

July 9, 2019



Forgiving When We've Been Betrayed



 *Jennifer Hadley*
your daily shot of spiritual espresso

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Forgiving When We've Been Betrayed

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! I am so happy to be joining with you, transcending time and space together for the purpose of our awakening, our transcendence.

We are grateful! We are grateful for *A Course in Miracles*, and for our beloved Teachers, Jesus and the Holy Spirit, that Higher Holy Spirit Self always with us, always **for** us. Nothing is against us. Yes!

Opening Prayer

Ah! So let's begin with a prayer. I like to place my hand on my heart. I'm so grateful and thankful to be willing to pray, to know the truth.

So grateful and thankful to consciously join together with that Higher Holy Spirit Self, to Partner UP and to rejoice that the Truth is liberating, and the Truth is our inheritance. We are grateful and thankful to fully open to receive our inheritance. We are grateful and thankful that we can lay the burdens down, that the belief in lack, attack, limitation and separation is falling away, dissolving and resolving permanently, back to the root cause, so we never experience it again.

We're relinquishing all attraction to the tiny, mad idea. We are grateful and thankful to allow ourselves to experience the fullness of Love, now and forever.

We are grateful to be willing to see our brothers and sisters as they truly are, and see our Self in Truth, as well.

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

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Ah! So good! So, so good! Yes!

Seeing With Correct Perspective

Alright! Well, this week our topic is “Forgiving when we’ve been betrayed”. This was -- oh, my gosh! -- such a difficult thing for me! I was talking about this in [*Masterful Living Class*](#), that I used to be such a grudge holder, hanging onto my grievances, and in just a constant sense of taking offense.

I saw betrayal all over the place, and now I understand **why**. In fact, my experience of betrayals by close friends, by spiritual leaders, by sweethearts, all these different things, the medical community, all different kinds of betrayals, it was this piling on of the betrayals that really became that wind beneath my wings. [laughs] It became the impetus for me to say, “Enough is **enough! Now** is the time of my liberation!”

And so, the key for me in liberating from the pain and suffering of betrayal, and dragging it around with me in the form of resentment, and regret, and pain, and hurt that kept getting re-wounded, and re-wounded, and re-wounded, couldn’t let them go. **How** could I let them go? They were so **real** to me -- so here’s what transformed everything for me -- it was the **realization** of my place in the Universe, that I am One with all, I am part of God. This is what *A Course in Miracles* tells us.

*Nothing is being
done to me.
Everything is being
done by me,
and I am
One with all.*

It also tells us that everything works together for good -- **our** good, specifically **our** good -- and there are **no** exceptions. *A Course in Miracles* also tells us “What could you **not** accept **if** you but knew **everything** was gently planned for your good?” And, as it says in the *Teacher’s Manual*, everything is helpful. **Everything is helpful!**

I became willing -- there’s that great willingness. Willingness is **all** that’s required -- I became **willing** to see things correctly. “*Pain is a wrong perspective.*” So, moving out of pain and into a correct perspective, and that correct perspective was and is that nothing is being done **to** me. Everything is being done **by** me, and I am One with all, I’m part of a collective, and in *A Course in Miracles*, this collective of humanity is called the Son of God.

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Betrayal is an Illusion

So I decided to stand back and take a new perspective. I decided to expand my awareness to include the possibility that there is **no** betrayal, betrayal is an illusion, just like everything else in this world. So what **seems** like a betrayal is actually something that is an out picturing of my **own** thoughts and beliefs, and it's come to **help** me see my own thoughts and beliefs so that I will shift and change them by giving them up to the Holy Spirit for healing.

So once again, we go back to that prayer at the end of Chapter 5, "I must have made a wrong decision because I am not at Peace." In there, it says the Holy Spirit will undo all the consequences of my wrong decision **if I allow** it.

And so, I started to allow the consequences of all my wrong decisions to be undone, and what I began to see was that all the betrayals in the world were but a mirror, a reflection, of my own **belief** in my **self**-betrayal.

