

July 23, 2019



Healing the Body With the Mind - Part 2



 *Jennifer Hadley*
your daily shot of spiritual espresso

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July 23, 2019

Healing the Body With the Mind - Part 2

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! Bonjour! I am very happy to be with you, and I'm so happy that kironJ Gardner is back with me this week. Are you there kironJ?

kironJ I'm here! Thank you very much for having me back.

Jennifer Yes! So glad that we could arrange to have you back. We've got our tech issues resolved. We will not be interrupted.

You know, sometimes when there's something very, very powerful to be communicated, something very, very powerful to be heard, to be seen, or known, or received, it seems like there's a lot of interference.

kironJ Yeah. Yeah.

Jennifer Yes! That's what I was thinking, that something like that was going on energetically. And so we're not deterred. We are determined to **see!** We are determined to see.

Opening Prayer

So I'm going to start us off with a blessing and a prayer, like I always do.

So grateful and thankful to take this breath together. So grateful and thankful that our life is a life of Love.

So grateful and so thankful to Partner UP with that Higher Holy Spirit Self and to recognize that our true identity is already free, our true identity is perfect Love, our true identity is Wholeness, and Wisdom, and Clarity, and Freedom, and the All-Good of God.

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We are truly grateful and truly thankful to open ourselves to expansion, Clarity and healing, that our conversation is a Divine Dialogue in a field of perfect Love Intelligence.

And so what I know for each and every one of us is that we are receiving everything that is ours to receive from this communication with kironJ.

So grateful and thankful to welcome it and share the benefits with everyone. We are grateful to let it be. And so, it is. Amen. Amen. Amen. Amen.

kironJ Mmm!

Jennifer Yes!

Reintroduction - kironJ Gardner

Alright! So, for those of you who, perhaps, did not listen to last week's episode, or maybe it was a little while ago, I'm just going to do a recap for us here of what kironJ shared last week, and then I'll invite kironJ to supplement and we'll go forward.

So, kironJ Gardner is an *A Course in Miracles* teacher. She lives in the U.K. and yes, she does 1-on-1 counseling and sharing. You can find her on [Facebook](#).

We'll have transcripts. We have transcripts of all our episodes which are posted at LivingACourseInMiracles.com/radio. So we'll put [her Facebook](#) page link in the transcript. That's just another resource that people have.

And we do the [transcripts](#), in part, because there are many people in the deaf community who are interested in *A Course in Miracles* and cannot listen to all these bazillion of audios that people have out there. And that's also why we have closed-captioning in all the videos, and we're putting the radio shows at [YouTube](#) so people can see the closed-captioning there. And, people are hard of hearing, and they have English as a second language or a third or fourth language.

I was so impressed when I heard kironJ share her story at the U.K. *A Course in Miracles* Conference this year. I was blown away. Corinne Zupko, Lisa Natoli, we were just blown away. Our mouths were hanging open as we were listening to you, kironJ.

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Your story of you woke up one day, you found it difficult to stand, that was the day that your whole life changed, and that you then became progressively ill. Basically you found yourself you were only able to really lay on the floor. You lost so many abilities over the course of time, and so you really became an invalid and physically, of course.

Mentally -- did you have any mental diminishment besides the ego screaming hysterically all the time? [laughs]

kironJ [laughs] No. No, I was quite lucid and quite “normal” in quotes. Yes, no mental health issue.

Jennifer And did you have much physical pain?

kironJ No. It wasn't pain. There were aches sometimes, but it was not any thing extreme. It was the incapacity --

Jennifer Yeah.

kironJ -- that was the issue.

Jennifer Yeah. So how long were you experiencing this condition before you lost your sight?

kironJ A year. For a year I had been lying down, and the early activity was about 20 paces to the back garden where a friend would put a camp bed out for me most days, and I could lie there for a couple of hours, and then 20 paces back. And other than that I was on a mattress on the living room floor, and I had a pot beside me that I could roll onto. This friend was a tremendous, tremendous support to me, emotional support.

