

March 19, 2019



Transforming Self-hatred



 *Jennifer Hadley*
your daily shot of spiritual espresso

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Transforming Self-Hatred

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! Oh, I'm very, very grateful to join with you in this moment, transcending time and space together. I feel very blessed that we **get** to do this, that we are **able** to transform our minds and renew our minds, and restore ourselves, and that joining together is extremely helpful in that.

I'm going to start us off with a blessing, as I always do.

Opening Prayer

I place my hand on my heart and I take that deep breath, so grateful for the breath of gratitude, so grateful that I have something to be grateful **for**. I am grateful for the eternal Love, the eternal perfection, the eternal Wisdom, the fullness of Love that is ever present, omnipresent and knows no opposition.

So grateful to know that everything is for us and nothing is against us, despite any and all appearances. We are willing to consider the truth, we are willing to allow and accept the truth, we are willing to be willing, and we are grateful for our willingness.

We Partner UP with that Higher Holy Spirit Self in order to remember and recognize the fullness of Love is awoken and alive in us, and we are claiming that. We join together to strengthen our willingness. We join together to rise above the battleground.

We are grateful and thankful that we **can** change our mind, and we give the heavy lifting of **how** to ever do that to the Higher Holy Spirit Self.

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So grateful to give away any need to figure it out or even understand or comprehend it. Instead, we are focused entirely on being willing to be transformed by the renewing of our mind.

We are grateful for *A Course in Miracles* and all those who labored to bring it to us. We are grateful for their precious efforts and their lives. We are grateful for the truth setting us free, here and now, sharing the benefits with all. We let it be. And so, it is. Amen. Amen. Amen. Amen.

All Hatred is Self-Hatred

Yes! So blessed! Oh, my goodness! Blessed, blessed, blessed!

Well, I had a topic that I had planned for today about “Resisting Happiness” which I will do in a couple weeks. I just feel compelled to talk about how I am feeling about things that are going on in the world and to bring benefit through that. So, the topic today is “Transforming Self-hatred”

There are some incredible displays in the world right now of self-hatred, and it **looks** like attacking others, it **looks** like hatred of others. It’s **not**, though, because all is One. All expressions of hatred are really expressions of **self**-hatred, and the reason we hate ourselves, as far as I can tell, is because we feel so guilty and ashamed for defaming God, for defaming ourselves, for being unloving.

For those who might listen to this years from now, just the other day there was a terrorist attack by a white supremacist, so it seems -- I really don't know the details, so I'm not going to talk about the details -- who killed 50 people who were Muslims, attacked them in their place of worship.

Many people who I know are empaths. Like attracts like, so many people I know are very empathic or they are really ruled by their empathy. For me, my strongest intuitive sense is really feeling. I feel things, very sensitive, and when I was younger I was angry pretty much all of the time. I had a hair-triggered temper, and it was because I felt **desperately** insecure and I couldn't handle it, and so I turned it into anger and attack.

One of the Lessons that's been a real standout for me is Lesson 135 which is,

“If I defend myself I am attacked.”

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It begins this way, it says,

“Who would defend himself unless he thought he were attacked, that the attack were real, and that his own defense could save himself?”

Indeed! I would not have been **so** attacking, so much of the time, constantly criticizing, complaining, attacking, shaming people around me. That’s really how I was, and this is why it’s so, so wonderful to me that I **don’t** feel that way anymore. I **can** change. I can **continue** to change and grow, and I really aspire to be completely loving **all** of the time, to always be kind.

Maybe not always gentle, because sometimes there’s great benefit to being strong and assertive, but to **always** be loving, always be kind, always motivated and inspired by Love and that, to me, is that “Truly Helpful” prayer, to not be figuring it out ahead of time, “What am I going to say? What am I going to do?”

I mean, the requirements of the radio show are that they really want me to say what I’m going to be talking about a month ahead of time. I’m not so good at that, and today is the first time I’ve ever said, “I can’t stick to the topic. I have to speak to what feels so important to me right now.”

Defending Illusions of Attack

But I used to always be **planning** my attacks on people, seriously! If I felt that someone was a threat to me, I would start planning, “How am I going to defend myself through attack?”

Lesson 135,

“If I defend myself I am attacked.”