So the belief of self-betrayal is I betrayed myself by edging God out of my mind, and aligning with the ego thought system, and making all these decisions about who's good and who's bad, and who's right and who's wrong, and all of these decisions that are painful and create a deep, deep sense of separation. So that was my **self**-betrayal, that I willingly gave up my sense of connectedness for a sense of separation.

The truth is, as I perceive it, that I decided to go on a journey of exploration, along with all my brothers and sisters. We're exploring this sense of separation.

And as it is said, we're on the inbreath now. So there was the exhalation out to that deep sense of separation, and now we're on the inbreath, coming back home. Right? We're the Prodigal Son coming back **home**, and whoever arrives home first realizes, "Oh! There's no judgment. There's no -- nothing bad has happened. Nothing unreal exists. Nothing real can be threatened."

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Hallelujah! We feel that welcoming. We feel that sense of “All is **well!** Nothing bad has happened. Crazy dreams! Crazy dreams!” And you can recover quickly. “Come feast, rest, relax, restore, recover and get the word out.”

So the closer we get to returning home, like the Prodigal Son, the more people there are coming out on the road to meet us. Right? And that’s what the teachers of God are **for**, getting out on the road to meet the wandering Prodigal Son and say, “Oh! Look! We’re preparing a feast for you! You’re expected and welcomed! Here, let me hold your hand, let me put my arm around you, let me give you a welcoming hug. It’s not much further.” That’s what the teachers of God are for. Isn’t that wonderful?

I never said or thought that before, but it just came to me now.

The betrayal is part of the illusion. There **is no** betrayal. Not really. It’s a perspective. Betrayal is a perspective.

Betrayal is part of the illusion.

There is no betrayal.

Not really.

It’s a perspective.

Betrayal is a perspective.

Our Choices Lead to Our Betrayal

I can think of my experience where my friend betrayed me, and I’m not going to share the details, because it doesn’t really matter. We’ve all that that experience of feeling betrayed by a friend.

What that friend did was -- my friend gave me a chance to let go of my attachments to how I thought it should be, and to -- my friend gave me clarity that she wasn’t the friend I thought she was, and that just took her right out of my life. She left. Maybe because she felt guilty. I don’t know. We never discussed it, really. I knew she had some issues. She told me what they were, and that was before I discovered what I’ll call “the betrayal” and then once I realized the betrayal, I just knew, “Oh, okay. That’s how that goes there.”

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Moving into forgiveness requires that we forgive **ourselves** for the decisions and the choices that **we** made that seemed to cause a problem. So I had to forgive myself for the choices that I made that gave **her** the opportunity to betray **me**. I had to forgive myself for the decisions that I made that made it possible for her to take advantage of me, to, we could say steal from me, however we want to characterize it. **I** made choices and decisions that made that possible. There's no doubt that I got warning bells I ignored. I didn't wish to pay attention to the warning bells. I didn't wish to think about it.

Now, as a Spiritual Counselor for almost 20 years, 19 years, and [teaching Spiritual Counselors](#), so many, many hundreds of people taking [Masterful Living](#), taking [Finding Freedom](#), working with all these people intimately, closely, getting to know them, I don't know anyone that **doesn't** have experiences that appear to be a betrayal that have these exact same components.

For instance, I have talked with many people who had some version of investing money, time, energy, talent into something - - some project, some investment -- with someone who then, it seems like, either was just there to rip them off, steal their money, their work, whatever; someone who was -- that they felt that they were stolen from; that they were disrespected; that they weren't cared for; that their feelings didn't matter; that their life didn't matter; that honesty didn't matter, integrity didn't matter, all of these things that spiritual students hold dear.

Someone came into their life and ripped them off, let's say -- that's the way it looks -- and maybe they really did. Maybe they intentionally did. Some were intentional, some were less than intentional, but the sense that the person had coming out of it was, "You don't respect me. You don't care about me. I invested with you. I trusted you. I thought we were friends. I thought you were honorable. I thought you cared about my feelings. I thought I was important to you. I thought I mattered to you, and it turns

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out I don't, because you couldn't have done this to me **if** I actually mattered to you." That's kind of how betrayal feels.

