

*September 3, 2019*



# Commitment to Being "Truly Helpful"



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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September 2, 2019

# Commitment to Being "Truly Helpful"

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! Here we go!

Ah! I am so grateful to transcend time and space to be with you. I love it! Love it, love it, love it! I'm Jennifer Hadley and I love to pray, because I know prayer is a medium of miracles. It's a powerful tool that we have to connect to that Higher Holy Spirit Self.

## Opening Prayer

So let's place our hand on our heart and be so grateful and thankful for the Infinite Intelligence that is surely leading us and guiding us to remember our true identity, here and now.

We're Partnering UP with our own holiness, with the Holy Spirit, with the Infinite Intelligence, the pure Wisdom, the Love and the guidance to open our hearts and open our minds right, here and right now. It is happening now.

We are grateful and thankful to **allow** our healing, our expansion, our Clarity, our Freedom. I am so, so grateful that we have this Divine Opportunity to join together for the purpose of remembering, for the purpose of healing, for the purpose of expansion and Clarity in letting go of every obscuration, everything that we've ever, **ever** held in our mind that was a block to Love. We're giving them to the Holy Spirit now, laying them on the Holy Altar Fire of Divine Love to dissolve and resolve, permanently, back to the root cause, so we never experience them again.

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This is how powerful our joining is. It is miraculously healing, and we gratefully accept and receive it. We share all the benefits of our healing with everyone, because we're One with them. We're on a mission from God and we have everything we need. It's preinstalled, and we give thanks for that.

In gratitude, we allow it to **fully** be. And so, it is. Amen. Amen. Amen. Amen.

### *Gratitude For Shared Podcast Reviews*

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Ah! Yes! Can you tell how all-in I am for this topic, "Commitment to Being Truly Helpful"? This is a commitment that has completely transformed my life. There's **no** question of that. Yeah.

I'm coming to you from Maine, Deer Isle, where our family home is and we've been up here family vacationing. Today's a bit of a gray, gloomy day, as we sometimes get here in Maine, or just about everywhere. I am so grateful to join with you on this topic.

I'd like to do something I've not done before, but I think I may start to do, and that is I'm going to just share a review from the radio show reviews.

Now, wherever you get your podcast from you can write a review, and your writing the review is what tells the podcast service, whether it's iTunes or Stitcher or whatever it is, that this podcast is valuable to **you**, therefore it may be valuable to others.

Same with our [A Course in Miracles app](#). Our app is "A Course in Miracles Complete With Deluxe Features", something like that. I forget sometimes. Writing a review just helps the services show it to more people.

So here's a review from someone named Lauren, and she writes a five star review, "Wonderful tool. I drive all day for work, so I'm able to listen to six and seven episodes at a time. I can really tell a difference after having Jennifer walk me through *A Course in Miracles* principles. It really sets me up to be the loving presence I was created to be. Thank you."

We've got, it says here, 188 ratings, and most of them are five star, so thank you for taking the time to do that. It pays it forward and it helps other people, and I really appreciate that.

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I remember a couple of years ago I met someone, whose name I can't think of right this second, who actually credited me or thanked me for helping them to remove the blocks to Love so that they could attract a relationship into their life, and they had just gotten engaged and were getting married.

Of course, I don't take credit for other people's practice and the miracle-mindedness that results and how the life changes in form. I can't change anybody's life but my own. I'm not a guru, and I am so grateful just to be able to share what is so meaningful and powerful to me that I love so much, and it's one of the ways that **I** get to be truly helpful. So, since that's our topic today I thought I'd bring that up.

### *How to Be Truly Helpful & Live Our Purpose*

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Many of us are familiar with the prayer that's on Page 28 in the FIP version, which is the one I use, and it says this:

*"I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."* [T-2. V.A.18. (8)]

I feel that my life is a living testimony to this. I call it "The Purpose Prayer". It doesn't have a name, but some people might call it "The Truly Helpful Prayer". I call it "The Purpose Prayer". This is telling me "*I am here only to be truly helpful. I am here to represent --*"

Or "re-present",

*"Him Who sent me. I do not have to worry about what to say or what to do, because --*

-- the One Who sent me **will** direct me, **is** directing me, and I'm content to go wherever Spirit wishes, knowing Spirit goes there with me, and I will be healed as I **let** Spirit teach me to heal.

