

July 16, 2019



# Healing the Body with the Mind



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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<b>Healing the Body with the Mind.....</b>	<b>4</b>
Opening Prayer.....	4
Guest Introduction: kironJ.....	5
An Onset of Deep Physical Challenges.....	6
An Experience of Total Disability.....	8
A Desire to Know the Perfection.....	9
A Gift of Understanding .....	11
“Will You Accept Your Life As It Is?” .....	12
Topic Suggestions Are Helpful!.....	13
Ego’s Dependence on Validation.....	14
Healing Through Awareness.....	15
Will You Forgive Everything?.....	17
The Blessing in Illness.....	18
Through Atonement, Sickness is Impossible.....	19
Forgiveness is Healing .....	20
Your Faith Makes You Whole .....	22
Gratitude for Financial Support.....	22
Closing Prayer .....	22

*July 16, 2019*

# Healing the Body with the Mind

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! Bonjour! I'm so happy to join with you! I truly, truly am, and I'm excited for our show today. I have a wonderful guest I've really been looking forward to having, and it's been -- I'm trying, actually, to reach her now on the phone. We've been having trouble getting her, so we may have a little bit of an odd thing here, as we're --

kironJ Hello?

Jennifer Hi, KironJ!

kironJ [laughs] Hello, Jennifer! I'm so sorry. I don't know what happened.

Jennifer We're live on the radio right now.

kironJ Okay.

Jennifer Yeah. I'm just beginning the episode, so we're just going to go right into it. Hang on a second. I'm introducing everybody here. So we're grateful --

kironJ Okay. Okay, I'll shut up.

Jennifer Yeah, yeah. So just give me a minute here. We're going to proceed. This is live radio. Sometimes people wonder, "Is it all pre-recorded?" We're live here, so we're making it up as we go along and Spirit is guiding us **all** the way. It's **all** good.

## *Opening Prayer*

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And so, I'm going to just invite everyone to take a breath and place their hand on their heart, as we always do, starting every episode with a prayer and a blessing.

So grateful and thankful to attune to the highest vibration of Love. So grateful and thankful that our hearts are open and our minds are free.

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So grateful and **so** thankful that we are Partnering UP with the Higher Holy Spirit Self right now. **This** is the time right now. We're saying "Yes!" to our holiness. We're saying "Yes!" to our healing. We're saying "Yes!" to relinquishing all the causes of illness, and dysfunction, and depression, and every other thing that no longer serves our life of Love.

We are grateful and thankful to allow the healing to occur. We are in complete and total gratitude for our healing, and 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.

kironJ        Amen!

### *Guest Introduction: kironJ*

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Jennifer        Yes!

Just starting out here, I was hoping to have a few minutes to talk with kironJ before we began our dialogue here in the radio broadcast, so we're just going to do the -- just start! And here we go!

First, I'd like to introduce to you, as I was invited by you to come to the U.K. this past Spring and speak at the U.K. *A Course in Miracles* Conference that you folks put on every year. I know Ian Patrick has been -- I think he started well over 30 years ago. It was a **wonderful** time, and I could spend a lot of time on that, but I'm not, because I really would like to have the whole time to speak with you and to have you actually sharing with us.

For the listeners, kironJ blew me away with her story of her experience of healing of illness, of transformation, of resurrection, and I think you'll be so inspired and blown away, too!

kironJ, if you don't mind, I'd just like to begin by asking you, in a sense it started for you when you became ill, but what was going on in your life before then? Where were you, and what year, how long ago was this?

kironJ        Okay, thank you. Jennifer. I think it's that helpful to start in my mid 30's. I'm now 61, so we go back a little bit.

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I left my Catholic upbringing behind and I was a New Age seeker, exploring all kinds of exciting new ideas and new ways of looking at things. And in the middle of this wonderful explosion of new things, a phrase found me from the Bible, something I recognized from childhood, and the phrase was “Whatsoever I have done, you will do and more so.” And in that instant I **knew** that was Jesus, I **knew** what He was saying was true, and I had absolutely no idea **how** it could be true. As a single parent struggling in many ways, it just didn’t make sense. And yet, I knew it was true.

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*In that instant I knew  
that was Jesus,  
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idea how it could be  
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---

So deep inside of me chose to know the truth of that, and I said to Jesus in my mind, Who I hadn’t talked to before, really at all, I said, “You show me. You told me this, and -- or you tell all of us this, and I want to know how it is true.”