Not always. I mean, I could say I felt a sense of betrayal that my mother's body, when she got so sick, her body betrayed me. I could say I probably had that feeling, that thought, and she probably did, too, that her body betrayed her. I don't remember talking about that with her. But I do talk with so many people with severe illnesses, and there's a deep sense, often, of self-betrayal or "The body has betrayed me." Totally understandable.

So these are the crux of it -- "I don't matter to you, who betrayed me. My feelings don't matter. My life doesn't matter. Integrity doesn't matter. Respect, honor, all of these things don't matter." And that's the deep, deep wound.

Look at it this way -- be **willing**. Be willing to lay the burden down of dragging these bags with us. Right? This is the baggage we're dragging with us. Let's lay the burden down, give it to the Holy Spirit for healing, put it on the altar. Our willingness is **all** that's required. No other requirement for the healing, **just** our willingness.

Accept the Perfection of the Script

So in this sense of willingness, we **must** forgive ourselves for believing betrayal is even possible. That is the **most** expeditious, fastest way to begin the healing, is the willingness to accept there **is no** betrayal, it's a perception. What **seems** like a betrayal is really something that is in our script. Remember, the script is already written. It's in some aspect of the script.

And remember, the script is very layered. So when we start choosing forgiveness, and Love, and compassion, and generosity, and patience, and kindness, and all of these different wonderful choices

that we have, when we start making **those** our go-to choices, answering the cry for Love rather seeing it -- being willing, even, to **see** it rather than judging, complaining, attacking, criticizing, taking offense -- when we move into our loving heart and start extending Love with these practices of patience and kindness, et cetera, **then** we open up different avenues of

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for believing betrayal
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learning in the script, and the other ones are closed down. They're no longer necessary. I've talked so much about this, I'm not going to go further on that.

So whatever is being experienced by us is **helpful** to us. It is letting us **know** that there's an opportunity here to release something that is like a splinter in the mind, some ancient unforgiveness.

Remember, everything that we do to others is going to be done to us. Why? So we can develop compassion and understanding, and learn from it, harvest that Wisdom and move on. We cannot harvest the Wisdom, the learning from it, until we move into non-judgment, and that's what true forgiveness is.

Who Betrayed Whom?

So, consider that let's say someone has an investment that goes sour -- they didn't really take good care of us, they lied to us, they then disappeared, whatever, something like that. So **first**, we have to recognize that **we** made the choices. We probably had warning bells, and we said, "No, no, no. I **want** to make this money. I **want** to double my money, so that's why I'm going to do it. I don't want to think about this could go sour. I **don't want** to think about that," so we ignored our warning bells

We're actually angry with **ourselves**. We're judging **ourselves** for being bad and wrong and stupid. But maybe that's buried. Maybe that's buried in our consciousness, we're not willing to look at it and to see it, so we just want to project all that blame out onto the person who **seemingly** did it **to** us.

Now there is no "other" so they didn't **actually** do it **to** us. Ugh! That's a tough one. That's a tough one!

So just say, "Oh, I'm willing to accept that. Ugh!" [laughs] That's what I just started doing. "I'm willing to accept that. Ugh! Ugh!" I'd say to the Holy Spirit, "Ugggghhh! Ugggghhh! **Okay! Okay! Okay, okay!**" [laughs] "I don't like it! I just want You to know, I **don't** like it! But I'm willing. I'm willing. I'm **so** willing!" [laughs]

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It's, you know, you start where you start. You start where you start. I was so unwilling for so long. I was pretty glad just to have **some** willingness, and to see that willingness was **all** that I needed. That and my friend, the Higher Holy Spirit Self.

What that person who betrays us is showing us is that maybe, in some instances, we're willing to make a deal with **our** integrity, and we're willing to trust people that we **know** are not trustworthy, and that's why we're mad at ourselves and projecting it out onto them as a grievance, as a betrayal. Who betrayed whom?

If I betray **my** integrity, if I betray **my** guidance, the intuition and the insights that I am getting and I say, "I don't want to think about that," who betrayed whom? You see, this is the thing for us to think about. Who betrayed whom?"

