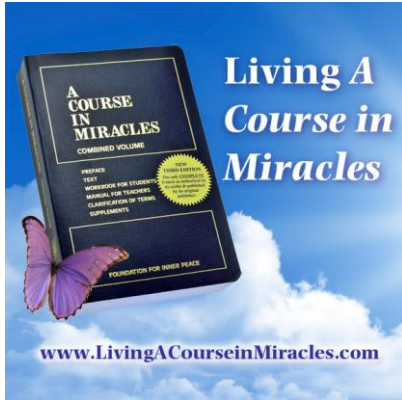


September 10, 2019



Conquering Unworthiness Is Mandatory



 *Jennifer Hadley*
your daily shot of spiritual espresso

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Conquering Unworthiness Is Mandatory

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! Oh, am I happy to join with you today! I'm so, so **grateful** we are going to talk about unworthiness. Yes, we are!

Opening Prayer

And, we're going to begin with a prayer, as we always do. Thanks for joining with me and hanging out with me.

So let's start with our hand on our heart and take a deep breath of gratitude that we can conquer unworthiness with the Higher Holy Spirit Self.

We are grateful and thankful to Partner UP with that Higher Holy Spirit Self and declare ourselves willing and worthy of great healing. We are willing to tackle this here and now. We are willing to look at the decisions we've made and to unmake them, and to give all the consequences of our wrong decision to the Holy Spirit for healing, and we are grateful and thankful to consciously attune to the Love that we are.

We are willing to lay the burden down, to open our hearts and minds to our holiness and to the holiness of our brothers and sisters.

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

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

The Courage to Heal

I'm doing something different with this radio broadcast, with this episode of my podcast of *A Course in Miracles*. I am going to give you a Worksheet, because let me just tell you -- this weekend I have been on retreat with some wonderful folks who have been in [*Masterful Living*](#) with me, some for a short time, some for a long time, and we are doing profound, deep work together.

Our topic at this retreat this weekend has been "Recovery From Sexual Abuse" so these are really brave, courageous folks who are willing to do the deep work. They are not willing to bury it anymore or have it be like a landmine in their life. They have the courage and the strength to invest in their healing and to invest in themselves, and to not just listen to audios, not just read books, but to actually **do** the work and they have inspired me to no end!

I honestly can share with you that this retreat has been one of the very best things I've **ever** done in my entire life! And it's not thanks to me, it's thanks to the courageous people who are here with me.

We're really discovering miracle-mindedness at a new level. It's wonderful! And that's the beautiful thing -- when we get together in class, or we get together at a retreat, or even a counseling session, we're doing the work, **really** doing it, not just thinking about it, not just talking about it and not just listening to **someone else** talk about it. We're actually **doing** the work, getting in there, working with the Holy Spirit to deeply let go of that which is false, to change our mind, to see it differently. **That's** when miracles happen.

That's what we're doing here. We are claiming our Abundance, we are claiming our worthiness.

*Working with the
Holy Spirit to deeply
let go of that which
is false,
to change our mind,
to see it differently.
That's when
miracles happen.*

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Gifts: Worksheet & Free Classes

I'm going to give you this Worksheet. You're going to wish to write down this URL for the website. It's fairly simple. You can go to LivingACourseInMiracles.com. You'll see all the stuff there, but then add LivingACourseInMiracles.com/worthy. You put in your e-mail and I'll send you the Worksheet. Okay?

Now, this Worksheet is not some lightweight thing. This is not. That's not how I roll, in case you don't know that by now. This is going to be something that you will wish to set aside an hour, perhaps a bit longer, to go through this Worksheet and to fill it out. It's going to take some real energy on your part, and you doing that is going to **prove** your worthiness, because only those who feel that they are worth investing in by actually doing some work will get this Worksheet and **do** it.

