

*April 2, 2019*

# Reluctance to Heal



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



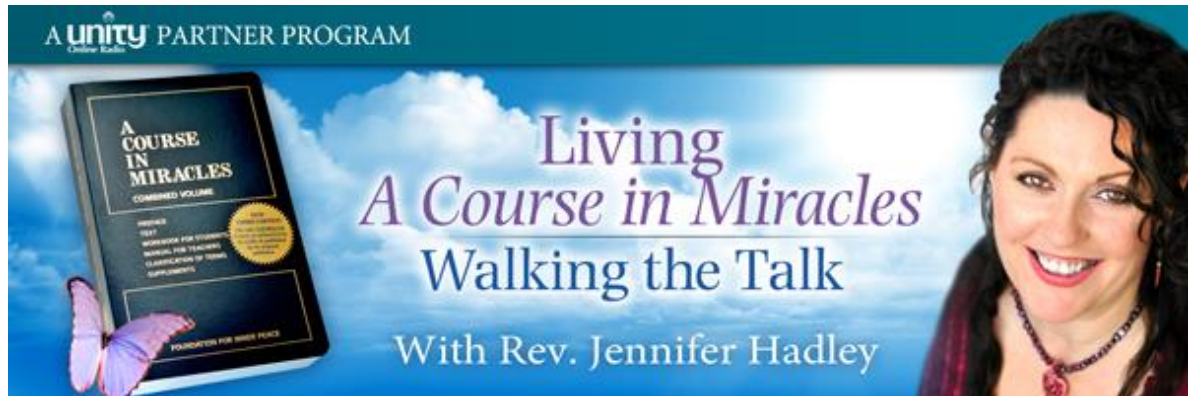
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Jennifer      Bonjour! Bonjour! Ah! It's a great day! It's a great day for us to choose healing, and I am grateful to stand with you and choose it with you. So grateful!

### *Opening Prayer*

Let's take a breath here together and tune in, tune up. I always like to begin with a blessing, and I place my hand on my heart to remind myself I am wholeheartedly available for the healing, I am wholeheartedly interested in Freedom. [laughs] We're finding Freedom in our heart and in our mind where it's been all along.

We are truly grateful, truly thankful to Partner UP with the Higher Holy Spirit Self to remember and recognize our true identity, our perfection. We're cultivating our willingness. We're Partnering UP with the Higher Holy Spirit Self to increase our willingness, and to live a life of profound Love and gratitude, Love and gratitude, Love and gratitude. This is the healing spiritual practice that we are grateful for.

In gratitude, we share the benefits of our healing, of our expansion, of our Clarity with everyone, because we're One with them.

So grateful and so thankful to allow the healing to be. We let it be. And so, it is. Amen. Amen. Amen.

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### *Reluctance to Believe We Can Heal*

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Ah! Yes! We're talking about "Reluctance to Heal". This is something I've experienced a tremendous amount of in my lifetime. So much reluctance, so much resistance. For so long I didn't know what it was about, and so I, being identified with the ego, would draw the conclusion that it was just further evidence of something being wrong with me. Right? So I just started to attribute **everything** to that core belief I had that there was something fundamentally wrong with me.

And it wasn't until I was willing to actually affirm and to begin to recognize that **everyone** is fundamentally **good** that I could experience healing in my own [cough] -- oh! I was talking about healing. Let me take a sip of my spiritual espresso here. Something's happening in my throat. Mmm! Yeah. Oh, stuff's coming up for healing, isn't it? I always feel this collective healing.

It's interesting. Many times people have written to me or told me that they had a question, and just as they had that question I, in the radio broadcast, would speak the answer. There **is** One Mind, and we **are** joined together, and anyone's healing is everyone's healing, and that's why I feel so dedicated to this, to my **own** healing of my mind. All healing is at the level of the mind and we can have extraordinary, miraculous healing when we're willing, and it's a wonderful thing that we do not **have** to figure it out.

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But the reluctance that I had to healing, I know, was very much related to just not believing it was possible for me. For others, definitely! Always believed it was possible for others, but not for **me**, because I was too far gone. I was unredeemable. That really was my core belief, and my willingness to recognize **all** are worthy, to recognize that **all** are fundamentally good. Even those that have such a strong appearance otherwise, there fundamental goodness is there.