Jennifer Yeah!

kironJ And after a year she had had enough, I think. She'd done her bit, and that was such a traumatic thing, losing her emotional support.

Jennifer Oh, I bet!

kironJ Yes. It was very bleak, and all I had were Social Services carers coming in four times a day to do the practicals.

Jennifer Right.

kironJ And some of them were very lovely, but they were on a tight schedule so they came in, did what they had to do, and went again.

*"I was quite lucid and quite "normal".
Yes, no mental health issue."*

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Jennifer Right.

kironJ And within a couple of weeks of that new regime, I had lost the ability to see and the ability to speak. It was a rapid deterioration. I simply couldn't open my eyes, and it's like I just couldn't speak.

And that was -- it was so terrifying, I almost couldn't respond to it. It was so out of anything that I would have thought I'd be experiencing. I was in shock, probably, and in a funny way, it brought me to the present. It was **so** awful, the only place I could possibly survive was being with it in the here and now, and simply taking one moment by one moment.

If I went out of that, it was all too ghastly. I did. I wasn't perfect.

Jennifer Were you --?

kironJ Sorry. Go on?

Jennifer Well, I was just wondering, were you watching television, listening to the radio? Were you doing those kinds of things to occupy your mind, distract you?

It was so awful, the only place I could possibly survive was being with it in the here and now.

kironJ Before I lost my sight, I did a bit. I'm not really a TV person, but I did simply to pass the time. And then when I could no longer see, sometimes carers would put on CDs for me with music, sometimes they'd turn the television on, but it couldn't be -- their last call was about 7:30 in the evening, something like that. I was left about 7:30 in the evening, so the TV had to go off then, because otherwise it would have been on all night. And if they put it on at the lunchtime call, it would stay on until the teatime call.

Jennifer Right.

kironJ Because I couldn't do anything.

Jennifer Right.

kironJ My way of communicating was clicking. I could do a [single clicking sound with tongue] for "yes" and a [double clicking sound with tongue] for "no". So they would ask me, "Do you want the TV on?" And I would click [laughs] as to whether I did or I didn't.

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And sometimes, yes, most often I would prefer the silence. I did listen to things sometimes, but it wasn't 24 hours a day, by any means, because the whole impetus, the whole thrust of this, was supporting me to connect with the Divine Inner Connection, and I was well up to speed with that and kind of understood this was what it was about.

Jennifer So you had that to cling to.

kironJ Yes. Very much so.

No Punishment, Just Perfection

Jennifer I wanted to ask you about that, but before I do, I'd like to ask you, did you feel like you were being punished?

kironJ No. No, it was a great mercy that I never felt I was being punished. I was **mystified** as to why it was happening, and I remember thinking, "I can't do this! I just **can't** do this! How can I possibly be expected to do this?" And I'd have a rant to God, just sharing my feelings.

I mean, this was before the *Course*, so it was a different understanding of God, but I did have a strong connection with the Divine before this episode and I would never have got through it otherwise. So in my mind, I would talk to God and say, "This is impossible! How can I possibly do this again and again, day in, day out? You can't be serious!" [laughs] And it just kept going.

But it was not a feeling of being punished, because right at the beginning I joined with the Holy Purpose of it. On the first day that I could no longer stand up, and I intuitively knew something big was going on from the human perspective. I had no idea it would be six years of lying down, but I had a sense that it was just not going to be over in a day or so.

And so, I said to God, "This **has** to be perfect because it's happening. It does not **feel** perfect. You **show** me how it's perfect." And, from the core of my being, I laid down a gauntlet. It was a very deep intention to know the perfection of this.

*I said to God,
"This has to be
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It does not feel perfect.
You show me how
it's perfect."*

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And as time went on, and my body deteriorated more and more, I could still be with that declaration. “You **show** me it’s perfect! I’ve lost my sight now. I’ve lost my ability to speak. It’s really getting desperate here, and show me it’s perfect. Show me how it’s perfect.” I kept on doggedly [laughs] going at it.