And then, as a treat for you, for those who come get the Worksheet, I'm also going to give you three free classes -- "Relationship 911" "Spiritual 911" and "Emotional 911". Three free classes being offered by folks who have been in [Masterful Living](#) with me for years. They are part of my trained [Spiritual Counselors](#). They're certified by me. They are brilliant and beautiful women who are doing gorgeous work, and we have been working together for years, and they are stepping out as teachers and I'm inviting you to come and do this work with us. Now is the time.

You Are Not Alone!

Have you noticed that maybe in the last couple weeks you have been feeling some, I'll call it "energetic weather"? Maybe you've been feeling stuff coming up for healing at a more intense level than usual? Yeah. Well, you're not alone. You are **not** alone! And that's a good thing.

In my [Finding Freedom From Fear](#) class and in [Masterful Living](#), we learn to **welcome** these triggers. They become fulcrum points for our healing. We use them like a trampoline to jump off and to maximize our healing, so that we are not just sitting in a dirty diaper when we get triggered and blaming it on the person that triggers us, but we take responsibility for it. Because as you know, *A Course in Miracles* teaches us if we don't take responsibility we're never going to find our way to our Joy, our Freedom, our happiness, our Wholeness, the Abundance and the Prosperity that is ours.

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So I'm inviting you to go to LivingACourseInMiracles.com/worthy to get that Worksheet, download it, print it out, and invest yourself energetically in doing this.

Now, here's a further step for you. Because when we join together with our brothers and sisters there's **power** in that, the two or more gathered in the name and the nature of Love, my invitation to you is to maybe print it out, take it to your Study Group. Give it to everyone in the Study Group and spend your Study Group doing it. Okay?

Maybe you invite a couple friends over and you're going to do it together and have some healing. That way, you can go through the Worksheet together, and it is going to take you some time, and then you can share together and you will have **real** healing. That's what it's designed for.

A Decision For Willingness

Because in *A Course in Miracles* -- and I've done an episode of this podcast, maybe a couple years ago, on this topic -- *A Course in Miracles* tells us that we have a **fear** to look within. Right? So many people **think** about doing this work, they **talk** about doing this work and they **read** about doing this work without actually **doing** it, and the reason is, is that they feel that either deep down they feel that they're unworthy, that it just won't work for them so why bother doing it anyway, **or** they feel that it can't actually be done. Right?

So they feel unworthy or they believe it can't actually be done, that it works for other people but it doesn't work for them. I had both of those things, because the core belief that stopped me all the time, kept me playing small all the time,

was this deep sense of "Something's wrong with me that's **not** fixable, **not** healable." Well, when you believe it's not fixable and not healable, **why** would you bother? Why would you bother? That would be crazy!

The thing is, when we are willing to say, "I'm going to place my trust and faith in Spirit rather than in my own opinions, and I'm going to go for it, and I'm going to see what's possible because I'd like to be truly helpful in

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this world. I'd like to stop complaining, and I'd like to stop playing small and feeling stuck, and I am willing to go on a journey of healing and let the Holy Spirit lead me."

That's what *A Course in Miracles* is **all** about. That's what living the Lessons, living *A Course in Miracles*, doing the work is **all** about.

This is my invitation to you, is to do this Worksheet as a way to jumpstart that work, to take stock and to get clear what's really going on. Because it's like if you have termites in your house or vermin in your house and you didn't realize it. You could tell something wasn't right, maybe you could smell something, you could hear something, you could feel something wasn't right, but you didn't know what to do, **then** you get a clue, "Oh! **This** is the issue! I can deal with this issue." Then you get help to eliminate the issue.

This is the goal for me with giving you this Worksheet, is you will start to realize, "Ooh! These are habits and patterns that can be interrupted, that can be tackled, and the Holy Spirit will dissolve and resolve them permanently, back to the root cause, whatever that original decision was. It will heal it back to the root cause so I never experience it again, if I'm **willing**."