I often think of St. Paul, the great proselytizer of the teachings of Jesus, who met the Spirit of Jesus on the road to Damascus and had that experience of being hit by a blinding light, and being transformed from the one who had

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persecuted the Christians for years, **despised** them, despised Jesus, transformed in an instant, the holy instant.

### *Reluctance to Realize the Truth*

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I have felt transformed in an instant. We were talking about this in [\*Masterful Living\*](#) class yesterday, talking about the power of prayer and the power of having a realization, that a realization of truth can wipe out a **lifetime** of believing something **false**, that we don't have to experience a **process** in healing.

I was sharing that my favorite quote from Ernest Holmes, the founder of the Science of Mind teachings, in the Science of Mind text, he said, "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."

Right now, I am so grateful that a realization is simply an **awareness** of truth. We become aware of the truth. How do we become aware of the truth? First, in my experience, I open my mind with gratitude, I open my heart with gratitude and just be grateful that God **Is**, just be grateful that Love **is**, just be grateful that there is the **possibility** of healing.

We can be grateful -- I know, I remember hearing Oprah say that the most transformative thing she ever did in her life was, she started a gratitude journal and she would write down five things at the end of her day that she was grateful for, that she started this habit when she was in her 20s, and it transformed her thinking, as gratitude does. It lifts our vibration up above the fray, above the muck and the mire, so we can see, and hear, and feel and know, **more** clearly, what the truth actually **is** and the truth does, indeed, liberate us from illusions.

She practiced that, and she said when she started out, a lot of times the best she could come up with was being grateful for ice cream and things that she found were delicious. **Nothing** wrong with that! Start where you are, for sure. I have, and I do every day. Just be where I am in this moment, and be truthful in this moment, honest with myself in this moment. That's deeply healing, deeply transformative.

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We lift ourselves up with gratitude so we can have clear perception and be more **available** for the insight, for that realization of truth. And then, we add to this willingness, a willingness **to** know the truth, because the only reason we don't recognize, and recall, and remember, and know the truth in the moment is because we **prefer our** version of life, which is our belief system.

That's the only thing that can truly block our knowing the truth and our liberation from all suffering, is our belief that there's something **other** than perfection. Right? The story we made up, our grievances, our regrets, our resentments, the hurt, the blame, the shame. All these **stories** that we have attachments to, these are like veils in our mind that block our **awareness** of the truth.

In this moment right now, this transcendent moment, transcending time and space, coming together, the meeting of our minds, we're coming together to **be** grateful, to **be** willing, to have a realization of truth. When we have a realization of truth, that's what I call "**proving God**". We're proving the truth. We're willing to **know** the truth, to **remember** the truth, and when we **know** the truth, that **certainty**, that **alignment** with the Divine, is happening.

Healing is happening when we are willing to know, remember, recognize and affirm the truth.

That's what a realization is. It's a **remembrance** of the truth. That's what an "a-ha" is, it's connecting the dots in **truth**, rather than in our false beliefs. So, every time we can let go of a false belief, we can have more Clarity about the truth, and isn't that wonderful?

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### *Reluctance to Know We Are Worthy*

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Our reluctance to heal, in my experience, in my awareness, and in my working with so many counseling clients, so many participants in my classes for so many years -- because I've been counseling people for 19 years -- our reluctance to heal, it **can** be that we don't feel worthy, it **can** be that we don't believe it's possible. And, the antidote to both of those things is the **willingness** to realize the truth. Right there.

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Now, in the *Manual For Teachers*, which I love so much -- thank You, Jesus, for the *Manual For Teachers*! [laughs] It's **so** clear! People ask me, sometimes, "Hey! I'm a new student of *A Course in Miracles*. How do I begin?" I suggest to them that they get Gary Renard's book, *The Disappearance of the Universe*, and I suggest that they begin to read the *Glossary of Terms* and the *Manual For Teachers*, and just start there with those things. And then, you can begin to do the Lessons. No hurry. Don't feel compelled to do one a day. If you're doing one a week, but you are actually **doing** it one day per week, that will be revolutionary in your life. Just some tips there.