Physical Decline Brings Grief & Rage

And then after 3-1/2 years, I lost the ability to use the pot on the side of my bed. I was taken to hospital for some tests at some stage, and put on a high hospital bed when I couldn’t roll onto a pot. And a week or so of not doing it meant I just lost that ability.

Jennifer

Yeah.

kironJ

But again, it was very disturbing going to hospital and being prodded and poked and not being able to talk. And yes, that was horrible.

So I came home and could no longer leave that mattress. So for 2-1/2 years I was in diapers and unable to do any self-care, so I was totally reliant on the carers who came in four times a day to change my diaper.

And again, that is something so far removed from what we would image is going to happen to us in adult age, that something was able to be with it. I had no frame of reference of not speaking, and in diapers, and hardly able to move. I had no reference point for that.

I’d lost all ideas of going to work, and seeing friends, and talking to my son, and watching TV, and all the things that we tend to take for granted when we are physically healthy that had just gone. And I had grieved and grieved and grieved about it, and being furious about it. Rage came up that I seemed incapable of doing anything about this.

So once the diapers kicked in, it was, “Well, I’m just with what’s going on.” [laughs]

And it was the inner connection, of course, that stopped me going under. Nothing else would have seen me through that. Well, but I had no distractions. [laughs]

Rage came up that I seemed incapable of doing anything about this.

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Jennifer Yeah.

kironJ That was it!

All Pain is a Wrong Perspective

Jennifer So, last week we talked some about -- I've so much I wish to cover, so I don't want to give a lot of commentary of what I think or feel about it. I'm just so grateful that I have this time with you. So we talked some about feeling suicidal, because I work with many people who have extremely debilitating illnesses of many kinds, and progressive illnesses and things like that, and so it's intensely physically challenged, but it's also mentally challenge and it's also emotionally challenging.

And I always know that those folks who are going through that kind of intensity, they have a **determination** to get back to Clarity of their divinity unlike anybody else. That's **my** feeling about it, that on the surface they sometimes feel like they're totally failing. Like, "What kind of a spiritual student would be in this kind of a situation? This is total mental, spiritual, emotional failure!" You know, you're yelling at God, you're screaming at God, just so, so angry that this is happening. You're helpless.

...when we're in that kind of mental emotional anguish, I know it's a wrong perspective.

Many people are in tremendous physical pain and limitation, and many spiritual students have strong belief that they brought it on themselves, that this is some kind of punishment, which that is not the truth of God. I know that, for sure. It **seems** like it, but it's just not true.

That's only Lesson 190, "*Pain--*" it tells us, "*Pain is a wrong perspective.*" And so, when we're in that kind of mental emotional anguish, I know it's a wrong perspective.

So if you could talk with us about feeling suicidal from the perspective of really -- I mean, I think most of us know what it's like to feel like, "I hate this world! I hate this life!" Maybe, "I hate myself! I hate others! I hate this whole freaking thing! It's just a horrible, horrible, how did I get here? Why can't I get out? These are not my people! This is not my tribe!" All myriad of thoughts like that. Everybody has those.

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And some people really **do** wish to die. They don't wish to go on anymore. They don't wish to live anymore, and very often, every time when I encounter people who are in that kind of a mode, they see no way out. That's why they're suicidal, there's no hope -- none, zero, nada, and that's what causes people to take their own life.

Intense Emotional & Mental Suffering

So you rolled around, literally, on the floor with that, and what were the insights that you had about your own inner workings of your mental, emotional state as regards just wanting to leave the planet?

kironJ Mmm! Oh! I'm so moved, as you talk about the people you work with and experiences they're having. And what I'm feeling right now is enormous gratitude for how little, really, suicidal thoughts came to me.