*I am willing to
go on a journey
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let the Holy
Spirit lead me.*

Of course, if I'm just sitting there in my dirty diaper, there's **no** willingness, so willingness is an active thing. And I just have to say, I really am **so** grateful I finally realized, "Oh, you know what? The reason why I'm experiencing this slow-drip healing, and I'm not really having an experience of momentum, is **because** I am just reading books, listening to audios, going to church. Yeah, I'm taking classes, but I'm not **really** doing inner work."

There's just no substitute for doing the inner work, but we have this fear to look within, and that's what doing the inner work really requires. The fear to look within is because we've already made up our mind that the view inside is a view of a trash heap, and we've made that trash heap real, and we already have enough reminders about that trash heap and we don't want to look at it anymore.

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It takes great **courage** to do this work, and that's why I'm so just -- oh! My God! I am so **thrilled** to work with the people who are here on this retreat with me, and the folks who take [*Finding Freedom From Fear*](#) and [*Masterful Living*](#), the folks who have the courage to do the work and to **be** miracle-minded, and not just talk about it.

I am inviting you and encouraging you to take a great step forward in conquering this unworthiness by working on this Worksheet, and to inviting someone to join with you and to do it together. It's exciting what we can accomplish when we're willing to work with the Holy Spirit.

It's exciting what we can accomplish when we're willing to work with the Holy Spirit.

Now here's some more motivation for you, okay? The whole Abundance factor. It's not that hard to understand. It's not that hard. Think about it -- if you feel unworthy, what do you feel unworthy **of**? Love! You feel unworthy of Love, because Love is all there is! Hello! It's not that complicated.

Receptive to a Perspective of Worthiness

So when we feel unworthy of Love, are we going to be receptive to the All Good? Are we going to be receptive to Love? Are we going to be receptive to kindness and generosity? Are we going to be receptive to expressions of the All Good, like Abundance and Prosperity? Or will we torture ourselves with thoughts of unworthiness? Or will we think that other people are taking advantage of us, and other people have the problem, other people are the problem, rather than our experience is a projection? Right?

Because this is such a common thing that people experience who feel unworthy. I certainly did, so I would magnetize and attract wonderful people into my life and then I would find fault with them. I would reject them, or I would push them so hard they **had** to walk away from me, they **had** to get away from me, and all of that would either prove that **they** are unworthy or "Life is not safe, life is not fair." I was constantly **proving** my core beliefs, because that's really what we all do. We prove our core beliefs. "*Perception is projection.*" "*Pain is a wrong perspective.*"

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So I was listening to someone in [Masterful Living](#) sharing recently about -- “Okay, so pain is a wrong perspective. I’m in pain. I’m crying, I’m upset, I’m irritated, I’m frustrated, I’m angry, I’m jealous, I’m hurt, I’m fearful -- whatever the upset is. I’m taking that upset, and now what? Pain is a wrong perspective, **now** what do I do?”

Well, I ask the Holy Spirit to help me **change** my perspective. I cultivate the **willingness** to change my perspective, **and** I must be willing to open my heart and mind to see that **I am** the one choosing this perspective, and that my beliefs are magnetizing into my awareness the thoughts that are congruent with them.

So if my belief is “I’m not good enough. I’m unlovable. Something’s wrong with me,” I’m going to magnetize these thoughts into my awareness, and then I am going to **absolutely** do everything I can to bring upon myself that which proves my belief -- unless I’m willing to interrupt that **pattern** and claim my Abundance and my worthiness. Right?

*I must be willing
to open my heart
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choosing this
perspective.*

Lack, limitation, lack of Abundance, lack of Self-worth, they’re very much related. We don’t feel worthy of God’s Love. We’ve got that unconscious guilt going on, a deep sense of shame, and we’re either projecting it outwards or imploding, or just going back and forth between the two.

It becomes, then, most of our time is invested in repeating these cycles and it wears us down. And then, we feel -- ♪ dun dun dun da! ♪-- helpless and hopeless, and there’s not much that we can find a way around it because we’re not dealing with the **core** belief, we’re not dealing with the **core** issue.