### ***An Onset of Deep Physical Challenges***

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And something changed in that moment. My life shifted here, and nothing seemed to be helpful for me understanding the truth of this. For a while I was not that well, and in fact, was struggling.

And then in my mid 40’s, one day I just couldn’t stand up. It was 10 o’clock in the morning and I had to lie down, and that was the first day of six years of lying down. I had no idea, of course, at the time that that was to follow.

And on the physical side of things I was bedridden for six years. The diagnosis was severe ME, so it was a collapse of systems. And so the first year I could still see and speak, and I was very, very upset, in anguish, complete anguish about that what has happened.

Jennifer      Yeah --

kironJ      The physical deterioration. Sorry, do you want to ask something?

Jennifer      Yeah. I do, I do. So first of all, for anyone who doesn’t know what ME means, what is that?

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kironJ Now, I don't have the medical terminology terms. I never really wanted to know it. It stands -- it's ME and it stands for two very long Latin words, a medical term. But in layman's language, ME is a chronic fatigue situation, illness. I don't quite know the medicals, what causes it. It's an umbrella term that can cover somebody being just a little bit below par and not so -- tiredness and weakness, but generally hops around and getting on with their life.

That's one end of the spectrum, down to the other end of the spectrum, where I found myself and progressively so, when it's just about a complete collapse of systems. And I would see it as -- well, as everything is, as a spiritual condition. It's really what's going on in the mind, but physically it's -- it can be a very severe, severe illness, and it certainly was for me.

Jennifer Now, before that day that you woke up and you couldn't stand up, what was going on in your life? Where were you? What were you -- you know, how were you feeling, what were you doing? You were -- who were you living with?

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*I still thought the world was real and that there was a self ...to be developed and to be healed.*

---

kironJ I was living on my own, no partner. My son was 16 when this happened. I was working as a therapist, and a healer, and a group

Facilitator, winding down the amount of work I could do because I was just below par and feeling stretched, and not able to give as much as I had been able to other people. I **loved** this work. I **loved** what I was doing.

This is before *A Course in Miracles*, so I still thought the world was real and that there was a self, little "s" to be developed and to be healed, and I was enthusiastically engaged with that.

And in compact, I sensed the Divine. I did have an inner connection, not as I now experience it or now see it, but nevertheless a strong orientation towards God.

Jennifer Right. So your son wasn't living with you at the time?

kironJ Yes, he was living with me. Yes. Yeah. And so, it was the two of us.

Jennifer So you woke up that morning, you couldn't stand up. Were you in pain?

kironJ No. I mean, I did get up, but by 10 o'clock in the morning I just had to lie down, just on the living room floor.

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

- Jennifer Ah.
- kironJ I just went down. And it wasn't painful. It was just nothing was working as it normally does.
- Jennifer Right.
- kironJ I just couldn't stand up, and this was frightening. It was different from -- I knew it wasn't a passing thing. Something in me **knew** it wasn't a passing thing. There was a deep knowing, not how long it would take, but there was a deep knowing something was not right from this human perspective.
- Jennifer For sure. Yeah! And so that lying down stage lasted the next six years?
- kironJ Yeah. Yes. In the first year, I could just walk about 20 steps once a day to the back garden when a friend would facilitate -- you know, I can't veg down for me -- so that I could lie outside in the fresh air, and then 20 steps back, and that was my activity for the day. I had the pot next to me, on the mattress, on the floor, and I would roll onto that and use it. But I didn't move apart from that, but I could still move my arms and talk to people and see.

### *An Experience of Total Disability*

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- But that all changed. After a year, there was a sudden deterioration. The friend that had been coming in and emotionally supporting me was no longer able to do that, so I was totally under the care of Social Services, and that was a big shock to the system. And within a couple of weeks, my friends, not being able to do lot of caring for me. I lost the ability to see and I lost the ability to speak, and I spent the next five years **not** being able to see and **not** being able to speak.
- Jennifer And not being able to move, except just rolling on the floor.
- kironJ That's right. Well, that -- I was able to do that. I could feel my way to the pot. With 2-1/2 years to go, I lost the ability to do that, as well. I was taken to the hospital for some tests, and I was on high hospital beds and, you know, was not able to roll onto my pot and the ability to do that just went.
- So when I was returned home after that week, I was then in nappies, diapers,
- Jennifer Right

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

kironJ So I was in diapers for 2-1/2 years unable to -- and my ability to use my arms was lessening, so I could do no self-care. It was a case of waiting for the carers to come in slated four times a day. I had four calls a day and they would change my nappy, which is a very sobering experience, I can say. [laughs]

Jennifer Mmm! Yeah!

kironJ And then for the last year and a half I was fed by a tube because physical deterioration continued and I wasn't eating very much at all. I just had no stomach for it.