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*I am here only,  
for no other  
purpose, but  
to be truly helpful*

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This is the story of my life, and recognizing that I am here **only**, for no other purpose, but to be truly helpful, there's my life purpose. Living the Love, living *A Course in Miracles*, walking the talk. **That** is my purpose. I don't need to look any further.

I am so, so grateful to have this awareness, because in moments of confusion, in moments of despair, in moments of depression or even anger and frustration, we can take a deep breath, take a step back, do what the kids do, take a time out, and remind ourselves, "Okay. I'm freaking out. I'm melting down. I'm upset. I'm angry. I feel betrayed. I feel hurt. I feel whatever I feel, whatever form of upset. It doesn't matter." Right? This is the teaching of *A Course in Miracles*, "I'm never upset for the reason I think," and in that section it says, "Whatever the form of upset, they're all the same." Treat them the same. "I'm never upset for the reason I think."

"So, therefore, **since** I am here **only** to be truly helpful, maybe that can help me recalibrate back to Peace. Okay, so I'm taking a breath. I'm really upset about this. There's a disappointment. There's a fear. There's a worry. There's anxiety. There's concern.

There's desperation," whatever might be going on, "Alright. Since I'm **only** here to be truly helpful, let me go back to that, that's my default setting, let me go back to that and take a breath. Okay!"

I've had many times in my life, of course, when I was angry and upset and freaked out, and so if I think of one, "I can't pay my bills. My credit card interest rate is 29.9% and I can't even pay my bills. I don't want to put anything more on my credit cards. It's too much. It's gangster banksters." Right? The "banksters".

Taking a breath, "I'm here **only** to be truly helpful. I am here **only** to be truly helpful. I am here **only** to be truly helpful. Alright! So, Spirit, I'm here to represent You. You're the One Who sent me here to be truly helpful. I am here **only** to be truly helpful and to re-present You -- Your perfection, Your

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*I am here only to  
be truly helpful and  
to re-present You --  
Your perfection,  
Your glory,  
Your magnificence,  
Your Wisdom,  
Your Clarity,  
Your Love and  
compassion.*

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

glory, Your magnificence, Your Wisdom, Your Clarity, Your Love and compassion. And I don't have to worry what to say or what to do, because You're going to direct me. You sent me here to be truly helpful, You're going to guide me, You're going to direct me, so there's nothing for me to worry about. I'm content to be wherever You direct me, knowing You go there with me, and I will be healed as I let You teach me to heal. Alright! I'm all-in for that!"

"So, my concern, I'm going to give it to You. I wouldn't have a concern if I hadn't gone off on my own trying to do something maybe You didn't lead me and guide me and direct me to do. Okay! No shame, no blame. Now, I'm recalibrating. What would You have me do? Where would You have me go? Whom would You have me Love? How can I be truly helpful? I'm going to focus on that. I've put my attention on that." [takes a deep breath] Ah!

And see what comes through. See what comes through, and don't take action until you feel, "Ah! **That's** the truly helpful action."

Another way to recalibrate is to, in this vein of being truly helpful, one of the best ways we can be truly helpful is to start loving and stop judging, so to replace the judgments with loving and compassionate thoughts. So in that moment of upset, "**Who** have I been judging? Who can I now start accepting and extending compassion towards? **There** is how I can be truly helpful, right there in that moment."

And you can see all of these tools, they require no equipment, they require no special preparation. You don't even have to really stop what you're doing if you can't. Right? You could do it while you're making dinner, driving the car, while you're doing whatever it is that you're doing. It's pretty magnificent!

So this is our objective, to live our purpose. "I'm here **only** to be truly helpful."

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*One of the best ways  
we can be truly helpful  
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judgments with loving  
and compassionate  
thoughts.*

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I love to tell the story -- I had David Hoffmeister on my show early this year, I asked him to tell it again. He told me that when he was first practicing *A Course in Miracles* one of the things he did was, he learned that "Truly Helpful Prayer" and every time he went through a doorway of any kind, even going to the bathroom and back each way, he would say to himself that prayer, "I am here only to be truly helpful. I am here to re-present the One Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I'm content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal."