Here in this work that we’re doing, and in the Worksheet, we’re cultivating the courage and the willingness to look **deeply** at the unworthiness. Yep! And see what the patterns are, because awareness is healing, awareness is curative. If I realize that I’m never upset for the reason I think, right? Core A Course in Miracles Lesson in teaching, “I’m never upset for the reason I think.”

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If I am willing to look at that and see that as **I am** convincing myself I am being, we could say, spiritually confused about what's really going on, and I'm still thinking that I'm upset because of what you're doing or you're not doing, what they're doing or what they're not doing, or what's happening, then I am not in the mode of healing. I'm in the mode of the wrong perspective, I am in the mode of blame and feeling like a victim, and then healing is not going to happen.

Feelings Are Our Catalyst For Change

But what **is** going to happen is more and more opportunity to develop this sense of energy building and building and building that can then explode. Sometimes it implodes, sometimes it explodes.

For instance, what a lot of people have a habit of doing is they are operating on an emotional level like -- remember those children's toys where it's a little airplane, and it's got a rubber band and you wind it up, and wind it up, and wind it up, wind it up, and wind it up until it goes. And then, of course it doesn't go very far [laughs] because it's just a rubber band. But that's the same with us, that the anger, frustration, irritation becomes the catalyst, sometimes, for that explosion or that implosion, and sometimes it can become a catalyst for change.

That is the purpose of anger, to awaken us to the upset.

So that is the purpose of anger, to awaken us to the upset. "I'm **never** upset for the reason I think. I am **always** upset because I am thinking something is not true," and unworthiness is a core belief that shows up in many, many different ways, again and again and again, and it's **very** intense.

Our Worthiness is Not From the World

For instance here, on this Worksheet, one of the things that I can tell you is our sense of unworthiness is directly tied to thinking **other** people are unworthy. It's that "If you spot it, you got it". So if you think that somebody else is unworthy of Love or your patience or your kindness, you **will** be letting yourself know that **you** do not think you are worthy of patience or kindness.

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If you are looking for approval from others and seeking it out, and seeking it out, and seeking it out, you're trying to fill that hole of your own sense of unworthiness, but it doesn't work. Right? Because it doesn't cure the issue. It's like -- hmm. It's like trying to fill a bottomless pit, because the ego thought system is a bottomless pit of unworthiness and the antidote is to recognize you are **not** your ego, you are **not** that thought system, you are **not** unworthy.

Trying to do things in the world to prove that you are worth -- trying to be that A student, or trying to help other people in order to prove you are worthy, looking for approval from others, being a perfectionist, even letting people treat you badly so that they will cling to you and they will stay stuck to you through their codependency -- these kinds of habits and patterns are managing and coping with the unworthiness, while simultaneously strengthening the **belief** in it.

For instance, one of the things that's very, very common is that people will either behave badly, like I said before, so people will reject them or they will push them away and blame them for being bad and wrong. Or, they will attract people who are users and who will take advantage of them, and they will encourage that behavior -- they will allow it, accept it and encourage it. Why? Because then it **proves** to them their false belief that they **are** unworthy. Right?

We see this all the time with people who enter into, particularly, friendships and romantic partnerships with people who treat them poorly. But they're inviting it. They often make the rules. They're asking for it because they have this belief that they are unworthy.

I see, sometimes, that people will try and get me to reject them and push them away, or really try and say that they have a really big problem, that they're broken or unfixable. But I'm 100% clear that no one is even in **need** of fixing because truly, we are all perfect, and the illusion is that we're imperfect, that we're unworthy, that we **need** healing. Right?

*We are all perfect,
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So truly, the definition of healing is letting go of everything that's false, and we can help each other with that, and that's a beautiful thing, and that's the purpose of our relationships is to do that.