Jennifer Yeah.

kironJ Yeah, everything was just winding down, closing down, and it go to the stage when I was close to organ failure and the doctors, who did visit me periodically and scratched their head, didn't know what to do, really.

They said unless I went into hospital voluntarily to be fitted with a tube, to be fed through my stomach, if I didn't voluntarily do that, they would section me under the Mental Health Act because I was so close to going that they didn't see it as safe not to have that procedure done.

And my communication was a clicker. [sound of one click] for "yes" and a [sound of double clicks] for "no". I could still just about do that. So I clicked for "yes" and was taken the hospital for six weeks to be fitted with this tube and various rigamaroles come through, and then with them, so -- and yeah.

So the last year and a half was almost no physical movement, in diapers, being fed by a tube, not seeing, not speaking.

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*The last year and a half  
was almost no  
physical movement,  
in diapers,  
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not seeing,  
not speaking.*

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### *A Desire to Know the Perfection*

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The only way that I managed to come through this was what I said at beginning, knowing that all was not right from the human perspective, was joining with the Holy Purpose of the episode. In my mind, I said to God, "Okay. This does **not** feel perfect at all, but it **must** be perfect because it's

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

happening. There **has** to be good in this and I want to know what it is. So You jolly well show me the perfection in this.”

And again, like the Jesus bit, it came from **deep** inside. I **wanted** to know the truth of it.

Jennifer And when --?

kironJ And I think that carried me through.

Jennifer When did you move into that mindset?

kironJ Well, that was like within a few hours when I realized that --

Jennifer That first day.

kironJ -- I wasn't going to get up. That first day.

Jennifer Mm-hmm.

kironJ I moved into that mindset. And I can't pretend I stayed with it completely throughout. [laughs] It really got me to some very, very dark places in my mind, though, because with normal life just stopping and receding toward, then, in what we call the dark cornerstones of the ego were all too evident. It just brought rushing to the surface the terrible chaos, and agony, and confusion of the ego thought system. So I was awash with ego storms most of the time.

But something allowed me sufficient connection with God, with Spirit, to withstand those ego storms. I wasn't completely swept away with them, which is absolute mercy and blessing.

So yeah, having set the intention, now, you know, as the *Course* student and the *Course* teacher I can see the power of that. I've set the intention of Holy Purpose, not that I would have called it those words at that time.

And so something had set the goal and the Holy Spirit allowed me to reach that goal, and it didn't mean the time was in Peace [laughs] throughout, at all. But I didn't cave in.

Jennifer Yeah.

kironJ Yeah. Yes, which --

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*I said to God,  
“Okay. This does not  
feel perfect at all,  
but it must be perfect  
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happening.  
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in this and I want to  
know what it is.”*

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

### *A Gift of Understanding*

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Jennifer I think hardly anybody who's listening can really imagine what you went through. I do know a number of people who have been in **extremely** debilitating situations for a long time, as you were.

Do you -- would you give us some idea of the dark places that you went to?

kironJ Yes. Sometimes it was, I call it an abstract rolling black sea of horribleness. It felt like tidal waves of black sea washing through me, and I had to choose not to be swept away with them. So that was the experience. Just let them go. Just let them wash through --

Jennifer Mm-hmm.

kironJ -- the system, but don't go with them. That was the kind of message in my mind and, somehow, I wasn't completely swept away.

Other times it was much more specific and story orientated. What we might call past dreams or past lives came to the surface in my mind. So there were many

visions of being beheaded, of being hanged, lots around my throat, lots of attack to my throat, neck area. Guillotines. I reckon I was guillotined in the French Revolution. [laughs] So terrifying, terrifying episodes of feeling like, "Yeah, I'm about to be guillotined, beheaded, hanged."

Another episode was being dragged behind a horse, some ropes, and perhaps tied by my ankle, perhaps, and just dragged until I died. That was the method of dying.

So it was very nasty, vicious endings of life that were coming to the surface. Yeah. Sometimes it was just bodily yuck, just bodily feeling so horrible.