### ***Be of One Mind***

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Now, the preface to this prayer is -- I'll just go back a little bit, it's in Chapter 2, Section V-A, and at the end of that. It's really at the very end of Section V in Chapter 2, and the paragraph before it says,

*"The injunction 'Be of one mind' is the statement for revelation-readiness."*

So if we would like to have revelations of truth, which are healing to our mind, we must prepare ourselves and be ready. So valuing One-mindedness, **that's** how we get there.

*"Be of One Mind."*

And it's One-minded in the sense of "I'm all-in for being truly helpful. I'm all-in for being peaceful."

Now, here's the thing. Of course, many times a day, maybe hundreds and thousands of times a day, we're going to veer off track. But that actually doesn't matter. The **only** part of it that matters is, will we get **back** on track? Will we, when we realize we're being wrong-minded, will we **choose** to be right-minded? That's the **only** part that matters.

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*I'm all-in for  
being truly  
helpful.*

*I'm all-in for  
being peaceful.*

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And Jesus says to us next,

*“My request ‘Do this in remembrance of me’ is the appeal for cooperation from miracle workers. The two statements are not in the same order of reality. Only the latter involves an awareness of time, since to remember is to recall the past in the present. Time is under my direction, but timelessness belongs to God. In time we exist for and with each other. In timelessness we coexist with God.”*

Then the next paragraph He says,

*“You can do much on behalf of your own healing and that of others if, in a situation calling for help, you think of it this way: I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal.”*

So **there’s** our guidance and **there’s** our direction. Let us follow it.

And here’s some inspiration to help us actually **live** it. Later in Chapter 4, Section VII, right at the very end of Chapter 4, He says,

*“God is praised whenever any mind learns to be wholly helpful.”*

Meaning with a “w”, wholly with a “w”.

**Completely** helpful.

*“God is praised whenever any mind learns to be wholly helpful. This is impossible without being wholly harmless, because the two beliefs must coexist.”*

Now check this out!

*“The truly helpful are invulnerable, because they are not protecting their egos and so nothing can hurt them. Their helpfulness is their praise of God, and He will return their praise of Him because they are like Him, and they can rejoice together. God goes out to them and through them, and there is great joy throughout the Kingdom. Every mind that is changed adds to this joy with its individual willingness to share in it. The truly helpful are God’s miracle workers, whom I direct until we are all united in the joy of the Kingdom. I will direct you to*

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*“God is praised  
whenever any  
mind learns  
to be  
wholly helpful.”*

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*wherever you can be truly helpful, and to whoever can follow my guidance through you."*

### *A Commitment to Being Helpful With Love & Compassion*

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Now, one of the things we were talking about in [Masterful Living](#) last night is many times -- we were talking about when you're with someone who's having a hard time, they're very negative and they're very down, and you start giving them advice. Right? We've all done this many, many, many times, and I have definitely learned that if someone is not **asking** for my help, there's no help to be given, in the form of words, of what they **should** do or **could** do. Instead, the way I can be truly helpful is to listen with compassion. Let them get it off their chest.

And the temptation, sometimes, is when somebody is complaining and telling you their story of being a victim, what gets intermingled is our aversion to hearing the complaints, and our wanting to fix it and solve it, which completely 100% comes from our judging that whatever is happening is wrong, and bad, and not good, and we'd like to **fix** it.

Well, nobody likes -- well, nobody who has self-esteem, usually they do not wish to hear anybody else's advice and guidance that's unsolicited. So what we're often doing, when we're giving advice to people who are not asking for it and we're trying to fix them and help them, is first we're looking at them as having a problem. So we're judging them, not extending Love and compassion. **That's** not truly helpful.

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*The way I can be truly helpful is to listen with compassion.*

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So this is why we're talking about here having a **commitment** to being truly helpful, that this becomes part of our active spiritual practice. Okay? This is a different thing from just looking around and seeing "Who needs my help?" but realizing that "If I'm upset, if something is bothering me and I think things should be different, **there's** an opportunity for me to be truly helpful. Let me **find** it. Let me open my mind to find the thing that will be of assistance."

