

April 9, 2019



Ending Repeating Patterns of Pain



 *Jennifer Hadley*
your daily shot of spiritual espresso

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April 9, 2019

Ending Repeating Patterns of Pain

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! So happy to be with you, as always! I look forward to our time together and the opportunity to join together for a holy healing purpose.

People have been commenting that last week's episode on resistance to healing, "Reluctance to Heal" very helpful recent episodes. It is a challenging time for many people, a very, very challenging time for many people. What I notice is a lot of people are experiencing that past pain patterns are very strongly coming up for healing, and I see it in my own experience and I take it as a blessing. So, let's do that together! Let's take it as a blessing and ring **every little drop** of **blessing** out of our pain!
[laughs]

Today I'm talking about "Ending Repeating Patterns of Pain" and, as always, we're going to begin with a blessing.

Opening Prayer

I place my hand on my heart. Oh! I take that deep breath. I am grateful to be wholeheartedly available for healing in this very moment. I am grateful to open my heart and my mind to the healing of **all** patterns of pain.

Grateful and thankful that we go together on this journey of healing. Grateful and thankful that we are **not** alone, **never** alone. Grateful and thankful that our Teacher is always with us, and so we truly Partner UP with that Higher Holy Spirit Self and we **relinquish** the patterns of pain, whether we know what they are or not. We're giving everything over to the Holy Spirit for healing, back to the root cause. Whatever the decision

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we made in our past, in any lifetime whatsoever, we're allowing it to be fully dissolved and resolved, permanently, back to the root cause so we never freakin' experience it again! [laughs]

in gratitude, we share the benefits of our healing, of our **willingness**, of our demonstrations of Love with everyone, because we're One with them. In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

Triggers & Painful Conclusions

Whew! Yeah, baby! I love to pray! That's why I find that prayer is one of the foundations of the classes that I teach, giving folks real practical tools of **how** to apply these principles, because oh, my gosh! I can't even count the number of people that have told me over the years that they were **studying** *A Course in Miracles* for many years -- many years! -- in Study Groups, studying, studying and studying but not **living**, not applying. And so, that's where the healing is. It's in that application.

And I know for myself, some of the most painful times in my life were when I was aware that I was repeating the same experiences I had already been through many, many times, having the same arguments with the same people and not getting anywhere.

I mean, when I think about it -- fortunately, that is not my experience anymore! Really! That is **not** my experience anymore, and good God, Almighty! I honestly know that for a very long time in my life, my great despair and sense of unworthiness -- oh, let me take a sip of my coffee here -- yeah, my great despair, my deep sense of unworthiness was supercharged by the repeating painful experiences, which for me, mostly came about through my experiences of other people, as well as my own solitary self-medicating.

Mmm! Just remembering how great my despair was, feeling hopeless and helpless, repeating the same arguments and drawing the same painful conclusions, using the kind of thoughts like, "I'll never --" "They always --" and "What's **wrong** with me?" Ugh! Yes!

I do not have that anymore. I **don't!** I still get triggered, there's no question of that. But the difference in the pain is **so** extreme. It used to be that the pain when I got triggered would be, at times, searing. The image that's coming into my mind is a branding iron, like I would feel this intense,

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intense searing **pain** and it was because I was being triggered into remembering my belief that I just simply was not and would never be, could never be, worth loving. That anyone who **seemed** to love me did not really know me. **They** were delusional.

Offering Spirit Our Ego Thought Patterns

That's **exactly** how I used to feel, and I feel it's very important to me to talk about it, because a lot of spiritual teachers that I have studied with don't really talk about it, because they find it embarrassing. And I would say that the only reason they find it embarrassing in some way, they're thinking they need to present a holier history or something. I think there's less of that now than there used to be, but this idea that many of us grew up with that "Don't let them see your vulnerability." But, you see, it's only still a vulnerability if it hasn't been healed.

Now, I've got stuff I'm still working on every day. Of **course**, I do! [laughs] And, I've learned the safest place for me to reside is in my loving heart, wide open where anyone can see, and having **no** shame, which is a byproduct of judging -- have no judgments about where I am, and make no meaning of it, no interpretation.