They did, at times. One of the worst periods was right at the beginning, although I was much stronger than I was later on. The shock of suddenly not being able to do things that I had taken for granted was **huge**, and I did not know how to be in my mind. The psychic pain was **so** intense I thought, "I'm going to explode! I do not **know** how to make it through the next second!" And at that time, what helped was calling upon Mother Mary--

The shock of suddenly not being able to do things that I had taken for granted was huge, and I did not know how to be in my mind.

Jennifer Mmm!

kironJ -- and the Divine, the Divine Mother. That brought some reduction in the intense, intense **explosive** pain in my mind.

And the worst time, when I was very close to -- because as it went on, there was nothing that I could physically do. [laughs] I could not have committed suicide because I could hardly move.

Jennifer Yeah!

kironJ And the thoughts weren't really like that. It was much more being with the experience.

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But there was a time when I was taken into hospital and I would have been sectioned onto the Mental Health Act if I hadn't gone in voluntarily, so giving a [single tongue click] for "yes" because I was so emaciated that I was close to organ failure, so I was at risk of shuffling off the planet.

And so for my own safety, they said "We are going to take you in, and we are going to fit you with a tube into your stomach to feed you. You can do this voluntarily or we can section you. If you go voluntarily, it will be a much easier experience for you." So no choice, really. And, of course, I had to go.

And I was then taken into a general hospital ward, and I was there for six weeks and that was hell. [laughs] Really, **really** hell. It was a very disturbed ward, lots of shouting and screaming and people pacing up and down all day and night. Machines beeping, and staff run off their feet.

I was not strong enough to press a call button to say my nappy needed, my diaper needed changing. They couldn't believe I couldn't push the call button, so there was -- it was **intense** suffering in my mind.

Jennifer They didn't believe you!

kironJ No! No, no, not at all. They didn't believe I was as weak as I was. They thought I **could** do more.

*"...it was intense
suffering in
my mind."*

Jennifer Yeah.

kironJ And when my diaper was being changed, sometimes I was really thrown about by nurses.

Jennifer Oh!

kironJ They thought I was putting it on. Some were very gentle. But then I did have pain when I was roughly handled. Yeah, that was very, very difficult.

Jennifer What I hear, though, too, is when they asked you, did you wish to go voluntarily, they really were asking you, "Or would you like us to let you die?"

kironJ Well, no. They would have taken me --

Jennifer They would have taken you anyway.

kironJ They would either have forced me to put it in, or they said --

Jennifer Okay.

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- kironJ I could agree to go in. So no, they were very concerned about getting food into my stomach, so there definitely was care there.
- Jennifer We're getting ready to come to the break, and just before we go -- so you were in the hospital then for a couple weeks that way to get your physical -- yeah, yeah.
- kironJ And maybe after the break I can tell you, you were asking about suicide. Well, there was an episode that I'd like to tell you about.
- Jennifer Ah! Okay. Great.
- kironJ Maybe after the break would be a good time for that.
- Jennifer Yes. Definitely.

Connect With kironJ

Just as we are preparing to go to the break here, I wanted to share, take a minute here to share something with you. In addition to just reminding you that you can reach out to [kironJ Gardner on Facebook](#), she does do 1-on-1 counseling, and she's an *A Course in Miracles* teacher and speaker, so you could also invite her to come and speak or teach to your group.

I really would encourage that. She obviously has -- well, it's yet to come. You're going to hear the even greater insights and learning that she's got to share with us.

Upcoming Retreats

I also -- I can get so wrapped up I don't make announcements and things like that, so I would like to share with folks that I have some events coming up, some in-person events. In September, I have a retreat for those who are ["Recovering From Sexual Abuse"](#) and that is a very small retreat. We have a few places left if you're interested.

And then in October I'm doing my [Spiritual Counseling Training Intensive](#) and my ["Teacher Training"](#) intensive. Both of those are professional programs that **anyone** can participate in, and they are beautiful, powerful healing, transformative programs, and I do them back-to-back so that people coming from a long distance can do them both, as many times people like to do.

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So you can read more about all of those at JenniferHadley.com on the [Events](#) page.

