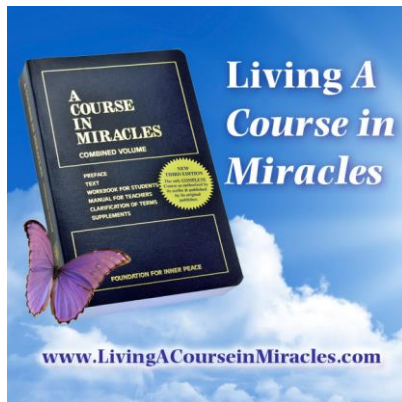


May 7, 2019



When Love is Painful



 *Jennifer Hadley*
your daily shot of spiritual espresso

Copyright © 2019 by Reverend Jennifer Helen Hadley.
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Published by JenniferHadley.com. Printed in the United States of America.

For more inspiration to live a life of love,
visit www.JenniferHadley.com.





When Love is Painful	4
Opening Prayer.....	4
A Course in Miracles Conferences	5
We Block Experiences of Love With Our Beliefs.....	5
When Our Attention is Not On Love	7
When We Have Attack Thoughts	8
When We Believe in Separation	9
When We Perceive Without Love	10
When We Are Thinking Wrongly	11
Trainings, Intensives & Classes.....	12
Taking Responsibility Without Blame.....	13
Spiritual Counseling Opportunities	14
Seeing Nothing But Love	15
We Make Love Painful.....	16
Choosing Healing Opportunities	18
Sacred Circle Counseling Gift.....	19
Choosing the Atonement.....	20
Opportunities to Contribute.....	20
Closing Prayer	20

May 7, 2019

When Love is Painful

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 on this beautiful day! I'm so happy to join with you, so let's get started! I'm going to start us off with a blessing, a prayer.

"Prayer is the medium of miracles."

This is what *A Course in Miracles* tells us, so let's plant ourselves in the medium of miracles with a prayer.

Opening Prayer

I place my hand on my heart and I take a deep breath of Love and gratitude, so grateful and so thankful to consciously attune to the Infinite Love, the perfect Intelligence, the Wisdom and the Clarity that is ever present, omnipresent, omnipotent, omni active. It's the very nature and essence of our life and being.

Taking this breath we are grateful and thankful to Partner UP with that Higher Holy Spirit Self. We're not going it alone anymore, and we are giving up **all** false ideas about Love. Any misperceptions about Love, any false ideas, interpretations, we're giving them all to the Higher Holy Spirit Self for healing right this moment.

Deeply grateful, deeply thankful that we **can** turn them over, hand them over, here and now.

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

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Ah! So grateful! Yes, indeed! So grateful!

A Course in Miracles Conferences

I'm just going to make a quick announcement here before we go any further and that is that *A Course in Miracles* Conferences in England are coming up in just a couple of weeks. I'm excited. I will be there. It starts -- I'll be there on the 17th, and I'll be there from the 17th to the 20th, and I invite you, if you're going to be in the 'hood, let's make a plan to get together. I love to have a chance to have a meal with anyone who's interested and we can join together. It's deeply healing, so plan on it! Just come and say, "Hey! Let's have dinner. Let's have lunch!" It will always be a group, but that's great. Come be part of the group!

If you're able to come to the conference in the U.K. there's still tickets. If you're interested in coming to the conference in Boston, there are still tickets. You can reach out to those concert organizers. I have those details on my [Events](#) page at [JenniferHadley.com](#).

Also, if you are going to the conference in Boston, there's a free afternoon that I'm doing on Study Groups -- leading Study Groups, facilitating Study Groups, starting Study Groups. We're going to do that. It's totally free.

I'm going to the Boston Pops that night with the group, and I'm really looking forward to hanging out with everybody there.

Okay! Those announcements are done.

We Block Experiences of Love With Our Beliefs

Let's get into our topic this week which is about pain and the misperceptions of Love and pain. It's "When Love is Painful". That was the topic. It escaped my awareness for a moment. "When Love is Painful".

