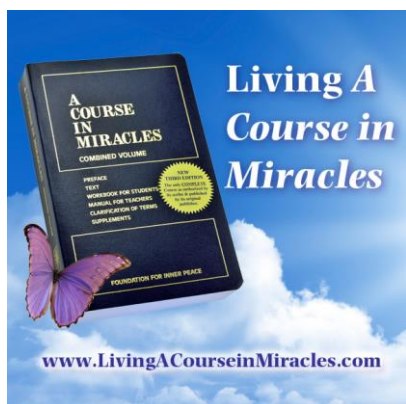


*August 5, 2019*



# Applying Spiritual Methods For Healing



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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

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*August 6, 2019*

# Applying Spiritual Methods For Healing

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 thrilled to be coming to you from Vermont, the backwoods of Lincoln, Vermont on the edge of the national forest here in the Green Mountains.

It's going to be the last time I'm here for a while. I am heading to Sat Nam Fest tomorrow in the Berkshires of western -- in Massachusetts, Lenox, Massachusetts, and I'm going to go to the Sat Nam Fest, which is a big Kundalini yoga festival. I'll be attending with a bunch of friends. We're going to get our Kundalini yoga on, and that'll be wonderful! If you're there, look for me, come say hi, give me a hug!

Today I'm excited! I have some wonderful guests, and I'm going to tell you about them and introduce you in just a moment. But let's start as we always do, with a blessing.

## *Opening Prayer*

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I invite you to place your hand on your heart as we take a breath of gratitude together. So grateful and thankful to transcend time and space to join together by means of this technology.

So grateful to open our hearts, open our minds to the fullness of Love. We're Partnering UP with that Higher Holy Spirit Self, and we are welcoming insight, encouragement, and Freedom. We are grateful to open our minds to the truth.

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We are grateful to come together for a healing purpose, for transformation, and we are sharing our healing and transformation with everyone, because we are One with them.

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

Yes!

### *Introduction: Linda Soto, Certified Spiritual Counselor*

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Today we're talking about spiritual transformation, spiritual healing. Last week I was talking about spiritual counseling and *A Course in Miracles*.

This week I brought with me three wonderful counselors who I've been working with for a few years now. We've been collaborating together, and it's very powerful and lovely. I'd like to take this opportunity for them to share some insights and things that they have learned applying *A Course in Miracles* and moving into being a Spiritual Counselor themselves, because they've certainly got a lot that they have learned and that they can share with us that is inspiring, deeply, deeply inspiring.

I'm going to welcome these three wonderful women. The first one is Linda Soto. Linda Soto has been a part of the Power of Love Ministry and the [\*Masterful Living/Finding Freedom\*](#) community for a number of years now, and she is a [\*Certified Spiritual Counselor\*](#) and she is rocking it! She's a part of the staff here at Power of Love Ministry. Welcome, Linda!

Linda Thank you, Jennifer!

Jennifer Yeah. I'm so glad you're here! I'm going to introduce each one, and just ask a question of each one so you can get to know a little bit, hear their voices and distinguish their voices.

So, Linda, I'm going to ask you first -- and you can see I've pre-planned this down to every word. No, I haven't. I never do, because I like to listen to Spirit and not let **my** plans get in the way -- but Linda, just asking Spirit here, what is the first question to ask you.

So you started in classes with me in 2014?

Linda 2013 I took [\*Finding Freedom\*](#).

Jennifer 2013. Okay, there you go. So you took [\*Finding Freedom\*](#) in 2013. Now, what were your career aspirations then, six years ago? What were they?

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Linda Well, at the time I was working at a holistic health clinic, which I loved, and really thought that I was just going to take these courses to help clear my mind and help improve my experience in this life. So I didn't really have any aspirations about becoming a counselor, although I've had many people tell me that I gave really good advice, and a lot of people would come to me asking questions and stuff.

But I took [Masterful Living](#) then in 2014, and about 2/3 of the way through that I got a big nudge from Spirit to quit the job that I was doing, which I loved. So I was really unclear about why I was quitting, but I did, and then I got this download of what I was **supposed** to be doing in this life, which counseling is a big part of that. So I coach both life coaching and spiritual counseling now, and I love it. I love being able to help people with what I find through my own life's experiences.

