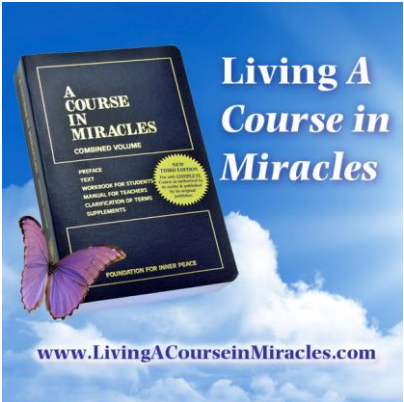


April 30, 2019



Healing From Loss



 *Jennifer Hadley*
your daily shot of spiritual espresso



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April 30, 2019

Healing From Loss

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Ah! Bonjour! Bonjour, mes amies, mon amie! Yeah!

I'm grateful, very grateful for this day. I feel extremely blessed. I am up in Maine on Deer Isle where my family has a home. I've done many episodes of this broadcast there. I'm sure if you've been a long-time listener you have heard me say that a number of times. Yeah, I really love to be here. It's so beautiful. I love to be in nature. I'm a nature girl, for sure.

I'm going to be here for a couple weeks and then off to England for the *A Course in Miracles* Conference there. I hope I get to see you there! And, for sure, please come say, "Bonjour!" [laughs] when you see me at either that conference or the Boston Conference. I'll be at both later this month of May. Please come give me a hug, and if you listen to my [Daily Prayers](#), let me know we're Prayer Partners, that we pray together. These things are important to me.

And, just while I'm on the topic and don't forget -- well, actually I'm going to pray in and then I'll say those things.

Opening Prayer

Ah! So we take a breath. Hand on my heart, I am grateful, so grateful, that the Infinite Love, the Infinite Intelligence, the pure Wisdom and Light and Love of God is all that we are, that we are One, United. We are **part** of God. This is the truth of our being, and we are grateful and thankful that our mind is the Mind of God, our heart is the Heart of God, our life is the Life of God, our very being is part of God. And so, this life of God is inextricable from our very nature and essence.

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We are grateful to come together to affirm this and remember this, and Partner UP with that Higher Holy Spirit Self. We come together, the two or more gathered in the name and the nature of Love to recognize the Christ, the Son of God, in our awareness. This is what the Christ is, our very nature and essence. So grateful to **claim** it, so grateful to allow this realization to fully unwind and unfold in our awareness.

We are willing, so, so, willing to forget all false identification and to let it fall away, and to let any attachment to the world we've made, to our thoughts about it, our attachments, to let them all be dissolved and resolved permanently, back to the root cause, so we never experience them again, that we are free and we walk in the world as our natural true, free selves.

So grateful to call forth a healing by means of this Divine Dialogue, two gathered transcending time and space to be together and remember the truth. So grateful that the truth is liberating.

We share the benefits with all beings, because we are eternally One with them. In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

I love to pray!

Classes & ACIM Conferences

I've been talking with lots of folks who are in [*Masterful Living*](#). We do check-ins a few times a year, and I have the great honor, and pleasure, and Joy to talk with people 1-on-1, hear about their experience, learn about their challenges and their miracles, and what's important to them, and it's wonderful, really, really wonderful to have that 1-on-1 time with people.

I've also been reading all kinds of feedback that people have been sharing about my [*Finding Freedom Spiritual Boot Camp class*](#) that's based on **living** *A Course in Miracles*. So is [*Masterful Living*](#). **Everything** I do is based on **living** *A Course in Miracles*, and one of the things that many people have been telling me is they're grateful that, through these classes, that they're learning how to pray effectively, effective spiritual practice, how to focus our minds.

And since we know from *A Course in Miracles* that all thought produces form on some level, we **can** produce loss, grief, sadness, despair, confusion. Certainly I have experienced all of that. I've experienced all of that, I brought it forth in my mind, and believed in it, and made it so, so real, and

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now it's about using our thoughts and our belief to combine in a power that can move a mountain of our pain and suffering.

