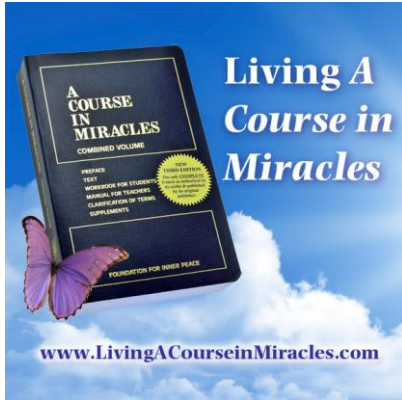


March 5, 2019



# Lisa Natoli - The Healing Cure



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*March 5, 2019*

## **Lisa Natoli - The Healing Cure**

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! Bonjour! It's a beautiful sunny day! We have lots of snow left over. It's winter in New Jersey and I'm loving it! Spring is almost here.

We have a guest coming on today, my dear, sweet, wonderful, amazing, brilliant friend, Lisa Natoli, will be joining us in just a couple of minutes.

While I am setting this up, I would like to share with you that we're doing a [Spring Retreat](#) right near the Catskills Mountains, adjacent in the beautiful Hudson Valley, and we are going to have a blast! If you listened to last week's episode, I had Corinne Zupko on the show, who is also another dear, sweet, beautiful, brilliant friend of mine and Lisa's, and we are just going to turn it out together! Please come and join us! It's going to be a small group, and we're going to be about fun and having a healing while we're having fun, for real!

One of the things I know about all three of us, plus our friend Jon Mundy, who's going to be joining us, is we're all about the Love, and the healing, and having **real** results. So, not just talking about it but actually having a transformative experience. That's my invitation to you.

Before I pray us in, I'm just going to see -- let's see, I don't think Lisa's here yet, so I'm going to pray in, and she'll probably be here. She'll be the answered prayer.

### *Opening Prayer*

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I'm going to invite everybody to take a breath. We just place our hand on our heart, gratefully and thankfully, joyfully, just giving thanks that healing is possible, that there is a healing cure, that there is a cure for everything that seems to be less than ideal in our life.

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We're calling forth a healing because we're Partnering UP with that Higher Holy Spirit Self. We're Partnering UP with our divinity, and we're allowing ourselves to relinquish the root causes of anything that seems dysfunctional in our life, and we are calling forth a healing on all levels.

So grateful and so thankful to open our hearts and our minds to the power and the presence of Love shining forth in our awareness, in our mind, in our very cellular structure. We're calling forth a new and high vibration of Love that's unprecedented in our lifetime.

So grateful and thankful that we **can** call forth the highest and best, we **can** receive, accept and allow a healing.

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

### *Podcast Archive, Transcripts, Texts & Upcoming Workshop*

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Mmm!

Lisa, are you there? Not yet. Louie, my engineer, is working on it. We're having some technical challenges, but we'll get Lisa in here in just a moment.

I'm going to take the opportunity, too, to just say thank you to all the people who donate and support this radio broadcast. We have been doing it since September 2011, quite a few years, and we have a huge treasure trove in the archive.

Speaking of archive, if you happen to be getting your podcast from iTunes, there are actually two podcasts, because one can only contain 300 episodes and we went over that episode limit in 2017. So, we have a second podcast called "[Archive](#)" that has the oldest episodes, so episodes with Ken Wapnick, and Gary Renard, and whole bunch of yummy people. So, get the "[A Course in Miracles Archive](#)" podcast if you're on iTunes, so iPads, iPhones, those kinds of things. Stitcher, if you've got the Stitcher app on your Smartphone, then you can get it all in one podcast, which is nice.