Jennifer Yeah. And your *A Course in Miracles Study Group* is very popular. People talk about it with me all the time.

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*Then I got this download of what I was supposed to be doing in this life.*

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Linda I love it! It's one of my best -- it's one of the best parts of my entire week is getting together with those folks in the Study Group. Yeah.

Jennifer Yeah. It's beautiful! Beautiful. Alright! And that's a virtual Study Group, just so people know, and we'll get you some resources later.

### *Introduction: Lorri Gifford, Certified Spiritual Counselor*

The next person I'm going to introduce is Lorri Gifford, who's also a [Certified Spiritual Counselor](#) at the Power of Love Ministry and, like Linda, I've known Lorri for a number of years now, and Lorri, welcome!

Lorri Thank you, Jennifer!

Jennifer So when you started, what year was that?

Lorri I started about five years ago, so that would be 2014.

Jennifer 2014. So at that time, what were you doing for work, and how were you feeling about it? Did you see yourself becoming a [Spiritual Counselor](#) then?

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

Lorri I actually didn't. I was, at the time, doing massage full time and on the side I was giving psychic readings. I've been doing that for over 30 years, and I had reached a real dead end in my life, and I started listening to this podcast, actually, and that led me to the [Masterful Living](#) community.

And after being in the [Masterful Living](#) community for a little over a year, you started talking about the [Spiritual Counseling Training Intensive](#). At the time, I thought, "That would be a fun week to go to. But I don't have the money. Eh, I don't know if I'm meant to go. Eh, I can't get the time off work." And the next week, when I listened to the podcast, you said, "Guess what? I'm going to be doing it in Boone, North Carolina," which was five hours away from my home.

So I took that as a sign and I asked my boss, and she said, "Go!" which was kind of unheard of. I went for the week, and at the end of the week you offered the opportunity to take the Certification, and I got this giant "Yes!"

So I got the giant "Yes!" at the end of the week to take the [Certification](#), and decided to do it, and within eight months I had it completely paid off. Spirit supplied the Abundance. My clients started increasing, and now I have transitioned out of massage, which was my dream to transition out of that and to do more psychic readings, and now I'm full time doing that and also doing the spiritual counseling, which I **love!** It changed my life.

Jennifer Beautiful! And has your intuition increased?

Lorri Yes, and I didn't even think that was possible. Yes!

Jennifer Wow! That's cool. Very cool! Well, thank you for that, Lorri. I appreciate that.

### *Who Are Teachers of God?*

I'm going to interject here before I invite Angela in. I've got my *A Course in Miracles Manual For Teachers* here, and in Chapter 1 of the *Manual For Teachers, Who Are God's Teachers?* -- that's the name of Chapter 1, it says,

*"A teacher of God is anyone who chooses to be one. His qualifications consist solely in this; somehow, somewhere he has made a deliberate choice in which he did not see his interests as apart from someone else's."*

So sometimes we think this idea of, "Who am **I**? Who am **I** to be a Spiritual Counselor? Who am **I** to be a Teacher of God? Who am **I**?"

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

Well, as I talked about last week, our pupils are assigned to us, so we don't even have to think about that. We really, really don't, and we can just answer the Call. We've all gotten the Call, and Spirit will arrange for us the perfect place for us to shine our gifts and talents.

That certainly happened for me. It was a major deal for me to say, "You know what? I'd **like** to do this. Okay! I don't feel worthy. Okay! I don't feel confident. Okay! I don't feel qualified. I'd like to answer this Call."

And so, what I learned, and Michael Beckwith actually said it and that helped me, he said, "God does not Call those who are qualified. God **qualifies** those who answer the Call." God qualifies you once you answer the Call, and then he said, "And **everyone** is called!"

So that's the thing, is we just decide we're going to answer the Call. We're going to answer it in different ways. One person would be just a more conscious grandmother.

Another person would be a more conscious kindergarten teacher. Everybody's got a difference answer to the Call.

Here we are, we're four [Spiritual Counselors](#), we're all doing it differently, and uniquely, people are drawn to each one of us because that assignment, for however long it is, is operating and people know it. They know when they feel it in their heart, just like you did Lorri. And Linda, you quit your job.

