It’s how it is.” Maybe that’s true.

I’ll use myself as an example. We could say that, “Corinne is always going to be on the anxious side. This is her ego construct, of Corinne.” But the **truth** is, that we learn -- **I** learn that I am not Corinne. **You** learn, as you’re listening, you are **not** - - insert your name. All of these identities that you’ve associated with yourself, that’s **not** who you are.

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*You are a child of God.  
You are still as  
God created you.*

---

So, maybe that construct of who you **think** you are is going to keep spinning its wheels and have its issues, but that’s not **you**. And so, that’s the identification shift, from shifting from a small sense of egoic self, shifting into, recognizing, your magnitude, recognizing your divinity and who it is that you **truly** are. And it’s in **that** recognition that these issues fall away, and therefore you might experience -- I **still** experience myself as Corinne. I wake up every morning identified with Corinne. But there’s a very, very profound difference now in this construct, from before the *Course* until now, until doing this really deep work.

You know, I just had a memory come to mind. I had this really profound experience one time about -- it was several years ago, and I woke up, and as I was waking up in that very early morning twilight, I was -- it was as if I was going through -- remember those old-school Rolodexes? They were round and they had all the little pieces of the cards -- it was as if I was

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flipping through that Rolodex and I was like, “Who am I? Oh, right! I’m Corinne. This is who I am.” And it was so profound because it showed me that little space that’s there where I can, again, choose in terms of who it is that I’m identified with. It was a really powerful early morning awakening experience.

Jennifer Yes! Wow! That **is** profound! What a great metaphor for Spirit to give you to help you see that these personalities are just a construct designed to help us have healing!

Corinne Absolutely. Absolutely.

Jennifer You’re a divinity. It’s extraordinary. Yes, it is.

Now, what you’re sharing also puts me in mind of one thing I shared in that Facebook Live we did last week, talking about the retreat that’s coming up in March, the “Spring Clearing Healing” retreat, “Healing with Forgiveness and Miracles”

-- meaning *A Course in Miracles* and being miracle-minded, and also Kundalini yoga, and a lot of Joy and fun, of course, and prayer -- but I was saying how -- I do quite a few retreats. I usually do 2-3-4 a year, and these are not just me giving talks, at all.

I really like to facilitate people having **real**, lasting, deep-healing transformation, and that usually, in the first 24 hours or even less, after the first session or so, there will be a number of people will come up to me and say, “Oh, Jennifer! I am just so **amazed**, because I was 100% convinced I was the only one who thought this way, I was the only one who **felt** this way. I had **no** idea. None!”

And these are not 23-year-old people coming up to me saying this. [laughs] These are people who have been on the planet for 50-60-70, and sometimes even 80 years, saying, “I had **no** idea that how I feel about myself and look at the world wasn’t so special.” And that’s such a relief for people.

The whole specialness thing is -- *A Course in Miracles* tells us that we’re seeking to be special and, of course, that means that we’re “better than”, but it also can mean we’re “less than”. It’s that constant “better than” “less than” “better than” “less than” which is the **opposite** of humility, and

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*The courage to  
heal requires that  
giving up of that  
specialness.*

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

without humility there's just no spiritual awakening. The courage to heal requires that giving up of that specialness.

Do you have a memory of your own experience where you struggled with that? Can you remember anything like that?

### *Our Beliefs of Specialness*

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Corinne Well, sure, because I thought I was the **only** one who was this bad off! Nobody -- when I started talking about this publicly, I started blogging and speaking well before my book came out, and then when the book came out, even more people picked up the book and read it, and I started getting messages from friends from elementary school, middle school, high school and college who said, "Wow, Corinne! I had **no** idea! I **also** had struggled so much with anxiety. I wish we would have talked about it!" [laughs]

There's this -- just the tendency to not speak about it. It's because we think, "Oh, everybody's going to think I'm crazy. They're going to think that there's something wrong with me." **That's** a form of specialness, too, of separating ourselves and making ourselves less than what we think everybody else has when, in fact, the pictures we see online are the best representations of what people are putting out about themselves. It's not the whole story. Many people are forthcoming with their stuff, but it's important for us to remember that we're only seeing public selves. Not everybody is always constantly being real with each other.

And so, just that lack of talking about it, for me, was that form of specialness, of making myself less than others.

And I do have to share, though, that in healing what we share -- you know, the *Course* teaches that as you **give**, you keep. As you share and extend, **that's** how you learn, that's how you reinforce it in your own mind. And so, what a beautiful opportunity, then, that we have as we are healing, the lessons that we're learning, that as we share them with others, through words or just through example, we are strengthening those ideas in our own minds.