It's funny, I had a great -- okay, before I go into that, I'm going to go back to where I was. See? This is the thing, I get so distracted and forget to make the announcements, but it's really important to me.

The reason that I go to these conferences, let me just say -- so I'm going to two *A Course in Miracles* Conferences this month, back-to-back weekends, flying to London for four days to do the conference in Birmingham.

I'm flying to London so I have the pleasure of driving from Heathrow with friends, rather than spending that same amount of time in a layover somewhere and then going on to Birmingham, so we're going to have a little road trip and that'll be fun.

I'm staying over Sunday night. I get there Friday afternoon and fly back Monday afternoon. It's just a short trip, because I have so much going on. I'm staying over in Birmingham Sunday night, so if you are going to be there and you'd like to stay over Sunday night, I'm getting a group of people together. We can have dinner, we can hang out on Sunday night, we can have breakfast on Monday morning. I'm not sure what time I have to leave for Heathrow.

*When we join together ...
so much healing and
transformation
and Joy and Beauty
can break out all over*

But **this** is why I'm going to England, to **be** with the folks who are going to be there. So if you're going to be there, let's make sure we get some time together, have a meal together, get to hang out together, because **that** is the reason I'm going. I'm not going to give a one-hour talk. **No**, that would be crazy! So I'm going to be with you, because when we come together, when we join together, especially when we're in person, **so much** healing, and transformation, and Joy, and Beauty can break out all over. So, I look forward to seeing you there. Same thing in Boston.

I do know that there are tickets left for both conferences, so if you're interested, please do contact the conference organizers and let them know I said hello, and that you heard it on the radio show that they still have some room.

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In Boston, I am going to be there Wednesday, and Thursday night I'm going to that trip to the Boston Pops, and Thursday afternoon I am doing a special afternoon program for people at the conference. The organizers are saying it's **only** for people at the conference. They do need a headcount. We're going to talk about Study Groups -- leading Study Groups, starting Study Groups, organizing Study Groups, everything you want to know about Study Groups, because that is a passion of mine is to support people are having more Study Groups.

One of the things you can do, in case you don't know, is you can go to LivingACourseInMiracles.com. We have an [Events Calendar](#). *A Course in Miracles* teachers and Study Group leaders can list their *A Course in Miracles* events. It's **only** for *A Course in Miracles* events. No other kinds of spiritual events. Sorry, we're just making it *A Course in Miracles*. Anywhere in the world, you can list your events and your Study Groups.

It is a passion of mine to support people in connecting together, because where two or more are gathered all Heaven breaks out! [laughs] Or, at least it has the potential.

So just letting you know about those things, and so I hope to see you in one of those two places. And, if not, perhaps you'll be in one of my classes or one of the other in-person events that are planned this year. I'll talk more about that later.

Types of Seeming Loss

Let's get into our topic today which is "Healing From Loss". First let's just establish there's many kinds of perceived loss, and I have a saying -- you know, I'm a word person. What can I tell you? -- that I say to myself that I've been saying for a very long time which is, "Nothing can be lost in God, because where's it going to go?" [laughs] "Nothing can be lost in God. Where's it going to go?"

Another saying I have when it seems like, oh, maybe somebody else took your stuff -- took your wife, your husband, whatever it is that you think is yours that you think they took -- what I would say to myself is, "What's mine is mine, and ever shall it be so."

I used to joke with friends when I was training to be a Science of Mind Practitioner. We would joke about some of the principles we were being taught, and one of the questions on our Practitioner exam at that time was

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something like, “Is hell in a specific location?” We would joke, and I would say, “Yes! It’s wherever Paul is,” my friend Paul. “Wherever Paul is, that’s where the hell is.”

But just joking, of course. Hell is not a specific location, but we can invite it to break out all over our house -- or Heaven -- right where we are. It’s **our** choice.

There’s all kinds of loss that I have felt myself, and have worked with many other people who are experiencing a sense of deep loss. It’s, I think, one of **the** most intense things that we experience in our human life when we’re identified with the ego and not with the Spirit.