I'm going to say a warning out here. It doesn't mean you have to quit your job, because some people they just start to do a whole lot **better** job where they are because they're **in** the perfect job for them **already**.

I really was in the perfect job for me already. I was already doing this, but I was struggling doing it when I finally realized, "Okay. I'm just going to put Spirit in charge."

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*We've all gotten  
the Call,  
and Spirit will  
arrange for us the  
perfect place for  
us to shine our  
gifts and talents*

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

### Introduction: Angela Potts-Mang'andah, Certified Spiritual Counselor

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Angela. So Angela Potts-Mang'andah, I've known her since before she had her married name, and was that 2012 or 2013, Angela?

Angela 2013 I took [Masterful Living](#).

Jennifer Okay. And so, when you first took [Masterful Living](#), you were living in Africa and a very different life than you have now, because now you're married, you have a child, and so your life has really changed. And you were teaching then, and now you're spiritual counseling and you're spiritual teaching, and yoga, you've become a yoga teacher also in the time that I have known you.

So when you first started [Masterful Living](#), did you have any thoughts about becoming a [Spiritual Counselor](#) or teacher of spiritual classes?  
[background baby sounds] There's your daughter, Justine.

Angela Justine making an entrance.

Jennifer Yeah!

Angela I don't think I knew about spiritual counseling when I first joined. I think I may have visualized myself as a life coach as a dream job and been more like, let's say, goal focused or achievement driven. That's kind of where I also evolved from.

And the kind of funny story for me was I stayed in education and I was an English teacher, and so I was training students to be ready for college, so international students to be college ready, and I would find a way to make my class about life and about their feelings, and about -- so I was kind of quasi sneaking it in, because I loved to meet people at that place.

And then, the cool thing for me was once I started feeling like I was growing out of my position, actually, and feeling ready and called to spiritual counseling, I was **dreading** my work. I was feeling really bored and I felt guilty about that. And I remember using one of your tools, Jennifer, when I was really feeling funky I would do the "The Deep Desire of my Heart" so I'd write a full page of the "The Deep Desire of my Heart, what is it I'd like in my career experience?" So I would just rev it up and I'd write a bunch of them, and then I'd get back to my work, so it kind of gave me the

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*I'm going to  
create  
something  
better.  
I can do it!  
I have the  
tools now!*

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

ability to get through my day would be, “I’m going to create something better. I can do it! I have the tools now!”

And then what happened was, the business I worked for announced they were closing down, and that was in, let’s say it was in April, and then that same May I went to the [\*Spiritual Counseling \(Training Intensive\)\*](#). It was my big “Yes!” It was like, “Look! You don’t even have to quit your job.” Not like, “We’ll close the business down,” but that’s exactly what happened, and then the pathway was wide open and I felt a huge “Yes!” and I felt it **was** the tipping point of my whole shift of my career.

But it’s such a fun story, because I thought, “Oh, dear!” My coworkers were distraught, and I was secretly “**Yes!** It’s happening!” You know? So I kept that contained, but that’s kind of -- eventually that’s what ended up happening. That’s what happened for me.

Jennifer      Yeah! Beautiful! Beautiful!

### ***Spirit Qualifies You For Your Vision***

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So I can say, and I may have mentioned it somewhere in the 400-some episodes we’ve done so far of the [\*podcast\*](#), that I used to feel, “How am I ever going to do this?” I had such a big vision that I had gotten from Spirit of this ministry, and the **many** spiritual teachers and counselors who would be a part of it, and I used to sometimes feel so overwhelmed with trying to figure out how to do everything by myself -- send e-mails, fix webpages, do the classes, do tech support, all these different aspects. It was completely overwhelming to me.

And then I realized, of course, the error of my ways was that I didn’t put Spirit **really** in charge. So I got the vision from Spirit, but **I** was still managing and coping with the details, and I was doing things that were not mine to do because I just thought I had to do everything. So getting out of that was **very** helpful to me.

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*Then I realized,  
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## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

What I would like to support people in, and my objective in having you on the podcast and talking about this, is I think there are a lot of people out there who are like us. They can feel that they're called to a spiritual profession or a more spiritual expression of their profession. Like we know people in the Certification, the [Counseling Certification Program](#) that the Power of Love Ministry has that we're running, who they have been therapists for decades. We know people who have been ministers for decades. We have got people who are highly skilled, highly talented professionals, and still they felt called to do the spiritual counseling work to deepen their skills, to open their mind and their heart.