**Rage.** Oh, my goodness, the **rage** that came through! Apoplectic rage, psychopathic rage. I could totally understand why people take a machine gun out and take into schools and just murder everybody.

Jennifer Right.

kironJ I'm certainly not advocating it all or supporting it, but I **understand** where it comes from, because I have felt that level of rage where it is totally overwhelming, and it's the mind trying to project out that level of attack.

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*It felt like tidal waves of  
black sea washing through  
me,  
and I had to choose  
not to be swept  
away with them.*

---

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

It's **so** abhorrent to our actual minds that it just has to try and get rid of it, and for some sister or brother, the way they do it is to physically attack other bodies, and I completely -- and I've never done that myself, but I completely understand where it comes from.

And I feel it's a tremendous gift for me to understand that and to have experienced it, because I think it's the root of all of us and we cover it and disguise that it's there. It's, oh, my goodness! No wonder we don't.

And the blessing to me was I had all motivation -- you know, I wasn't going anywhere. I couldn't make a cup of tea. I couldn't go and see a friend. I couldn't go to work. I had to lie there and allow this to happen. And so, letting it go. Letting it go.

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*I feel it's a  
tremendous gift  
for me to  
understand that  
and to have  
experienced it.*

---

Jennifer No breaks. Yeah.

kironJ No breaks. There was **no** break. It was **relentless**.

Jennifer Like being in solitary confinement where you can't even move.

kironJ Yes! Yes. It was a solitary confinement, although I had a couple of friends who did pop in regularly, you know, like once a week or so, and I had the carers. There was **huge** amounts of time when I was on my own with this, physically on my own. My son went to university after about two years, so he was away a lot. So it was me and my split mind, and opening up to help, to Spirit help. That was the nature of it. And **grief**. Oh, my goodness, the tremendous **grief** about what I **thought** I had lost. I thought I had lost life.

Jennifer Right.

### *"Will You Accept Your Life As It Is?"*

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kironJ Everything that I knew -- the walking, talking, going to work, seeing friends, going for -- you know, all the things that we do all went, and I was in anguish about this. I didn't think it would ever come back, and this was really, **really** hard to come to terms with.

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

So just before my physical recovery started, it was on my 50<sup>th</sup> birthday. I was well aware, in my mind, I was awake in my mind throughout, so I was well aware it was my 50<sup>th</sup> birthday, and I had a thought in my mind. But not a physical thought, but a message in my mind, “If this is life like it is now and it never changes, it never improves, this is just it--” and at the time, no independence -- had my tube, only being able to shuffle oh so very slowly about once an hour from one shoulder to the other shoulder. That was my activity, very slow, tiny movements to shuffle around a bit.

This Voice said, “If it’s like this and it doesn’t change, will you **accept** your life?” And I said, “Yes” in my mind. There was a **knowing** because of this deprivation from what we call physical life. I had found a different understanding in me and in my life. I could feel I continued. My body had all but stopped, but I -- whatever that “I” is -- it was continuing, and it was **worth** that continuance. I knew I wanted to say “Yes” to that something that was still alive.

Jennifer I am going to have us pause there. We need to take a break here.

kironJ Sure!

Jennifer I am so grateful that you agreed to come on the broadcast today and share this with you.

As we’re going to break here, I’d just like to say gratitude to all the listeners, as well, and remind you that you’re listening to *A Course in Miracles* on Unity Online Radio. I’m Jennifer Hadley and I’ll be right back with kironJ Gardner.

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*This Voice said,  
“If it’s like this and it  
doesn’t change,  
will you  
accept your life?”*

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

### ***Topic Suggestions Are Helpful!***

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Welcome back! I’m Jennifer Hadley. And before we go back to my beautiful guest, kironJ Gardner, I would like to bring something up. I am interested in soliciting your suggestions for radio show topics, things you’d like me to talk about, questions that you might like to have me answer on the radio

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

show. I'm asking that if you have anything like that, that you e-mail me at [Jennifer@JenniferHadley.com](mailto:Jennifer@JenniferHadley.com). That comes direct to me, and I look forward to hearing from you.

### *Ego's Dependence on Validation*

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Again, we're talking with KironJ Gardner, and she is telling us her extraordinary story of physical illness and healing and transformation.

Going back to where we were, kironJ, I am thinking that so many people in your situation would really go into feeling suicidal.