Ah! Yes! It's a big one, and only those who really are **done** with suffering are willing to look at it and think about it. That's the truth. I mean, that's my experience, for sure!

Faster Momentum to Healing

I'd like to tell you that this is why I do many of the things that I do. This is why [*Masterful Living*](#) and [*Finding Freedom*](#) are designed the way they are, that we can work together, that we can share these a-ha's and insights. They're about gaining momentum, staying on track and gaining momentum. Because we can have these a-ha's and insights listening to the radio show, but **that's not** going to transform our life. It's what we **do** with it.

That's why I do in-person events, as well, because people get so much healing so fast. **So much** healing, so fast.

In fact, I'll tell you a little bit about some of the in-person events I have coming up. I've got a minute here before I go to break.

In September, I'm doing a retreat for those who are recovering from sexual abuse, and whether it was in your childhood or recently, all are welcome. It's a small retreat so, actually, we only have a small number of people. It's going to be very intimate. There are a couple of spots left as of right now.

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So if you're interested in that, put down a deposit, something like that, we can at least hold a space for you. And, of course, we have payment plans. We always have payment plans.

Well, actually I think that's going to be it for me. I am going to go to the break right now. You're listening to *A Course in Miracles*. I'm Jennifer Hadley. We're walking the talk, we're living the Love, we're doing it together, and I will be right back!

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

Willingness to Accept the Truth

And we're back, talking about betrayal, and talking about who betrayed whom. Who betrayed whom? Who did it?

You see, there is no "other" and this is the **whole** thing about accepting the Atonement for yourself. Accepting the Atonement for yourself requires the willingness to say, "No one betrayed me, because no one else exists. It's just me."

We just have to be willing to accept it. This is one of the things that Jesus tells us in the *Workbook* is "Don't feel like you have to understand any of this. Goodness gracious! **Just** do the Lessons. **Just** be willing. **Just** accept."

*No one betrayed
me, because
no one else exists.
It's just me.*

And that's what I decided to do. "I'm just going to accept these things, and I'm not going to argue with them anymore. I'm not going to make a case for them anymore." And that was me, really moving out of that ego identification. "I'm going to start identifying with the Knower Who Knows within me, that Higher Holy Spirit Self within me. I'm going to start to identify that, 'Okay, in my awareness are the answers I seek. In my awareness is the full understanding of how this could be for my good. I am not yet so willing to **accept** the truth that I can know it and feel it and see it and remember it in this moment, but I'd **like** to.'" I moved into that place. "I don't know what anything is for, but I'd **like** to. I'd **like** to understand it."

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Now, sometimes if we can't move into the healing until we understand it, that's really about intellect, it's really about ego. As I've said so many times, the ego will **never** understand anything, and Spirit understands everything. It doesn't have to **learn** in order to know. So we're going for knowing, and we're not being satisfied with just understanding things anymore.

There's such a difference between knowing and understanding. Understanding comes through experience and learning, and knowing is our direct insight. It is our connection with that One Mind.

And so, let's not settle for trying to understand things anymore. [whining voice] "I'm just trying to understand why this would happen to me!" Let's move out of that, and **know** that everything works together for our good, **and** let us open our mind to see how that could be true in this experience.

Betrayal in Special Relationship

So, for instance, like a lot of people, I've had experiences that led me to feel betrayed by a sweetheart, and I'm sure that sweethearts or friends or people in my past felt I betrayed them. I haven't given that a whole lot of thought, but I'm sure it's there.

And so, with let's say a lover, a sweetheart who seemingly betrayed me, I can recognize that -- I can specifically think of one man who really helped me to see that I didn't have strong enough self-esteem, that I would compromise myself in order to be in that connection and be in that relationship.

But I didn't **have** to, and he didn't **make** me. This was **my** choice and my decision, and he came into my life to help me **see** what I was willing to compromise.

Then I felt betrayed when the relationship really didn't turn out to be what I hoped it would be, but who betrayed who? You could say that I betrayed myself by compromising, and not having the quality of relationship that I really desired. **But**, I was not a vibrational match for it, is one way to look at it. I did not have enough Self-Love to **be** in the relationship that I really wished to be in.