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

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

The Moment of Surrender

Jennifer And we're back! My guest is kironJ Gardner and we are talking about her epic, amazing, experience and life journey. We were talking about the -- were just going to talk about her experience of feeling suicidal. And so, I left off where you had something more you wished to share about that.

kironJ Yes! Well, you were asking about this aspect of it, and I was talking about being in hospital and it being such a difficult time.

And I woke up one morning and I thought, "I **cannot** lie here another day! I **cannot** do it!" And I thought, "What I'm going to do is, I'm going to stand up on my bed --" bearing in mind I could hardly move, "and I am going to hurl myself off the bed, and I'm going to land on my head, and I'm going to damage myself so much that I will be taken away from all of this."

And I was so convinced this was what I needed to do, I even managed to kneel up. Some strength came from somewhere, and was kneeling on one knee and one knee raised, and I thought, "This is it! I'm going to do it! I'm going to do it. I **cannot** stay here!"

*"...and there was a peace
and I thought,
"No. I can't do that.
No, I'm not going to
hurt myself."*

And then something happened. A very disturbed lady in the bed opposite just looked over to me, and she just looked me in the eye, and there was a peace and I thought, "No. I can't do that. No, I'm not going to hurt myself."

And I collapsed back onto the bed and I lay there, just surrendering, surrendering to not knowing how I could lie there another second in this **dreadful**, dreadful situation. But this was the ego being dramatically

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lucent in my mind. I surrendered to what seemed utterly, utterly, **utterly** impossibly awful. And yet, there I was just lying there.

And that was a turning point. That, for **sure**, was a turning point and I feel so absolutely grateful to that beautiful being who was having her own journey, for sure, who looked at me just at that moment.

Jennifer That's how God works.

kironJ Yeah. Absolutely.

Jennifer Yeah, through our brothers and sisters.

kironJ Yeah. Yeah.

Jennifer She was your salvation.

kironJ She was.

Jennifer Yeah.

kironJ Yeah. Yeah.

*I surrendered to what
seemed utterly,
utterly, utterly
impossibly awful.
And yet, there I was
just lying there.*

A Shift to Forgiveness

And then the other thing I'd like to talk to you about, which was so instrumental in me coming through this, was a story of forgiveness. Of course, what else can it be?

Jennifer Of course!

kironJ [laughs] And I had hated my father all my life. It was a sexual abuse story, and I'd done much work on it in a therapeutic setting, as if it was real. And that had helped, but the hatred was still there.

And a friend found a three-day secular mind training that she thought would be very, very helpful for me. And I intuitively knew that it **would** be very helpful. So in my mind, I asked God, "Please help me be ready for this mind training. Whatever I've got to do, let go of, see --" not physically see, but understand, "please help me."

And so, that month before this training was going to happen -- the trainer coming to my house, of course, because I couldn't go anywhere -- was storms beyond storms. The ego storms were huge, intense, chaotic and prolonged.

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And five days before this training was due to happen, there was a phone call arranged with my father. And I'd had almost no contact with my family all through this episode, but somehow it happened. So the phone was put under my ear, and he talked about ordinary things and I clicked as my response. Nothing dramatic there at all.

Then the phone was taken from under my ear by a carer, and then there was **the** moment of supreme grace when **all** the hatred I had felt for him, for 50 years, just left my mind. Just went. And, of course, what it revealed in its place was overwhelming Love for him.

It isn't -- or it wasn't forgiveness as the *Course* describes it. I still thought he had done something, but I didn't **care** what he had done. I **knew** I loved him, and that was a big enough shift in my mind to prepare the way for me to make this very good use of this secular mind training.

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Change Your Thoughts, Change Your Experience

And the premise of it was that "It's your **thoughts** that are causing what you don't like, and so it's with your thoughts that we'll work, and you can change your thoughts, and you'll have a different experience."