So -- hmm. I'm coming up to the break here, and so what I'm going to invite you to do on the break is to go to that URL that I gave you, LivingACourseInMiracles.com/worthy. And if you can't find it, let me just say this, that if you go to LivingACourseInMiracles.com and this episode of the podcast, in the description there I'm going to have it placed in there, so the URL will be there and you can find it that way, as well. And you can also get the transcript for this podcast episode and past episodes.

The definition of healing is letting go of everything that's false.

We're doing this work together, and what I know is that **when** we are willing to let this false belief go, **then** the healing is happening and we **can** do it. We **are** doing it. It's happening **now** and I'm so grateful for that.

You are 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*.

Unworthiness Is A Made-up Story

Welcome back! I'm so grateful to be sharing this topic of unworthiness with you, and so grateful that there are things that we **can** do to actually heal our mind, because the unworthiness is actually a false concept.

It truly is, and what I can tell you here is that when we see our brothers or our sisters are unworthy of our kindness, and our patience, and our compassion, we're declaring that this is the truth of our **own** Self. And when we see unworthiness -- in fact, there's a quote here, and it's from Chapter 11, Section VI, Paragraph 4, where Jesus says to us,

"I am your resurrection and your life. You live in me because you live in God. And everyone lives in you, as you live in everyone. Can you, then, perceive unworthiness in a brother and not perceive it in yourself? And can you perceive it in yourself and not perceive it in God? Believe in the resurrection because it has been accomplished, and it has been accomplished in you. This is as true now as it

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will ever be, for the resurrection is the Will of God, which knows no time and no exceptions. But make no exceptions yourself, or you will not perceive what has been accomplished for you. For we ascend unto the Father together, as it was in the beginning, is now and ever shall be, for such is the nature of God's Son as his Father created him."

This is the thing for us to really recognize, that when we feel unworthy, this is a made-up story that we're telling ourselves, and we have interpreted the things that have happened to us or around us as **evidence** that we're unworthy. Catch this, please! -- that what we experience is interpreted by the ego thought system as being **proof** of our unworthiness.

The Ego Illusion of Proof

For instance, here on this retreat for those who are recovering from sexual abuse, over and over and over again, the conversation has been that "Because my father, my grandfather, my uncle, my mother's boyfriend or whomever -- because they molested me that, to me, was the proof that I was unworthy."

And I've heard this from so many people who were molested, even as adults as well as children, because children who have been really violently molested, and wounded, and attacked, the world teaches them, on many levels, that life is precious and children are precious. But then when their own family and relations are **not** protecting them, and **not** keeping them safe, and **not** adoring them and treating them with great Love and care and respect, as the treasures that they are, the meaning that they make of it is "I am unworthy. I am not lovable, inherently. Because **if** I were lovable, **if** I were worthy, these things wouldn't happen to me."

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Children do not go to school and talk about being raped at home. They don't! And, they are also, they're groomed by the predators who prey on them, and they are told that if they tell anyone they will be killed, or their mother will be killed, or all kinds of things are told to them to keep them silent. And so, all of that contributes to them drawing this conclusion that they **must** be without value, completely valueless.

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Children are so confused by these kinds of things, but the ego, being a limited thought system, **has** to make meaning of these things. It **has** to, because otherwise it can't cope. There's a nervous breakdown.

So in order to not implode, the ego identified person ascribes, or assigns, or makes some meaning of what is going on, and that meaning is that "I must be the problem. Why else would this be happening?" Especially now in this age of television where nobody sees on television the father molesting the child. That doesn't happen in a sitcom, and it doesn't happen in dramas and television programs that children watch. It doesn't happen on *Sesame Street* that people are talking about these things, and helping children to understand these things.

So the conclusion that the children make is that "I must be the issue." I have talked with people who have been severely, just repeatedly raped, and beaten, and wounded beyond anything in a horror movie, and the conclusion that they come to, in every case, is that **they** are not worthy.