And then, if you go to [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com) you can get that transcripts. [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com), we've got all the episodes there

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- Lisa Like, I know that I could get on this call somehow and, to me, that's really the entire system for healing, is to recognize that you have the ability to really get in wherever you want to get in.
- Jennifer That's right! That's right, and the only thing that keeps us out, really truly, is our willingness.
- Lisa Exactly.
- Jennifer You know, I was thinking about this a lot yesterday, Lisa. I do think about what blocks people's healings. We're going to go right to the deep water. Sorry! [laughs] That's just how we roll. You and I have had so many conversations about healing, it's such a powerful and interesting topic for both of us. But I was thinking about this, because last week I did the radio show with Corinne Zupko, our friend that we're doing our retreat with later this month, and we were talking about the **courage** to heal. Because, as you know, Corinne has struggled **so, so** intensely with anxiety and it takes a **lot** of courage to heal.
- I was thinking yesterday, I'm always opening up to Spirit, "How can I more clearly support myself and others in releasing the **fear** of healing, releasing the **fear** of being, walking and standing in our Wholeness?" It's so **intense!**
- Lisa Exactly.
- Jennifer And people really don't even really cognize. Like, it's there, it's not that far under the surface, but if we had perfect Wholeness, would that actually be **desirable** to us? What about perfect Wholeness scares us so much that we avoid it while seeming to seek it?
- Lisa Mm-hmm. Yeah, I love this.
- Jennifer Now, I know this is a topic you've thought a lot about. Yeah.
- Lisa I got a couple of e-mails that came in this morning. I sent out a message asking for any questions, and one of the questions that came in from someone named Laurel is, "What would you say is the main reason why people don't believe in their own capability and power to heal?"
- I think it is fear.
- Jennifer Uh-huh.
- Lisa It's been an interesting subject for me over the years, because I have such a strong foundation in *A Course in Miracles*, and for a long time, what I did

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was try to escape from the body. Like, I really tried to just stay in the truth of “None of this is real. I’m not a body.”

And really, what I’ve discovered, is it’s the total integration and Love that heals everything. So, you really do have to look at the blocks and the obstacles that are in your mind and are holding you back and having the willingness to release them.

So, I would say the main reason why people don’t believe in their own capability and power to heal is A) They don’t **know** about it. They think it’s mysterious or hard. But many people just don’t even **try**. They just think, “I don’t know how to heal.”

### *Release the Fear to Accept the Cure*

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And then I got another message from a woman who’s son has cancer. The mother’s trying to heal. Can you hear me, or am I echoing?

Jennifer No, I hear you perfectly.

Lisa Okay, perfect. I received a message that says, “Hi, Lisa! Thank you for being the Light of the world. I’ve been following you for years. I started with the 40-Day program that honestly opened my eyes.”

So, her story is, “My daughter, who is 29 and married with a son, was diagnosed with a very rare cancer 2-1/2 years ago. She carries so much anger and anxiety, and continually tells me she does not want to know anything about my -- and I quote ‘self-help stuff’.”

Jennifer Mmm!

Lisa “She carries so much fear, and continually tells us she is dying, and now has asked her dad and I to step away as we are not helping, and she wants to heal in her own way.”

Jennifer Mmm!

Lisa “Thank you for taking my blinders off. I can honestly say that I love my life and I’m excited to wake up every morning. My greatest desire is to see my beautiful daughter experience this inner Peace and Joy, With loving gratitude.” And then this woman’s name.

Jennifer Mmm!

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- Lisa            You and I, Jennifer, were talking last week on the phone and we were talking about all the examples in the Bible of how Jesus healed 2,000 years ago, and in every single situation He asked the person, “**Would** you be whole? **Would** you be healed?”
- Jennifer        Right.
- Lisa            And I think that’s an important element, because so often we want to heal our loved ones, but they don’t **want** it.
- Jennifer        Yeah.
- Lisa            They just -- they’re not ready.
- Jennifer        Mm-hmm.
- Lisa            There’s that fear there that you are expressing.  
So, I think what this woman’s doing is perfect. She’s just totally loving her daughter. You know, she just wants to have her experience inner Peace and Joy, and all we can do, as we read this letter, is bless everyone with holiness and Love, and I know that is the healer.
- Jennifer        It is. Love **is** the healer.

### *We Are Already Whole*

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- We talked about this a little bit with Corinne last week. I asked her about “What can parents do who have children, whatever age, or children who have parents, that suffer with anxiety? How can we best help?”
- And one of the things is to -- and I talk about this all the time in my [\*Masterful Living\*](#) class and all my classes, the best thing we can do, really is hold so strong to that there is that within them that has the intelligence to completely heal, and nothing is wrong.
- Lisa            Mm-hmm. Yeah.
- Jennifer        Nothing is missing. Because if we look at ourselves or anyone else, and keep saying “Something’s wrong. Something’s wrong. Something’s wrong,” it **has** to be made manifest.
- Lisa            Exactly.