In the *Manual For Teachers*, Chapter 6 is entitled, *Is Healing Certain?* In Paragraph 2, it says,

*"Healing will always stand aside when it would be seen as threat."*

And the instant healing is welcome -- boom! -- healing happens!

*"Healing will always stand aside when it would be seen as threat."*

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*When we truly  
know and  
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Now, let's not go on an ego, analytical trip to figure out precisely **why** I would perceive healing to be a threat. I'm so tired of being sick. I don't want to be sick in whatever way -- it could be our finances, it could be our Creativity, it could be our relationships, it could be the physical body, the mental body, the emotional body. Whatever is not experiencing the perfection and the Wholeness, **that's** where healing **can** happen.

So, having worked with tremendous amounts of reluctance to my **own** healing, and really having broken through what felt, to me, like a tremendous amount of reluctance, I can understand so much more. However, **understanding** it did not come before the breakthrough. The breakthrough came before the understanding, so I don't look anymore to try to **understand** things as a step on my pathway to healing. If it occurs, fine. If it doesn't, fine. Because what I'm really after is that **realization** of truth, which is different than understanding. Knowing is a realization of truth. That is permanent healing. When we truly know and remember the truth about any aspect of life, then there is **permanent** healing.

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Valuing the truth is a great place to start, and we cannot value the truth **and** our own opinions and judgments, our condemnation, our shame, our blame, our regret, resentments, guilt. We can't value all of that **and** value the truth, because one is true and one is not. You just -- you can't say, "I really value being of service to others" but you're never of service to others. Or "I really value my spiritual community" but you don't contribute in any way. You can't be on both sides of the fence at the same time.

### *Reluctance to Surrender What's False*

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So, if we value the truth, then we are going to definitely **surrender** -- surrender, surrender, surrender! -- everything that's false -- the blame, the regret, the resentments. All are affronts to the truth, and that's -- hey! That's the core of *A Course in Miracles*. That's the part that's really, really challenging, is to recognize that nothing has been done **to** us, because we're One with everyone. There is no separation.

So, if we're One with everyone can, actually, things be done to us except in illusions? And, as it says in this "*Is Healing Certain?*" Section,

*"Truth demonstrates illusions have no value."*

That's why the truth sets us **free**. It liberates us from the **illusion** that things in the illusion have value.

*"Healing will always stand aside when it would be seen as threat."*

Let's work with this, and not in an intellectual way but in a heart-healing way. In order to do that, we must be **willing** to be in this partnership with the Holy Spirit, with Jesus, with the invisible field of our perfection and our Wholeness, and Love, itself. We must be willing to be in the flow of Love, to some degree, in order to experience the healing.

For me, I give so much gratitude that I don't have to figure anything out. I do not have to **understand** the blocks to Love in order to offer them up, hand them over, relinquish them, and release all attachment to them.

Now, it's challenging to get this. It is. It certainly took me years, and I can still see the edges of my mind where I reject it. So I understand how, sometimes, it feels like healing is a **process**, but it's actually not. Healing is

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*Healing is  
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we are truly  
willing.*

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**instantaneous** the moment that we are truly willing, so that's why gratitude helps us to be more willing, and then we can even decide just to be "willing to be willing to be willing", take a few steps back from it in order to get just a little smidge of willingness. Because that little smidge of willingness **is** willingness. It is enough to fan the flames of our divinity. That's all that Spirit needs to crack open the most hardened heart, is just a tiny little bit of willingness.

*"Healing will always stand aside when it would be seen as threat."*

### ***Reluctance to See Healing As Desirable***

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If you feel like, oh, you're not experiencing the healing that you desire, then be willing to entertain the idea that, somewhere in your consciousness, is a belief that healing is **not** desirable, that healing **is** a threat.

Now, healing could **only** be a threat to ego identification, and all of us have some degree of ego identification -- we're either completely ego identified, somewhat, a little bit. We don't have to categorize it or evaluate it. We can just **know** that there is **some** ego identification, unless we feel like we are completely awake. [laughs] And I'm not there yet.