*I've learned the safest
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and having no shame.*

Yes, sometimes I am quick to blame.

"Who's fault is this?" [laughs] That judger aspect of my ego gets triggered, and I defend myself by attacking. It still sometimes comes up very fast. But I know that's not **who** I am, that that is an ego thought pattern that is **not** part of my true identity. I am no longer identified with it. It is simply a pattern that sometimes comes up for healing, and when it does I am deeply grateful to **allow** the healing to occur, and that is what is transpiring, my healing. Thank you, God, for my healing!

And so, when I get triggered, I can go very quickly now to that place of gratitude for my healing. I call to the Holy Spirit, my Higher Holy Spirit Self, and say, "Ah! Here's a gift I offer You for healing. Let me **not** try to manage and cope with it. Let me not **hide** it or think there's something about it that's real. Oh, no, no, no! This is for You!"

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That's why I sometimes tell the story, which sounds strange but it's true, I got into a habit of just saying, "This Bud's for You!" to the Holy Spirit. That when I would feel the sense of some unhealed past thing, pattern, some pain, some misperception, some projection, I would just go, [snaps fingers] "Healing opportunity! I'm grateful! This Bud's for You!"

That became my shorthand of healing, and this is one of the things that I share in [*Masterful Living*](#), in [*Finding Freedom*](#), in my classes that to -- because people are often telling me, "What's a way that I can work with these pain patterns and heal them?" **This is it!** It worked for me. I took out so much trash, or the Holy Spirit did, by me simply saying, "Okay, here's another piece of trash. Here's another false belief. Here's another trigger. Here's another something that's got me irritated."

Really, the new habit that I developed was **not** to look back and examine it deeply, because I don't wish to **reattach** to the meaning that I made of it. Because I had -- my mind is very analytical. That's my personality, very, very analytical, trying to understand everything and make sense of everything, so I can get out in **front** of everything and start defending myself before they start attacking.

The new habit that I developed was not to look back and examine it deeply, because I don't wish to reattach to the meaning that I made of it.

I always felt, when I was younger -- and I do mean **always** intentionally in this case -- I almost always felt that I was going to be attacked, because I had this core belief that something was so, so deeply wrong with me, I was so dysfunctional. And so, attack was almost always anticipated. I didn't want to be blindsided, so I knew I had to be prepared for the attack from everyone -- every family member, every friend, every stranger, every classmate, everyone. It could come at any moment, so I had to be prepared to defend myself.

I was always out in front of myself, judging, and attacking and defending, and if I -- well, I just feel that's -- I'll leave that there, just because that's my guidance. Not that I had a thought I was going to share and decided not to. Just that was the end of that thought. [laughs]

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Experiencing Pain is Up to Us

I feel inspired to go to a Lesson, one of the *Workbook* Lessons I refer to a lot. It's been very helpful to me, it's Lesson 190, which is entitled "*I choose the joy of God instead of pain.*" Mmm! And it starts right with,

"Pain is a wrong perspective."

I know I've shared this many times in this radio broadcast, but here it comes again, and that's one of the things I used to train myself was I would, when I felt pain -- emotional pain, even physical pain, I would go right to,

"Pain is a wrong perspective."

Yes, indeed! Mmm! Mm-hmm. Just feeling that. Mmm!

"Pain is a wrong perspective. When it is experienced in any form, it is a proof of self-deception. It is not a fact at all. There is no form it takes that will not disappear if seen aright."

Very clear there, **extremely** clear, so here's the thing that I extrapolated from this -- when I am experiencing any kind of mental, emotional or physical anguish or pain, since it's a **wrong** perspective, it is proof of self-deception. It's not real, and there's no form it takes that won't disappear **if** I'm willing to see it, whatever the perception is. If I'm willing to change my perspective, it'll disappear. The pain will disappear.

*Pain is up to me!
I'm in charge of
whether or not I
experience pain!*

So for me, just those few sentences made it super clear -- hello! Pain is up to **me**! I'm in charge of whether or not I experience pain!