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Sometimes when counseling someone about relationships, someone would say, “I really would like to be in a romantic partnership.” “Great! So what are the **qualities** that you would like to have in that partner?”

“Oh, well I’d like someone who loves themselves. I’d like someone who has integrity, someone who is a lot of fun and very playful, someone who doesn’t have a lot of baggage, someone who is financially responsible and viable, and someone who loves their life and their career, and someone who has their own home, and someone who’s free and available to be in a committed relationship with me, someone who’s fit, et cetera et cetera.”

So then I’ll say, “Okay, so would that person, who’s got all that going on, look at you and go, ‘Ah! **There’s** my match!’? Would they look at **you** and see those things going on with you?”

A lot of times people would say, “Mmm, no. I guess not.”

So we’re going to attract someone who’s going to help us become even more our best self, no matter how fabulous we are right now. They’re going to help us meet our spiritual goals, and that’s what they’re there to help us do, and that’s really a holy relationship.

It’ll happen in a special relationship, too, it just won’t be fun. It’ll end with pain and suffering, if it ends, or just drag out with pain and suffering. But we **can** have holy relationships. So one of the things that we often feel betrayed about is that the relationship was a special relationship, it was all ego, and controlling, and manipulation, and disappointment, and expectations, and all of these things. But if we have expectations, then we’re **looking** for disappointment, and we’re going to get it [laughs] because we’re intent on it with our expectations.

So there’s a lot for us to learn and grow through in relationships, and the people who seemingly betrayed us have **helped** us to do that. But we **can’t** get all the learning, we can’t harvest all the learning, as I say, **until** we’re willing to forgive **ourselves** for having put ourselves in that place in the first place, for not listening to our guidance.

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Self-betrayal & Guilt

So in a very real sense, **all** betrayal is **self**-betrayal. *A Course in Miracles* tells us in Chapter 18, Section IX, which is entitled, *The Two Worlds*. It talks about specifically here in Paragraph 4 that all the illusions -- it says,

"...all the insane attacks, the fury, the vengeance and betrayal that were made to keep the guilt in place, so that the world could rise from it and keep it hidden."

"Here are all the illusions, all the twisted thoughts, all the insane attacks, the fury, the vengeance and betrayal that were made to keep the guilt in place--"

That is that guilt that we're letting go of, that comes from the belief that we betrayed God by leaving God. So betrayal keeps the guilt in place, right? Because then we want the person who betrayed us to feel guilty and ashamed because they are so bad and they are so wrong. But we cannot project that belief onto the ones we **think** betrayed **us** without **also** feeling that **we** deserve to feel guilty, and ashamed, and bad, and wrong for **our** seeming betrayals.

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The way, *A Course in Miracles* teaches, is it tells us that our brothers and sisters are the **very best** help we have in this illusion. They're the best help we have to wake up and to recognize Love is the **only** thing that's real, and the power of Love is within us, and we can use it, like Dorothy and her ruby slippers to go home. The power of Love is the power to go home within us.

If we don't **choose** it, if we start throwing fireballs of guilt, and anger, and resentment, and shame, and blame at people we think betrayed us, then we don't know what it's **for**. We're mistaken that we **think** we know what it's for.

If we're upset by something, we **do not** know what it is for, so it's time to take a breath, sit down, step back, have a rest, take a time out, and let the Higher Holy Spirit Self **inform** us.

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Learning From Jesus' "Betrayal"

You know, fairly early on in the *Text*, Jesus talks about we **believe** we can betray, and that because we believe **we** can betray, we believe that **others** can betray **us**.

Also early on in the *Text*, in Chapter 6, right in the first section, He's talking about *The Message of the Crucifixion*, and He says,

"I elected, for your sake and mine, to demonstrate that the most outrageous assault, as judged by the ego, does not matter."

The crucifixion **does not matter**.