When Love is painful, it ain't Love! Just know that. When it's -- see, Love is a spiritual quality. It's one of the qualities of Spirit. There are quite a few qualities of Spirit. There's Joy, there's Freedom, there's Peace, there's Harmony, there's Wisdom, Clarity, Purity, Abundance, Prosperity, Wholeness, Beauty. All these wonderful spiritual qualities, they are omnipresent, omni active. They **are** the very essence and truth and life of our being, and we are designed to **express** them, to reveal them.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

That wonderful quote that is probably just about my favorite quote in the New Testament which is, “Seek first the Kingdom, which is within, and all else will be added unto you,” what that means to me is that when I place my attention on the Kingdom, which is within, when I place my attention on what *A Course in Miracles* calls the altar, the heart space, our loving heart, when I place my attention on my loving heart -- because it’s in there, underneath any grievances.

We all have a loving heart that can be renewed, it can be restored, it can be liberated in any moment. Right? We don't have to have some special thing. We really just have to be truly deeply willing in order for our heart to be restored and renewed -- that heart opening comes when we're seeking to **express** Love, to **know** Love, to **share** Love, to **be** loving. When we are looking within to express and share Love, to hold Love in our mind, then everything is added unto us, meaning **now** we will also have the awareness of all those spiritual qualities -- Abundance, Peace, Wholeness, Freedom, Prosperity, Joy, Wisdom, Clarity, Beauty, Harmony. They're all now going to be in our awareness.

The only reason we're not experiencing the expressions of those spiritual qualities all the time is because we're focused on the thoughts and beliefs that block their expression.

They were always there hiding 'behind the clouds' to use the metaphor that *A Course in Miracles* uses, the clouds of our misperceptions and our projections, our false beliefs and false identification. “Seek first the Kingdom, which is within, and all else will be added unto you.”

The only reason we're not experiencing the expressions of those spiritual qualities all the time is because we're focused on the thoughts and beliefs that **block** their expression.

For instance, if we're holding a grievance, can we possibly be focused on experiencing Love, knowing Love? No, you can't hold a grievance in your mind **and** be expressing, receiving, sharing, just soaking and saturating, marinating in Love at the same time. You've got to choose whom you will

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

serve, your grievance or your loving heart. You decide, but you can't have both, so we have to choose one or the other.

That's why *A Course in Miracles* says, basically, "If you're not happy, choose again. If you're not experiencing the Peace, choose again." "I must have chosen wrongly because I am not at Peace."

"I must have decided wrongly, because I am not at peace."

I can change my mind. I can decide anew, and I can give all the consequences of my wrong decision to the Holy Spirit for healing. It's such a great, great gift. That's the Grace of God right there.

When Our Attention is Not On Love

We can't **experience** Abundance and Prosperity when we're focused on lack. We decide where we'll place our attention. We decide where we will put our faith.

So when Love is painful, our attention is **not** on Love. 100% of the time it's going to be focused on lack and limitation -- lack, attack, limitation and separation. When Love is painful, we're **not** focused on giving and receiving Love. We're focused on lack, attack, limitation and separation.

When Love is painful, our attention is not on Love. 100% of the time it's going to be focused on lack and limitation.

Who chooses what we will put our attention on? We do, and a lot of time it's habitual. So when we're flailing about in pain, as regards our relationships and experience of Love in this world, then what's happening? What is happening is the past patterns and beliefs are coming up into our awareness for healing.

If you're willing to pay attention to the thoughts that you're thinking, you will realize that they are causing the feelings that you're experiencing. Right? This is what *A Course in Miracles* tells us in that *Responsibility for Sight* section, "I choose the **feelings** that I will experience. I am responsible for what I **see**, for what I **feel**, for what I **experience**. All of it. I am responsible."

A Course in Miracles Weekly Radio Show with Jennifer Hadley

All thought produces form at some level. Our experiences are form, our feelings are form, our thoughts are form, our circumstances are form. If we don't like the **form** that we're experiencing, we must clear out the thoughts that generated what we're experiencing now by giving them to the Holy Spirit. We don't have to figure out anything of **how** to change our life. We just have to be **willing** to turn our attention from that which creates our suffering, or makes our suffering, that which generates our suffering, to that which refreshes, renews and restores us to our true identity.

When We Have Attack Thoughts

Let's look for a little bit here at Chapter 3, Chapter 3 of the *Text*. You know me, I love to stick to the *Text*. *The Innocent Perception* is the name of Chapter 3. We're restoring ourselves to innocent perception. We're clearing out the ego identification, ego perception by really looking at it so we can become aware that this is the cause of all our suffering.