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So going back to what we were talking about in [Masterful Living](#), when someone is really deeply complaining -- and some people that's their thing. I used to be a chronic complainer so I know about it. However, when someone would start to say, "Oh, yeah! But you can turn that around!" and "Oh, sure! But what about looking at it from this way?" and "Your thoughts are creating your experience, so why don't you change your thoughts?"

I, like pretty much everybody else, would push harder against them and start arguing for my problem, because I would start to feel that they don't actually understand what I'm going through. They don't understand, and what it is, is the lack of compassion is generating this experience of push-back.

### *Opportunities to Re-Present God*

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So giving advice is not healing. Being loving and compassionate, **that's** being healing and that's what's truly helpful. So when we're trying to fix somebody else's problem, or we have an aversion to their complaining and their victimhood stance in that moment, the aversion is actually to our **own** complaints, our **own** victimhood, and it's also an indicator that we don't have **self**-compassion.

So this is our opportunity to cultivate that, and if we start speaking to that person who's going through that tough time, even if they're always a chronic complainer, if we start to say things like, "So, wow! That sounds really challenging! How are you feeling about it?" and they tell us,

And we may think we don't want to hear, but let's be truly helpful. Let us see ourselves as being an alchemist in that moment. We're

here to be truly helpful. The One Who sent us is going to guide us. We don't have to figure anything out. We just have to be genuinely willing.

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*The One Who sent  
us is going  
to guide us.*

*We don't have to  
figure anything out.  
We just have to be  
genuinely willing.*

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So in my mind I say, “I’m here to be truly helpful. Spirit, use me. Use me,” like that great song that Rickie Byers and Michael Beckwith wrote. [[Use Me](#)] “Let me be truly helpful in this moment. **You** show me. **You** guide me. I don’t need to do anything.” “*I need do nothing*,” another *A Course in Miracles* principle. “I need do nothing. I am here to be truly helpful. **You** guide me. I’ll re-present You, I’ll represent You. I **am** Your representative.”

Right? We could all carry around business cards that say, “I am a representative of perfection, Wholeness and Beauty.” [laughs] Ah!

So it’s time for me to take a break here in just a moment, and so we’ll pick this up when I come back from the break.

Again, thank you to everyone who’s written a review. It’s a wonderful way to be truly helpful, pay it forward, so more people find this broadcast.

I’m Jennifer Hadley, and you’re listening to *A Course in Miracles* on Unity Online Radio, where we’re living the Love, we’re walking the talk, and I will be right back!

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

### ***Being Helpful Through Taking Responsibility***

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Alright! We’re back. We’re talking about having a “Commitment to Being Truly Helpful” and that’s my commitment. It really is my commitment, and it drives my experience and my days. It is my life purpose to be truly helpful.

And, like the person who is in the airplane and they say, “In the event that the oxygen masks drop down, put yours on first and then help somebody else,” so that’s also my commitment, is to be helpful to **myself** and raising myself up. My priority is for my Self-care, for my spiritual practice, for living a life of Love that I **enjoy**.

No martyrdom here. I used to have martyr tendencies, but I realized that’s not being truly helpful, because people who have martyr tendencies, in my experience, they actively do their best to make other people feel guilty for what they’re doing. That’s not being truly helpful, telling people what you’ve done and what it cost you, so that they would feel like, “Ooh! They

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did that for me. I should appreciate it more!" All of those kinds of habits of laying guilt on people, there's **no** part of that that's being truly helpful.

So if you're realizing that that's something you do a lot, the #1 thing to do to help yourself, and to help others, is to forgive yourself. Forgive yourself for laying guilt on other people. We've all done it, and so let's just forgive ourselves for that.

And that's why in my [\*Finding Freedom From Fear\*](#) class, my [\*Masterful Living Course\*](#), we have such an active practice of doing the forgiveness work. I was just listening to one of our Community Calls where the folks are talking with each other, and they were sharing how, left to their own devices, they would not be doing the work they're doing. They would not be doing all of this forgiveness work.

Because everything in my classes is optional. Nobody's require to do anything, but there are many opportunities to join with others and do things like write a forgiveness letter to yourself every day, clearing out the consciousness, clearing the clutter from our heart and our mind. I call it "Taking out the trash" and until you do it, you've **no** idea what's possible for you, what you can let go of in terms of the past and how that transforms your relationships, it transforms your energy.