"As the world judges these things, but not as God knows them, I was betrayed, abandoned, beaten, torn, and finally killed. It was clear that this was only because of the projection of others onto me, since I had not harmed anyone and had healed many."

"We are still equal as learners, although we do not need to have equal experiences."

How awesome is **that?! Right? So we** don't have to be crucified. **We** don't have to have the experiences He had. And yet, we're still **equal** as learners, which means He was an awesome learner. So are we!

"The Holy Spirit is glad when you can learn from mine, and be reawakened by them. That is their only purpose, and that is the only way in which I can be perceived as the way, the truth and the life. When you hear only one Voice you are never called on to sacrifice. On the contrary, by being able to hear the Holy Spirit in others you can learn from their experiences, and can gain from them without experiencing them directly yourself. That is because the Holy Spirit is One, and anyone who listens is inevitably led to demonstrate His way for all."

This is what we're designed for. This is what we're ultimately going to get to.

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can betray,
and that because
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can betray,
we believe that
others can
betray us.*

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Have a Forgiveness Party!

This is why, for instance, I offer my free forgiveness workshop on the Home page at JenniferHadley.com, [How to Get Over It!](#) Totally free. I invite you, please consider doing. Have a little forgiveness party. Maybe by yourself, but join with another. Get a friend, a loved one. You know, I even know couples who are divorced who did it. I know adult parents and adult children -- of course, adult parents! Well, sometimes you have a child. Anyway, it doesn't matter -- that I know grownups have done it with their parents, even. It's wonderful!

So, you can do this workshop together. I encourage people to make a forgiveness party, plan to have some food, and get all the pieces ahead of time, see what you need to print out and whatnot and do it all together. Make an afternoon of it, make an evening of it, make a day of it, and you'll be **amazed** at the transformation you can have.

In-Person Workshop Training

This is why I do the in-person events. It's also why I'm **so** interested in training folks to do my [Forgive & Be Free](#) workshop, which is different in person than the [How to Get Over It!](#) It's similar, but there's differences. It's a workshop, not an audio recording.

In my in-person workshop, there's so much healing that happens, and so many people have said to me -- **so many** people have said to me! -- "That workshop changed my life."

And if you'd like to learn how to do it and be certified to do it, come join me in October. I'm doing a training, ["How to Lead and Create a Workshop"](#) and it includes certification to lead my [Forgive & Be Free](#) workshop.

And you can learn how to do **any** workshop you like. I'm happy to help you. In the last program that I did on this we had people who were in real estate, and people who were in all kinds of different interests and programs to do workshops, and to speak confidently, to feel qualified to get up in front of people and to speak about something.

Giving a workshop is a **great** way to introduce people to you and the work that you're doing. When I began teaching, I began doing workshops, and I've done -- I can't even imagine how many I've done, **so** many workshops, and so many different topics! It's a **great** way to meet new people, to

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connect community. For those who are counselors, and coaches, and things like that, you can have wonderful ways to get clients. Real estate folks get clients that way. There's all wonderful kinds of applications.

And so, I'm doing that training in October. It's the only one this year. There probably won't be another one until October of 2020.

I'm also doing it back-to-back with my [*Spiritual Counseling Training Intensive*](#). I do these two programs -- I do programs back-to-back, so when people come from Europe, from Australia, from different places, that it's a long way to come and you can get a whole lot accomplished.

Opportunities to Learn

Also, when people do these trainings and retreats and things like that back-to-back, oh, my gosh! They get **so much** more healing, and that's the thing about even my trainings, is they are deeply, **deeply**, profoundly healing, and that's part of it is to let go of the blocks to Love and the obstacles in our mind, and a lot of it is a sense of **betrayal**.

Most people, if you say, "Have you ever been betrayed?" I don't think I've ever met a person, if you said to them, "Have you ever been betrayed?" that they would say, "Betrayed? Hmm. No, I don't think so!" [laughs]

People could go right to, "Well, my cable company, and my mother, and my father, and my church, and my this -- my brother, my sister, my lover, my friend, my --" on and on and on. It's a **list** of betrayals.