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- Jennifer Because we're using the power of our word and our belief to **cause** it to come into being.
- Lisa Mm-hmm.
- Jennifer It's very simple. I mean, that's traditional New Thought teaching. Your word has power, your thought has power, and you have to be mindful with it.
- Lisa Exactly. Yeah, I was in Mexico last week, and I hosted a one-week healing retreat. There was 20 of us there, with a beautiful staff, probably ten people on the staff. And one woman came to me and said she had invited this woman from the staff down into the healing retreat who has cancer and is going to go for surgery, I think it was yesterday, actually. And I immediately thought, "Well, this goes against what I know to be true. We don't **make** something real and **then** heal it."
- Jennifer Mm-hmm.
- Lisa But it was already set up. The whole staff was on their way down to the session room, and this woman had heard we were going to heal her. I didn't know anything about this. It all happened without my knowledge, but I knew instantly, "Okay. I stay present in the moment." I was really listening. "What do I do?" And they came down, and they wanted to put her in the center of the circle because that's what we do in the world.
- 
- We're using the power  
of our word  
and our belief  
to cause it to come  
into being.*
- 
- Jennifer Right.
- Lisa We make sickness **special**. "We're going to put all our attention on you, the sick one, and now we're going to heal you." And I said, "No, no, no. We don't do that here. You come and hold my hand. We're all in a Circle. We are **all** equal. We are **all** whole."
- Jennifer Mm-hmm. Mm-hmm.
- Lisa And I just began addressing the whole group, just total gratitude and Love for us all being there, for the Love that we carry, for the life that we shine, for this new beginning. I look over and she's bawling her eyes out, she's laughing, she's -- and I said, "You understand English?" And she said, "A little."

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Jennifer [laughs]

Lisa And I could tell that Love that was in that room. I was just expressing, “Thank you so much for all the care that you’re bringing to the meals, to the care and Love you’re bringing to cleaning these rooms, to the Joy that you’re bringing into making these beautiful gardens. Thank you so much! This world needs Light, and you are all are just bringing it!” And I look around, and it’s just like people are crying.

And it feels like **I’m** being shown how healing is accomplished. Just like you said, Jennifer, it’s not to make the sickness **real**, but to acknowledge what is true, the Wholeness. Because that, when we join each other in that space, healing **is** accomplished. Like, she -- I look over, she is **definitely** not sick.

Jennifer [laughs]

Lisa There’s no cancer in her. There was nothing to heal. It was just pure Joy and Light. She looked like a little girl in happiness.

Jennifer Mmm!

Lisa So, I love it!

Jennifer I am so grateful to hear you say that you said, “We’re all equal here” and to, rather than put her in the middle of the Circle -- not that there’s anything wrong with that, but let’s all take that stand together for Wholeness, because there is an issue of specialness in healing.

I think that is one of the things that people do fear, is if I -- and I know it sounds crazy. I know it sounds crazy -- but if I no longer have an issue, am I still special, and do I need that specialness?

Because people have come to me and asked me, can I help them heal? I won’t tell a long story, but I’ve said to them, “Well --” like for a person who has an addiction, or a person who has a chronic illness, chronic depression and things like that -- which I see these things heal all the time in my classes, just like you do. You know, we see people heal issues that they have had for 5, 10, 15 years, really intense attachment and experience to the suffering. And they heal it, and it is that “Wilt thou be made whole?”

I was thinking about that last night, also, because it is the question we must answer. And one of the things I invite people to do is to write down, what will change in their life **if** they no longer have this issue?

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### *The Willingness to Allow Our Perfection*

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So, for people who are addicted, one of the things that's going to change -- and for people who have chronic illness -- you're now going to have a new level of responsibility in your life, because people aren't going to say, "Oh, well, I'm going to do your shopping for you." "I'm going to -- you don't have to cook dinner anymore." I mean, people are going to say, "Okay, now it's **your** turn to cook dinner." They're going to say, "You can drive yourself to the thing." For people who are addicted, people are no longer going to make excuses for you. You're going to have a **lot** more responsibility right away.