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*We can learn to  
give the  
relationship up to  
the Higher Holy  
Spirit Self to be  
transformed into a  
holy relationship.*

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One of the things that I see all the time in classes is people heal chronic depression from many years. They heal that, and they heal cycles of self-attack, self-blame, and the kinds of emotional habits that really degrade our relationships.

Many people, myself included, have made choices that degrade relationships and really, sometimes intentionally, sometimes not realizing what I was doing or not caring, or not feeling that I had any other resources but to use things like guilt, and blame, and shame. That's how I was raised, and I just -- that's what I do when I panic. "I'm going to blame you," that kind of thing. So learning to take responsibility has been quite a journey for me, and I'm so grateful for it **now**.

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And yet, many of us are in relationships with people who **do not** wish to take responsibility, who **do not** wish to stop blaming, and shaming, and carrying resentment, and punishing and all of these things, and we're not willing to give the relationship up in the sense of letting it go.

We can learn to give the relationship up to the Higher Holy Spirit Self to be transformed into a holy relationship. And, inevitably, when we do that, it is a rocky road. It is strenuous, it is challenging, especially if you're new to it, and it's really good to have people you can hold onto in the process.

### *Resources to Help Us Be Mighty Companions*

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So one of the ways that we can be truly, truly helpful is to learn to what I call "hold the high watch" in our family, in our community, in our workplace, in our neighborhood. It is challenging, so it's good to have Mighty Companions walking alongside you.

It's one of the reasons why, at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com), one of our websites, we have -- and all that's funded by the [Power of Love Ministry](#) and your [donations](#) -- at [Living A Course in Miracles](#) we have the [Study Group](#) listings and the [Study Group](#) support. These are great options for people who are interested in being truly helpful and taking it to the next level.

This is one of the things that is **so** important to me is to help the people who help the people. If I can help someone who's helping 100 people or 10 people, I'm able to help **all** of those people energetically, then maybe some of **those** 100 people will start helping another 100 people, and it grows and grows and grows. So that's what I feel my mission, my purpose, my objective, my joy, my delight, my deep gratitude is all for and about.

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*It's good to  
have Mighty  
Companions  
walking  
alongside you*

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I'm going to take a moment to talk about these resources as a way to amp up your commitment to be truly helpful. So if you already have a [Study Group](#) or you're part of a [Study Group](#), you might check and see if it's listed on the [Events Calendar](#) at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com). This is a free

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listening. Anyone can be listed here, so I invite you, please submit your listing for your *A Course in Miracles* [events](#) and [Study Groups](#) there.

It's only for *A Course in Miracles* [events](#) and [Study Groups](#), so it's not for things that would be spiritual and in alignment with the *Course*. It's really for *Course* things, and so it's a way to support people who are *Course* teachers and becoming *Course* teachers. Again, there's no cost involved to list here. All of it's covered by [donations](#).

My directive is to create a resource that's open to all so that anyone, in any country -- or you're visiting a country, you're going to Uzbekistan. Maybe there's an *A Course in Miracles* group there. You would be able to find it, because it's a global listing of **all** worldwide *A Course in Miracles* [events](#).

So if you have the ability to be truly helpful by helping us get more listings, that would be great!

Another aspect of what we're offering for support at [Living A Course in Miracles](#) is, in addition to all these radio broadcasts and all the transcripts there at [LivingACourseInMiracles.com/podcast](#) we've also got [Study Group](#) support. This is one of my objectives is to support people who would like to start a [Study Group](#) but aren't sure how, how to begin, or they feel unsure, they feel nervous about it.

We have a number of recordings that I have done with [Study Group](#) Leaders who are very established, very experienced, who are very knowledgeable about it. I interviewed them about all the details of starting and running and maintaining *A Course in Miracles* [Study Group](#), and so my invitation to you is to download them. They're transcribed. You can listen to them, and they will really support and encourage you to start your own [Study Group](#).

Also at Facebook we have an [A Course in Miracles Study Group Leader Facebook](#) group, so I encourage you to join that group, and to share and ask questions there.

Those are some wonderful resources for you.