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Jennifer        Indeed! Indeed! I know in [Masterful Living](#), in [Finding Freedom](#), in my classes, I find that one of the most healing things there is, is when people **share** and they're willing to be transparent and authentic, and they get to release the shame. It is profoundly healing. **Profoundly!**

### *Upcoming Retreats*

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Before we go into our break here, I wanted to mention a couple of things. If you are interested in joining us on the “[Spring Clearing](#)” retreat it starts March 20<sup>th</sup>. We're going to go five days so we can **really** make a difference in our lives. You can register now. You can go to [JenniferHadley.com](#), the [Events](#) page. You can go to [Corinne Zupko's website](#), you can register there.

What I can tell you is that this is going to be at a beautiful resort, and we are going to have a lovely, lovely time together, and we're going to have a lot of fun, and it's an opportunity for us to let go of that resistance and reluctance and, **together**, have the courage to make a breakthrough in our healing **on all levels**. So, whether our healing is anxiety, or our healing is just a fear of being our true self, we're playing small, whatever it is, we're going to work on healing individually, and it's not just lectures. It's real in-person work together.

As we're going to the break, I'm just letting everybody know, I'm Jennifer Hadley, my guest is Corinne Zupko, and 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*.

### *Resources Through Power of Love Ministry*

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Welcome back! I'm Jennifer Hadley, and my guest today is Corinne Zupko who is helping us to develop “The Courage to Heal”. She's an expert in healing anxiety. She was on this radio broadcast last year, so I encourage you to go and get that episode, as well.

Just so you know, if you're new to this radio show, you may not know this, we have an archive of all of the radio shows at [LivingACourseInMiracles.com/radio](#). Even if you just go to [LivingACourseInMiracles.com](#) we have a ton of resources there for *A Course in Miracles* students, and we have all kinds of free classes that have been

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done and recorded. You can access them. We have [Study Group support](#), so if you're interested in starting a Study Group you can get Study Group support. You can also list your Study Group or look for a Study Group on our Study Group map. We also list teachers, like Corinne Zupko, and their events there.

There's a lot of resources there at [LivingACourseInMiracles.com](#). *A Course in Miracles* free [text messages](#) every day, you can sign up for those. The [A Course in Miracles app](#), the free app, is there as well, and that app is really the gift that keeps on giving. In [Masterful Living](#) this week I was sharing how everybody could use the reminders to go off throughout the day. I get three reminders an hour. I set them to go 33 minutes past, 55 minutes past, 11 minutes past, so I've got reminders coming at me all day long, and I just love it! It's fun. Every time I see it pop up on my phone, I absolutely am grateful and thankful for that.

One of the things, too, that I would like to mention is -- oh! On that radio show archive, we transcribe episodes now. So, we've got 380 episodes over the last eight or nine years, and we've transcribed most of them. The episode that we did with Corinne last year, that's transcribed. You can get that transcript there. You'll be able to get this transcript when it's available there. Usually it's just a day or two, we post them. All of that's free.

And, of course, you can sign up for the podcast of the radio broadcast. It's on iTunes, it's on Stitcher. You can get it for Android or iPads and all that. There's wonderful resources. It's great, great material because the last show that I did with Corinne was really, really good, and helpful, too, so I encourage you to grab that and make use of it.

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### *Healing at All Levels*

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Corinne, you and I are getting ready for this retreat next month where our focus is on healing and healing all kinds of things, certainly anxiety, but also physical healing as well as mental and emotional healing, healing at all levels, because as you and I know, as *A Course in Miracles* students, the healing **always** takes place at the mind and then it ripples out.

I wanted to share with you my favorite quote about healing, and it comes from Ernest Holmes, the founder of the Science of Mind teachings and the Center for Spiritual Living teachings. Ernest Holmes, in his Science of Mind

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textbook, he said that “Healing does not take time. The only time that it takes to have a healing is the time that it takes to have a realization.”

That is 100% in alignment with *A Course in Miracles*, that we have the healing at the level of the mind and **then** it translates to our finances, to our relationships. We talk about this in [Masterful Living](#) all the time, we talk about it in my [Sacred Circle](#), that folks change their minds about their loved ones, and then their loved ones change. They change their minds about their spouse’s drinking or whatever it is, and then when **their** mind is changed -- because all minds are joined, other people’s minds change, too.