I have, over my 19 years of counseling people, supported people who are grieving -- a sense of loss over they’ve lost their job, their house has burned down or it’s been decimated by a flood, or they’ve lost the use of their legs, or their arms, or their eyesight, or they’ve lost the use of their clear thinking mind, or they’ve lost a loved one, a child, a parent, a spouse.

It takes great willingness to recognize that everything is helpful, including every seeming loss.

That’s the thing about this human experience that is a mix of frustrating, terrifying, saddening experience when we’re identified with the ego, that there’s this multiplicity of loss that, in a sense, is hunting us or haunting us.

We **can** transcend these beliefs and these attachments. It **is** quite challenging to the mind, and the thing to **hold** in our awareness is that everything, without exception, works together for our good. Everything, without exception, has come to bless us, has been **gently** planned by One Whose only interest is our good.

As it says in the *Development of Trust Manual For Teachers*, just paraphrasing here, that it takes great willingness to recognize that everything is helpful, including every seeming loss.

For me, one of the other words that helps me with grief and loss experiences is to say it’s a “**seeming**” loss, and then I say to myself, “Because **where** can it go? If God is **all** there is, **can** it be lost in God? It’s only in my mind that it **appears** to be a loss.”

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The Purpose of Loss

In Chapter 11, Section III, it's entitled, *From Darkness to Light* and it begins this way, it says,

“When you are weary, remember you have hurt yourself. Your Comforter will rest you, but you cannot.”

So **you** cannot rest yourself, **you** cannot really heal yourself.

When we're weary, and we're exhausted, and we're grieving, and we're sad, and we're tired, and we're rolling around in that sense of loss that feels like a burn victim standing in a high wind, let us turn to the Holy Spirit for comfort. Let us turn to our elder brother, teacher, Jesus, not just for comfort but for **healing**, healing the splinter in our mind that is telling us that this is not good, that this is a loss, that this is bad, that we're being punished, that we're being tortured, however we might be thinking about it that is not helpful.

These thoughts are coming up into our awareness for **healing**. The seeming loss is to help us release the attachments in our mind that are the cause of our suffering. We don't have to know **how** to release the attachment, but we can be **willing to allow** Jesus, the Holy Spirit, the angels, Mother Mary, the quantum field of perfect Love, to do the heavy lifting.

The seeming loss is to help us release the attachments in our mind that are the cause of our suffering.

Whenever we think someone is wrong and we're so right, and it pains us to think that, let the Holy Spirit undo all the consequences of our wrong decisions. “I must have made a wrong decision, because I am not at Peace,” and we can let the Holy Spirit undo **all** of our wrong decisions, so that it can be every, every choice that we've ever made that has upset us. All the consequences **can** be undone. **All** the consequences! Imagine! It's impossible, really, to grok it, to comprehend it, so we just have to **accept** it, and that is the way a lot of things are in this world.

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He says here,

“When you are weary, remember you have hurt yourself. Your Comforter will rest you, but you cannot. You do not know how, for if you did you could never have grown weary.”

This is where we **must** forgive ourselves in order to end the suffering. We **must** forgive **ourselves** for having **caused** our suffering.

“Unless you hurt yourself you could never suffer in any way, for that is not God’s Will for His Son. Pain is not of Him, for He knows no attack and His peace surrounds you silently.”

The Peace is there just beyond our interpretations, the illusions and delusions of our interpretation, and the meaning we make of things, and this includes when our dog has died, our cat is threatened with cancer, our child has been killed or is dying. Whatever could be going on that is **extreme** intensity for our personality, there **is** a way to rise above that inner battleground, and we don't have to understand it or comprehend it. We just have to be **willing** to say, “Give me rest. I will choose rest.”

And one of the things that we can do in that moment of torment and turmoil, pain and suffering, like the burn victim in the wind, in that moment we can look at, “Is there something about suffering and being in agony, whether it’s physical, mental, emotional agony -- it could even be financial -- is there anything about it, anything about that drama that we **like**? Does it bring us to life?

We must forgive ourselves for having caused our suffering.