And for me, one of the most important things I'd like to convey, I said it last week and I'm just going to be redundant and say it again here, because it's so, to me, I feel the impetus for doing these episodes, is there are a lot of people who learn spirituality from books and classes, and they apply it to whatever their best degree is. But when you sit with people as a [Spiritual Counselor](#) and you sit with 10, 20, 30, 40, 50, 60, 70, 80, 90, 100, 110

or more people, and the requirement in our Certification Program is the requirement is 111 sessions, so that by the time you finish that Certification, you **do** feel confident, you **do** feel qualified because you have learned **so much** from your clients.

You really learn **how** to apply *A Course in Miracles* in this spiritual counseling setting, and that transforms **your** life, and you can really help your clients, and it makes you a better speaker, a better teacher. It's oh-so-completely improved everything that I offer, and I feel **so** confident and qualified now because I am right there with Spirit. I am not trying to do these things on my own anymore.

And that's one of the main things I'd like to share with people because I know there are a lot of talented Reiki people, and acupuncturists, and homeopaths, and all kinds of people who listen to this radio show and they're thinking, "**How** am I going to build my business? **How** am I going to be more successful? **How** am I ever going to support myself? I'm still working this other day job."

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*You really learn how  
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## A Course in Miracles Weekly Radio Show with Jennifer Hadley

As I said, I go to things with ministers sometimes, and they'll say, "What's your 'day job'?" I'm like, "I have a 365, 24/7 job. I work for God, it's 100% of the time. Sometimes I'm doing admin for the ministry, sometimes I'm writing for the ministry, sometimes I'm teaching for the ministry, counseling, doing all these different things, but I have one job. I work for God, Incorporated." And that's what I wish for the people who feel called for that.

### A Spiritual Call Received Through Job Loss

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What I would like to do is see if we can give people some **tips** about how to hold this spiritual career in their mind so that they can have the **courage** to answer the Call that they are feeling.

We have just a couple minutes here before the break. How did you **know** you were **really** feeling called, and it wasn't a **fantasy**? Who can answer that question? How did you know you were really being called and it wasn't just a **fantasy**?

Linda.

Linda I knew I was being called because, kind of like Angela, not that the company closed down, but the person I was working for stopped paying me.

Jennifer Right!

Linda And twice. It happened twice in one year, and the first time I just prayed for her to catch up on paying me so that I could stay working there, because like I said, I loved that job. But the second time it happened, I'm like, "Okay. I don't want to wait for a Mack truck to hit me before I get this message. I'm supposed to stop working here."

But at that time I still had no idea that that's what I was called to do until I put my two-week notice in and I put my resume together, not having any clue what I was going to do next. And then it was just like in meditation, I just got this stream of "Here's the tools that you've been using to deal with your life. You need to **teach** people these tools."

So that's how I knew at that moment that that's what I was supposed to be doing. There was absolutely no question in my mind.

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*Here's the tools that  
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deal with your life.  
You need to teach  
people these tools.*

---

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

- Jennifer Now, did that prospect frighten you?
- Linda Oh, yes! Scared the bejesus out of me! Absolutely! [laughs]
- Jennifer And **why? Why** was it frightening to you?
- Linda Well, because I did not have any kind of training as a counselor. I just knew what I knew from my own spiritual studies, and just from being kind of intuitive in my life and talking to people. And, like I said, people used to come to me for advice. And I felt like **my** life, there were so many things that were so messed up in my life that how could I possibly be a counselor to others? So yeah. That's really what it was all about. I just didn't feel qualified to do it.
- Jennifer Alright. I'm going to ask you when we come back from the break, how did that shift and change for each and every one of you?
- As we're going to a break, I'd just like to say if you feel qualified, if you don't feel qualified, Spirit will qualify you. This, I **know**.
- I'm Jennifer Hadley. You're listening to *A Course in Miracles* on Unity Online Radio. We're living the Love, we're walking the talk, and and we'll be right back!