Now, we can’t do it in a manipulative way, but we **can** do it in a loving way.

### *Heal Anxiety Instead of Rejecting It*

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I have no idea where any of this was leading me until right now. [laughs] I just got the question for you, which is -- I think one of the biggest things I see for parents of any age, with children of any age, is that they can see their children’s anxiety, or their own anxiety about their children, and there’s a **rejection** of it.

Children who have anxious parents want to reject their parent’s view of them. Right? And children of any age, even little children, will reject of their parents’ anxiety looking at them. I wonder if you could talk about **that**?

Corinne Oooh!

Jennifer Yeah!

Corinne Well, the first thing that comes to mind, the immediate thing that comes to mind, is that when I was really, really, really struggling with anxiety -- and, Jennifer, I just have to say that it is so generous of you with what you’re doing for so many people, with these free transcripts, and the show, and the app, and I definitely encourage folks to listen to the episode that we previously did, because I shared a lot more detail about my specific story and healing. Because if you think you’re too far gone [laughs] wait until you hear just what I’ve been through, in terms of the panic attacks and the lifelong anxiety.

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What you're saying is so interesting about children wanting to reject the view that their parents have of their anxiety. I didn't tell -- when I was really struggling, when I was on the couch unable to function, having panic attacks, couldn't eat because physically my stomach was in such a spasmed knot -- I chose to only tell people who I **knew** would not buy into the **belief** of what they were seeing. They would not **reinforce** the fear in my mind. I wanted, instead, to tell people who would be willing to see only the truth in me.

And that, when we're willing to see the truth in our brothers, in every living thing, when we're willing to see the truth, we're stepping into that space of miracle-mindedness. Because now, we're siding with Spirit's Vision of seeing past what's false and only upholding the Love, only upholding the truth, rather than siding with the ego's vision, which is how we see, typically, with what our body's eyes are for, rather than with siding with the fear.

So, when people close to me in my family were like, "Corinne, I didn't know you were going through such a hard time!" and I'd say, "Well, I kind of needed people who weren't going to feel bad for me. I needed to tell people who weren't going to worry about me, because if you're worrying, if you're in any way sensing or siding with fear, if my anxiety is going to kick up yours, I'm going to sense that." Anxious people, anxious kids, we're very, very attuned. We can **really** read the body language, the very subtle facial expressions. We're really tuned in, even maybe just energetically.

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I had somebody who I didn't want to tell because I knew it would trigger their **own** anxiety issues, and to this day I can sense when that person is off. It's somebody who I grew up with, so I'm, of course, very -- I know them really well.

One of the best things if you're a parent and you have a child with anxiety, number one, don't hesitate to get them help -- Earthly help, Earthly therapy. I am still a big fan of therapy. I think that Spirit can speak through others when we feel too blocked. But if we're siding with the fear and getting really scared and worried, that child is going to pick up on it, and

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just like you said, they're going to be like, "No! I don't want it! I don't want it!"

### *Willingness to Bring Our Minds Back to Truth*

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So, it's so important that we be willing to bring our minds back to that place of truth, even with the relationships that are the most real to us, meaning like a parent/child, spouse, the ones that we're going to feel, maybe, very easily upset if they're not doing well. But **that's** a place where the rubber really meets the road, where it can **feel** like you have to exert even more willingness and more vigilance to be willing to see the truth. But again, it's just the tiny bit of willingness.

So, it's not like we have to perfectly master this to not feel fear at all. We **need** to take that fear to the Holy Spirit. We **need** to take our own anxiety to the Holy Spirit. We **need** to be willing to do this in ourselves, to be wholly present. We **need** to be fully helpful to our brothers, because all forms of fear help each other -- if the other person is anxious or upset, they're all asking for Love. They're literally asking you, "Please see the truth in me! Please!" That's what they're saying when they're freaking out. "Please see the truth in me!"

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I was so in truth to that when I was going through my hard time that one of the [tech issue] but I have one particular hard time that I remember because I was knocked out on the couch over at my mom and step-dad's house. They're both *Course* students, so I was really, really fortunate to have them. I was guided and led in my life. And my poor step-dad looked at me and -- now, I'm a wreck. I'm a mess. Mascara lines down my cheek from crying. Not doing anything. Not sleeping. I kicked him out. He was sitting on the couch and I would sleep in the [unintelligible]. [tech issue]

He had looked at me and he said, "Corinne, the Light --" and it was with conviction, "The Light in you is too bright to fail."