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And if you have a request for how I or the folks at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com), [Power of Love Ministry](http://PowerOfLoveMinistry.com), anyways that we could help you further, **please** let us know. You can write to [Admin@JenniferHadley.com](mailto:Admin@JenniferHadley.com) and we'd love to help you with that.

More things are coming! We're building them, so your [donations](#) are very much appreciated, because one of the things we're working towards is online [Study Groups](#) 24 hours a day, 7 days a week. That's one of the things we're building out and working on now, so I invite your [donations](#) to support that wonderful project. I'm very excited about it, very intent on it. Maybe you'd like to be one of the [Study Group](#) Leaders of one of the online groups. Wouldn't that be wonderful?

One last thing I'll say about this topic of ways to further your commitment to be wholly helpful, truly helpful, is in October I have two trainings. One is my [Spiritual Counseling Training Intensive](#). I won't be doing another one, probably, until the Fall of 2020.

This is a standalone program. It's a week-long training. All kinds of people take it -- business people take it, counselors take it, coaches take it, grandmothers and grandfathers take it. People who are teachers, people who have a healing profession, all kinds of people take it for different reasons in terms of wishing to increase their intuition, wishing to improve their relationships. All these things are results of taking this [Spiritual Counseling Training Intensive](#).

Also, amazingly, people have physical healings, emotional healings, all kinds of healings from doing this work at the [Spiritual Counseling Training Intensive](#). And then, of course, if you wish you can join my [Certification Program](#).

But then the other training that's happening in October is the "[Teacher Training](#)", "[How to Lead and Create a Workshop](#)" which includes certification to offer my [Forgive & Be Free](#) forgiveness workshop. It's so exciting to see more people offering forgiveness workshops, and that is another goal of mine is to support many, many people around the world who would like to teach forgiveness but maybe don't know how, they don't know how to get started.

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So that's what this is all about. Come to one of these trainings. They are professional trainings, but they're open to anyone and everyone. There are no prerequisites.

The whole idea behind it is that you would feel confident and qualified to do what you're interested in doing what you love to do. Because I know when I first started counseling people, I had felt neither confident nor qualified. [laughs] It's been extraordinary to watch people who are already very successful therapists and coaches, as well as people who just had a desire to be truly helpful, take these opportunities to build their skills and talents, and to release the blocks to Love in their own heart and mind, and then be **powerfully** more truly helpful.

So this is the invitation, and what I love and have become so aware of, is that those who are truly helpful, as I just quoted from Chapter 4, they are **invulnerable** because they are not protecting their egos, and so nothing can hurt them. That's part of what these trainings are about, that you would feel confident and qualified **because** you're coming from your heart, **because** you're truly living the Love and walking the talk.

It is **such** a different way of living and being. It's a **powerful** thing that we can give to ourselves, is to practice -- practice, practice, practice. And when we get to practice together, it's a lot of fun! [laughs]

So there's the invitation, as well, to practice **being** truly helpful with people who are interested in your Love and support. And I have come to really be clear that it takes a village. It takes a village, I used to say, "It takes a village to raise a minister." It takes a village to raise **anyone**. It really does. So when we can join together for this holy purpose of being truly helpful, it's **fun!** It's really fun, and that's my invitation to you, as well, to come and have fun and to live the life that you truly are born to live, which is being truly helpful. Ah!

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### *Receive Healing While Being Taught to Heal*

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Remembering that decision to be truly helpful is one that we make again and again and again, each and every day, as part of our spiritual practice, is powerfully transformative and healing.

I talk with people on a regular basis, people seek me out, because they're miserable. They're afraid of what's going on in their life. They're afraid of what's happening in their relationships. They're afraid of what's happening in their body. They're afraid of what's happening in their finances.

And what I absolutely know and have proven, and watched so many, many, many, many other people prove, as well, is when we make that commitment to being truly helpful, wholly helpful, then our seeming problems get **resolved** and dissolved.

Because when we're all-in for Spirit -- which doesn't mean that we won't fall down, and fail, and forget, many times a day, but we don't give up and we don't take a vacation. [laughs] We don't take a vacation from being loving and say, "Okay! I know I'm here to be truly helpful, but right now I'm going to be a pain in the butt! Right now I am really mad at that person and I'm going to take it out on them!" We don't consciously do that anymore. Instead, we're Partnering UP throughout our day, and every time we feel upset we take it as an **opportunity** to practice.