Because that is how the ego operates. The ego can seem so alive, and so energized, and so dang important when extreme upset is occurring. You see, the ego is **nothing**. But when we’re **identified** with the ego, like a person putting their hand into a puppet and giving that puppet energy, the ego comes alive when we think those ego thoughts. Without us **choosing** to think those ego thoughts, the ego **is** nothing. It is inert. It has **no** power. It is without **any** strength. It only **seems** to be powerful when we give it our power by our attention.

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We Are Never Alone

Jesus goes on to say,

“God is very quiet, for there is no conflict in Him. Conflict is the root of all evil, for being blind it does not see whom it attacks. Yet it always attacks the Son of God, and the Son of God is you.”

God’s Son -- it’s **all** humanity. That’s the Son of God.

“God’s Son is indeed in need of comfort, for he knows not what he does, believing his will is not his own. The Kingdom is his, and yet he wanders homeless. At home in God he is lonely, and amid all his brothers he is friendless. Would God let this be real, when He did not will to be alone Himself? And if your will is His it cannot be true of you, because it is not true of Him.”

So how can we be lonely surrounded by our brothers and sisters? And yet, it’s very common. People have told me, **so many** people have told me, they are desperately lonely. Many people sit and drink alone in shame. I used to do that. We sit and ponder alone in shame, making our beliefs about ourselves, about life, about everything so **real**, and to that, Jesus would say, here Chapter 11, Section III, Paragraph 3, He says,

“O my child, if you knew what God wills for you, your joy would be complete!”

“O my child, if you knew what God wills for you, your joy would be complete! And what He wills has happened, for it was always true. When the light comes and you have said, “God’s Will is mine,” you will see such beauty that you will know it is not of you. Out of your joy you will create beauty in His Name, for your joy could no more be contained than His.”

So let us do **exactly** what Jesus is telling us there -- **create** Beauty in God’s Name.

“The bleak little world will vanish into nothingness, and your heart will be so filled with joy that it will leap into Heaven, and into the Presence of God. I cannot tell you what this will be like, for your heart is not ready. Yet I can tell you, and remind you often, that what God wills for Himself He wills for you, and what He wills for you is yours.

“The way is not hard, but it is very different. Yours is the way of pain, of which God knows nothing.”

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Alright! Gosh, almighty! Here we go! We're in it! We're in the thick of it!
[laughs]

I'm Jennifer Hadley. You're listening to *A Course in Miracles* on Unity Online Radio, where we're living the Love, we're walking the talk, and I will be right back!

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

Loss Through Attachment to Separation

Welcome back! Oop! Sorry! I'm going to shut off my speakers so I don't hear weird noises. [laughs]

Fear, grief, loss -- we fear the grief, we fear the loss. I know, for me, this has been a major issue in my life. When I was younger, my grandfather died, my uncle died, and these were **deeply** upsetting to me and traumatizing, **deeply** traumatizing.

And you all probably know that my mother died in 2008, and she was sick for a number of years with a terminal diagnosis, and so I walked that journey with her and my dad. And, my best friend died not too long after that suddenly, fairly suddenly, and that was very traumatizing, too.

And yet, with all of the loss that I've had, let's say in the last 10-11 years, I've been **shocked** with how quickly I have been able to recover, and I attribute it to my walk with the Holy Spirit and to my practice of releasing attachment.

You may have heard me say the Buddha taught about attachments coming in two, I call them "flavors", two kinds of attachments -- cravings and aversions.

Cravings are we want, we need, we are identified with, dependent upon, and it is **not** the way of the ego, it is **not** the way of this world, to be in a relationship with anyone -- even our home, our cat, our friend, our lover, whatever, whoever it might be. It is not the way of this world to be in a relationship, an intimate important relationship, **without** attachment. Attachment, for many people -- the kind of craving, needing, wanting

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attachment -- is how we know we really love and care **if** we are identified with the ego.

I remember years ago I had a boyfriend that was going away for the weekend. He drove off, called me five or six hours later and said, "I miss you already. Do you miss me?" And I didn't! It didn't occur to me to miss him. I knew he was going to come back in a few days. I knew he'd have a good time, I'd have a good time, all was well, we'd have a good time when we got back together. Missing did not occur.