Section IV of Chapter 3 is entitled *Error and the Ego*, and it begins with,

"The abilities you now possess are only shadows of your real strength."

And boy can I attest to that! Ugh! Life gets so much easier. It gets so much easier to just call forth what you'd like when your mind is not focused on lack, attack, limitation and separation. It says,

"All of your present functions are divided and open to question and doubt. This is because you are not certain how you will use them, and are therefore incapable of knowledge."

When we're beginning this practice, when we're beginning to live the Love and walk the talk, then we're going to be oscillating back and forth between choosing loving thoughts and unloving thoughts. Yep. We're just going to be bouncing back and forth, and to have an **awareness** that we're bouncing back and forth is super helpful.

*When we're
beginning to live
the Love and walk
the talk, then we're
going to be
oscillating back and
forth between
choosing loving
thoughts and
unloving thoughts.*

A Course in Miracles Weekly Radio Show with Jennifer Hadley

The tendency most people have is to go, “Oh, God! I slipped off the wagon. Oh, God! There I am in negativity again. Oh, God! There I am in worry, in doubt, in fear again. Oh, Jesus! Here I am! Help me! Help me!”

It’s good to call upon the name of God, it’s good to call Jesus, for sure, but **no** blame, **no** attack, **no** judgment. Just **notice**. Just notice, and in that noticing you’re going to start realizing that your loyalties are divided, your interests are divided, your commitment is not strong, so that’s where you can **shift**.

Most people have an awareness of some area of their life, at some point in time, where they became very dedicated, very committed, very devoted, even if it’s to attacking someone, even if it’s to attacking themselves.

I think of someone who is anorexic, who is very focused, very dedicated. I’m thinking of someone who is -- oop! Nope. I’m flashing all around, so I can feel that it just applies to everyone, that even where someone feels like their life is spinning out of control, if that’s the case, they’re probably very devoted to lack, attack, limitation and separation thinking and beliefs. At least, that’s been **my** experience of my life.

When We Believe in Separation

Now it says in here,

“Perception did not exist until the separation introduced degrees, aspects and intervals.”

Okay? It used to be we just thought the thoughts we thought with the Mind of God, and then came this **perception** of separation, this **belief** in separation, this **desire** for separation, and because our mind is the Mind of God, **following** that desire for separation we got to **experience** it, and we’re gathering all this learning about our experience of separation and sharing it with the Infinite Mind of God. It is a **wild** adventure ride, nothing more, really. It says,

“Spirit has no levels, and all conflict arises from the concept of levels.”

What are levels? The emotional level, the mental level, the physical level, these are all illusory levels. In Spirit there **are** no levels, but in our illusion of form, we’ve got these different levels -- etheric levels, spiritual level, these levels.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

“Only the Levels of the Trinity are capable of unity. The levels created by the separation cannot but conflict. This is because they are meaningless to each other.”

When We Perceive Without Love

We are, it says here -- I'm just going to back up to the fourth sentence here, *“You are also incapable of knowledge because you can still perceive lovelessly.”*

So we can still look at the work without **any** expression of Love, and when that's true we're going to misperceive because we're not in our right mind. Looking at the world lovelessly is a **habit**. When we look at things and we judge them as right and wrong, good and bad, and we're throwing our opinions and judgments on the world, then **we** are perceiving lovelessly. And then, of course, of course, of course, we're going to perceive that Love, itself, can be **painful**. Yeah.

I'm going to jump around here. I'm going to go to Chapter 12, Section VII, which is taking spiritual action, *Looking Within*. Paragraph 8, so we're at Chapter 12, Section VII, Paragraph 8,

“When you want only love you will see nothing else. The contradictory nature of the witnesses you perceive is merely the reflection of your conflicting invitations.”

It's a little cryptic there.

“You have looked upon your mind and accepted opposition there, having sought it there. But do not then believe that the witnesses for opposition are true, for they attest only to your decision about reality, returning to you the messages you gave them.”

In other words, you don't **see** what's really there, which is the **opportunity** to experience perfect Love. Instead, you see with whatever it is you're looking with -- you're seeing through the lens of the past. If you don't see perfect Love, you're seeing through the lens of the past. It says here,

*If you don't see
perfect Love, you're
seeing through the
lens of the past.*

A Course in Miracles Weekly Radio Show with Jennifer Hadley

“Love, too, is recognized by its messengers. If you make love manifest, its messengers will come to you because you invited them.”