In other words, if I defend myself, I am **declaring** that I am being attacked in **my** perception. I believe I’m being attacked, or I would not defend myself, and being defensive is something that is so familiar to me, and I felt that the best way to defend myself was to attack. “Don’t show any sign of weakness.” That was how I was operating in my life.

It’s interesting to pay attention in the world now, and how, very often, if you just share something like someone says, “Oh, I always get Rocky Road ice cream,” and I share, “Oh, I really prefer a vanilla-based ice cream,”

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someone might actually defending their choice [laughs] because they feel attacked just because there's a difference.

This is one of the things that I noticed with my brother, is my brother got married in his early 20's, mid-20's, and started having children right away. The fact that I didn't get married, didn't have children he, on some level, perceived it as an attack just because I wasn't doing what he was doing. We can make interpretations of attack so, so easily.

This Lesson,

"If I defend myself I am attacked,"

it is directly related to a sense of "not enough" "bad" "wrong" and "self-hatred" so one of the ways to transform self-hatred is to really look deeply into the beginning of this Lesson. This is the longest Lesson in the *Workbook*. It begins here, as it says,

"Who would defend himself unless he thought he were attacked --"

Right? If you walked into a room and everything was very peaceful, and you didn't feel threatened, would you start attacking people? No, you wouldn't.

So, what we need to know is that when someone goes into a room full of people and slaughters them, **they** are feeling attacked at home by themselves. They're feeling attacked by the world. Their very perception of themselves, their identification, is feeling attacked. Those who defend and those who attack are really just two sides of the same coin.

"Who would defend himself unless he thought he were attacked that the attack were real --"

Right? So the people who are terrorists and slaughterers, **they** feel attacked and they believe that attack is oh so real, and the one who is defending themselves **also** believes that their **defense** will save them. You wouldn't mount a defense if you didn't think it could **save** you.

For me, this is very, very valuable in transforming self-hatred. Let me break this down. I really decided, I'm going to practice this Lesson because I

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would feel so defensive **all** the time. That was the reason **why** I was so critical and attacking and of judgmental all the time.

When I realized, “Oh, my God! This is what’s happening! I am defending myself because I **feel** attacked. My attack is a defense against the attack I perceive is directed at **me**, and I perceive an attack directed at me 100% of the time because I do not feel worthy of Love. **I am** the one who is attacking me. **I am** the one who’s decided I am not worthy of Love. I am the **only** one who has decided that. No one else has decided that. Anyone who seems not to Love me is actually just reflecting my **own** self-hatred. Those who seem to be attacking me are just reflecting to me my **own** self-hatred.”

Attack & Hatred As a Cry for Love

And I know this because **now** when people do actually attack me, which from time to time they do, I look at it and I go, “Okay, there’s the cry for Love. That person is struggling with their own self-hatred and they’re tossing it out into the world.”

I can have a lot of compassion for that, because that’s how I used to operate. I used to walk into any situation and **look** for the things that I could mount an attack against if I felt I **needed** it in order to feel stronger.

It goes, from that first powerful sentence in Lesson 135,

“Who would defend himself unless he thought he were attacked, that the attack were real, and that his own defense could save himself? And herein lies the folly of defense; it gives illusions full reality, and then attempts to handle them as real. It adds illusions to illusions, thus making correction doubly difficult. And it is this you do when you attempt to plan the future, activate the past, or organize the present as you wish.

“You operate from the belief you must protect yourself from what is happening because it must contain what threatens you. A sense of threat is an acknowledgment of an inherent weakness; a belief that there is danger which has power to call on you to make appropriate defense. The world is based on this insane belief. And all its structures, all its thoughts and doubts, its penalties and heavy armaments, its legal definitions and its codes, its ethics and its leaders and its gods, all serve but to preserve its sense of threat. For no one walks the world in armature but must have terror striking at his heart.

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“Defense is frightening. It stems from fear, increasing fear as each defense is made. You think it offers safety. Yet it speaks of fear made real and terror justified. Is it not strange you do not pause to ask, as you elaborate your plans and make your armor thicker and your locks more tight, what you defend, and how, and against what?”

So, we’re **trained** to defend against the world, against that which would attack us. But all is One. There can be **no attack** on us if we live in our loving heart, and this is what I have been demonstrating now for a number of years, that my open, loving, compassionate heart makes me safe, it makes me invulnerable, and this is the teaching of *A Course in Miracles*.