*The ego does not understand a darn thing.
It's not a system of true Reality.*

Many people, maybe they weren't sexually abused, but many people have molested, many people have been raped. Boys and girls, men and women, all kinds of things have happened to people all over the place, and one of the conclusions that people make is that **they're** a fool, **they're** an idiot, there's something wrong with **them** and that's why these things are happening to them.

The ego just has to make sense of it, because the ego does not understand a darn thing. It's not a system of true Reality, so it's all about the illusion and trying to make sense of the illusion. But the illusion is nonsensical. It is truly nonsensical.

So children are growing up, coping and managing as best they can. They're in survival mode, right? So when you're in survival mode, you will actually enable the predator. You will not call them out or get them in trouble because you're dependent upon them. Your survival depends upon them, especially if you're a child.

Far too often, people tell me that their mother knew what was going on and didn't protect them. Yep. It's far too common. And many times, mothers will tell the people in their life that it didn't happen, "It didn't happen and

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that you should just get over it. These are the things that happen. It's not a big deal. Stop making a big deal of it."

There are so many ways that especially children who have been molested are demeaned. And, of course, it happens to adults, too. Men and women, boys and girls, they are demeaned and made to feel that they brought it upon themselves, and so they draw that conclusion. So then they also draw the conclusion, "If -- this, then -- that." So, "If this is happening to me, it must be because I'm not good enough, I'm unlovable. And if nobody is bothered by it but me, then I must deserve it."

All kinds of conclusions happen like that, and many times people do not remember the thought process and the decision-making process that our younger Self went through. All we know is that **now** we feel unlovable, unworthy, and we have a deep sense of lack and limitation, and it's showing up in in our finances, in our relationships, in our workplace.

And so, then we have coping strategies, like I used to see this all the time in my spiritual community. I would see people who would volunteer over, and over, and over, and over, and over again, too much, excessively, and they were running themselves ragged. Why? Because one reason was that they felt desperately alone and didn't want to **be** alone, and so they'd rather be at church with people who are loving and kind.

But not everybody in all churches is loving and kind. Some churches are highly controlling, and manipulative, and disrespectful, and hurtful, so all kinds of stuff like that is going on. And then, on top of that, people have coping mechanisms of, of course, addictive compulsive tendencies of all kinds -- drinking, smoking, eating, exercising, sex, blah-blah-blah-blah. All these different things that we've all got our favorites, and we use these self-mediations to drown out the feelings that we are confused by, that we can't stand, and that we don't believe can be healed **because** we are convinced of these false beliefs.

These are all the things that keep these beliefs in unworthiness in place, and it's so valuable to **realize** these behaviors so that we can stop energizing these beliefs and start to transform the beliefs.

*We don't we
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This is what living *A Course in Miracles* is **all** about, to let the beliefs be healed by the Higher Holy Spirit Self. We interrupt the patterns with our willingness, and as I say, and have been saying a lot this year, that **saying** we are willing and **reading** *A Course in Miracles* are **not** real willingness. **Real** willingness is when we're upset, annoyed, frustrated, angry, hurt, sad, jealousy, resentful, whatever it might be, that we don't start looking for evidence that we're **right** in feeling this way. Okay?

Our feelings aren't right or wrong. What they are is evidence of what we **believe**. So when we **feel** hurt, it's because we are believing things that aren't true and we are energizing them. So if we're coping and managing with our feelings, rather than healing the **beliefs** that are generating them, we're validating our beliefs. Right?

So if I feel unlovable and I'm trying to win this person over, and help them, and do all kinds of things, and bake them pies and cakes, and take them food when they're sick, and walk their dog when they're out of town, and visit their mother in the hospital, or just all the many things that people do to **prove** that they are a good person, to **prove** that they are worthy, to try and fill that hole, I am **energizing** that false belief system.

*Our feelings aren't
right or wrong.
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we believe.*

So for me, particularly as a minister, I have become very aware when people want to help me so **they** can feel better about themselves versus people who are just coming from their heart and the just like to be helpful. Right?