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

### *Say "Yes!" to Helping Others*

Alright! We're back, and we're talking about making a transition into a spiritual career and really saying "Yes!" to answering the Call, to be a Teacher of God.

My guests today are Angela Potts-Mang'andah, Linda Soto, and Lorri Gifford, three beautiful people that I have the privilege of working with in the Power of Love Ministry. They're all [Certified Counselors](#) through my [counseling program](#), and it's their Call.

My own experience of stumbling and feeling like it was so difficult to feel confident and qualified, this is what Spirit showed me -- "Why don't you help other people do what you've done, because you can make it so much easier for them?"

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

And so, there are a lot of requirements to the program. It's not a walk in the park. It's not just taking a lot of tests and answering, memorizing. There's none of that. It's really you have to do the deep inner work in this course. You **really** do, otherwise, you cannot **effectively** counsel people in *A Course in Miracles*.

### *Confidence Through Seeing All As Perfect*

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All three of you have shared that when you began this, you didn't feel **confident**. You felt frightened, you felt that you were not prepared, and so you decided to go on this journey and to prepare yourself.

What are some of the ways that when you first started counseling -- because I do, as part of the requirement process, you have to do 111 sessions, so as you started meeting that requirement, first started sitting with clients -- I know I used to feel, I talked about it last week, I used to be sitting there going, "Help me, Jesus! Help me, Jesus! Help me, Jesus!" -- so how did you make that transition in your mind, in your heart, to **authentically now** you feel qualified? Any thoughts about that?

Lorri?

Lorri Yes. I had come from such a strong background of advising and fixing people --

Jennifer Mmm!

Lorri -- that -- yeah! -- that after I had a session with them, whether it was a massage, or whether it was giving a reading, or whether it was life coaching, because I did life coaching, I would feel exhausted and I would feel tired. And as it ties into the *Course*, I was judging them. That's **why** I was trying to fix them, that's **why** I was trying to advise them.

What I learned through getting certified through the Power of Love Ministry and mentoring with you, Jennifer, was that it's **not** about that. It's about truly deeply listening, and getting to view and have that experience of loving our brother and our sister, loving that Christ Light in the person that's sitting across from us, and we didn't need to do **anything**. And as

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

soon as I got that, I was like, “**Yes!** Oh, my gosh! I can relax into this!” and I love doing this!

Jennifer Oh, I’m so glad to hear you say that! Yeah, we have to get out of our heads and into our hearts, and most of us, our life training does **not** teach us how to do that. If only! If only it did. Yeah.

### ***Healing Ourselves Through Helping Others***

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What about you, Angela? What was your journey like? Did you feel afraid, and how did you deal with that fear?

Angela As I described, it was kind of an exciting entry point, like I felt really propelled, so I went with it. There was momentum. It felt momentous, it felt positive, it felt joyful, so I was following that.

I would have to say that once I did the training and began doing the sessions, things **did** show up, like people not wishing to provide a donation, or people really not upholding their end of the agreement. So me then, coming to that point of “Oh, dear! Here’s my dysfunction! I don’t know how to do this!”

And then, having some nervous points where it felt like my dysfunction was showing up in my clients, and what helped me was I was having a lot of the practice sessions we got to do with each other, and that was the beginning point, was to begin practicing with each other, building our confidence in this community where we had a beautiful bond from the training. And then I was saying to people -- like, I would have three counseling sessions in a week, and it felt like three spiritual emotional massages. I felt like I was in the best shape of my emotional life.

And so, as these things were coming up, I had people all around me supporting me through those bumpy beginnings for me where I was nervous when I saw my dysfunction. Let’s say I was labeling that. When I just saw my healing coming through me via my clients, being reflected to me, I had **so** much support to work through it so that now those things don’t happen. They’ve been healed. So that was something I think very important from my journey.

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*I had people all around me supporting me through those bumpy beginnings for me where I was nervous.*

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

### *Willingness to Heal Together*

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Jennifer I'm so glad you brought that up, Angela, because one of the main things that I talk about in the training is that all of us, myself included, in the beginning we think, "Well, who am **I**? Who am **I** to be advising people on relationship when **I** still have relationship issues? Who am **I** to be supporting someone in healing their body when **I** have body issues? Who am **I** to be counseling someone about Abundance when **I** have Abundance issues?"