I know, for me, this might sound crazy, but sometimes when I've had just a really bad food poisoning or something, I've just thought, "Oh, my God! I feel like I want to die!" And, of course, I don't **actually** want to die, but you feel like you just don't want to have the experience in the body anymore. You really are like, "Get me out of here!"

kironJ

Mm-hmm.

Jennifer

And our ego is so dependent for its validation in some way, shape or form through interaction with other people, through accomplishing things. Because I have a number of people that I know that don't feel very productive in their life **because** they've got very debilitating physical situations, and that is one of the **most** difficult things for the ego is to not feel productive.

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*One of the most  
difficult things  
for the ego is  
to not feel  
productive.*

---

KironJ

Mmm!

Jennifer

Because the ego's a meaning-maker. Right? So if we're not doing something, if we're not contributing, if we don't have all of that going on, what **meaning** is there, as far as the ego is concerned? There's no meaning. There's no value. "I'm just taking up space." Right?

kironJ

Mmm!

So did you have those kinds of thoughts?

kironJ

I certainly did feel suicidal at times, particularly at the beginning, and I thought, "No one should have to go through this! Why am **I** having to go through this?" Those are the thoughts that came to the surface. "I just don't want to play this game!" [laughs]

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Later on, there were deeper feelings. “I **cannot** do this another day!” Day out. Week in, week out. Month in, month out. Year in, year out. I was failing, was deteriorating, and not getting any better. I thought, “I just can’t do this!” And then I would watch it. I would just somehow think straight from Spirit and [tech issue]

Jennifer

Oop! I think we lost the connection with kiron], so I am going to see if I can get her back.

I find that what she is sharing with us is **so** powerful and so just -- it’s so [edit - not class related]

Because what she’s sharing is what we sometimes go through on a very small scale, she goes through, went through, on the most complete pervasive, every cell, every function, every fiber, every aspect of her being challenged in this way.

Sometimes we feel challenges in our day where we feel life is not worth living, that we’re worthless, that we’re failing, we’re so -- [edit - unrelated] we get challenge so intensely, so **deeply** in our relationships, and we feel -- I have talked with so many people over the years who’ve felt that life wasn’t worth living because they couldn’t be with the person they wanted to be in relationship, or because their loved one died. Totally understandable. I know some people, their pet dies and they don’t want to go on. Totally understandable. I totally understand these things.

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*“No one should  
have to go  
through this!*

*Why am I having to  
go through this?*

*I just don't want to  
play this game!”*

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### ***Healing Through Awareness***

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And yet she found -- and this is one of the things that’s so amazing to me, kiron] found that she wanted to continue to live, that there was some value even though -- think about it! -- she hasn’t really described it the way I heard her talk about it when I was with her in person, where this effort to -- all she could do was, she could roll her [tech issue] and managed to get onto a pot to pee in, to poop in, and then roll herself back. She had the use of her arms, and then she lost the use of her arms.

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

First, she can't do much of anything -- she can't stand up, she's laying on the floor, but she can talk and she can still see, and she has the use of her arms. So, presumably, she could do various kinds of things like watch television, listen to audiobooks. Of course, she could do that even when she lost the use of her arms, she could occupy her mind with other things, and that's what we want to do when life is unpleasant. We want to take our mind away from what we don't like.

But Spirit arranged it for her. Remember, the script is already written and everything is helpful. That's the teaching of *A Course in Miracles*. Everything works together for our good and there are **no** exceptions. Right?

So are **you** willing, in your life situation where **you** are, are you willing and available to see that everything in your life is working together for good?

Because this went on for kironJ to the point where she -- after a while she lost her eyesight. Then she lost the use of her arms, and then she couldn't speak anymore. She could only make clicking sounds [clicking sounds with mouth] like that, like she said, once for "yes" and twice for "no" making that clicking sound. So that made communication so, so limited, and then she's got a feeding tube, just really decreasing.

But as she will share with us when we get her back, she had a healing in her mind through this experience, and I would venture to say that there aren't that many among us who would be willing to go through the kind of experience that kironJ went through in order to come to the awareness that she has now.

I haven't asked her now, "Was it worth it?" And maybe we would say, "Well, the **ego** has to say it's worth it."

Fortunately, many of us don't remember how difficult and how painful things in the body were once we've recovered. We can -- actually, that memory becomes fuzzy, and that's why people are able to have multiple children. Women are able to give birth to multiple children because the

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*Are you willing,  
in your life situation  
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available to see that  
everything in your life  
is working together  
for good?*

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

memory of the pain and the difficulty of it fades. We don't hold onto it, fortunately, and we don't **need** to hold onto it, fortunately.