And I've been on both sides of this coin. I have done so much volunteer work to try and fill the void, and now I do what I **love** to do because -- not because I'm trying to fill a void, but because I feel full and I have something to share from the overflow of feeling full. And that's a **very** different thing. It's a very different thing.

I used to blame other people all the time for how I felt. I would blame circumstances and situations for how I felt. It was how I was raised. That's what I learned, and that's the crux of the ego system.

That's why right there in those beginning Lessons is that great, beautiful nugget of "I've given everything all the meaning that it has for me, and I am never upset for the reason I think." And if we could put those two

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thoughts together and take responsibility for our upset, and see that we are running our patterns, again and again and again, and remember to laugh and forgive ourselves, **that** is the way out of the repetitive torture.

Unconditional Abundance & Prosperity

One thing I can share with you is that to **claim** our Abundance, to claim our Abundance and our Prosperity, we need to **understand** Abundance and Prosperity. Abundance and Prosperity are spiritual qualities, like Love, and Peace, and Joy, and Freedom, and Wisdom, and Clarity, and Wholeness, and Harmony. All of these spiritual qualities, and more, they are **unconditional**, so they're not based in circumstances.

I know so many people in my life, I used to know a lot of people, who had lots of money, right? Lots of money, but they didn't feel abundant or prosperous. They were so entrenched in the mindset of lack, no matter how much money they had, millions of dollars -- millions! --they still felt this deep sense of lack. Why? Because of the sense of unworthiness showing up in their belief system. No amount of money could **cure** their sense of unworthiness, because money **doesn't** cure anything.

That's one of the great frustrations, is people will work for decades to insulate themselves with this big pile of money while **still** feeling unworthy, and then they're trying to control and

manipulate people and situations to **make** them feel worthy. But it's just not possible, okay?

Abundance and Prosperity are somewhat different. Abundance, you can think of being a surplus. You know, you're really in that flow of the All-Good showing up as more than enough of everything good. And then, Prosperity is all kinds of things. It shows up as all kinds of things like being able to sleep well and to feel well. Prosperity is when you could walk through the valley of the shadow of death and you feel **great** and you are **not** afraid. That is Prosperity! That is Peace! Peace is Prosperity, Prosperity is Peace. Prosperity is when your digestive system is working well, when

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you can breathe easily and well. When you can remember to laugh, that's what Prosperity is.

We're naturally abundant and we're naturally prosperous, but when we don't feel worthy, we're going to interrupt that flow. And what it doesn't matter whether or not you've got a big house, and lots of money, and tons of people in your life, and a beautiful body, and all of that. If you feel unworthy of Love, you will not be **experiencing** that great beautiful assistance that comes from feeling prosperous and abundant.

The Power of Our Decision For Love

I've learned to feel prosperous and abundant regardless of how much money I have, or how much free time I have, or any of those things, because it's about being in the **flow** of Love. It's about being in the flow of giving and receiving Love.

If we're judging ourselves or we're judging anyone else, we're **not** in the flow of Love. We're **blocking** that flow of Love, and then on a deep level we're going to feel even **more** unworthy, because in our awareness, in our knowing of the spiritual truth, which is underneath all the false beliefs, we know, in

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our heart of hearts, that nothing is happening **to** us, it's all happening **by** us. And, as it says in that section on responsibility, *Responsibility for Sight*, that we give and receive as we **believe**. Everything is just as I wish it would be. That's how life works.

So if I feel unworthy of Love, I am going to attract, and manifest, and call into being, situations that will **convince** me that it's true. And then I take what **seems** like the evidence out here to say, "You see? No matter how hard I try, nobody really loves me! No matter how hard I try, I can never undo this pattern! No matter how hard I try, I will never be loved or accepted for who I am! No matter how hard I try -- blah-blah-blah" -- into the helpless and hopelessness.