Invulnerable In Being Wholly Helpful & Harmless

In the *Text* at the end of Chapter 4, very end of Chapter 4, it’s talking about being truly helpful and it says,

“God is praised whenever any mind learns to be wholly helpful. This is impossible without being wholly harmless, because the two beliefs must coexist. The truly helpful are invulnerable, because they are not protecting their egos and so nothing can hurt them. Their helpfulness is their praise of God, and He will return their praise of Him because they are like Him, and they can rejoice together.”

“The truly helpful are invulnerable--”

Another way to say that, “the truly **loving** are invulnerable” and, as I’ve learned, it’s so helpful to remember that **being** loving asks for nothing. It asks for **nothing**, not even that people would **receive** the Love we have for them. We can Love people so fully and so completely without **ever** telling them or trying to make it known to them. Only the ego would need to do that. Only the ego needs to be acknowledged or appreciated. **Only** the ego needs those things. Spirit just is that pure expression of Love. That’s what being truly helpful is.

So, when we’re in that flow of Love, **then** we’re being truly helpful, and Spirit will lead us and guide us in every moment, and that is how we heal the self-hatred that turns into tremendous violence and tremendous anger.

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Defending Feelings of Attack

Yesterday, and for the last few days, I've been thinking of something I saw on *Oprah!* and I think it was in the early 90s. I don't know, maybe 91, 92, 93, somewhere in there, and I was up at our family house in Maine and I, somehow -- I think that's when I saw it. I could be wrong. Things blend together sometimes -- but I know I was in the house in Maine when I saw it. She had a man on there who had been a skinhead, a Neo-Nazi, to put labels on it, and he had been raised that way in that culture.

For those who are really frightened, as many are, by the idea that we have a white nationalist President in the United States right now and things like that, and who feel hatred towards him, we have to remember that that precious, precious boy, that sweet little child who was so vulnerable that is Donald J. Trump, he was raised by a man who marched with the KKK. That's how he was raised. He was completely and 100% indoctrinated in that, and he's followed in his father's footsteps in real estate and all these things. That's what he's done, and he's -- it's just what he knows. It is the culture in which he was raised.

Now, this young man that I saw on *Oprah!*, he had had a transformation, and Oprah asked him about it, "How did this come about?" I've never forgotten this, it touched me **so**, so deeply. This young man was **so** sincere. He said, "I was raised in this culture to hate, to hate people of color, so I just -- that's what I did. That's all I knew. It was so much a part of my life, and I loved my dad, I wanted to be like him, so I did believe everything that was told to me. Of course, I did. Why would I doubt it? But then, one day --"

I seem to remember he was walking by a lake with his girlfriend, and they were holding hands, and he really loved her. There he was in nature -- and I do think that's an important part of the story, that's my sense of it, that intuitive sense of it -- and he looked at her hand, felt how much he loved her -- not that she loved **him**, is what I remember, but that **he** loved her -- and in that moment of tenderness with her, sweetness and innocence, he knew that hatred was wrong, and that Love was right, right with his soul, and that's the holy instant. He had a holy instant.

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Transforming Self-Hatred With Love

So, transforming self-hatred is when we can Love ourselves enough to let the Love flow **through** us, so it can be as simple as things like not making it so that you're rushing all the time, giving yourself enough time to get there without rushing. It can be not eating something that's going to make you sick just because it tastes good. It could be not going into resentment and choosing to forgive. There are **so** many ways that we can express Self-Love and **that** is what turns the tide. Any expression of Love is maximal, this is what *A Course in Miracles* teaches us, and that's what healing is.

The beginning of Chapter 5 in the *Course*, right after that Section, the truly helpful are invulnerable because they are **not** protecting their egos, and so nothing can hurt them, right after that, it begins Chapter 5 that starts with, *"To heal is to make happy. I have told you to think how many opportunities you have had to gladden yourself, and how many you have refused."*

Let us declare that we're not going to **miss** those opportunities anymore. We're going to **take** them. We're going to take as many as we can, to be simply loving. That's it, nothing else.