If we can be **willing** to just consciously say, "Okay, I **get** it. On some level, I see healing as a threat, and I would like to change my mind about it. Higher Self, Holy Self, Holy Spirit, Jesus, Mother-Father God, Infinite Spirit, Divine Intelligence, Great Mystery -- show me the way to release any idea that healing is not desirable or it's a threat. I am **willing** to give up all the blocks to Love. I am **willing** to have **this** instant be the holy instant of my healing, and I share the benefits of my healing with everyone, because I am One with them. In this moment, I am **willing** to give up any idea that healing is a threat. Whether that idea that healing is a threat is known or unknown, I am **willing** to give it up. I am grateful and I am thankful to surrender it, here and now, to stand in an awareness of my holiness and the holiness of all life."

### ***An Invitation & Prayer to Surrender***

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I have found that being able to call for that level of support, that level of healing and willingness, it **brings** the miracle. Prayer is a medium of miracles, so a prayer offering up the blocks to Love is a **powerful** prayer. A prayer of gratitude -- "I'm so grateful that there **is** support, that I **can**

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receive assistance, that I am **not** on my own, that there is eternal, infinite support available to me at all times. I am grateful, so grateful! So grateful and so thankful to consciously attune. Yes! Even if I don't know **how**, I am willing, I am grateful, I am thankful. No more resistance. No more reluctance. Let it be dissolved and resolved, **permanently**, back to the root cause. Whatever decision I made wherever in space and time, for whatever reason, I surrender it all now, and I am grateful to make that surrender. So grateful!" Mmm!

The invitation right here and right now is, are you willing to become **aware** that healing in your mind might be seen as a threat, and to just surrender the idea of blocking healing? Are you willing? And then, let's give the Holy Spirit the heavy lifting. Let's **allow** ourselves to be led and guided by Spirit, gratefully and thankfully, truly gratefully, truly thankfully. Mmm!

So much healing has happened when I've done this, and when I see others do this. Our willingness truly is **all** that's required. I'm so grateful that we can **share** the benefits with everyone, because all minds are joined. For me, this is such an impetus for me to do my part, and to support others in doing their part, too, so that we stand together, we don't stand alone. We **are** united, we **are** One with each other, and so let us lift the burden in our own mind by handing it over to the Holy Spirit, and not thinking we have to intellectually analyze it or figure it out on our own, because we **do not!** That is **not** a part of our healing process. That's just more ego identification.

I'm Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio. We're living the Love, we're walking the talk, and we're rocking our healing! I'll be right back!

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

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### ***Reluctance to Give Up Habits of Grievances***

Welcome back! We're talking about when we're **reluctant** to have healing, and it can be so thick and intense, this reluctance to have healing. You know, this is one of the things I learned that was so helpful to me, and I'd like to share it with you, which is for so many years -- so many years! -- I

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**witnessed** my own reluctance. I would pray for healing, and then I would watch myself turn away from it. I would watch myself turn away from the higher vibrations of Love, compassion, kindness, generosity of heart, Spirit, generosity of Spirit. I would watch myself turn away from opportunities to extend Love, and I would watch myself turn towards habits of withholding Love, being inconsiderate, and being judgmental and condemning.

I was very confused about punishment and, like most of the world, I believed in punishment, and I believed that I would be punished for my unkindnesses, and I believed that others should be punished for the slights that I perceived that they made against me. All of these were just **some** of the ways that I was witnessing my reluctance to truly be healed of the regrets, the resentment, the guilt, the blame, the shame, the hurt.

I would turn away from Love, and I would turn towards my **own** judgments, my **own** decisions, my **own** thoughts of pain and suffering, and going over, and over, and over them in my mind. I would get triggered, and I would go down the rabbit hole, and obsessively, compulsively complaining, judging, criticizing, punishing. All of this was my habitual behavior, and all of it I can see now was my reluctance to heal.

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I really did have to come to grips with **my** healing in my heart, and in my mind, and in my finances, and in my emotions -- my healing **required** me to give up my grievances, and I was **afraid** to give up my grievances. Truly, I was, because I thought that my grievances **protected** me from being wounded again, and so I saw the reluctance to heal played out in my grievances.