In Paragraph 3 here, it says -- actually, I'm going to go to Paragraph 2, where it says,

"It is a nightmare of abandonment by an Eternal Love, which could not leave the Son whom It created out of love."

Paragraph 3.

"Pain is a sign illusions reign in place of truth. It demonstrates God is denied, confused with fear, perceived as mad, and seen as traitor to Himself. If God is real, there is no pain. If pain is real, there is no God. For vengeance is not part of love."

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And fear, denying love and using pain to prove that God is dead, has shown that death is victor over life.”

That’s what the pain is all about. So here’s the thing, being a very analytical person, we **cannot** waste our time analyzing it! This is a complete and total waste of our lifeforce, it’s a waste of our time, it’s a waste of energy. Time can waste, as well as be wasted. That’s what it says in the *Course*. We waste our spiritual energy when we invest the time and attention in managing and coping with pain.

The only reason we would be managing and coping with pain is because we believe that we’re in charge of our healing, and therein lies the **cause** of pain. Right there! **Right there!** So, in order to give the causes of pain to Spirit for healing, in order to resolve and dissolve the root causes of pain, we **have** to have trust, which is the #1 characteristic of the teachers of God. We have to fully leave it on the altar.

What happens is, we pray for healing, we pray for a revelation of truth that is healing. Right? The truth sets us free. It’s liberating because it’s healing. Right? It brings us back to our true reality. It helps dissolve and resolve illusions. When we can **remember** the truth and recognize the truth, we will loosen our grip on our interpretations and the meaning we’ve made of things that’s causing us **so** much pain.

Now, most of the interpretations and meanings that we have made of things, like 99% of it, is the result of decisions that we made before this lifetime. So **now**, we employ the power of decision, and I did three episodes on “*The Power of Decision*” late 2017, I think. Yeah, I think so. Go look in the archive.

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Podcast Archives

Oh, and speaking of archive, I’m just going to make a little announcement here in case you haven’t heard this before. If you are accessing the podcast through iTunes using the podcast app on your iPhone, or using the iTunes

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podcast on your tablet or your computer, there are **two** podcasts for this radio broadcast only for iTunes users.

If you're in an Android device, you can just take a step back for a moment, because this does not apply to you, but iTunes has a limitation. They only put 300 episodes in a podcast and then that's it, they're done.

We've got 390 episodes as of this week, so the first 90 episodes are in a separate podcast called "[A Course in Miracles Archive](#)." So if you're someone who's interested in having all of the radio shows, each week, when we add a new one to the "[A Course in Miracles Podcast](#)" an old one drops off. iTunes drops one off, so we add that one to the Archive podcasts. To that's our weekly process. So if you'd like to have all the episodes, that's the way to do it, get both podcasts if you're on iTunes.

Our Choice of Pain or Healing

Okay, so back to pain.

"Pain is a wrong perspective."

And the reason that we're experiencing the pain is because we are attached to the decision, and the meaning, and the interpretation that we made, probably not even in this lifetime.

Now, the good news is, is we don't have to **remember** that decision. We don't have to remember **why** we made it, **when** we made it, **where** we made it, **who** was there, for what purpose. None of that matters at this point in time, because the only point in time that's real and valuable, where we can make a decision, is **now!**

So in this moment now is the -- there are two opportunities, and the two opportunities are for choosing Unity -- which is healing, which is pain relief, or separation -- which is pain, which is a wrong perspective, which is thinking that God is out to get us, and that we're born to die, pain is real, that we have to do it ourselves because we're the ones that created this problem, we're the ones that made the wrong decision.

But **no!** If we go back to the beautiful prayer at the end of Chapter 5, where it says that "I must have made a wrong decision, because I am not at Peace." Right there, it's telling us that we **do not have to remember** what the decision was. We don't have to know **any** of that! **Now** we make a helpful decision, right?

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This is what Jesus talks about at the end of Chapter 5, Section VII, it's the very last part. There's a beautiful prayer there, and this is what He says to us in preface. He says,

"...the first step in the undoing is to recognize that you actively decided wrongly, but can as actively decide otherwise."

That's my, "This Bud is for You."