As I used to be such a complainer, a grudge holder, a grievance holder, I just had a **litany** of betrayals, and I was looking for things to take offense at **all the time** because that was my world view, that "This world is going to betray me again and again and again and again," a **constant** sense of betrayal. It's exhausting! It's really exhausting.

So what Jesus was saying in that section on crucifixion is, "As the **world** judges these things, I was betrayed, but **not** as God knows them." So from the **correct** perspective, from the **higher** perspective, the Holy Spirit

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perspective, there **is no** betrayal. There is simply an **opportunity** to learn, to grow, to recognize the Truth and to give up our judgments and opinions.

For me, that deep sense of betrayal that I kept re-experiencing and adding to. I can see now, as I started to say at the beginning of this program, I can see **now** that I had a wound, and the wound or the splinter in my mind was that I was bad and wrong for a myriad reasons, but let's say initially for blocking God out, putting up the blocks to Love, putting up the veils in my mind to the Truth. And I felt guilty, and bad, and wrong, and ashamed for that. I felt **I** had betrayed God.

Awareness of Heaven as an Option

All of this, you could say, was unconscious. We can say that, knowing that there actually is no such thing as "unconscious" but let's just say that there is. So I was **unaware** -- that's probably a better way to say it -- unaware that this was operating in my mind. So then, I would experience people in the world who seemingly were betraying **me**, and I could project all that sense of anger and hurt out at **them**.

And then, because I made those things **real**, every time there was a new betrayal, it would trigger this chain of betrayals, and the meaning I would make of it would be, "You see? **This** is why I can't trust people. **This** is why I can't trust God. **This** is why I can't trust life. **This** is why I can't trust Love."

Again and again, looking to see in the world what I **believed**, and **that's** how we do it -- we don't see what's actually going on. We see what we believe, and so the world seems to prove to us what we believe. But it doesn't prove **what** we believe, it just proves **that** we believe it, because our perception is a projection of our beliefs. We're **not** seeing what's **real**.

So in order to cut through all of that, which is what I'm all about -- not having to process it, and relive it, and all of that -- we **do** have to forgive ourselves for having made all of this, and judged ourselves for having made it. We have to let those judgments go, and it's kind of like saying, "Oh, my gosh! Can you believe what I did?"

Think of the Neo character in *The Matrix*. Such a helpful movie to help us understand, and that we don't want to be used as batteries, like the people, their bodies are used as batteries, and their mind is entertained in the

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Matrix. Right? We don't wish to be used as batteries for these thought forms, for these -- Buddha would call them maras, these thought forms of lack, attack, limitation and separation. We don't wish to keep them going anymore. We wish to transform and transcend, and get out of the Matrix.

So rather than have a happier experience **in** the Matrix, let's get **out** of the Matrix. Remember the guy in *The Matrix* who just wanted to enjoy a good steak and things like that? He wanted a happy Matrix experience. We're going for total Freedom. We're going back **home**. Right? Would you like to have the nicest house, and yard, and life in a hellish place, in a prison? **Or**, would you like to get **out** of the prison and be in Heaven?

But you see, if we don't believe Heaven is an **option**, we're going to try and decorate our prison cell. Right? So Heaven is an option. Let's choose Heaven today. Today!

And so, we must forgive ourselves for having even believed that we **could** betray, that we **were** betrayed. We just give it all. Pile it all up. You can imagine rolling it all up into a ball, pulling things out of your heart and shaping them into a perfect golden ball, and giving it to the Holy Spirit and saying, "Holy Spirit, I give this to You. I'm done with it. I don't **need** these beliefs, these memories, none of this anymore. I'm **only** interested in harvesting the learning from it and sharing the benefits with everyone."

This is my daily prayer, and I invite you to join me in it.

By the way, you can pray with me every day. That's my "[Daily Shot of Spiritual Espresso](#)". You can sign up [at JenniferHadley.com](#).

Closing Prayer

Alright! It's time for me to pray!

I place my hand on my heart, and I am grateful and thankful to lay the burdens down, to release all the judgments, all the belief in attack and lack, limitation and separation.

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

Mwah! I Love you! Have a great week!