One of the things I can tell you I experienced was in my relationships, that was so difficult for me -- I would get triggered, and I didn't know that when I got triggered it was actually a **blessing**. I thought it was a curse! I didn't **know**, but I would get triggered emotionally, mentally. I didn't understand that this trigger is like a splinter in my mind, in my heart, in my consciousness, and when it is inflamed and I feel triggered, this is an opportunity to draw focus and attention to that splinter from the past, that

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wound from the past that has not healed. Just like a splinter wouldn't heal, would become infected, maybe it would be dormant, but it can't truly be healed until you get that splinter **out** of there.

That splinter is the decision that I made in the past. That splinter is my opinion, my perception, my belief from the past, and I cannot be at rest in Peace, in Harmony, in Joy, in Freedom, in Abundance, in Prosperity, in Wholeness, in Wisdom, in Clarity, in Purity -- in all of the spiritual qualities that are my inheritance -- I cannot **truly** experience them while clinging to the splinter.

### *Reluctance to Healing Opportunities*

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So, when that splinter in the mind gets activated, it gets triggered, like if it were in the body, if it got hit and that would agitate it and perhaps be a resurgence of infection or pain, what it is, it's I call it the "Divine Alarm Clock". Something, some upset, is happening which means that this is an **opportunity** for healing, to get the splinter out.

Now, I didn't **know** that. I got triggered all day long, didn't know I was **avoiding** my healing opportunities. I didn't see that, at all! All I knew was that "It seems like I'm going to get hurt again. I'm being hurt again. I am being hurt again. I'm being attacked. Oh, my God! I am being attacked. I need to defend myself! Danger! Danger! **Danger!**" That's what my interpretation of the triggers was.

Now, when I get triggered I can go, "Ah! Here's an **opportunity** to give a splinter", known or unknown. I don't have to know where it came from, when it came or how long it's been there, who helped or blah-blah blah, what the decision was originally, or what the fear is. I don't need to know **any** of that. My Higher Holy Spirit Self knows every component. There's **nothing** hidden to the Higher Holy Spirit Self, so I call upon that Higher Holy Spirit Self, I call upon the Company of Heaven, to **remove** the splinter, heal it back to the root so I can experience new fruit, the learning and the Wisdom that is encoded in that experience of the splinter. Let me receive **that** in exchange for the splinter itself.

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That method really, really worked for me, and that helped me undo that **massive** reluctance to healing, that **massive** resistance to happiness.

### *Reluctance to Giving Up Blame & Attack*

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Last week, I was talking about the resistance to happiness -- the resistance to happiness, reluctance **to** healing, **for** healing. These things can feel **so** pervasive, **so** strong, **so intense** that they can run our life. It certainly ran mine.

So, I would get triggered, and I would go through that process of being afraid, and I would start to look for the defenses. "How am I going to defend myself against this attack? I am being attacked!" That's how it would feel when I would get triggered.

For me, on a non-conscious level, I didn't know how to defend myself against the attack because, to me, the attack was always some version of "There's something terribly **wrong** with you. You're not good enough. You're bad. You're **fundamentally** bad! That can't be healed! It's fundamental!" Any sense that someone had an awareness of my fundamental badness would be a trigger for me, so the slightest criticism, even gentle teasing, would send me over the edge, and I would start looking for the best defense, which was a good offense.

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I would just be in this attack-defend, attack-defend, attack-defend, feeling so, so vulnerable **because** of this core belief that there was something fundamentally wrong with me that's unfixable. Oh, it was just nightmarish to live inside that pattern!

And so, because it was so nightmarish, one of the ways I could find to get my mind out of it, and into a new train of thinking, so to speak, would be to go into **blame**. "**Who** is to blame for my pain and my shame? **Who** is to blame for this upset? I'm going to hold **them** accountable. I **have** to hold them accountable. I **have** to prosecute them in the court of ego, and I have to present an airtight case for their damnation so that they will leave me alone and **stop** punching me in my splinter!"

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That's how it felt to me. I was so truly frightened at my core, and then I would become so overwhelmed trying to make that airtight case, going over it, and over it, and over it, and over it, obsessively, compulsively in my mind. I would just be rocked! Oh, it was awful! Awful, awful! Defend-attack, defend-attack. Head down. Take no prisoners.