When I first left Los Angeles in 2014 and started moving around -- which I've been doing most of the time for the last five years now -- a couple of people in L.A. would say, "I miss you! I miss you!" And I knew that they were wondering if I missed **them**, and I didn't.

But it's not because I don't love that I don't miss. I don't miss because I don't feel **separate** from.

I have a number of very, very close good, good friends that I don't get to see very often, but I don't **miss** them, because I feel them with me 100% of the time. I do, I do! I take them with me everywhere I go, more intimate than the clothes I'm wearing. I feel that connection with them, so it doesn't make sense to me, on a certain level, to **miss** them.

But I could definitely relate to, "Wouldn't be it be nice if we could sit and make a meal together, have a meal together? Wouldn't it be nice if we could go out to a restaurant, or go for a walk in the woods, or whatever it might be, and hang out together? It's so lovely to do that." **Yes**, it is! It's about being present in the Love opportunities **now**.

But you see, the ego thought system is so much about separation. I mean, it's **entirely** about separation, of course, but it's constantly feeling separation from the connection **even when** the person is right there, feeling separate from them, feeling disconnected from them. But instead of trying to connect to the person, let's all just connect to Spirit.

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That's one of the primary things that people come into my classes looking for is, "How can I have a closer walk with Spirit? How can I feel **more** connected to the Infinite, to intuition, to inspiration?" Right? That's what my classes are all about, is learning that, how to feel really deeply connected with Spirit, because then we're **not** lonely. Truly, we're **not** lonely.

Jesus tells us in the *Course*, "You may be **feeling** lonely, but you will never **be** alone. It is not even possible. I am **always** with you." The angels are also always with us. There is a whole team always with us.

The thing is, is that it's just like the married couple who are like two ships that pass in the night. They're roommates, abiding in the same home together, disconnected. We do the same thing with Jesus, the angels, the Infinite Field of Love Intelligence that is **always** there for us. Yes, indeed. Yep! That's what we do.

"This need **not** be," I hear in my head. "This need **not** be."

#1 Tool For Healing Loss

Going back to Chapter 11, Section III, which is entitled *From Darkness to Light*, Paragraph 4,

"The way is not hard, but it is very different. Yours is the way of pain, of which God knows nothing. That way is hard indeed, and very lonely."

It's lonely **seeming**, it's lonely **feeling**, because that is the result of separation thinking. He says,

"Fear and grief are your guests, and they go with you and abide with you on the way. But the dark journey is not the way of God's Son. Walk in light and do not see the dark companions, for they are not fit companions for the Son of God, who was created of light and in light. The Great Light always surrounds you and shines out from you. How can you see the dark companions in a light such as this? If you see them, it is only because you are denying the light. But deny them instead, for the light is here and the way is clear."

The "dark companions". Sadness, loneliness, grief, hurt, anger, resentment, death, **these** are the dark companions. They have **no** power. They **are not** real. What's true is the Light, and we are part of that Light.

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Now in looking at loss here, and healing from a loss, in my experience the #1 tool we have is to give the thoughts of loss, the affirmations of loss, the belief in lack and limitation and death, to the Holy Spirit for healing, to undo all the consequences of our wrong decision to think those thoughts and to believe that they're true. Give all of that to the Holy Spirit for healing.

Loving Without Conditions or Limits

I've said a number of times, when my mother passed away, a month later I was returning to Los Angeles. My father took me to the airport, and we were having lunch before I got on the plane, and he said, "It's hard to believe your mother's gone."

My response was just very natural, and I said, "What if she's **not** gone, Dad? What if she's just gone **ahead**? She's gone ahead. She's not in our view right now. We can't see her from this view, but she's not **gone**. She's gone **ahead**." That was the view that I took.