"Be very firm with yourself in this, and keep yourself fully aware that the undoing process, which does not come from you, is nevertheless within you because God placed it there. Your part is merely to return your thinking to the point at which the error was made, and give it over to the Atonement in peace. Say this to yourself as sincerely as you can, remembering that the Holy Spirit will respond fully to your slightest invitation--"

"...the first step in the undoing is to recognize that you actively decided wrongly, but can as actively decide otherwise."

My, "This Bud's for You" is even **better** than the slightest invitation. So, here you go -- this is what we say,

"I must have decided wrongly, because I am not at peace. I made the decision myself, but I can also decide otherwise. I want to decide otherwise, because I want to be at peace. I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I will let Him. I choose to let Him, by allowing Him to decide for God for me."

This is the practice that interrupts the patterns of pain permanently, calls for a healing back to the root cause, so we never experience it again. And this is what we're here to do. This is being **truly** helpful.

Finding Freedom Boot Camp Opportunity

I'm going to get into this more in the second half of the broadcast. What I would like to share with you right now is that I am considering offering my [*Finding Freedom Boot Camp*](#) again soon. I haven't offered it in -- gosh, six months or so, so if you're interested in taking my Boot Camp now, one of the things I'm looking at is making a special kind of a thing for people to do it with a family member or a friend. I used to do that. I haven't done it in a very long time.

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If you're interested in [Finding Freedom](#) and you'd like to be put on the wait list, go to the [Finding Freedom](#) page at [JenniferHadley.com](#). You can get there from the [Events](#) page. Click on [Finding Freedom](#). [JenniferHadley.com/Events](#) and then go to [Finding Freedom](#) and let me know that you'd like to be on the wait list.

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*.

The Pain of Believing in Separation

Ah, bonjour! Welcome back! Yes!

I'd like to share something else with you that I was sharing at the beginning of the broadcast. Right now I notice **so many** people, things are coming up in their face. I'm sure that's why Spirit guided me to this topic this week.

What I see is that every time we get triggered and there's an upset, **there's** an opportunity for healing. But if we start managing and coping with the upset, if we start trying to -- let's say we're in a relationship issue which, for me, was the great -- [laughs] the most painful things in my life were **all** about my relationships with other people.

***Every time we get
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So when the pain of my relationships with other people was so challenging for me to deal with, I would think, "I need to change **them** or change **myself**." And so, I would often try to change them, try to explain things better to them. And, I used to do this thing of constantly explaining the same things to the same people, like they just didn't get it, like they were just not smart enough to get it.

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And so, it was kind of crazy, and there was so much -- golly gee, so much suffering that I participated in, mostly that I inflicted on other people and myself through these painful patterns of the ego, wanting to change the situations and circumstances, thinking that the cause is in the world. You know? “And if only he/she would start respecting me.” “If only he/she understood me.” “If only -- this.” “If only -- that would change.” “If only -- that would change.” “If only they would change, then this would relieve my pain.” For decades, many decades, I swirled around in that **complete** delusion that the pain was caused by the world rather than my **perspective** of the world.

This “*Pain is a wrong perspective*” is so helpful to me. It’s understanding that the perspective is this -- the painful perspective is one, “I am a body separate from other bodies, separate from God, separate from Love, separate from good, separate from the blessings. I am on my own.” **That** is the painful wrong perspective.

Finding Freedom From Managing Our Pain

Now, I would like to share that I work with, in the ministry, in the classes, in my work as a Spiritual Counselor, I work with many, many people who have all kinds of pain -- physical pain, mental pain, emotional pain, the pain of addiction, the pain of having been abused, physically, mentally, emotionally abused, oftentimes very severely, and people who are really trying to recover, get beyond the pain. And so, as long as our perspective is still that of separate from God, on our own, as a body, the pain will likely continue. It may move around, but it will likely continue.

The pain is actually, as Jesus talks about in the *Fear and Conflict* Section in Chapter 2, the pain is actually to **help us** not fall asleep and keep managing and coping, but **instead** to reach to that Higher Holy Spirit Self for healing and to stop going it alone, to move out of the separation thinking.