My emotions were terrifying to me, and **then** I would become truly frightened that I would say or do something to ruin my life and **increase** my sinking sense of self-worth. I'd be so afraid that I would explode and destroy any happiness I had, any relationships I had, and I would move into a place of really hopelessness. "This always happens to me!" "I can't get out of this!" "I can't get out of this pattern!" "My life is worthless!" "I'm never going to succeed. I'm always going to be failing." "I'm unredeemable." "I'm unsavable." "There is no hope."

How can there be **hope** if you believe you're fundamentally bad? There **is no** hope. Your hope entirely rests upon being able to **hide** it. That's the best you have, which is **not** hope, really. Hoping to be able to hide it, that's -- [laughs] that's not very much help there, so "There is **no** hope! There is no **real** hope. There's no hope of healing."

Then, I would go to this place of, "Okay, this being the case, if I feel threatened enough, I'm taking everybody down with me. I'm burning all the bridges. I don't care anymore. I **do not** care!" See, that was me taking back my power. "I have the power to say I do not care! I'm worthless, **how** could I care, **why** would I care? I already know this to be true!" was how I felt.

[laughs] When I was a kid, my brother -- my brother still loves to watch *Star Trek*. He loved to watch *Star Trek* when we were kids, and I certainly probably saw most of those early episodes back in the 60s and early 70s. I guess it was early -- whenever it was, late 60s, early 70s, and I always remember Scotty saying, [Scottish accent] "She can't do it, Captain! She's going to blow! She'll never make it!" And that's how I would **feel**. Right? I'm going to blow. I'm never going to make it! System overload and shut down. Or like in *Lost in Space*, "Danger, Will Robinson! Danger!"

That just felt **so** where I would go, so quickly, and I would have to get my consciousness the heck out of there and just -- I just had to run, get out of there, pack it away for later. It was **overwhelming** trying to figure it out,

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trying to understand it, trying to navigate it by myself, as a child or a teenager, or in my early 20s, late 20s.

It was just overwhelming to me, and I would then go into a place of, “I will **never** forget this!” Revenge thinking. “I will **always** remember what you did to me, how you made me feel! This is **your** fault! You are ruining my life! I will **always** blame it on you!” because I had no other coping mechanism except to say, “It’s not **my** fault! It’s **all you!** I am innocent. **You** are guilty, and you will be punished forever!” and then lock it down, and then the splinter is now further encased in all of that thinking.

### *Start Where You Are*

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That’s what would happen, and it was rough. It was really, really rough. It felt like a whirlpool. It felt like condemnation, self-condemnation. Since I didn’t have any idea that there **was** a way out for me, and I didn’t have the **hope** of redemption or a way out, I would not entertain the **options** that my Higher Holy Spirit Self was handing me to go the other way, so extreme reluctance to heal was what I experienced. **Extreme!**

And I **know** I’m not alone. This is why it’s so important to me to not pretend and to say, “Look, this is where **I** started from.” I **started** from a **deep** sense of shame, and hopelessness and an unworthiness, and I do not have those thoughts and feelings anymore. I really did experience miraculous healing, over and over and over again, by handing these thoughts and these beliefs to the Holy Spirit for healing and **claiming** my healing.

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*Gratitude and  
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Gratitude and willingness opened my mind to the possibility of true healing. And for me, it was a **bold** act of courage to say, “I’m going to go all-in for God! I’m going to go all-in on this, and do the best I can every day, and stop judging what the best I can do in this moment is. I’m just going to do the best I can do, and I’m going to start to try to get out in front of things, so that I don’t go **through** that experience of being blindsided, overwhelmed and spiraling down to that [Scottish accent] ‘She can’t do it, Captain! She’s gonna blow!’”

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To **avoid** that, I started to, as an act of Self-Love and an act of willingness, **interrupt** these patterns, and that taught me, Spirit taught me, that interrupting the pattern is like 9/10 of the healing, or 98%. I mean, a **huge** portion of the healing is to **interrupt** these patterns of thought.

And you know what? This is **precisely** why I started my [Finding Freedom From Fear](#) Boot Camp and why I started [Masterful Living](#). These ideas were actually not **my** ideas to do. They were **given** to me. They were insight that was given to me that I **could** do this, that this would be helpful to people, that I could **share** what I learned and walk people through it, hold their hand, go with them and do it with them, and **that's** why I started offering these classes, and it's why I **still** offer them. And I love them, every day! I love that I **get** to do this work! This is -- it means so much to me.