These are some of the questions that I have for her. I'm sorry it's taking such a long time to get her back. I don't know what's going on, but if we don't get her back today, we'll get her back on another episode.

### *Will You Forgive Everything?*

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*A Course in Miracles* tells us that “Sickness is a defense against the truth.” [Lesson 136] and that’s **really tough** for a lot of people who are feeling sick. I work with many people who are really challenged in the body and would like to experience healing.

*A Course in Miracles* says things like “Healing is very simple.” [M-22.6] It’s really about “Will we **accept** the Atonement for ourselves? Will we forgive **everything?**”

And one of the things I noticed about my own mind is that, for a long time I thought, “Well, I can just hold onto **some** of these grievances. You know, some of these grievances, I feel are worth holding onto. Gosh! I couldn’t let that go!”

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*We don't even realize  
what it is that  
we're sacrificing in  
order to hold onto  
that resentment.*

---

I know in the last few years I have talked with **many** people -- for instance, I’ve talked with someone recently who said to me, “Jennifer, I don't -- I’ve never hated anyone in my whole life, but I hate Donald Trump. I hate him.” And I can understand that, **and** there are many times when we have in our mind a justification for our resentment, for our regret, for some thing that we’re holding against somebody, and that’s it! We **have** justified it. We **are** justifying it. It is justified, justifiable in our mind.

And many times we don’t even have absolute Clarity about that. We don't even **realize** what it is that we’re **sacrificing** in order to hold onto that resentment. [edit - not related] What I know is that we just have to be willing to be willing. Even **that** much will support us.

As we were going to the break, kironJ was telling us that she realized --

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

kironJ Hello! I'm back.

Jennifer Ah!

kironJ [unintelligible]

Jennifer Yep! No need to explain. These things happen. Working in an online world and with this radio show, sometimes things just go out, and that's life and we roll with it.

kironJ Perfect.

Jennifer Yeah! So one of the things I'd like to ask you is related to what you were sharing, kironJ, right before the break, where you were telling us basically - - well, just before you dropped off, you were telling us about feeling suicidal, so I don't know if you shared everything that you wanted to share about that.

Okay! I think we've lost her. Well! Live and learn! [laughs] I'm sure we're learning something on the technical side here. Okay.

kironJ Hello?

Jennifer Oop! There she is again!

kironJ [laughs]

Jennifer Yeah. Just take a breath and we're rolling with it. We've got about 8 minutes left here.

You were talking before you dropped off about feeling suicidal.

kironJ Mm-hmm.

### *The Blessing in Illness*

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Jennifer And I'm wondering, did you share everything you wanted to share about that? What were the tools that you found within yourself, kironJ, to navigate that feeling of suicide that you didn't go down that road? Because you **could** have.

kironJ Oh, so easily! As time went on, I physically couldn't have done anything. But the feelings were, "I wish I could. I wish I could take a pill or do something."

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

But I think that because it was so extreme I was propelled into the [tech issue] as I was saying before we lost connection. I was so far removed from normal life, that actually was the **blessing**. I couldn't let myself, as the old person that I was before this, [unintelligible] I just felt, "I have [unintelligible]."

Jennifer Alright! What I'm going to suggest, since we just lost her again, and I've no control over that, that's life, we'll have her back next week and we'll figure out these technical difficulties, and I'll wrap up the show without her so that we can just stay focused on this topic of healing.

Isn't it -- [laughs] I know you can't respond to me, but isn't it wonderful to have someone who has made this journey, and has come and can tell us about it and can give us help with it?

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### *Through Atonement, Sickness is Impossible*

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For anyone who is struggling with illness and sickness, I feel this is my guidance right now is to look at how are healing and Atonement **related**? So this is the chapter in the *Manual For Teachers* and it starts with a very simple sentence,

*"Healing and Atonement are not related; they are identical."*

They are identical! So what does that mean? What does the Atonement mean? I accept the Atonement for myself when I am willing to accept that there **is** no separation, **was** no separation, **will be** no separation because separation is, in fact, **impossible**.

If I intellectually accept that separation is impossible, then I must also be **willing** to let go of my **belief** in separation and the ways that I keep separation alive in my mind. That's baseline to healing.