So for me, I'm really grateful that I kind of hit my bottom when I was feeling suicidal and feeling that life was not worth living. I'm really glad that I reached that place, because then I **had** to recalibrate. And what I did was, I made the **decision** that I was going to **learn** how to Love myself. I

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had **no** clue how to learn to Love myself. Not a clue! But I **decided** that's what I was going to do. The power of decision was mine and I made that decision.

Developing a Healing Practice

And then, I began to deepen or have a spiritual practice. I found the beginnings of a spiritual practice, and I began to focus on extending true compassion and to stop blaming other people for how I felt.

Now, I feel like I was on a slow track for decades, and what happened for me, eventually -- it took about 20 years, because I was doing more, and more, and more -- reading books, taking classes, listening to audios, all that stuff -- more, and more, and more, and more, keeping my focus on it.

And that was great, **but** what **really** made the difference was, I decided to take responsibility for everything in my life, and I decided I was going to be all-in for working with Spirit to change my mind. Those two things --

taking responsibility and working with Spirit to change my mind, to stop thinking that I was right about everything that was upsetting to me, and to realize that if I'm upset I **cannot** be right. I am **not** right if I am upset! That was a game-changer for me.

And the third thing really was I made a commitment to be loving, to myself and others, no matter what. As I've said many times in this podcast, it kicked my butt! It **totally** kicked my butt! [laughs]

I decided to take responsibility for everything in my life, and I decided I was going to be all-in for working with Spirit to change my mind.

So that's why it's so exciting for me now to be able to share with people the actual steps that I took. That's what my [*Finding Freedom Boot Camp*](#) is all about, it's following along with me and doing the steps that I did, the things that actually you have to **do** -- you have to **do** them, not just think about it but **do** them -- in order to interrupt these patterns.

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A Community of Support

That's what my [Finding Freedom Boot Camp](#) is all about. It's about really getting a jumpstart and having a spiritual practice of prayer that **works**, having a spiritual practice of forgiveness that **works**. And I walk you through it step by step. That's what it's all about.

I'm going to be offering my [Finding Freedom](#) class coming up a little bit later in the month. In the meantime, I'm offering you this Worksheet of interrupting these patterns of unworthiness and helping to really see what's going on and take responsibility of it.

It's not for the timid, but if you have the courage to do this work, let's work on it **together**. Go to LivingACourseInMiracles.com/worthy, get the Worksheet, and then you'll be invited to sign up for the free classes, three free classes -- "Spiritual 911" "Emotional 911" and "Relationship 911" with the beautiful counselors and teachers who have been doing this work with me for years. I've been training them for years, and they are **awesome!** They are **so** good at what they do, and they have helped hundreds of people in our community and that's no joke! And they would love to support you by sharing these free classes with you.

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That's my invitation to you, to take advantage of these opportunities and to stop standing on the sidelines and settle for listening to audios and reading books, even *A Course in Miracles*. I'm encouraging you to **please** print out the Worksheet, take it to your Study Group and do it together. See what you can learn about **how** you can apply *A Course in Miracles* to really interrupt these patterns and to **live** the Love, to **walk** the talk in ways that are beautiful and profound.

Oh, my goodness! What an hour it's been! I'm so grateful and thankful to share it with you! What a profound and beautiful blessing that we are living the Love and walking the talk together! Now is the time of our liberation. It truly is!

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Closing Prayer

Let us place our hand on our heart here and let us be grateful. I'm so grateful for the opportunity to share what I've learned in a way that's meaningful and helpful to others, because I know how sticky these ego thought patterns are. Getting out of this stuff was the hardest thing I've ever done.

Now it's much easier for me, and every day I'm making headway. Every day I am loving myself more and I have more to offer, and I can be present with people, and that's so beautiful. Thank you! Thanks for going on this journey with me, because I know we've been doing it together for a long time.

Here we go!

I'm grateful and thankful to know that we are blessed in this Divine Partnership with the Holy Spirit. We are grateful and thankful to make a holy offering of all sense of lack and limitation.

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

I Love you! Have a great rest of your week! Mwah! Bye!