Now, in the *Manual For Teachers* it talks about “*Should Healing Be Repeated?*” and that we should never **doubt** that a healing has occurred, even when the symptoms continue. Well, this can be maddening! This can be absolutely maddening to people who are experiencing tremendous physical pain, and illness, and things like that.

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I have seen people with chronic pain have a miraculous healing through doing their personal forgiveness work. Many, many, many, many times, miraculous healing of emotional issues, relationship issues, financial issues. For instance, people in [Masterful Living](#) will hugely increase their income without doing any extra work. People will have healing on a physical level that they never even were thinking about, but they'll realize at the end of the year, "Oh, my God! Not only did I have a relationship healing, and a fear healing, but I **also** had a healing on a physical level. I realize, now, that the arthritic pain I had has completely been released." Or, "When I started the year, I was going to need knee surgery, and the surgery was cancelled a few months in because of the healing that was taking place on a physical level as a **result** of my deciding to have an actual spiritual practice that was important to me."

That's why my whole thing is about **living** these Lessons, **living** *A Course in Miracles* and truly **applying** it. My [Finding Freedom](#) class that I was talking about before the break -- that I'm thinking of doing something

different with this time, and said you could be on the waitlist if you're interested, just go to JenniferHadley.com and on the [Events](#) page you can find [Finding Freedom](#), and go and ask to be on the waitlist. You just click the button and fill it out, and I'll let you know.

That's what the [Finding Freedom Boot Camp](#) is **for**, and originally I had all this emotional pain that was, for me, about my family relationships, my boyfriend relationships, my friend relationships. And so I originally called it *Family Freedom* and people had all kinds of amazing healing in their family. But people had healings of other kinds in that first offering of the class, so that's why I renamed it to [Finding Freedom](#).

Freedom exists **within** us. It is a spiritual quality like Peace, like Joy, like Prosperity, like Wholeness, and when we seek the Kingdom first, our **access** to these spiritual qualities is **returned** to us, or so it seems, because actually we're not **blocking** it anymore. That's the whole thing about miraculous healing is, it really fundamentally is we are **removing** the blocks to Love **in** our heart, **in** our mind, and **that** is what **reveals** the truth, and it's miraculous healing, because we're finally willing to let go of the blocks to Love that we decided so long ago were useful to us. This is how we end the patterns of pain that keep repeating.

*Freedom exists
within us.*

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Fortunately, for me, I was laid low by my despair as a result of my experiencing these repeating patterns of pain and the meaning that I made of it. I just, every time I would repeat the same arguments, and the same upsets, and I would reenergize that same decision, that same interpretation, that same determination that I made about my unworthiness, my unlovability, my self-hatred that I was experiencing. I would feel this reenergizing and deepening of the groove in the despair, and the belief that “There’s something permanently unfix-ably wrong with me,” that “I am fundamentally bad.”

And every time I would reenergize those beliefs, and the despair would intensify because of that -- not because of what was happening. No! I would intensify my experience of despair because I would reenergize and **reattach** to those fundamental core false beliefs. **That** was the cause of my despair. **That** was the cause of my pain.

*We must decide,
ourselves, now, that
these pain patterns,
that these beliefs,
are no longer
valuable to us.*

And what Jesus tells us in that *Fear and Conflict* Section in Chapter 2 is, “Don’t ask Me to remove the **fear**. Don’t ask Me to remove the **pain**. Ask me to remove the **causes**,” and that’s what He’s telling us at the end of Chapter 5. The Holy Spirit will undo all the consequences of my wrong decision, **if I allow it**, if I **let** Him.

We have to **allow** the healing to occur. If we keep reenergizing and reattaching to the same false beliefs about ourselves, and life, and others well then, clearly, we’re not **willing** to let it go. That belief **is** important to us, it’s valuable to us.

This is what Jesus tells us in the *Development of Trust* Section in the *Manual For Teachers*, Chapter 4 -- trust is the #1 characteristic of the teachers of God upon which everything else relies. We **have to** have trust. In the *Development of Trust* Section in that Chapter 4 of the *Manual For Teachers*, He tells us **very** carefully, **very** explicitly, that we must **decide**, ourselves, now, that these pain patterns, that these beliefs, are no longer valuable to us.