But that's the thing that is **guaranteed** to happen to **every** Spiritual Counselor, every teacher everywhere, is Spirit is going to send you the very people that have **your** issues to help **you** address them. That is an actual -- that's built into the system. I **know** that now. That is carved in stone in the system, that you **will** be sent the people who have **your** precise issues just so **you** can actually deal with them, because when one is lifted, all are lifted.

---

*Spirit is going to send you the very people that have your issues to help you address them*

---

So that is a guarantee, so we have to, instead of **fearing** that, we have to welcome that. This is one of the key things you all know that I share in [\*Masterful Living\*](#) all the time. When you're triggered, this means that right now, in this very moment, you have the strength, you have the mental and emotional fitness to **deal** with this and heal it forever. Don't let that opportunity pass you by! Don't push it off for another day! Grab it and say, "Holy Spirit, let's do this! Let's heal this monkey right here, right now! I am in! You have what it takes. I have what it takes. We're doing it together! I have all that's required, which is my willingness. The healing is happening! It's happening now! Let's do it!"

So anything you'd like to share about any of that? Linda?

### *Demonstrations of Oneness*

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Linda Yeah. Another thing that popped into my mind is that I would, like you said, the people that I was counseling were people that had the same issues that I was having, and I was able to **use** those challenges that **I** was going through to convey them to the people that I was counseling, and **they** were helped so much by **my** example of what I was dealing with. It was like, "Oh,

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I'm so glad you've told me this, because I thought I was the only one going through this!"

And I know from doing the counseling for these years now that that's absolutely not the case, that not a single one of us is not going through something that is similar to what everybody else is going through.

And so, just that demonstration of our Oneness was so powerful for me, and I know that I heard so many times from my clients that it was so powerful for them, as well, and that just made me grow happy as beyond.

Jennifer      Yeah. And I appreciate that. I really do. It's a remarkable thing that we discover when we're doing this work.

### *Training on the Fast Track to Healing*

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And I appreciate, too, what Angela shared about -- because many of the folks in the program, they look to the other counselors to do sessions with. It's the perfect practice. Everybody needs people to practice with, and that you get to be the client for somebody else, so you get to work on your own stuff **far** more deeply.

I'm curious. I'm going to ask you, how many counseling sessions do you think you've had over the last few years **because** of being in the counseling program? What do you think? I'm just curious, each of you.

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*The whole way that I am listening and asking questions has shifted because of this program.*

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Linda      I would say, for me, it's probably been over 250.

Jennifer      Yeah. So that's over the course of a couple of years. So you're doing 1-2 sessions a week, something like that? Or sometimes 3 in a week? Yeah.

What about you other ladies?

Lorri      I would say for me, it just weaves into everything I do, whether it's a conversation with a family member, whether it's my readings that I'm giving, whether it's just an interaction with somebody. The whole way that I am listening and asking questions has shifted because of this program.

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

You know, the other day I was talking to my sister-in-law and something came up in me, and I just said, “You know what? I’m going to get off the phone for a minute. I just want to work through it a little bit. I totally understand where you’re coming from. Can I call you right back?” And she was like, “Yep.”

And within 10 minutes, I called her back and we had this beautiful conversation, where before I would have shut down, I would have made it about **me** and how it was inconveniencing **me** and upsetting **me**. But I gave myself that space, and I counseled myself through it, and then I called her back.

Jennifer Yay! Yay! Hey, me, too! Me, too! The power of the time out! Yes! Absolutely!

Did you want to share something, Angela?

Angela Well, I’m thinking of the sessions I received feels like hundreds, and the ones I’ve given feels like double, triple that. And then when Laurie shared that, it’s like the way I’m able to now counsel myself, that’s another thousands. [laughs] That’s all the time.

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So yeah, definitely I would say I was thinking that when you go toward this, you are ramping up your healing. You are doing lightning speed, fast track. For me, it’s been **so** powerful.

### *Living the Course to Teach It*

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Jennifer That’s it. Me, too. So, for me, when I started sitting with clients, I did not feel confident or qualified, but I was very, very willing. And I had a desire to practice being nonjudgmental and having compassion, true compassion. I really knew that to heal my mind, I needed to see everybody in my life as perfect.