And then I was thinking, Lisa, how it just goes back to that responsibility **all** the time!

Lisa It does. Yep. I just got this message that came in from somebody who's listening to us right now, Natalie Anderson. She said, "Right into deep water, right off the bat! Love it!"

Jennifer [laughs]

Lisa "And this question of resisting healing is exactly what I need to hear. Love you and Jennifer Hadley."

Jennifer Mmm!

Lisa Thank you, Natalie.

And that's really what it is. It's resisting this Love and this Wholeness. And one of the things that's been interesting for me being *A Course in Miracles* teacher for 25, years and now entering into this space of healing, because I don't just want it to be conceptual. Like, I really want to --

Jennifer Yes!

Lisa -- move into this place of doing what Jesus did, and **more**. And one of the things that has come to me is, we really do have to look at the blocks that are in our minds and **allow** them to be removed. You can't just say, "I'm whole and perfect." You **could**, if you could take that step and **be** it and **know** it. But there's so much anger and ideas of separation, and trauma, and anxiety that really is buried in minds, and it has to become **clear** in our awareness and having a willingness to let it be removed, let it be healed with forgiveness.

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So, it does take courage, it takes total responsibility to say, “I’m willing to let go of this victim mentality, this blame mentality and to --” I love it’s all in the first sentence in *A Course in Miracles*, “The aim of this *Course* is to remove *the blocks to the awareness of love’s presence, which is your natural inheritance.*”

Jennifer Mm-hmm.

Lisa And that’s healing work. We’re seeing the blocks, and we’re making a decision, “I don’t **want** them anymore. I don’t want to hold onto this anger and [unintelligible] and my judgments and my attack thoughts. I’m ready to let it go.

I’m also looking at the time here.

Jennifer [laughs]

Lisa And we’re almost time for a break.

Jennifer Oh, yes. We’ve got just a couple minutes left before we go to our break.

### *Giving Up the Blocks of Expectation*

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And as you’re talking there, Lisa, I’m thinking about one of the great influences that we have that’s so intense in our world, and that is the pharmaceutical companies and advertising, the rise of Western medicine. Because you and I are both huge fans of the great healers like Phineas P. Quimby and Joel Goldsmith.

Joel Goldsmith saw more than 100 people a day, literally, probably only spending five minutes, just long enough to pray with each one and people being healed of tuberculosis and walking away, and doing that day, after day, after day, after day. And Joel said, as you well know, that

when people would say, “Thank you for my healing,” he would say, “Why thank **me**?” Just like Jesus, He would be, “The Father did it. I didn’t do it.”

But the thing with most of us is, we’re looking outside of ourselves for the **answer** rather than looking for those blocks to Love, the blocks to Love’s presence. And the great thing is, even I love it so much that we don’t even **have** to look for them. We can just say, “**Take** them. **Take** them. I’m done

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*We’re looking outside of ourselves for the answer rather than looking for those blocks to Love.*

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

blocking Love. Here's an opportunity to be loving? I'm going to take it. Here's another one? I'm going to take it. Here's another one? I'm going to take it."

We don't have to focus on looking for the blocks to Love because that, actually, is then, what are we focused on? We're focused on the blocks. Instead, let's just focus on the ways to let Love flow. Oh, don't get me started. [laughs]

Lisa           What?

Jennifer       Mmm! Yeah! I just -- I also think, as we're getting ready to go to our break here, as you were talking I was also thinking, Lisa, cold and flu season. What the **what**? I remember when I was a kid and people would say, "Don't go outside with your hair wet! It's winter, you're going to get a cold." And I just remember thinking, "What does that -- how does -- what?"

Lisa           Yep.

Jennifer       It's nonsense. It really is nonsense. There are so many things that are hidden in our consciousness like "cold and flu season" advertising, advertising, advertising. People **expect** they're going to become ill. But see, I know that we've learned to say, "Forget that!" and then we have a different experience.