Then, when I went back to Los Angeles, a few times I would start to think of my mom and I'd start to think, "I'm never going to see my mom again. I'm never going to hear my mother's voice again. I'm never going to get a hug from my mother again," and Holy Spirit, my Higher Holy Spirit Self, the angels, Jesus, whatever you want to call it -- I kind of feel like it was Archangel

Michael -- said to me, or communicated to me -- because I don't really hear voices, I just feel, think, sense things -- but the message that came through was, "Why are you telling yourself these things when you **know** they're not true? 'I'll never see my mother again, never hear my mother's voice again, never feel my mother's hugs again.' Why are you telling yourself these things, when you **know** they are not true?"

That brought me up short, and I had to look at that thought. Why **would** I be doing that when I **know** they're not true? Why would I be upsetting myself when I **know** it's not true?

I realized that there was a pattern in my mind that I "should" be upset, that if I **wasn't** upset I didn't really love my mom, that my upset was a display

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to make sure everybody knew, including myself, that I really loved my mom.

Now when my mom passed, we were totally at Peace with each other -- no regrets, no resentments, nothing unhealed, no unforgiveness, all clear, 100% clear. And so when she passed, I **didn't** cry a lot, because I felt such pure sweet Love **for** her and **from** her, **for** her and **from** her together, in the Love and in the Light, and there was nothing to grieve for, because everything that we had missed along the way -- all the opportunities along the way that we had missed to be loving, to be kind, to be generous, to be patient with each other -- we brought it all to resolution. We forgave ourselves, we forgave each other, we completely let all those attachments to the "shoulda, woulda, coulda's", we let them go. We gave them to the Holy Spirit for healing.

And I really focused on that, particularly in the last year of her human life. I really did, and it taught me how powerful this practice is of really truly giving it to the Holy Spirit to undo all the consequences of not only **my** wrong decisions, but also my mother's. I had nothing I was holding against her and I had no regrets. No resentments and no regrets. I was **so**, **so** grateful -- grateful, grateful, grateful! -- that we were able to spend the last few months of her life in that place of Peace and Joy.

*When we Love
without conditions,
we see that Joy is
without conditions.*

Love, unconditional Love and unconditional Joy go together perfectly. When we Love without conditions, we see that Joy is without conditions.

When our Love is **not** Love, it's conditional, then our happiness is conditional, too. Then we need other people to do or not do things in order for us to be happy, and there's a constant stream of loss, a constant experience of those splinters in the mind, the attachments being yanked and yanked, like an infection, like a picking at the wounds and making it worse.

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Death Is An Illusion & A Symbol

In the *Manual For Teachers* there's Chapter 27, which is *What Is Death?*

"Death is the central dream from which all illusions stem."

Think of that!

"Death is the central dream from which all illusions stem. Is it not madness to think of life as being born, aging, losing vitality, and dying in the end? We have asked this question before, but now we need to consider it more carefully. It is the one fixed, unchangeable belief of the world that all things in it are born only to die. This is regarded as 'the way of nature,' not to be raised to question, but to be accepted as the 'natural' law of life. The cyclical, the changing and unsure; the undependable and the unsteady, waxing and waning in a certain way upon a certain path, -all this is taken as the Will of God. And no one asks if a benign Creator could will this.

"In this perception of the universe as God created it, it would be impossible to think of Him as loving. For who has decreed that all things pass away, ending in dust and disappointment and despair, can but be feared. He holds your little life in his hand but by a thread, ready to break it off without regret or care, perhaps today."

Right? That's the ego's perception of God.

"Or if he waits --

-- if God waits --

"... yet is the ending certain."

That's the other belief of the ego, that death is certain.

"Who loves such a god knows not of love, because he has denied that life is real. Death has become life's symbol. His world is now a battleground, where contradiction reigns and opposites make endless war. Where there is death is peace impossible.

"Death is the symbol of the fear of God."

Remember, everything in this world is symbolic. So if we're **seeing** death and it's upsetting us, if we're **seeing** loss and it's upsetting us, then we must have made a wrong decision because we're not at Peace. We don't **have** to analyze our thoughts. That's what the ego does. That's how the

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ego thought system operates, through analysis. It's about the intellect. That's how the ego thought system operates.