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Learning Through Contrast

And so, the pain and the repeating patterns helps us to see, “This is not valuable.”

We were talking about this in [Masterful Living](#) yesterday in class, and people were talking about how the despair comes from repeating the pain, and that reenergizing, and that the meaning we make of it is that we’re idiots, we’re losers, that we’re never going to heal. I mean, that’s what I used to do, for sure!

But you see, what’s happening when we are **repeating** in the pain pattern is, we are also learning through contrast. This is one of the key things that happens for people in [Finding Freedom](#) and [Masterful Living](#) is, they start to see the **contrast** between living with a spiritual practice that they’re practicing all day long, which is really what living the Lessons is, and living *A Course in Miracles*.

When we are repeating in the pain pattern is, we are also learning through contrast.

When we’re practicing it all day long, not just a few minutes here and a few minutes there, when we’re actually doing the Lessons through our daily experience, and doing the pauses that He talks about, and looking at the judgments that He talks about, all the different things that He tells us very specifically to do, and how often to do it, et cetera et cetera -- when we’re doing that, the healing **occurs**, and what He tells us in the *Workbook* is, “You don’t even **have** to believe this!”

As I’ve said to folks many times, I feel like He tells us in the *Workbook*, “You don’t worry your pretty little head about whether or not you believe any of this. Just practice the Lessons. Just **do**. You’ve asked for help, help has been given. Now **employ** the help that you’ve been given. You’ve been given these tools. Employ them.”

This is precisely why my ministry is the way it is. We have all these free things, but people don’t really change their life until they start **employing** the tools. And I find that a lot of people are like me. I do better with a group. I do better with a group.

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Sacred Circle Counseling Program

Oh! That reminds me! Hey! Thank you, Spirit! [laughs] One of the things I've been thinking a lot about is my [Sacred Circle](#). My Sacred Circle is a low-cost membership program for spiritual counseling with me. I have found it - - we moved this year, in 2019, we moved -- because people will be listening to this a few years from now, or whatever -- we moved to the platform of Zoom. We were on the phone for, I don't know, 6-7 years, however long it was, and now we're meeting weekly on Zoom.

You can still call in and you don't have to share your video, you don't have to be seen if you don't wish to be, but you can see the other people who don't mind being seen. We have new people joining us all the time, and we have people who have been a part of Sacred Circle for many years.

And so, now that we can see each other, just like with [Finding Freedom](#) and [Masterful Living](#), we can see each other in the classes, the connection is **so much** stronger. It's so beautiful. And so here we all are, living *A Course in Miracles*. and people can ask me questions every week specifically about their specific challenges and I do the counseling throughout the call. Many people find that someone else will ask their question. People can submit questions in writing if they can't be there, and they can get the downloads and all that stuff. It's such a beautiful thing to be able to practice **together**. When we join together it is powerful, it is deeply healing.

When I first started this program, several of my teacher friends said, "Oh, don't do that membership program. It never works well. People stop coming. They don't really want to do the work. They don't really want it. They just -- it's not very productive. You won't like it. The questions are not very good," or this or that."

Well, that has not been my experience at all. For me, it has been wonderful because it's just Q&A with me. It's just spiritual counseling and I **love** spiritual counseling, which is why I [train Spiritual Counselors](#).

Given that, right now, people are having **so much** intense stuff coming up, I was contemplating in meditation this morning, "What can I do for folks? What can I do for them?" I got this idea to do a month free of Sacred Circle.

So if you register, it's a monthly membership. It naturally recurs, you can cancel it at any time. But if you'd like to try it out for a month, or you're just having a difficult month, you can always cancel, but here's -- I'm going to

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give you a code, and this is just for the **radio** show folks. Okay? And it's for people who have never been in Sacred Circle before. You can get a month free and you can cancel at any time.

Here's your free code. It's "ACIM11." ACIM -- like *A Course in Miracles* -- 11. 11, that number, it's like an activation code in itself. It's not going to expire, so you can get started with [Sacred Circle](#), if you're interested. If you're interested, if it calls to you, you check it out.