Alright, we're going to go into our break here. You're listening to *A Course in Miracles* on Unity Online Radio. I'm Jennifer Hadley, our guest today is Lisa Natoli, and we're talking about healing, we're talking about really being cured, back to the root cause, so we never experience it again. We are already free, and we are not a body, and, we'll be right back!

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

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### *Spring Clearing Retreat*

Welcome back! I'm Jennifer Hadley and we're talking with Lisa Natoli.

Just for those of you who may not have heard, Lisa Natoli, Jennifer Hadley, Jon Mundy, Corinne Zupko, the four of us are doing a healing retreat later in March. We're kicking off Spring, and it's in New York in the Hudson Valley at a beautiful resort there. We're calling it "[Spring Clearing](#)" and it

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really is about healing through using *A Course in Miracles*, forgiveness, some Kundalini yoga -- very light, easy-to-do yoga, pretty much. It's all about centering and clearing.

We are going to go **super deep** on this retreat, just like we're going to go super deep here now in our conversation with Lisa, because Lisa and I are -- we're very much aligned. Corinne is aligned. Jon is aligned. Lisa and I, particularly, we like to do the work. We don't like to just **talk** about doing the work. We like to actually **do** the work, and it is -- we've experienced miraculous, amazing healing.

Lisa, you recently started offering a wonderful course called "The Healing Cure". I wonder if you would tell folks about how you came to, really, that topic and to boldly offer such a beautiful course?

Lisa Thank you, Jennifer. Well, first of all I am **super** excited about that March retreat, and for anybody who's really listening and who has been praying for a totally new life, I really do encourage you to give yourself a gift and just clear the decks. Whatever you have going on, I really just ask for you to just look at it and say, "Okay, how long have I been praying for a change? How many things have I done?"

Jennifer Mmm!

Lisa And that's really what's happened for me, because we have an idea, "I don't have time." "I don't have the money." "I'll figure this out online by myself." "I'll heal this by myself." "I'm sure a solution's coming," and we **miss** all the answered prayers that come every single day.

Jennifer Yes!

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### *A Journey of Learning to Heal*

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Lisa The mind is determined to stay stuck in its routine. **That's** the problem. For me, I'm calling for people to really step out and be bold and clear the decks. I'm getting chills right now, because that's how it worked for me.

Jennifer Mm-hmm.

Lisa Because my healing journey -- I've had *A Course in Miracles* for over 25 years. I found it in 1992 and I was never, ever, never sick. **Never!** I knew early on, back when I was in my 20s, that sickness was a way to get lots of benefits. You know, you got to take time off from work, you got attention,

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you got Love. And I never felt that I needed to get sick to **get** those things. I was always very vocal. I would tell my employer -- I worked in New York City -- I would say, "I'm taking a wellness day." Because I had the days. You know, I had time to take off and I just communicated to my boss, "I don't get sick but I'm going to take my sick days and I'll let you know. I'll call them 'wellness days'."

Jennifer [laughs]

Lisa I never got -- I never went to the doctor. When I did go to the doctor, it was -- and I had insurance. I was paying a **tremendous** amount of money back then for instance, so I was like, "I want to get my money's worth." So I would make up reasons to go to the doctor. Right?

Jennifer Mmm!

Lisa They would be like, "You're totally fine." And then I started getting ideas of -- it wasn't even ideas. It was like a passion for healing. "How is healing accomplished?" I was just like, alright, I've read all these amazing teachers. I became obsessed with the subject of healing. If you mention any healer's name from the 1800s, early 1900s, I'm sure I've studied them.

But something was in my mind, like "Yeah, but **how? How** do we heal?"

Jennifer Mm-hmm.

Lisa I'd been very interested in David Hawkins and Joe Dispenza. I've read everything in *A Course in Miracles* about healing. But I was really like, "But how come people aren't healing, then? If we have all this information, why are people still suffering?"

And then in around -- I think it was January 2013, I started getting flu-like symptoms that were really bad, like vomiting, the high fever, night sweats. I mean, I'd wake up in a pool of water and I couldn't make it go away. At first I thought it was the flu and it just never went -- it just wouldn't go away.