“When you want only love you will see nothing else.”

“The power of decision is your one remaining freedom as a prisoner of this world. You can decide to see it right. What you made of it is not its reality, for its reality is only what you give it.”

Right? When you give Love. If you're not giving Love, you're not giving anything. It's all illusion, because only Love is real.

“You can decide to see it right. What you made of it is not its reality, for its reality is only what you give it. You cannot really give anything but love to anyone or anything, nor can you really receive anything but love from them. If you think you have received anything else, it is because you have looked within and thought you saw the power to give something else within yourself. It was only this decision that determined what you found, for it was the decision for what you sought.”

Yep.

When We Are Thinking Wrongly

“When you want only love you will see nothing else.”

“You cannot really give anything but love to anyone or anything, nor can you really receive anything but love from them.”

When it feels like Love is painful **it is not** Love. It is attachment, it is special relationship, which is what attachment is. It's codependency. It's wrong-thinking.

What happens is, at least in my experience of experiencing Love as painful, in my experience what was going on was that I was needing, wanting, craving, **or** I had some aversion. Something was going on that was completely false, it was all my perception, it was the interpretation, it was the meaning I gave of it, always because I was looking through the lens of the past and I didn't **wish** to change my mind. I wasn't taking the painful experience as the alarm clock going off saying, “Danger! Danger! Danger! Whatever you're thinking **isn't** true. Change your mind. Give it to the Holy Spirit for healing.” Yep!

A Course in Miracles Weekly Radio Show with Jennifer Hadley

I think it's a great **relief** to know that when it feels painful, it ain't Love, so let's not confuse ourselves, let's not delude ourselves. So many people struggle on in relationship, or the relationship has seemingly ended -- all relationships are eternal because we're One with each other **forever**, so relationships don't end when we're eternal, but the **perception** can be, "Oh, this human relationship has ended," -- and then people experience great pain sometimes.

But the pain **comes** from the wrong perspective. It comes from this idea that Love is something that it's **not**, and what could be more painful than thinking that Love is something that it's not, and having misperceptions about Love? What could be more painful than that? Nothing I can think of.

Trainings, Intensives & Classes

I'm going to pause here, and as we're getting ready to go to the break I'd like to tell you that I have opened the registration for the October events that I'm doing, two events. I'm doing another [Teacher Training: How to Lead and Create a Workshop](#), which includes the certification of how to lead my [Forgive & Be Free](#) workshop. I'm also doing another [Spiritual Counseling Training Intensive](#).

I think I probably will not do either of those again until the Fall of 2020, so if you're interested in doing these, this is the time. There's a Super Early Bird special on until May 22nd. We do have payment plans to make it easy for you and, as always, if our payment plans are not going to work for you, we can even do one that's just for you. Yes. [laughs]

Also, the [Finding Freedom](#) wait list is open. I'm going to be offering [Finding Freedom](#) again soon. If you'd like to know about it get on that wait list.

Go to the [Finding Freedom](#) page at [JenniferHadley.com](#). All the events are listed on the Events page at [JenniferHadley.com](#).

I **am** Jennifer Hadley, and you are listening to *A Course in Miracles* on Unity Online Radio, where we are living the Love, we are walking the talk, and I'll be right back.

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

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Taking Responsibility Without Blame

Welcome back! We're talking about "When Love is Painful" and ugh! It is such a **relief**, I think, to realize that when Love **seems** to be painful it's because [laughs] I am misperceiving, I'm crazy, I've lost my mind. I'm so glad that I can come back into my right mind.

But it does take a great willingness. It really does. It takes a great, great willingness to **give up** our attachments to our beliefs. That's what it requires is that great willingness to give up our **attachments** to our beliefs, and I am grateful that we can, that this is possible. We don't have to identify the attachments. We don't have to know what they are or where they came from. I'm so grateful that that is so. Really, truly, grateful.

In our healing, let us be willing to go within and to look at this, **really** look at this, and see what's actually going on here.

I'm going to invite you to turn within. Let's have some healing right here, right now. Take a breath of Love and gratitude with me. Take another breath, and let's just be grateful that we can discover something new about Love and get the pain out of our relationships. Yes! Yes, yes, yes! So grateful and thankful that we can open our hearts and minds to the truth about Love. So grateful to relinquish whatever the thoughts and beliefs are that are showing up as pain, suffering.