Another free thing you can do that I actually love myself is, I send [inspirational text messages](#) and *A Course in Miracles* quotes, and that's a free service that I do every day and you can sign up for that at [ACIMtexts.com](#). I get them myself and I love them! [laughs] You can also text the word "MIRACLES" to the number 35227 to sign up for those text messages, also.

Be Motivated by Love, Not Pain

Yeah! Back to interrupting the patterns of pain. Yeah, it's interesting how we are motivated by pain, but we **don't** have to be. We can be motivated by Love and by inspiration and, to me, that's **inspired** by Love. Let us Love ourselves so much that we do not tolerate the pain.

Now, if you have been in pain for a long time, and you've been trying all kinds of things in the world, and maybe you've been listening to me for a while and you've been doing some version of this and you're still experiencing pain, don't **ever** give up and do not **ever** settle for a life of pain. Become super vigilant for the healing, and take every little upset, every little pain -- emotional, mental, physical, whatever kind -- and use it as a "Divine Alarm Clock" going off, reminding you to hand over the wrong perspective to the Holy Spirit for healing.

You know, there's no limit on the number of times per day that you can say to the Holy Spirit, "Take these thoughts out of my mind so I never think them again. I am willing to let them go forever! And please do the same for everyone who has this kind of thought. Let all boats rise on this tide of Love. I AM a fulcrum point of healing for all humanity. I AM that I AM. My willingness is **powerful!** This Bud's for You!" [laughs] Say these words.

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Tools & Resources For Your Healing

Now, the transcripts -- like, if you forget these things, you don't remember what they are -- we transcribe every episode of the radio show. We've been doing that for a couple years now, and we're also doing the archive, so we're going back through the archive and transcribing new episodes every week. If you have a request, you can send an e-mail to Admin@JenniferHadley.com. If you have a request for a topic, if you have a request for a transcript that we haven't transcribed yet, we'll do it. It's all free. Okay? Admin@JenniferHadley.com. E-mail your topics, your requests for transcripts. You can go to LivingACourseInMiracles.com and you can download them, as well as downloading the audios. You can search in the archive for any episode, any topic, any key words.

This is a great resource, and we're able to do it because of the donations of the people who support this radio broadcast, so a big thank you! Let's all bless the people who donate to make all these resources available, because the staff, my transcriber, all the people that maintain, it takes a whole team of people to maintain the websites, and to do all the different pieces of making sure the templates are right, and everything's proofed to our best ability, and the customer response to the e-mails, and the Community Care and all these different pieces, it takes a whole team of people. And, of course, they're not volunteers. They're working for a salary, and so the donations go to cover all of these costs.

Thank you very much, because it allows us to offer [the free text messages](#), which are so meaningful, and to put these videos up on [YouTube](#) now. All the different things that we're able to do that are helpful to so many because of your contributions and your donations.

And I would invite you, it's a nonprofit, so everything is tax deductible, if you would consider making a monthly donation of whatever amount that feels like you could contribute. You could set that up as a recurring charge to a credit or a debit card, or a bank account, or however we could help you do that. **Much appreciated!** It gives us the opportunity to offer more things like the [A Course in Miracles app](#), which is totally free.

And, going back to what I was sharing about the *Workbook* Lessons, where Jesus tells us very specifically how to use that Lesson that day, that's why we have the reminder section in the [A Course in Miracles app](#), and you can go to LivingACourseInMiracles.com to get that app. It's free, and you can

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use it, so I encourage you to do that, as well. That was paid for by donations, and our upgrades are paid by donations. So set your reminders. I've got reminders going off every 20 minutes or so. I **really** use the app. I designed it to use it myself, so please enjoy that.

Oh! We don't have to suffer with pain anymore. **These tools work**, when we **use** them. That's the whole thing. Listening about it is not the same as applying it.

Closing Prayer

Let's move into prayer right now. I place my hand on my heart and I am deeply grateful and deeply thankful for this holy partnership with the Holy Spirit and with all of life.

So grateful and so thankful that we can have a healing, and that healing **is** happening now. We name it and claim it! We give thanks for it.

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! I love you! Mwah!