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

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

Transformation of Ego Death

Welcome back! We're talking about "Transforming Self-Hatred" something I know a great deal about. I encourage you, if you feel any sense of self-hatred, that you would **know** that it can be transformed, that we don't have to accept it, and that the **fastest** path to that healing and transformation is to put that Higher Holy Spirit Self in charge, to put Jesus in charge.

I don't know that everyone feels comfortable having Jesus as a Guide and a Teacher. Especially if we feel unworthy of Love, we may not feel worthy of Jesus' attention, but here's a way to think about it -- Jesus as a spiritual Being in His human life and in His eternal life as an Ascended Master,

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Teacher, Avatar of the Ages, the Piscean Age, and as a Christed Being, what more could He possibly **desire** than to help us, specifically, individually? What **more** could He possibly desire, knowing that all is One?

Think about this -- and Jesus says things like this in the *Text*. I can't think of one of them right now, but -- I'm not a parent. I have a niece, three nephews, I have a Goddaughter. These people, they're not all children anymore, but they **are** the children of my life and my family. And I have friends with children, of course. They're **so** precious, and if they came to me for help, I would drop everything to help them, pretty much, especially if they were suffering, if they were really challenged.

I've **learned** that we all need to grow through our experience of our choices and our decisions. It's like the story of the person who helped the butterfly out of the cocoon by snipping away the cocoon, thinking that the butterfly was struggling so, so hard to get out of that cocoon and just wanted to be helpful,

but didn't understand that without that struggle to get out of the cocoon, the wings of the butterfly would not be fully formed. It **needed** that part of its experience for the -- I don't know what the term is -- the liquid to be pulled all the way down to the edges of the wings. Butterflies are so amazing!

Think of the caterpillar crawling on the ground, completely consumed by trying to consume, [laughs] getting, eating, just 100% focused on the body, and feeding that body -- eating, eating, eating, chomping, chomping, comping, that's it from morning until night, chomp, chomp, chomp, chomp, chomp. I have no idea if caterpillars sleep. [laughs]

And then, it goes into a cocoon, spins a cocoon, right? It takes all that energy that it consumed, transforms it into a cocoon of its own making, creates a sanctuary, and once inside that sanctuary, it **dissolves!** It freaking dissolves! I mean, **what?!** [laughs]

And that is the **death**, the ego death, represented right there, that in order for us to fly, to rise and shine, to be an eternal inspiration of Beauty and perfection -- because that's how butterflies often seem, like expressions of Love Intelligence in form, Beauty in form -- but first, it has to completely

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give up all attachment to its life as a crawler, as a consumer, in order to become the great inspiration. Right?

Reminders of the Truth of Who We Are

You can think of the “lilies of the field that spin and toil not” and yet are arrayed so finely and are inspiration to all the world, as it says in the Bible, a beautiful scripture. They **start** by being this bulb, this nugget, that’s planted in the darkness, in the soil. What is the soil? It’s like the transformed fecal matter and waste of everything. Planted in that, inspired by the sun, it grows to the light and is amazingly beautiful and prosperous.

These things are given to us in the world to remind us of the **truth** of our being, constantly. So, no matter how depraved we may feel, like this young man I was talking about before the break, who was sharing how, in that holy instant of feeling Love for his girlfriend, being the two or more gathered in the name and the nature of Love -- that was why they were together, and they were experiencing Love, just holding hands innocently - - in that holy instant, this man redeemed **himself**. He may have been a teenager. It transformed his life and it gave him the **courage** to come out from among them.

Think of it! He was **raised** in this Neo-Nazi culture, steeped in it his whole life, and yet in that instant he **knew**, that’s not the way. That’s not the way, **Love** is the way. He was **willing**. His innocence was **still** intact, and he could **not** have transformed his life and then gone out and started speaking about it, and teaching others, and helping others, he could **never** have done those things had he not forgiven himself for his past. It’s not possible.

Forgiveness Is the Key

So, once again, forgiveness is the key to **every, every, every** transformation that we desire. Forgiveness is the key, and this is why forgiveness is the focus of my life, and nonjudgment is a practice of forgiveness. When we **don't** judge, when we **don't** condemn, when we **don't** complain, there’s **nothing** to forgive. It’s preemptive. Practicing nonjudgment, practicing compassion, practicing gratitude is preemptive, so that we don't have to fall in the hole of unforgiveness and then get **out** of it, and **that** is Self-loving.