*Let's look within
without blame, and
realize that every
experience we've ever
had has been to teach
us and to help us.*

First we must be willing to take responsibility and look at our choices without blame -- not blaming someone else and not blaming ourselves. Let's look within without blame, and realize that every experience we've ever had has been to **teach** us and to **help** us.

There have been people in my life, for sure, that I have experienced a lot of suffering over, and now I can see they came into my life to help me realize that I wasn't loving **myself**, and I was looking outside myself for Love.

A Course in Miracles teaches us to have Love, "...Give All to All." Love doesn't **need** anything in return. Nothing!

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

The ego finds that a very tough pill to swallow. When we are needing and wanting and craving, we are **not** loving. We are in ego identification and we are drowning in the sense of separation. Rather than trying to fix the world, to change the world, to fix the relationship, to change the relationship, let us just love ourselves and become the perfect givers and receivers of Love that we are **designed** to be, eliminating all conflict.

Let's take a breath on that.

Are you **willing**? Yes! Let's find that willingness, and it needs to be a willingness not just **end** the suffering but a willingness to **give up** our perspective, our beliefs. So grateful, so thankful that we can do this. Yes!

So grateful and thankful to surrender any and all attachments, known or unknown, recognized or unrecognized. We don't have to analyze it. Spirit already knows. We just have to be willing. Yes!

Spiritual Counseling Opportunities

I'm going to mention here, that I mentioned at the top of the show, that my [*Spiritual Counseling Training Intensive*](#) is coming up in October. It's the only one this year. There probably won't be another one until October 2020.

All kinds of people take it. People with coaching experience, people who have been therapists for decades, people who are grandmothers just interested in learning more, business people, attorneys. All kinds of people take the [*Spiritual Counseling Training Intensive*](#). Ministers, Practitioners, all kinds. Teachers, healers, all kinds, to become better listeners, to become more intuitive, to have a lot of personal healing. All kinds of people. Yoga teachers, all kinds of people.

In my [*Spiritual Counseling Certification Program*](#), of which the week-long Intensive is a requirement, there is a whole group of people, wonderful people who are in that Certification program. In the Certification program, one of the requirements is they have to do 111 sessions, 1-on-1 sessions with clients, and the client must evaluate them and they have to evaluate themselves. The reason for that is because I'm not interested in certifying anyone who doesn't feel really confident and qualified to be a Spiritual Counselor.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

I've been a Spiritual Counselor myself since the year 2000 when I graduated from the Practitioner training at Agape founded by Michael Beckwith. I'm a Science of Mind trained Practitioner and minister, and when I graduated as a Practitioner I think I had done **one brief** session as part of my **four years** of preparation and training, [laughs] and so I really didn't know what I was doing, and I am -- our certification program at the Power of Love Ministry is much more in-depth, so that people really feel confident and qualified.

If you go to the JenniferHadley.com page, my website, you can see there in the navigation bar "[Counseling](#)". If you go to that menu, there are a quite a list of people who are in the Certification program who are available to support you with counseling.

Once people have been certified, they set their own fees and they charge whatever they would like. But when they are in the Certification program and they're getting their 111 hours, I ask that if they get a referral from my website that they do that counseling on a **donation** basis. So they're helping you, you're helping them.

If you are entrenched in the belief that Love is painful, I'm inviting you to go and work with one of those [counselors](#).

The people who do my [Finding Freedom Spiritual Boot Camp](#), [Finding Freedom From Fear Spiritual Boot Camp](#), based on *A Course in Miracles* principles, people who do that program, parts of it are facilitated by the Spiritual Counselors that are in my program, and same with [Masterful Living](#). We have lots of facilitation opportunities and requirements for those counselors, as well.

They are really wonderful people. Every single one of them is dedicated to doing their **own** inner work, and I highly recommend that if you are struggling, struggle no more! Get some professional help and support to work these principles.

Seeing Nothing But Love

What I find and hear all the time is that people are in Study Groups year after year after year, and they're **studying** *A Course in Miracles*, but they're not actually **living** it and **applying** it, and so they're not **succeeding** in transforming their lives.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Somebody just told me last week, I think it was, that they had been in a Study Group for many years. They're in class with me, they're having so much healing in just a few months compared to years and years in their Study Group.