Now, if that isn't **perfect** preparation for future *A Course in Miracles* student, I don't know what is! [laughs]

Jennifer Yes! [laughs]

kironJ And so, this lady came and she taught me to think different thoughts, and within 24 hours I could see, I could speak, I could eat and I could sit up a little bit. And by the third day I could even stand for a tiny bit.

So it really was lightening. "The Lightning Process" is what this training is called. And I **know** that the forgiveness of my father **needed** to happen as part of that **huge** six-year clearing in my mind, for which I am now very, very grateful, because it trained me to be able to stay sentient even when there were **enormous** storms and pain in my mind.

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And it taught me presence. It taught me **how** to connect. And then when I found the *Course* five years later, or it found me, of course, as it does, I recognized the Love that comes through the *Course*. **That** was the Love I was beginning to open up to in that episode.

And so, I could -- oh! Dive into it intensely and just **love** it! And when more ego storms came because, of course, the *Course* is so incredibly threatening to the ego, I was **practiced** at being able to withstand these storms. I was practiced at hanging in there, because during those six years I could do nothing else.

And then later, of course, I could go for a walk, and have a cup of tea, and chat to a friend, and sometimes I did, but I knew the benefit. I had seen the power of my mind both to attack itself and to allow healing to come to it.

I had seen the power of my mind both to attack itself and to allow healing to come to it.

And so, I was **mighty** motivated to study this *Course*, and that it wasn't long before I started running groups because I come from a background of being a therapist, and group facilitation, and healing and I was doing all that in the self-development world before this lying down phase. And so, it was very natural to take all those experiences and gifts and put them in service of the *Course*.

Jennifer So beautiful! So powerful!

Healing Past Burdens in the Mind

And I'd like to ask you, kironJ, in that moment of epiphany, or when you felt that all the hatred for your father left you, can you describe it more so people have some idea of how you **knew** that was what was happening and that -- just how did you **know** that's what happened?

kironJ Ah! Well, it was so entirely different to how I had ever, ever felt towards my father.

Jennifer Mm-hmm.

kironJ Because the abuse, I've had body memories. The abuse started when I was a baby, so right from the word go, as kironJ in this physical experience, there was this abuse happening.

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It didn't go on throughout my childhood. It stopped, I think, when I was three. I was the eldest of five, so the household got quite busy, but it had been with me, it was a constant.

All through my childhood I had two recurring dreams, and one of them was [edit - not class related] two recurrent dreams all through my childhood. One was killing my father, finally, stabbing him or punching him to death, really viciously attacking him. And the other one was being locked up in prison with him with no hope of **ever** escaping, key thrown away. And again and again and again, throughout my childhood, I would dream these two dreams.

So it's obviously the mind was **deeply** disturbed about this. And I knew consciously as a child, "It's not right to hate your father." I didn't know about the abuse consciously until my mid-30's, so all through my childhood I knew I hated my father and didn't know why, and that was very troubling. Again, I wanted the answer. I wasn't talking to God at that time, although I was brought up a Catholic, but that was much more just being put through the motions of that. But inside I wanted to know the answer, "What's going on? Not everybody hates their father."

Jennifer
kironJ

Mm-hmm.

So when this moment of grace happened, there was a **totally** new experience. I had lived with this burden, and it's as many people say, when you've lived with something for a very long time, you no longer realize that's not normal to be burdened in that way, because you get used to it. It's habitual. And so, hating my father was just how life was, and then suddenly I didn't. [laughs] Suddenly, somebody switched on the light. It was **just** like that.

*When this moment of
grace happened,
there was a totally
new experience.*

And although the experience was of a **sudden** shift -- suddenly I hated him one minute and two seconds later I didn't -- but it was the culmination of a lifetime's desire to sort this out, really, and I think it was all needed -- all the hating when I was a child, all the trying to sort it out through therapy, and yeah, self-help methods, remembering the abuse, coming to terms with that, trying to speak about it to him, it being denied, the family thinking I'm

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mad and bad. All these things that people go through, all that happened, and then this six years of lying down.