Ooh! I need a sip of my spiritual espresso here!

Choose to Release Feelings of Loss

We **can** transcend these ways of thinking, and as far as I can tell, that's what you and I here to do -- to put an end to these beliefs.

For me, what Spirit said when I was thinking, "I'll never hear my mother's voice again," the message I got from Spirit is, "If you'd like to hear your mother's voice or feel connected to her, just **think** of her voice. Think of the sound of her voice. Think of her, and you will be instantly connected to her. You are connected to her throughout all time and space, eternally connected to her." That's been very helpful to me.

Sometimes I've had romantic relationships or friendships that ended, or **seemed** to end, in a way that I was not happy about, and so I learned, through those experiences, that I could forgive **myself** for any part of that relationship that I didn't like, and I could have a healing of the sense of loss, that that was within **my** power, and so it was up to **me** to discover if that was true or not. It was up to **me** to practice that.

*We are eternal,
we are infinite,
we are forever joined.*

So I had to be willing to give up this idea that I had **lost** my mother. In a sense, I hadn't lost her, because I knew right where she was -- she was right where **I am**, in the Infinite Love of God, eternal life.

Through our willingness to recognize that we **are** eternal, we **are** infinite, we **are** forever joined, we **can** mentally adapt to an awareness, "Okay, so I may not have the pleasure of being with my mother's presence fully, in the way of we're sitting down to dinner together, we're going for a walk together or doing any of the things that we used to enjoy doing together. That may not occur for what seems like a while. But the thought that it's **never** going to happen again is not true. It's not true. We are eternal."

For myself, this is what **I am** intent on remembering, recognizing and resting in.

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And so the same, when my best friend died, that was **so** intense for me -- **but** the only choice I could make -- because it was so intense, it was so unexpected -- was to give all my attachments to God, to the Holy Spirit, to Jesus, to the angels and say, "I'm going to let go of my attachments here."

But you see, what happens so often when a dog, or a cat, or a child, or a parent, or a spouse, or a loved one of any kind, any shape or form, passes away all the attachments come up for healing **instantly**, so suddenly. It's **so** intense. It's so intense for people when they still have a lot of guilt. You see?

The Path of Healing From Loss

But I learned through my experience with my mom, I spent years addressing the guilt, and the resentments, and the regrets, and the unforgiveness, and the blame, and the shame, and all of that, unhooking all those attachments with my mother, so that we could just be free to Love each other.

Anyone can do that at any time. Even if someone passed away when they were a child, and now they're 80 years old, you can **still** do it. It's **never** too late to relinquish the attachments, and that's really what we're here to do -- to live in a new paradigm of truth and Wholeness.

This is the path of healing from loss that has worked for me, that I know works for others, because I **see** them doing it! I **see** them doing it!

In fact, one of the things I'd like to share with you is I, at that time, I had so much healing with my mother, with my father, with my brother, with my family that that's when I started my "Family Freedom Spiritual Boot Camp class" because I felt like I went through a boot camp, that the Holy Spirit led me through a boot camp.

And when I got through to the other side, to a tipping point where I began to experience Peace **most** of the time, I created my *Finding Freedom* class. Now I call it [*Finding Freedom*](#) but originally I called it "Family Freedom" and

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I've been teaching it since 2008 -- 11 years! -- and I **love it** so much because it was so liberating for me and it's been so liberating for others.

I have a wait list for the next time I'm going to offer it, which may well be soon. So if you'd like to be on that waitlist and get started, go to JenniferHadley.com, go to the [Finding Freedom](#) page and put yourself on the wait list. Yes! Because these practices **work**. We **can live** *A Course in Miracles* and it **does** work, so if you're interested in really rolling up your sleeves and getting to work, please come and join me.

In the meantime, thank you for joining me **right now**. Thank you for being a loving support to this radio show. Thank you for your reviews, and your contributions, and your connections.

Closing Prayer

Let's take that breath of Love and gratitude, and be so grateful and so thankful together that the Infinite Love Intelligence that God **Is**, is right now.

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