So people coming to me and whining and complaining, not everybody, but some people are just whining and complaining, that’s their approach. That was my approach, so I attracted people who were whiners and complainers because that was **me**.

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And now I've great compassion for people who are in that mode, and I love to see them shift out of it super-fast, and they can. They can, and partly why they can is because we **know** they can, and so we're not holding that they have a real problem or a big problem. We know that there's just the Infinite Power of Love helping them, and so there's no opposition, really, except in their own thoughts and those can dissolve in a moment.

So being able to have that awareness and apply it, it's in the practical application of it that **our** minds are healed. *A Course in Miracles* is **so** clear about how our brothers and sisters are our salvation, and I have seen that as a counselor, truly, because counseling people who were deep in the muck and the mire of their own thinking it, absolutely.

There were many times I would be finished with a session and I would fall to my knees and weep, just literally, just sob, **so, so** grateful that I could be there for somebody else and **not** judge them, that I could just, in their dark, dark nights of the soul I could sit with them, and just hold them and know the truth that they were traveling right through that dark night. It was ending, it was not going to last.

And that healed my own heart and mind about what was possible for **me**. There's **no** question of that. I have **lived** this teaching in *A Course in Miracles*, and that's the only way to know that it is true is to actually **live** it.

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### ***Saving Time by Moving Through to Joy***

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And so, I really appreciate that what you're saying is part of this program, having the hundreds of sessions, 111 required, you're doing 2-3 times that with your classmates.

So people think that, "Oh, this is going to take a lot of time," and there's no question that it is an investment of time and energy, but you get to **save** time. I would love if you could share how have you been **saving** time? How do you see yourself saving time, practically, in your life?

Lorri.

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Lorri I know that for me, when things would go on and upset me, before this training I would call 10 people to tell them my story or I would have --

Jennifer Oh, yeah!

Lorri -- have to find someone.

Jennifer Absolutely!

Lorri And now when something happens, my first thought is to go through and ask **myself** and get a little more introspective, offer it up to Spirit, say a prayer. It was that constant reminder of holding space for someone else and then offering, inviting them to use some tools that organically came up, and also afterwards looking at my own self-evaluation from the session that I did, that taught me to be a little more introspective. Before just reaching out for support, I reached inward for support.

Jennifer Saves a **lot** of time, saves a **lot** of anguish and heartache. I used to do **exactly** the same thing, Lorri. I would go and I would make -- I would just go through the list of my dearest friends and catch them all up on my misery, my drama, and how I was holding it in my mind. And in the process, I would energize a lot of negativity. Yeah. That's -- yeah. So we get that time back. That's the thing, is this is a time **saver**. Spiritual practice is **always** a time saver.

What about the other two? How do you see yourselves saving time by adding this to your life?

Angela Well, I would say that while holding a nonjudgmental space for others as a counselor, I've learned to do that for myself. And having a new baby, I can hear Spirit's guidance, like she can hurt herself, but I'm still washing the dishes, I'm almost done or something, and she hurts herself, and then I don't judge myself for these moments where I even might have known or had intuitive hit about it.

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And by not judging myself, I just feel like I'm forgiving myself, I'm comforting her, and I'm not creating some big issue that I may need a counseling session for. I just zapped it by not judging myself, and affirming that I heard Spirit,

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And so it's just not staying in suffering means we're onto the next thing, because she's onto the next thing. As soon as she's expressed herself, she's like, "Let's play!" So I feel like I'm getting more Joy, joyous time with her. But what it is for me is we're on to the next thing. We're moving forward. We're moving toward things we'd like to do. We're not suffering or recycling, retraumatizing.

Jennifer Ah, yes! Exactly! That re-traumatization of going over it and over it with multiple people, and journaling about it extensively, I used to do all those things. And now, I just say, "Ain't nobody got time for that! I got Spirit. Spirit's guiding me. It's happening!"

And I'll just say, too, that one of the things that I'm still learning to do is that sense of Spirit says, "That could break. That could fall over. That could not go well," I'm **really** learning to say things like, "All is well. Everything is blessed, and is there something for me to do now to really get on top of those little nudges?" Because so much inspiration is flowing for all of us **all the time**. Yeah. That's great!