The suffering of the past is a celebration to me now, because every day I **continue** to harvest the Wisdom from it and **share** the benefits with others. So, everything that I thought was the worst kind of manure is now absolutely **fertilizer** for a life of Love. Not **just** for myself, but for anyone who's interested in sharing it with me. **That** is what awesome really means. That is **actually** awesome! Really, truly awesome and it takes my breath away, the magnificence of Spirit working through each and every one of us, because every one of us is a **fulcrum** point, a **pivot** point, of healing in our family, in our community, in our workplace, in our spiritual community.

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*Wherever we are,  
we are designed  
to be the  
Light of the World  
and to be that  
Light in the darkness.*

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Wherever we are, we are **designed to be** the Light of the World and to **be** that Light in the darkness. We are so perfectly designed, and everything that we **thought** was a mistake, everything we **thought** was wasted, is given back to us with **so** much Beauty, and **so** much power, and **so** much functionality that we can leverage to be the Light of the world, to be a healing presence, **all** of the time with everything that we're doing and saying.

It is extraordinary! From the place that I was before, it was **unimaginable**, yet I was willing to believe that there was something that I could aspire to. And I really thought, "Well, I'm not going to get there in this lifetime. I'm

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not going to get very far, but I'll get as far as I can get, because this repeating nightmare, I **cannot** bear anymore." I just literally couldn't bear it anymore.

### *Dissolve Reluctance With Willingness*

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Some people make a decision for healing, for Love, for Peace, for Harmony from a place of **inspiration**, but a lot of us we make it from a place of **desperation**.

What I would like to share is that, given **that** is a common experience for people -- that they make the choice for healing from a place of desperation, that they can't bear the **avoidance** anymore, they can't bear the **pain** of suffering anymore, and so they **finally** move towards the Light -- one of my goals is to support people in **not** having to crash at the bottom, but to make a decision much earlier for their healing. That's one of my personal goals, is to help people **avoid** hitting rock bottom, feeling suicidal, and desperate, and worthless.

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*Love is the healer.*

*There is no  
other healer.*

*We all have access to  
Love.*

Love is the healer. There **is no** other healer. We **all** have access to Love, even if we think we don't. If we think we don't, it's because we don't feel worthy, but **all** are worthy, and our **willingness** to simply recognize all **are** worthy helps us to see that **we**, too, are worthy.

A choice of willingness **dissolves** the reluctance. And you know what? Reluctance is better than total avoidance. It really is. I've felt totally avoiding, and stuck, and I'd rather -- I'll take reluctance any day! [laughs] I'm sure there's more to come forth on this theme.

### *Classes & Resources*

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I'd like to share a couple of things. I will be offering my [Finding Freedom Spiritual Boot Camp](#) class soon. I haven't set the date, exactly, but it's coming soon. You know, if you're ready to go with others, like-minded, and to do this work with me, come and join! Come and join!

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If you're feeling really down and out, you might try my "[Sacred Circle](#)". It's a weekly call I do, it's spiritual counseling. We have a great group of people that show up every week, It's a membership program. Anyone can join, it's a small fee to join. I take spiritual counseling questions and it's one of my favorite things. It's really enjoyable. We have a wonderful community, very loving, very supportive. Some folks are new, some people have been there for years. It's a great opportunity to get your questions answered. And a lot of people don't even ask questions, they just get the downloads and listen, but you can submit questions in writing, and things like that.

Also don't forget we've got [free text messages](#), we've got transcripts of all these radio broadcasts. We have **so much** for you at [JenniferHadley.com](#) and [LivingACourseInMiracles.com](#), and I am so, so grateful that I get to share with you, and I am so, so grateful for all the people who **support** and make contributions to keep this show going. Thank you, thank you, thank you!

### *Closing Prayer*

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Let's take that blessing and that breath of gratitude. So grateful and thankful to know the truth that sets us free. We're **willing** to know the truth. We're **grateful** for our willingness. And we share the benefits with everyone, because we're One with them.

In gratitude, we let it be. We know it's done. And so, it is. Amen. Amen. Amen.

Have a great rest of your week!