Speak to those worries to your child. Imagine speaking those words to yourself, anybody in life who's going through a difficult time. It's empowering to -- you're coming from a choice of inner strength. When you

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say to somebody, “Your Light in you is too bright to fail. I’m willing to join with that which is what is in you.”

It’s not that we don’t feel fear. People who are courageous are not exempt from fear. They feel the fear, but they make a choice from their heart anyway. That, to me, is really what the definition of courage is.

It does take a tremendous amount of courage to heal. I know this. I have, myself, my issues were really emotional issues, mental issues, where I was truly a textbook control freak and so judgmental, so intensely judgmental.

### *Have the Willingness to Heal*

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Now I’m able to help people who have those issues because those are not my issues anymore. Thank the Lord Jesus that I’ve been able to overcome those -- or just heal them, dissolve them, resolve them, and that has taught me that other people can heal, and resolve, and dissolve **very** intense patterns.

I’ve witnessed people do that, and I’ve witnessed time, and time, and time again miraculous healing, and the main ingredient in there is the **willingness** to heal, like you were talking about. Even a tiny bit of willingness **is** willingness.

### *Worry, Fear & Anxiety - What’s the Difference?*

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I want to ask you, too, for those who are not experts in anxiety but feel anxious and worried -- because I think there’s a lot of people that deeply struggle with fear, anxiety and worry who have never talked to any kind of professional person about it, have not received help. I think you’re of a generation where it’s -- you know, there were services provided. You’re at college, you could go to the healthcare department. You know, there’s different things. It’s **far** more acceptable than, say, when my parents and my grandparents were kids, and we have a lot of people who listen to this show who are over 50-60-70 and even 80 years old --

So, I wonder, is there a definition that -- the difference between, say, worry, fear and anxiety, those three?

Corinne Ooh, great question! Well, I’ll give you my informal definition. The *Course* teaches that the two emotions that we experience are either Love or fear. It’s either a **call** for Love, in terms of the category of fear, or it’s Love. So, in

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fear we have many, many ways that we experience, be it guilt, anxiety, worry, depression, all that we would call negative types of emotions can be put in the category of fear. And Love is that trust, that faith, that Light, that Peace, that feeling that we all would love.

In terms of a definition, now, of anxiety I like to think about a continuum, and at the bottom of the continuum are the every day worries and fears that we all experience, just those fleeting thoughts of worry or fear.

But, if you picture an old-school knob on a stereo, like back when we had knobs [laughs] and not just digital buttons, if you turn up that knob, if you crank up that volume, what you start to see is the more intense-type of anxiety that can come out as panic attacks, it can come out as obsessive thinking, compulsive behaviors, lots of worry that just can't be controlled. So I think that anxiety exists at the high end of the spectrum.

And there's, of course, a whole physical component that happens, too. When we're feeling off -- even in just the slightest bit -- we might start to have little places of tension in our body. Turn up that knob, turn up that volume, you're going to have rapid heartrate. You might feel tingly. You might feel shaky.

In my experience, anxiety can create all sorts of bizarre symptoms like really bizarre symptoms, and that's where so much of my pattern was hypochondria, where I'd feel a really weird symptom and run to the doctor because I was terrified that I was having a heart attack, or dying or something, and it was anxiety.

So, anxiety can also bring about physical symptoms, but wherever it exists on this continuum, again, it's the opportunity to **notice** it. Even if it's fleeting, even if it's subtle, it's an opportunity to **notice** the fear thought and to choose a miracle instead, to choose to turn to Spirit and to ask for that miracle instead. Because it's almost like a filter. We're flushing out. As we catch these fearful thoughts, these worries, these fleeting judgments that come up, it's like a filter. We're catching them and we're sending them -- we're giving them to Spirit instead for an exchange. We're letting that go to get that miracle, to get that loving thought back instead.

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### *Trust That There Are No Mistakes*

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And it also is really important when I speak -- I want to just jump back for a second -- when I have said before and indicated that it's a **responsibility** for us to heal, I **do** believe we have that responsibility to turn towards Love. It's important that we not let our expectations get in there, that then something needs to happen like, "Okay, I've stubbed my toe, and I'm going to ask for a healing, ask for a miracle. But my toe is still hurting, so it must not be working."

There's a quote in *A Course in Miracles* that says something to the effect of "To doubt a healing because of the appearance of continuing symptoms is a mistake in the form of lack of trust."

So, this is where, again, it's important that we continually bring our minds back to the truth, back to Love, and not **decide** how the healing needs to look, because that can be a slippery slope to get back into the ego again.