And then, it got diagnosed as auto-immune condition and I tried to heal it on every level. I think I spent \$20,000 in different alternative therapies, and antibiotics, probiotics, special diet, raw food diet. You name it, I tried it.

Jennifer Mm-hmm.

Lisa And nothing was changing, and I wouldn't know when I would vomit. I would just be driving down the street and --

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Jennifer Ugh!

Lisa -- I'd have to pull over on the side of the road and just open the door, and I'm like, "Oh, my God!" And I'd go **teach** about healing. And I ended up having some people tell me, "You're a fraud. You're teaching about healing and you're totally sick. There's something definitely wrong with you."

And so, I had to really go through that, like "Yeah, why **am** I teaching healing? I don't know a thing about it." But I kept really staying close to Jesus and saying, "Okay, I know this is in my mind for some reason."

And then I moved from trying to heal the body to trying to heal the mind, but I noticed that I was still trying to heal the mind to heal the body. Like, the ego mind, the fear-based thought system, very sneaky. That didn't work.

Finally, I made a decision, I was really just going to connect with my true identity, the Light that I am. No more trying to heal the body and no more trying to heal the mind to heal the body, and things began to change. Like, that was really where I began to experience -- like, I don't know when the vomiting stopped. It was years ago, and when I made a decision, "No more dieting." It was just a decision to Love myself, that I was really going to just stay in -- I love what you said about you and I just wanting to stay in doing the work, not talking about it but doing it, living it, embodying it.

Jennifer Mm-hmm.

Lisa And it feels like in this moment, as I speak right now, is I'm still being shown. I just, on this --

Jennifer Yes!

Lisa -- on this [unintelligible] I went on I have had a deep aversion over the years to doing anything body related -- yoga, exercise, because I just was quoting a concept of the body.

Jennifer Yeah!

Lisa But I'm doing yoga again, and I know we're going to do yoga on this retreat. And I met this woman last week in Mexico, her name is Kathy Degan and she runs a holistic energy healing center up in Toronto. I was like, "Wow! The Christ is working through **all** of us!" She can detect blocks, and she was saying, "You don't have to heal anything. You don't have to move the blocks." But she could see, "Okay, there's anger here," or "There's

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trauma here,” or “there’s -- this -- here.” And my mind was so open to it. I was just watching the way she’s working with others.

And then you make a decision, like “Are you ready to just say ‘Okay, yeah. I have trauma in me that I’ve created a wall around myself for protection.’” That’s what we do.

Jennifer Mm-hmm.

### *Sickness Is Separation*

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Lisa That’s what sickness is, is separation. And then to just say, “Okay! I’m willing now to realize I don’t **need** that wall anymore. I don’t **need** to keep holding onto the anger to protect myself. I’m ready to let the Light of Christ flow through me.”

So, I created this online -- it’s kind of a do-it-yourself coaching program called “The Healing Cure” and it’s available whenever somebody’s ready. I really wanted it to be a self-study. I’m there. I do videos every week with practices, and the main idea in “The Healing Cure” is based on three elements -- you make a decision, you change your direction and you focus on your holiness.

So, for eight weeks, that’s the commitment. You’re going to make a decision to identify with your true Self instead of your body identity and your story, you’re going to change your direction, which is the Prodigal Son story. You recognize, “The way I’m going is going nowhere.” You’ve got to stop, turn around and come back home to the Father’s house, which is the Light within you. And then the third, the big element in “The Healing Cure” is focusing on holiness and learning how to work with holiness as a power.

Healing is an ability, and now you’re learning to work with this Light. How do you bless everyone and everything with the Light within?

That’s my story. That’s “The Healing Cure” and it’s exciting for me, really, just to see so many people now stepping into this space. I always feel like it’s the Wright Brothers before they got that plane off the ground. It’s like something that hadn’t been done before, and now thousands of people around the world -- not just in “The Healing Cure” but just teachers like you, Jennifer, and just people who are having the same divinely inspired ideas about healing -- are bringing it forth into this world now.