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I learned that not falling in the hole is Self-loving. I got tired of struggling to get out of the hole, and feeling like a loser because I jumped in the hole. I thought my safety was **in** that hole of pain, the hole of my judgments, and no matter how many times I fell in that hole of my judgments and condemnation, I kept **believing** that my pain and my suffering was **not** the result of **my** choice, but it was the result of what was being done **to** me.

“In my defenselessness my safety lies.”

There’s **nothing** to defend. I **am not** being attacked.

I haven’t said it in a while, but I used to say it all the time to myself and to those who were interested, that “The attacker always **feels** attacked. Why? The attacker feels attacked **because** the attack is emanating **from** them. The murderer is in the house. It’s **within**. The killer’s in the house, not outside, so don’t hide in the house! [laughs] Don’t hide there! It’s not safe there. **Instead**, open the doors, turn on the lights. Yeah! Don’t hide in the dark! That’s not going to work. Get out there in the Light.

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““In my defenselessness my safety lies.”

There’s nothing to defend against because the attack is not **real**. My pal, Gary Renard, I really admire his teaching, and it’s been so meaningful to me. It was really, **really** meaningful to me when I was struggling and first coming to *A Course in Miracles* because I saw him, as he discusses in *The Disappearance of the Universe*, really on such a solitary journey, and I felt solitary, too, and I knew he was **far** more solitary than I was, and that he was doing all of that inner work, mostly in secret.

And so, one of the things that I am so committed to is to helping people who would like to do it together. One of the things that I was thinking about yesterday, and talking about in *Masterful Living* yesterday, is regarding transforming self-hatred that’s being expressed in the world.

First of all, we do our own inner work. It helps everyone, because we’re One with them. Number two, we can still also take action in the world to be truly helpful. Right? That “Truly Helpful Prayer” talks about, “I will be told

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where to go, and what to say, what to do, how to do it, when to do it. All of that will be given to me if I'm willing. If I'm willing, and I **am** willing."

Only Love Can Drive Out Hate

In class, I was saying, "What if, instead of Muslims being attacked?" Muslims are really so gentle and so loving in their teaching, they are. They are, they are, and fundamentalists in any religious endeavor, and even philosophical, can be so dogmatic, and they can become really challenged, and I've seen this. I've seen this, we've all seen this, where it becomes, their belief becomes twisted and used like a weapon.

I mean, how is it that the students of Jesus could ever kill or hurt anyone? Just like, how could the students of Mohammed ever kill or hurt anyone? These messages are **not** in the teaching. just the opposite, so it's got to be twisted for it to become violent.

I've definitely experienced *A Course in Miracles* students who have attacked me. I know a lot of *A Course in Miracles* teachers, because we show up together, we work together, we do things together, so they've become friends and they are sometimes viciously attacked. Certainly Gary Renard has been, but I know others who have been, as well.

No one attacks **unless** they're afraid. We just need to understand that and have compassion for it. It doesn't mean that we tolerate or accept their attack, but we don't have to **fix** them or **change** them. Love and the holy instant, this **will be** the shift and the change.

I think of, because I studied it, the incredibly courageous men and women who carried out the lunch counter sit-ins during the Civil Rights movement. I used to study with Reverend Jim Lawson in Los Angeles who trained them. He was a mentor to Martin Luther King, Jr. in non-violence, and he trained the trainers, even, of the people who did those lunch counter sit-ins, and they would courageously go in, men and women, white and black, and sit together at the lunch counters. People would spit on them, and say horrible things to them, and take the ashes from their cigarettes

If we hate the one who hates, we become like them.

But if we Love the one who hates, they become like their true Self, which is Love.

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and flick it at them, and they would sit there demonstrating, “I will not be moved, and I’m coming from a place of Love.”

These are like teachings of Gandhi, and Satyagraha, and Ahimsa, nonviolence and compassion because, as Martin Luther King, Jr., like **his** teacher, Jesus, spoke so eloquently -- you may remember, he said, “Darkness cannot drive out darkness. Only light can do that. Hate cannot drive out hate. Only love can do that.”

And so, if we hate the one who hates, we become **like** them. But if we **Love** the one who hates, they become like their true Self, which is Love.