And it wasn't all about my father. I had lots of difficult experiences coming to the surface. It was the dark cornerstones of the ego thought system that were being exposed. So sometimes it was quite abstract, black seas of pain that were trying to sweep me away, as it felt. And sometimes it was past lives or past dreams, however you'd like to say that, were very violent deaths, very violent experiences.

The Gift of Physical Healing

So it was a whole gamut of things being cleared from my mind, and my father was a **central** part of that, but not the **only** part. But it was an **essential** healing then, I think, so that when I started to recover, and I was still frail for quite some time but getting stronger by the day, **all** mind training, it was **all** using my thoughts, it was bringing this extra strength.

So making peace with my father cleared the way for me to focus on being able to walk four miles a day. I can't tell you how many times I've said, "I can walk four miles a day!"

Jennifer
kironJ

[laughs]

And then I **could**, after some months. I **could** do that. And it wasn't really positive affirmation. It could be **seen** like that, but it was deeply connected with Spirit and it was Spirit saying, "Use your mind like this. Start thinking different thoughts. Start telling yourself that you **can** walk four miles," when I'd hardly been able to move a little finger.

So this was a quite a leap in thinking, but it was Spirit inspired. It wasn't from the person. It was Spirit inspired, saying "Now's the time to focus on moving."

And my son had a year in the States. He came to Boston to study, and he left the day before this three-day training, so he didn't see me go through this training and start to improve.

*... it was Spirit saying,
"Use your
Mind like this.
Start thinking different
thoughts."*

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And he came home at Christmas and couldn't believe that I looked normal again, although I was still quite fragile. And I was so determined to come and see him. He was at Harvard. He won a Master's scholarship at Harvard. I was so determined, having missed his previous graduations, I wanted to come and see him, and this was mighty, **mighty** motivation to think these new thoughts.

And by March, so a couple months after Christmas, when there didn't seem to be **any** hope in the physical of me getting on a plane and going to Boston, I did! I had to be wheelchaired through the airport and put on the plane and off again, but I **did**, because my heart was in it. And I went back again in June and saw his graduation.

Jennifer Fantastic!

kironJ So beautiful, beautiful **gift** at the end of it. Yeah. [laughs]

Allow God to Use Our Experiences for Good

Jennifer Yeah! So I have **so** many questions for you, and one of them is -- well, first I'd just like to point out to everybody, so you told us that you were a therapist. And did you have a private practice at the time when this occurred? Okay.

kironJ Yes. Yeah, I had been winding down. I wasn't able to work that much, because my health was deteriorating, so I was still up and around and doing things, but my ability to support other people was lessening because I was feeling more challenged in myself.

But yes, I was working as a healer. I was working 1-on-1 with people. I was running groups. And I loved it. I absolutely **loved** it, but obviously the healing was needed for me.

Jennifer Yeah.

kironJ [laughs]

Jennifer Yeah. And my point is that you were -- you had done a lot of inner work, a **lot**, because anybody who's a therapist has done a tremendous amount, hopefully has done a tremendous amount of inner work, and faced a lot of demons and done a lot of letting go of unforgiveness, and resentments, and regrets, and guilt, and blame, and shame. And so, **still** there was this big --

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And what I can tell you for myself, kironJ, one of the things I started to do that was extremely helpful to me is to say, “Okay, this I don't like. It's very challenging to me. But I'm going to let God use it for good.”

kironJ Yes! **Yes!**

Jennifer And so I declared, “That is what is happening, that is what is occurring. I'm on board with that.” So instead of railing against it anymore, instead of being angry and blah-blah-blah, all of that, “**No!** God is going to use this for good and I'm going to **allow** it to happen.” That **really** was helpful to me.

*Okay, this I don't like.
It's very challenging
to me.
But I'm going to let
God use it for good.*

kironJ Yes.

A Real Relationship With Spirit

Jennifer And another -- so one of my questions, at the break, just when we were going into break, you were telling us that you connected with Mother Mary.

kironJ Mmm!