That's the thing -- for me, I **hid** in the studies for such a long time, and that was a great cause of my pain because I thought, intellectually, "Gosh! I **know** better! Why am I still struggling so much? I **know** better! I **know** these spiritual teachings backwards and forwards. Why am I still falling down every day? Why am I still feeling so mean and so hurt? Why? Why, why, why? What's going on? What is going on?" Yeah.

We can lay all of that on the altar, the altar of Love, and give it up.

Let's go back to the *Course* here and again,

"When you want only love you will see nothing else,"

Because nothing else is **real**. Nothing else exists.

"If you make love manifest, its messengers will come to you because you invited them."

That's **holy** relationship, messengers of Love showing up in your life.

We Make Love Painful

I can honestly tell you, there's **so much** Love in my life now, but I felt like I was in the Love desert -- no Love to be found, no water, parched for so long because **I was** blocking the Love. **I was** the one that was making it painful. **I was** the one that was causing my suffering. **I was** the one who was perceiving lovelessly.

One of the strong habits in my mind was that I would punish people for frightening me, I would punish them for worrying me, I would punish them for attacking me. It's pure *A Course in Miracles* that when we feel attacked, the **reason** we feel attacked is because we're not in our loving heart. Instead, we are looking for an excuse to attack.

"In my defenselessness my safety lies."

*When we feel like
we're being
attacked, 100% of
the time it is because
we are looking for an
excuse to attack.*

A Course in Miracles Weekly Radio Show with Jennifer Hadley

So when we **feel** like we're being attacked, 100% of the time it **is** because we are looking for an excuse to attack.

It doesn't make sense to the ego, it only makes sense to the Spirit, but if we're **willing**, we **can** see, we **can** feel that when we're feeling attacked, if we pause and we look within -- we have the courage to look within and we go there with the Holy Spirit, we go there with Jesus, we go there with Mother Mary and the angels, and we say, "Show me my own desire to attack. I am feeling attacked. Show me how this is my desire to attack. Let me see it, let me recognize, so I can offer it up," -- it's there.

In fact, we don't have to cognize it in order to offer it up, but sometimes it does help to see we're doing it to ourselves to get us to stop. Yes. Yes, yes, yes.

In -- let's see, what section is this? Oh, my favorite! --
Fear and Conflict,

"The first corrective step in undoing the error is to know first that the conflict is an expression of fear. Say to yourself that you must somehow have chosen not to love, or the fear could not have arisen. Then the whole process of correction becomes nothing more than a series of pragmatic steps in the larger process of accepting the Atonement as the remedy."

*We don't
need to seek
for Love, but
to surrender
the blocks to
Love that we
have.*

Okay. So if you're feeling attacked, you're going to feel afraid, so say to yourself that you must somehow have chosen not to Love. Be willing to look for and **find** your attack thought. Seek not for **Love** but to remove, to surrender all the **blocks** to Love. We don't need to **seek** for Love, but to surrender the blocks to Love that we have. The walls that we have built against Love in our heart, **that's** what we can look for. Yes! That's what we can look for. [deep breath] Just feeling how deep this is!

In the *Fear and Conflict* section it gives you the steps.

"Know first that this is fear."

Right? When you're feeling upset,

"Know first that this is fear."

"Fear arises from lack of love."

"The only remedy for lack of love is perfect love."

A Course in Miracles Weekly Radio Show with Jennifer Hadley

“Perfect love is the Atonement.”

0:48:10 We’re accepting the Atonement for ourselves by recognizing that all experiences of fear arise from a lack of Love. When Love feels painful, there’s a lack of Love, 100%, and it’s not happening outside of us. It’s happening within us, therefore it **is** within our control.

Choosing Healing Opportunities

The intense experiences of pain from a sense of lack of Love -- a sense of abandonment, a sense of being mistreated, a sense of being disrespected, a sense of being unloved by the one we Love, all of it is emanating from **us** and, if we’d like to have a new experience, let’s have an experience of Love, because when Love feels painful there **is no** Love.

It’s hard to understand, because when we feel like there’s craving, needing, wanting, attraction on all levels -- physical, emotional, mental, spiritual -- that’s not Love. Love is not like that. That is **compulsion**, it is ego, and it is an old, old pattern that is coming up for healing because our Spirit has answered our cry for Love by placing this experience on our path.