“*Teach only love for that is what you are,*” is not just a nice thing to say. It’s a way to live, and it’s a way to honor our teacher.

A Religion of Kindness

I was thinking yesterday, because sometimes I’ve seen *A Course in Miracles* students who were really kind of vicious, and attacking, and righteous, and New Thought students as well, thinking they’re superior because their teaching is superior.

I’m **not** for that. I’ve done that myself, and I used to have a **real** deep, intense aversion to Christianity, which I think was my own self-hatred for my own life as a religious zealot in the past and things like that, past life experiences.

So, in this lifetime I just wish to be like the Dalai Lama, who says, “My religion is kindness.” I don’t **need** any other religion, just kindness, compassion, generosity, generosity of Spirit, generosity of heart, generosity of patience, of willingness. **This** is my religion.

Opportunities to Remember Oneness

I started to think yesterday, what if, instead of Muslims being attacked, and Christians being attacked and murdered, and Jews being attacked and murdered, in their temples and places of worship, what if it was *A Course in Miracles* Study Groups? What if people who had *A Course in Miracles* Study Groups, that their houses were being bombed, like the Civil Rights activists in the 60s? What if *A Course in Miracles* students were being targeted? What if? How would we **feel**? How would we **respond**? Or, would we just **react**? What **difference** would it make if that was our experience?

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And so, in *Masterful Living* yesterday in class, I suggested that people who felt so moved consider going to a mosque in their neighborhood and just saying, “I’m here because you’re my brothers and sisters, and I Love you. I don’t **know** you, but I Love you and I support you, and I’m going to sit with you because there’s only One God, One Love, One Life and we’re all part of it, no matter the way we pray, or don’t pray, and the way we dress. We are One.”

I’m certainly going to do this. I’m actually going on retreat tomorrow with Jon Mundy, and Lisa Natoli, and Corinne Zupko, and so I won’t be doing it in the next few days because I’m on retreat. But this feels really important. It’s an opportunity that we have to not just **talk** about it, but to demonstrate, and in doing so, be truly, truly helpful -- not because we **should**, but just because it’s an opportunity to honor the Oneness and Unity of all life. What would Jesus do? Jesus would

definitely be hanging out in the mosques. [laughs] Not to **teach**, but to demonstrate and to bring His followers along and say, “One God. We’re not separate from God, God is not separate from us, therefore, we are not separate from each other.”

This is how we transform self-hatred through simple acts of Love. That’s what puts us into that holy, holy instant. It truly is, and this is why it’s so, so important to me to create community, and that we get to do this together. That’s why I love *Masterful Living*, it’s why I love *Finding Freedom*, it’s why I love *A Course in Miracles*, is because we can have community together. It’s why, in my courses, we have Prayer Partners, and we have Study Buddies, and we have all these ways to connect and communicate with each other -- an over-abundance, really, of ways to be the two or more who are gathered in the name and the nature of Love, so that we can truly **remember** and experience that holy instant. We can have a holy instant on our **own**, but it’s **so much** easier to do it with others, and this is why I’m really dedicating energy to doing even more community things. More and more, we can come together. Yes!

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from God,
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A Course in Miracles Weekly Radio Show with Jennifer Hadley

Resources & Gratitude

And you know what? I'd like to say that if you appreciate this radio broadcast, if you appreciate being able to listen to the archive -- and we have two podcasts, one for the older episodes and one for the newer ones, so *A Course in Miracles* archive and just *A Course in Miracles* in your podcast apps -- and if you appreciate the free text messages, if you appreciate the daily prayers and inspiration, if you appreciate the free forgiveness classes, if you appreciate the free classes on Self-sabotage and healing fear and all the different things that we offer at the Power of Love Ministry, won't you please consider supporting us with an ongoing tithe? It could be -- I think you can do it as little as a dollar a month. Even that would be a show of support and Love.

I am inviting you to consider doing that, if you feel so moved, and you can go to LivingACourseInMiracles.com and you can do that, and you can also do it at JenniferHadley.com. All donations are tax-deductible, and thank you to all those who **are** an ongoing, loving support of this ministry, active participants.

Closing Prayer

I place my hand on my heart in deep, deep gratitude for the Love that we **are**, and the Love that we **share**, and the Love that lives **through** us and **as** us.

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

I Love you! Have a great rest of your week! Mwah!