Jennifer And I, for me, in my time right before I came to the *Course*, this is really what happened for me is, I started to have all these experiences of connecting with Beings like Mother Mary, and the Company of Heaven and the angels. And not that I was seeing them in regal colors or anything. I'm not that visually intuitive, and not that I heard them saying words. But I just started to discern what were the **impress** of their guidance and Love.

So I wonder if you could tell us a little bit about that. We don't have much time, but if you could tell us a little bit about your experience like that.

kironJ With Mother Mary or with --?

Jennifer Yeah. Generally. Yeah. With -- yeah. With presence, and specifically, yeah.

kironJ Well, yes, I'd like to bring you up to date with how it is now. And this, because of this episode, because of loving the *Course*, because of studying it intensely, I have come to a place where presence is my **reality**, presence is my 24/7 experience and this shifts **everything**. This shifts every, every, **every** thing --

Jennifer Yes!

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kironJ -- because it's **real**. It's not something the *Course* writes about, although it does. It's something I **know**, I absolutely **know**.

Jennifer Yes!

kironJ That's my choice. It's beautiful. My relationship with Jesus is **the** most beautiful thing I have ever, ever experienced, and it's particular with Jesus with me. It doesn't have to be, of course, when you're studying the *Course*, but with me, it's the presence of Jesus. I **know** Him, and I am asking Him, "Help me help You. Help me help You with Your beloved teaching." This is my up, and down, and left, and right, and **everything** in my life now, is to be with Jesus, to be in this presence, and everything else has to jump around that.

So I've lost so much interest in physicality, because it's not beautiful compared to the presence of Jesus, which is the presence of all of us, of course. And it's getting easier to feel the presence in a brother. It's most clear with Jesus, because He has no ego, so it's the easiest route for me and for us.

Surrender Brings the Revelation of Purpose

But I would say to anybody listening, **whatever** you're going through, exactly as Jennifer says, it can be put to Holy Purpose, and you have **all** power to dedicate it to Holy Purpose, and **then** you will be shown its holy purpose. Because that is whatever you're going through, **that** is Holy Purpose, and you can come through it. And I can so recommend the presence of Jesus to accompany you. Yeah.

Jennifer Ah! Thank you so much!

We have to surrender first.

kironJ Yes!

Jennifer We have to surrender first before we know what anything is for.

kironJ Yes.

Jennifer We have to be completely willing to give up **every** meaning we've ever made of anything, to ever be able to see what things are really intended for.

kironJ Yes.

...whatever you're going through, that is Holy Purpose, and you can come through it.

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Jennifer And so it requires that real surrender, and that's the whole trick right there. That's the whole thing.

It Was All Worth It

Last quick-answered question -- what you have now in your life, in your awareness, in your beingness, is it **worth** what you went through?

kironJ Yes! Yes, yes, yes! Yes, yes, yes!

Jennifer Absolutely! And you know, I certainly didn't go through what you went through. I went through what I went through, and for me, if I had to go through it all over again in order to have the benefit I have, I would do it. And there were times when I just wanted to die, really, really wanted to die.

So we trust this is an inspiration to people, and it's super clear to me, I **have** to have you back. We aren't done. There has to be a Part 3. It won't be next week. We'll take a break for a couple of weeks and we'll come back.

And in the meantime, I would like to just, again, say you can find [kironJ Gardner at Facebook](#) and go be a Facebook friend to kironJ Gardner.

*... if I had to go
through it all over
again in order to
have the benefit
I have,
I would do it.*

kironJ Yes!

Jennifer Tell her what you thought of the radio show.

You know, I have an [A Course in Miracles radio show page on Facebook](#). You can write your comments there for me. Please, please do.

Closing Prayer

Quick prayer.

So grateful and so thankful for the Love of God that shines in us all. So grateful and thankful that we're **already** free.

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

I Love you! Thank you, kironJ. Mwah!

kironJ Mwah! Thank you, Jennifer! Thank you **so** much for inviting me onto your show.