That's why that lesson is right there in the early days of the Lessons. It's so critical for us to **be** truly helpful, to recognize A) I'm **never** upset for the reason I think and, B) it's **never** what's happening in the world. Things are not happening **to** me. They're happening **by** me. I **am** my own loving parent, if you will.

So our curriculum that we have in this life, the script that *A Course in Miracles* tells us about, is already written, and encoded into that multilayered script is the opportunity to dissolve and resolve **all** negative

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thoughts and beliefs. That's the negative karma. So they **are** going to come up for healing. There is **no** escaping that. To think that we can **escape** the healing that we intended in this lifetime, that **we** placed into our script with the help of the Holy Spirit, if we think we can escape that, we've completely lost our mind. So **when** things come up for healing, **that** right there, my friend, **is** the answered prayer.

Now when we look at our brothers and sisters and they're frustrated and they're taking it out on us, they're complaining and dumping it all over us, yes, we have boundaries **and** we also, if we're here to be truly helpful and to be led and guided by the One Who sent us, **then** it's going to be a **healing** opportunity.

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*When things come  
up for healing,  
that ... is the  
answered prayer.*

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*"I will be healed as I let him teach me to heal."*

So let us not think that when the opportunity to be truly helpful happens, that something wrong or bad is happening, because it's **not**. The fastest path to relinquishing our upset is to come **back** into our loving heart, because the only reason we're upset is we **left** our loving heart and we started aligning with the ego thought system. So when we say, "I'm here to be truly helpful," **then** we can align with our heart.

### Being Helpful by Healing Our Thoughts of Separation

Now, one tricky thing is one of the ways that many of us experience life today, is the "spiritualization of the ego" some call it. It's a pretty good way to think of it. So when we've put the ego in charge of our spiritual practice, and we're not walking the talk and living the Love, we're walking the talk of the ego and living the ego separation thinking, **then** we're going to expect people to **appreciate** when we're being truly helpful. We're going to expect something **back** from them. We will, in **all** cases, be giving in order to get, and almost universally we will not feel properly appreciated. "We're not getting the Love we need and we want, but here we are being so truly helpful." No! We're not. There is no **commitment** to be truly helpful. When we expect, or want, or need, or even desire **anything** in return, a thank you, a recognition, anything, we're not being truly helpful.

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So when we feel unappreciated, when we feel a sense of lack, it's coming from our own mind and we're projecting it onto other people, when we're giving in order to get something in return -- appreciation, validation, any of that -- we have expectations, and expectations are a recipe for misery -- these are just the facts. These are just the facts, and it's **not** our purpose to lay guilt trips on other people that, "We did all this for them, and they don't appreciate it." This is how we denigrate our relationships. This is how we pollute our relationship. "I did all of this. What are you doing?" We're not coming from our loving heart. We're polluting the relationship, and it's so commonplace.

Now, here's the way to be truly helpful. When people are **seeming** to do it to you and it bothers you, know that what actually bothers you is **your thoughts** about them. People who were raised up in a house full of guilt and blame and shame, all these tools of manipulation, that's what they **know**, that's what they've seen works. They don't **know** another way.

So to be mad at them for it, or angry at them for it, or punish them for it, or hate them for it -- it's if someone learns to wear paint on their face or tattoos on their face, and you think, "Oh! That's awful!" Well, if that's how they're raised, you're judging them. They're innocent. Of course, they are.

So it's the same when people have bad emotional habits that are really intense, so this is where we can be truly helpful by holding the high watch.

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### *Closing Prayer*

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And I can't believe I'm already out of time again! Oh, my gosh! It goes so fast. It really does. Ah!

Well, I am so grateful to join with you today. Thank you for joining with me. Next week I'll be in North Carolina for the ["Recovery From Sexual Abuse"](#) retreat, so hold us in prayer. I know we're going to have a powerful and beautiful time. I've been feeling it for so many months now.

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Let's take that breath of Love and gratitude. So grateful and thankful to share the benefits of all our healing and helpfulness with everyone, because we're One with them.

In gratitude, we let it be. We know it's done. And so, it is. Amen. Amen. Amen.

I Love you! Mwah! Have a great week!