Jennifer

That is such an important point. I have seen that, time and time again, with people who are desperate for some kind of healing.

Which, it's understandable. If you feel like you're being driven insane, if you feel like you're being tortured, if you are in such a difficult experience in the world of form, you just want it to end. "For God's sake, could it just please end?!"

And that, of course, it sort of presupposes that what is happening to you is a **mistake**, that you're experience is a mistake, rather than it does actually contain good in it that has been gently planned by One Whose only purpose is your good. When you're in excruciating mental, emotional, physical pain, it's hard to think that, "What part of this was gently planned? Maybe the **planning** was gentle, but the experience is nightmarish!" And so, you just want it to end.

So, that critical point of being able to stand there and to **choose** healing, rather than just diverting the symptoms, or diverting -- because everything has a root cause. And so what I teach in my classes is, let's heal things at the root cause. Let's not manage and cope with the symptoms. Forget that! Let's go for a **permanent healing**.

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*Let's heal things at  
the root cause.*

*Let's not manage  
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*Forget that!*

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

### *Tools to Help Stay in Truth*

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When it comes to these kinds of emotional issues, how can you hold that in your mind at the same time everything else is going on?

Corinne Mmm! That is a great question! How can you hold that in your mind when the ego is shrieking, maybe not just with thoughts and fears and anxieties, but even with physical pain? How do we hold that in mind?

And **that** is where I think it is going to be very individual. We're going to have to do some experimenting to see what works.

You mentioned that your [app](#) gives reminders. I used to have Post-It notes all over the place, sticky notes everywhere. My mother used to wear a Band-Aid with *A Course in Miracles* Lesson written on it for the day, so she'd have it on her hand constantly. We have to do whatever works for us. Having a bell chime. I had an alarm clock for the longest time that was actually a Zen bell that would ding every hour on the hour to remind ourselves to come back to the truth. Because when we just get lost in the to-do list of the day, it's very likely that we're going to forget.

So I think that one of the ways -- just to finish my thought -- I think that we have to experiment and see what can work for us, but one of the ways that has been very helpful for me to have that mind training, to build a better ability to **focus** on Spirit, to **remember** when I drift -- or to **notice**, I should say, when I drift and to remember to come back, has been through the practice of meditation.

Meditation, to me, it's wonderful when we're able to just sit and be still and rest in God. Like, "Ah! That feels just so nice and blissful!" But a lot of times we start to meditate and our minds just -- it's the monkey mind. It's a thousand thoughts -- it's the to-do list, it's the urges to go use the bathroom, or go check your e-mail or whatever. All this stuff starts coming up.

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In my experience, it's been so helpful to not **judge** that monkey mind, to just witness it, and every time I notice that my mind drifts off, I **choose** to bring it back, and it can be to *A Course in Miracles* Lesson, it can be to a *Course* quote.

In *A Course in Miracles*, in the early dictation, Bill Thetford was having trouble in meditation because his mind was wandering a lot, and Jesus gave him a meditation technique. He gave him the term, the phrase, "Here I Am, Lord." And He said to Bill Thetford, Jesus said to Bill Thetford, "Just keep bringing your mind back. 'Here I am, Lord.' Bring it, every time it wanders, bring it back."

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*That is mind training,  
when we can  
notice our mind  
wander and  
choose to bring it back  
without judgments.*

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And so, that is mind training, when we can **notice** our mind wander and **choose** to bring it back without judgments. Then we're strengthening our ability to focus, we're strengthening our ability to bring back our wandering mind each time we notice that that goes off.

Jennifer Beautiful! That is incredibly helpful. I'm so glad that I got to ask you that question.

I wish we had another hour. I'm so glad we're going to be having the [retreat coming up March 20th to the 24th](#), that we're going to have that wonderful expanse of healing time together. Just a reminder that you can go to [Corinne Zupko's website](#), you can go to [JenniferHadley.com](#). You can sign up or read more from either website.

And also, I really encourage you to take a look at Corinne's book, *From Anxiety to Love*. It's easy to find and get. It's **super** helpful. Super, super helpful, especially for folks who have loved ones who have anxiety, to even just get a view in, never mind people who have it themselves.

Real quick! Let's say a blessing!

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### *Closing Prayer*

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So grateful and thankful that the Love of God is shining in our hearts and minds, now and forever. We share these blessings with everyone, because we're One with them.

In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

Mwah! Have a great rest of your week, everybody! Thanks, Corinne!

Corinne      Thank you! Love you!