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

Jennifer This is the time for the Light Workers of the world to rise and shine, to heal at all levels -- physically, emotionally, mentally, etherically, spiritually, financially, creatively. It's time for us to really be the teachers of God that we're designed to be. We're designed to be **demonstrating** the perfection, the Wholeness, the Freedom.

And I think what you share is always so compelling, Lisa, because I can only imagine what it would be like, say, to be driving to teach a class on healing and you have to pull over and throw up, or something like that. That would be -- and people would understandably -- it's understandable that some people would say, "You're a fraud!" And I think of all the great mystics who people said they were a fraud, but they were in a healing experience.

When our body is really challenged, when our emotional body is really challenged, when our relationships are really challenged, when it's so intense we cannot look away, it's like we're screaming, we're on fire with it, **that's** when we have the greatest willingness to change our mind and to open our mind to the highest possibilities of Love.

I mean, we could go the other way. We can give up. But many times that is the thing that is necessary for us to go over that tipping point, and to really be more willing than unwilling.

Yeah. Yeah, to me it's interesting, because you really have to move out of the body identity. You do, and to me the mind training of *A Course in Miracles*, in my mind, is the fast track. But this is the place.

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### *Standing Still in Trust to Break Habits*

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I got another message, an e-mail here. This woman, Carol, who struggles with food addiction, she keeps going back to her old habit. She's been eating healthy for seven months. "How do we sustain the new ways? How do we not fall back into old habits? They say it takes 21-30 days to create a

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new habit and 90 days to create a new lifestyle. Then why, after seven months, do I fall?”

“I’m checking myself into a healthy eating center for three months starting in April. How do I get rid of the **fear** that I will fail once again once I leave the center? Because I know that if I can’t get rid of this fear in my heart-soul, then I will create the failure in my reality. How do I convince myself that the “old me” is gone and that the “new me” would never go back to the old habits? I hope this all makes sense.”

So, to me, these questions are great and they’re also interesting.

Jennifer

Yes.

Lisa

They’re -- the thing that’s asking the question is still the thing that’s stuck, is the body identity. So, it takes a miracle. Jesus, in *A Course in Miracles*, says “You will be lifted and carried.” There’s no progression from the you of the body identity to the Light that you are. It doesn’t go in a line. There’s no, “I’ll take this many steps in 21 days to 30 days, and then 90 days.” It takes an instant of standing still in trust and wanting this transformation to occur, and then, you are lifted and carried. So it takes quietness, stillness, awareness, attention, courage, trust -- the first characteristic of a teacher of God -- and my experience is you are lifted and carried in this now moment -- it doesn’t take time -- into an experience of the Light that you are.

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For a moment, you will keep falling back. It’s just old habits. We’re so used to being bodies with a storyline. So, you just keep bringing yourself back to the stillness. That’s why I love we’re doing this five days together at a retreat. Like, that is **a lot** of time.

What I did in Mexico was I encouraged everyone to get rid of their cellphones, their computer, not wear makeup or jewelry. I said, “You’re adults, do whatever you want. But where in the world do you have a whole week with others with the **same** intention for healing and transformation? Let’s use it! Let’s all really be here and let something **new** occur.” That retreat was just mind-blowing. It really was. Everyone was experiencing this Joy and this Peace.

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And you come back into your Wholeness again, and that again is why I always encourage people -- you know, Jesus was always saying, "Are you coming?"

Jennifer [laughs]

Lisa He did! And to the fishermen, He's like, "I'm leaving now. Who's coming."

Jennifer Mm-hmm.

Lisa And the fishermen were like, "Well, let me go back, and pack a bag, and check with my wife, and I've got to let them know I'm leaving." And Jesus is like, "No, we're leaving now." And the metaphysics of that is that if you are given time to think about it, you will rearrange back into the old pattern again.

So, when the Christ appears and says, "Are you coming? Are you all in?" you don't get any time to think about it. Just, "Yes or no? Are you in or not?"

Not being in is not a problem, but you're going to have to eventually come to this point, some time -- and I hope it's not in five lifetimes from now -- where you say, "Okay, that's it. I'm totally ready to identify with the truth of my being as Christ, as Light, as Love and now is the time." Then you **don't** look back. You clear the decks and you're like, "Alright! Where do I sign up?"