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*If I intellectually  
accept that  
separation is  
impossible,  
then I must also be  
willing to let go of my  
belief in separation.*

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I'm going to read a little bit of this healing and how healing and Atonement are related. It says,

*“There is no order of difficulty in miracles because there are no degrees --”*

Right? Either you accept there's no separation or you don't. There's no middle ground. It says,

*“It is the one complete concept possible in this world, because it is the source of a wholly unified perception. Partial Atonement is a meaningless idea, just as special areas of hell in Heaven are inconceivable. Accept Atonement and you are healed. Atonement is the Word of God. Accept His Word and what remains to make sickness possible?”*

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***Either you accept  
there's no  
separation  
or you don't.  
There's no middle  
ground.***

---

Nothing!

*“Accept His Word and every miracle has been accomplished. To forgive is to heal. The teacher of God has taken accepting the Atonement for himself as his only function.”*

That's it!

*“What is there, then, he cannot heal? What miracle can be withheld from him?”*

### ***Forgiveness is Healing***

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Now, I'm going to skip the next paragraph and where it says,

*“That forgiveness is healing needs to be understood, if the teacher of God is to make progress. The idea that a body can be sick is a central concept in the ego's thought system. This thought gives the body autonomy, separates it from the mind, and keeps the idea of attack inviolate. If the body could be sick Atonement would be impossible. A body that can order a mind to do as it sees fit could merely take the place of God and prove salvation is impossible. What, then, is left to heal? The body has become lord of the mind. How could the mind be returned to the Holy Spirit unless the body is killed? And who would want salvation at such a price?”*

I'm just going to reiterate that logic there, that it **seems** like the body controls the mind at times. Right? When we feel sick and then the mind starts thinking, “Oh, I hate this! This is horrible! I feel so horrible! I feel so

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

horrible! I feel so horrible!” that’s when the body **seems** to be sick and to be influencing the mind. But that is **not** how it actually works.

But we see and experience what we believe, so we believe we **are** a body, and so we believe that this is how it’s experienced. But actually, it’s at the level of the mind we do our healing, and the body, we think, is lord of our mind. Right?

If we’re having body issues -- think of people that have body dysmorphia, so they have a distorted view of their body, and they’re often looking for some kind of body perfection that’s unattainable to the point where they are just, let’s say, terrified by the amount of calories in a breath mint that are going to make them fat, this kind of -- they look at themselves and they might be the most incredibly beautiful, fit person ever, but all they see is “Something is wrong. Something is **not** the ideal.” I’ve worked as a Spiritual Counselor with people who have body dysmorphia and it’s definitely all about their **beliefs**.

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*We believe we  
are a body,  
and so we believe  
that this is how it’s  
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But actually,  
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mind we do our  
healing.*

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Now in Paragraph 4 of this, it says,

*“Certainly sickness does not appear to be a decision. Nor would anyone actually believe he wants to be sick. Perhaps he can accept the idea in theory, but it is rarely if ever consistently applied to all specific forms of sickness, both in the individual’s perception of himself and of all others as well.”*

So this really challenging, and it’s not happening **to** us. It is happening **by** us **so that** we will have a healing in the mind. Right? We all have our paths of healing. We are **firmly** on them.

Oh, my gosh! I am so excited to have kironJ come back. Let’s see if she can come back next week. If not, very soon, and we will finish our conversation.

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

### *Your Faith Makes You Whole*

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I love this topic of healing. It is one of my favorite topics. You might recall, how could you forget that Jesus, when He walked the Earth, He participated in many miraculous healings, and when people said, “Oh, Jesus! Thank You for my healing!” He would say to them, “Why thank Me? **Your** faith made you whole.”

This is the level of healing and transformation that is attainable for us, and we’re going for it! Let’s go for it by accepting the Atonement for ourselves and being willing to recognize all the ways that we energize separation.

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*“Your faith  
made  
you whole.”*

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### *Gratitude for Financial Support*

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You know, I’d really like to thank all the people who donate to Power of Love Ministry, which is the ministry I founded back in 2013 to support this radio show and having the transcripts available and all the different things that we offer. So thank you to all those who donate, and especially those who donate on a regular basis and have recurring donations. Thank you, thank you!

And thank you, also, for writing to me at [Jennifer@JenniferHadley.com](mailto:Jennifer@JenniferHadley.com) and sending me your suggestions and your requests!

### *Closing Prayer*

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Ah! I am so grateful to take this breath and to pray together, so we bless kironJ, and we are grateful and thankful to claim a healing right here and right now.

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

I love you! Have a great rest of your week! Mwah!