### *Miraculous Results Through Saved Time & Money*

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How about you, Linda? How do you see yourself saving time?

Linda Well, the immediate thing that popped in my head was my story about the hot water tank. [laughs] I mean, because I--

Jennifer Me, too! Me, too!

Linda [laughs] I could have spent days trying to figure out how that was going to happen.

Basically our hot water tank went. It was at a time that we didn't have a lot of money, because we had a lot of medical bills, and I didn't really have time to think about it because I was super busy. I had something going on the very next morning, and it happened late at night, the night before. And so, I just gave it up to God. I'm like, "God, **You** take care of it, because I have no idea how this is going to work out."

And I was trying to figure out our finances to see if we could get a loan for a hot water tank, and a friend calls me and says, "What are you doing?" and I'm explaining it to her, and she says, "Well, you know what? I bought a hot water tank about three or four months ago, and a friend of mine was going to put it in, but he couldn't get to it for a couple months and then we

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realized it was the wrong kind of hot water tank. And so I have this brand new hot water tank sitting on my porch. I'm just going to call him up and have him deliver it to your house, and I'm not going to charge you anything for it!"

I mean, that saved me time **and** money. That was just -- I would **never** have been able to figure that one out. **Never!** Spirit took --

Jennifer And didn't the guy install it for you, too?

Linda Yeah, for **free!** For free!

Jennifer Yeah!

Linda He drove almost two hours back and forth to my house to install it for free. Amazing!

Jennifer That's it! People often think, "Ugh! Spiritual practice! I don't have time!" You don't have -- I can't think of how to say it -- you **have** to make time for it, because otherwise that same time that you would take to say that prayer, to have that counseling session, you're going to invest a hundred times that much time, and energy, and money, or the equivalents, in managing and coping with the beliefs that **created** the issue in the first place.

So that's why I'm such a proponent of let's heal it **now**. Let's now, now, now! **Now** is the time! **Now** is our time!

### *Have the Courage to Say "Yes!"*

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So believe it or not, we're coming to the of our time, speaking of time here. Do you have something else that you feel would really be encouraging to someone who is feeling unqualified, uncertain, but they're feeling the Call, they're feeling the nudge? What meaningful thing happened for you that maybe you could share with them to help them have the **courage** to just say "Yes!"?

Like, Linda, you quit your job and you -- Spirit gave you a really good **reason** to quit your job. You know, you're not getting paid multiple times. "Well, okay. Enough of that. If I'm not going to get paid, I'm not going to work." That's understandable.

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Still, you could have hung in there for another six months, another year, having the same kind of experience. So not that it has to come from that experience, but what kinds of things would you share? Last little bits here.

Linda Well, I would say first of all I had to completely get rid of how I **thought** it was going to happen, because I quit my job, I started my own business in January, and four months later my father passed away and I ended up being primary caregiver for my mother. So it was like, “Really?!” [laughs] So I had to give up the whole idea that I had of how it was going to unfold, and **really** trust that Spirit had it, and that it was going to happen in God’s Timing, and that God was going to have my back in the meantime.

And just working through it with the other [Spiritual Counselors](#) and the rest of the Power of Love Ministry community helped me to let go of all of the attachments that I had to what it was supposed to look like, how it was supposed to unfold.

Jennifer Beautiful. Any quick final thought?

### ***Amazing Results Through Willingness***

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Lorri Any time that I just said “Yes!” and had a little willingness and showed up, **amazing** things showed up throughout this whole process. So it **really** just goes back to that willingness, and just saying “Yes!” and showing up and the rest will be taken care of.

Jennifer So true! So true!  
Angela?

Angela Yeah, I was just going to say if it’s in your heart, your life -- you may not be able to comprehend how your life will feel, because if it’s in your heart it’s for you, and life gets really good when you follow those things.

Jennifer Yeah. Beautifully said. Oh! I could talk with you a long time about this. Such a beautiful topic.

We do have [donation-based counseling](#) from the [Counselors who are in training](#) at [JenniferHadley.com](#). You can go there and look that up.

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

### *Closing Prayer*

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It's time for us to pray!

We're grateful and thankful right here and right now. So grateful and thankful to say "Yes!" to our healing, "Yes!" to having the courage and the strength.

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

Have a great rest of your week! Mwah!