Let’s **not** misunderstand it. Let us not confuse it. Let us not avoid it. Let us not run from it. Let us face it holding the

hand of the Holy Spirit -- metaphorically, of course -- and say, “**This** is my healing opportunity. I **will not** let it go. I am **choosing** to heal. Yes! Yes! Yes, yes, yes!

This is my opportunity. I’m going to be **grateful** for my opportunity, and I’m going to give all the thoughts, known and unknown -- because we can’t consciously know all the thoughts that are **causing** the

pain. We can just know that it’s a wrong perspective, and we can offer that wrong perspective, that decision or group of decisions that we made somewhere in the past, this lifetime or any other, that are coming up for healing -- we can give them to the Holy Spirit for healing.

That’s what just before this section -- about that saying to yourself “...*that you must somehow have chosen not to love, or the fear could not have arisen.*”

That’s Paragraph 7 in the *Fear and Conflict* section which is Section VI in Chapter 2 -- right before that it says,

If we’d like to have a new experience, let’s have an experience of Love, because when Love feels painful there is no Love.

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

“It is possible to reach a state in which you bring your mind under my guidance without conscious effort, but this implies a willingness that you have not developed as yet.”

Again, we’re going back to willingness. Let us say “Yes!” to whatever is required for our healing, and affirm that over and over and over again, and every time we experience pain say, “I must have chosen wrongly. I must have decided wrongly. I’m going to choose again. First I’m going to choose the Holy Spirit and say, ‘Holy Spirit, heal my mind now. Heal my wrong decision. Undo all the consequences of my wrong decision. Show me the way. Teach me the way. I am willing to choose Love instead of fear.’”

I **know** that it works! It works for me, and it works for everyone that I work with in my classes -- [Masterful Living](#), [Finding Freedom](#), [counseling](#), [Sacred Circle](#), these programs that I have.

Sacred Circle Counseling Gift

By the way, [Sacred Circle](#) is my spiritual counseling. It’s group counseling, and we meet four times a month, almost every week of the year. You can submit a question in writing or you can come and join me. If you submit a question in writing I’ll answer it during our Circle. We meet on Zoom. You can hide your video, turn your video on. It is a **sacred** group of people. It is a **fantastic** powerful healing Circle.

What I’m going to do is, I’m going to do a one month free. It’s a subscription, so if you subscribe, the first month will be free. Use this coupon code, it’s only good for the radio listeners. I’ll have them set it up, so if you’re listening live you’ve got to wait a little while, because I didn’t pre-plan this. Let’s call it “SACREDGIFT” all one word, “SACREDGIFT” and you’ll get one month free if you subscribe to my [Sacred Circle](#) of me offering spiritual counseling.

Pretty much every week I get to answer everybody’s question. You can ask me any question that you like and receive that counseling. It’s a powerful thing. It’s one of my favorite things,

Also, my [Sacred Circle](#) is a **bonus** with my [Finding Freedom Spiritual Boot Camp](#) class, so if you’re on that wait list I’ll be announcing that soon. From now on I’m going to start doing a waitlist because I’m only going to offer [Finding Freedom](#) a couple times a year, and if you’re on the waitlist then you’ll know about it. Go to the [Finding Freedom](#) page at [JenniferHadley.com](#).

A Course in Miracles Weekly Radio Show with Jennifer Hadley

Okay!

Choosing the Atonement

Love is not painful. If it's painful it must not be Love. Yes.

It says here, Paragraph 8 in this *Fear and Conflict* section,

"I have emphasized that the miracle, or the expression of Atonement, is always a sign of respect from the worthy to the worthy. The recognition of this worth is re-established by the Atonement. It is obvious, then, that when you are afraid, you have placed yourself in a position where you need Atonement. You have done something loveless, having chosen without love. This is precisely the situation for which the Atonement was offered."

Love is not painful. If it's painful it must not be Love.

We're choosing the Atonement for ourselves and sharing the benefits with everyone. Yes, yes, yes!

Opportunities to Contribute

If you enjoy this radio show, I'm inviting you to make a sustaining contribution -- \$5 a month, \$10 a month, \$50 a month, whatever it feels worth to you. I invite you to go to PowerofLoveMinistry.net and sign up to make a tax-deductible sustaining contribution.

I'm Jennifer Hadley and I love to pray.

Closing Prayer

We are grateful and thankful that Love is all there is. Love is what we are. In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

God bless!