That, to me, is the collapse of time, and that takes tremendous courage.

Jennifer It does! It takes tremendous courage. I love, love, love what you're sharing. It is **so** potent and so powerful. I really encourage people to listen to this again and again, because we're talking about things that, for Lisa and me, we've had so many conversations about healing, because it's our favorite topic, really. Because miraculous healing is available to us, and it all does happen at the level of the mind.

### *There's No Mystery in Truth*

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And it **seems** as though it's a mystery. But it's actually **not** a mystery. It's just, are we actually willing to live by the truth, to know the truth, to stand in the truth? That's the only thing that makes it seem like a mystery. We put up these veils in our minds to the truth, and then it seems like it's hard to understand.



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And I always remember that because when things get tough, or I feel this is too much, I just remember that. I remember, “Hold on a second. I have the ability to stand still and remember I’m not alone, and I know how to Love, I know how to bless, I know how to comfort.” And that’s the work we’re being called to do here in this world. I know it.

Jennifer Mm-hmm!

### *Responsibility & Learning Through Contrast*

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Lisa And I know that the separated mind that is in every mind, it’s **not** real. It’s being healed by every loving thought each of us holds when we forgive. That’s what healing is.

Jennifer Beautifully said! Beautifully said! You know, Lisa, I’d like to go back to what you shared that carol had written to you, because I think that fear of falling back is very common. I think of everybody who set the intention to have a diet [laughs] at the beginning of the year and things like that, and in this world of seeming duality, we learn through contrast.

So, when there’s contrast, for example we all see this, all spiritual students see this, you have a strong spiritual practice that’s effective, you’re feeling great, things are going well. Something interrupts that -- some upset, some travel plans, something -- and then you fall back for a while into old ways and then you start to feel unwell and you’re eating differently and you’re thinking differently, and then all of a sudden you realize, “Oh! I dropped my practices.”

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Lisa Mm-hmm.

Jennifer “Here’s the contrast. I was feeling so great, now I’m not feeling so great. I learned through the contrast of these two.” It doesn’t mean that I’m a loser. It means that I’m choosing to learn through contrast rather than through direct mystical awakening awareness.

Lisa Mm-hmm.

Jennifer And we all do that. We all do it, so even the most Enlightened people will serve some things through contrast, so it’s not that we’re failing. We’re just choosing that form of learning.

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And so, for people who fear that learning through contrast, I think the fear is actually misplaced, that the real fear -- there are two other fears. One is, What if you **succeed**? What if you succeed? What do you fear about being made whole? What is the fear there?"

Because look at how much more is asked of you, Lisa, now, than when years ago when you were -- you weren't teaching on a large platform and doing all these things. So much less was asked of you.

Lisa            Yep.

Jennifer        Yeah, and so much less responsibility.

Lisa            Exactly, and that's one of the things I noticed. The symptoms got a hundred times worse every single time I traveled to teach. Every time, and I began to recognize some very ancient old block in me of fear of expressing myself in the truth and who knows what that is. I don't go on a witch hunt, I don't try to find the cause. I've thought, I must have

gotten my head chopped off in some other lifetime or something, but it doesn't matter. What matters now is that I recognize I'm safe, I'm perfectly protected and there's nothing to fear.

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Jennifer        I'm going to have to interrupt you, because it's time for us to close.

Lisa            Ah, okay.

Jennifer        It goes so fast!

Lisa            I know.

Jennifer        I'm sorry. We'll have to have you back again soon. I'm glad we're going to be in a healing immersion in just a couple of weeks, and so people can go to [LisaNatoli.com](http://LisaNatoli.com), [JenniferHadley.com](http://JenniferHadley.com) to learn more about the "[Spring Clearing](#)" retreat, and you're welcome to come. And we have payment plans for you, if you're interested.

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### *Closing Prayer*

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I'm going to invite everybody to take a breath, place your hand on your heart.

We give thanks for Lisa Natoli and her precious life. We give thanks that we're all being led and guided by the same Teacher.

In gratitude, we share the benefits with all. We let it be. And so, it is. Amen. Amen. Amen.

Mwah!