

**September 17, 2019**



# Conquering Unworthiness is Mandatory -- Part 2



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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September 17, 2019

# Conquering Unworthiness is Mandatory -- Part 2

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer      Bonjour! Bonjour! Ugh! I have a little bit of a cold today, or a lot of a cold, actually. But I know Spirit's going to get me through this, as It always does. I contemplated not having an episode this week, but that didn't seem to be the highest and best choice, so here we go! Pray for me!

## *Opening Prayer*

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Ah! I'm going to pray for myself and all of us, beginning with a blessing as we always do.

So grateful and thankful to open our hearts and our minds to the Infinite Intelligence, the pure Love, the Peace and the Joy that is ours, now and forever.

We are truly grateful and truly thankful to open ourselves to receive. We're receiving Divine Insight, Clarity, and awakened awareness.

We are grateful and thankful to let go of the blocks to Love and every limited thought we've ever had.

We are grateful to share the benefits of our healing, our expansion, and our Clarity with everyone, because we're One with them.

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

Yes!

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I always like to say “Yes!” to just further affirm that good news in the prayer. Mm-hmm!

### *Our Beliefs of Unworthy & Unlovable*

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This is a Part 2 of “Conquering Unworthiness” and letting unworthiness go, and it’s this is really mandatory for our awakening, because *A Course in Miracles* lets us know that we have **no** problems. All our problems have been solved, and the one problem that generates every other problem, every **other** problem that we think we have, comes from this sense of separation, this **belief** that we’re separate. That is the foundational problem. Now, because we believe we’re separate, we also believe that we’re unlovable.

If we **knew** we were One with the Infinite, we would **feel** that Love, and know that Love so fully and completely, we could never even conceive that we were unlovable, unworthy of Love.

But it’s this idea that we actually left God, or God abandoned us. People hold it differently in their minds that we are now, because of this, unworthy of Love, and we’re unworthy of every other good thing, since we’re unworthy of Love.

Therefore, **because** we’re unworthy of being **given** the All-Good of Spirit all the time, we have to **make** it for ourselves, and this is why we’re so intent on making a living, and making every other thing that we think we need, making it all possible and working to make it happen, over and over and over again. This is what people do, right? So we’re so invested in filling that hole, that void and covering up the unlovability.

Many people think, “Well, okay. I’m unlovable, **but** at least I can have all this stuff, at least I can have all these accomplishments, and so people will admire me and respect me, even if they don’t love me.” And many people are not even conscious of this belief system. We have so many beliefs that are unconscious.

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*If we knew we were  
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unworthy of Love.*

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*A Course in Miracles* really tells us that there's **nothing** unconscious. So what is that unconscious belief? It's a belief that we have that's operating in our awareness, in our life, in our experiences, and we are, in a sense, pretending that it's not, that we're **not** aware of it. But we have **made** our beliefs of not good enough. "Something's wrong with me. I'm bad. I'm not lovable." **We're** the ones who made these beliefs and agreed to carry them in our awareness. So, we're the ones that have to decide to let them go. We're the ones that have to make that decision.

### *Partner UP For Healing*

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Now, how letting it actually go, how that happens and how we do that, well, the good news is the Holy Spirit will take care of it **if** we decide. That's the beautiful prayer at the end of Chapter 5. "I must have made a wrong decision because I am not at Peace, and the Holy Spirit will undo all the consequences of my wrong decision, if I **let** Him." So that's the thing for us to do, is to **be** in that relationship with the Holy Spirit.

That's why every prayer I make, if you've been listening to my prayers, if you get my daily prayer -- which, by the way, you can sign up to receive an e-mail every day when the prayer is published, and you can also get the prayer podcast. It's called "[Prayer for Today](#)" and the e-mail with the prayer in it is "[My Daily Shot of Spiritual Espresso](#)", it's my blog, my daily blog, and you can sign up for that. You can get it one time a week, three times a week, whatever works for you. You can get it seven days a week. I publish it seven days a week, along with the prayer, and you can get those details and sign up on the [Blog page](#) at [JenniferHadley.com](#).

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---

But in every prayer I talk about Partnering UP with that Higher Holy Spirit Self, because **that's** where the healing comes from, that's where the healing is, it's in that relationship. And where the problems are, where the difficulties are, where the sense of lack and limitation exists, is in the **disconnect** from Spirit.

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So it's actually not that complicated. That's why in my classes, [Finding Freedom](#), [Masterful Living](#), I teach folks a simple way to pray that's very effective, and my goal for -- and it's the goal of many people who participate in those classes -- is to have an effective spiritual practice that you can carry with you every day, you can work it all day long so that you're **always** in the practice, **always** walking the talk, living the Love to the best of your ability, and your mind is healing, you're becoming miracle-minded more and more every single day. That's **my** goal, so everything that I offer in my classes is **practices** that support people in doing that.

And then, of course, we have an amazing community of wonderful people who are doing this work, and many of them start off they're not *Course* students, and some of them **become** very dedicated *Course* students. It's truly beautiful.

### Accepting Our Holiness Now

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I'd like to share something from Chapter 18, Section VII, which is *I Need Do Nothing*, and it's Paragraph 4. And so, this is the section, *I Need Do Nothing*.

*"It is impossible to accept the holy instant without reservation unless, just for an instant, you are willing to see no past or future. You cannot prepare for it without placing it in the future."*

You cannot prepare for the holy instant **without** placing it in the future.

*"Release is given you the instant you desire it."*

That's one of the things about *A Course in Miracles*, is it teaches us that spirituality is like an instant karma system. So the minute you are no longer interested in the blocks to Love, they fall away, so this is why it's about having **real** willingness and **great** sincerity. **This** is how we release ourselves from the pain and the suffering. It's **our** decision. **We** are the decision-makers.

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*You cannot  
prepare for the  
holy instant  
without placing it  
in the future.*

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So if you're **preparing** for the holy instant, it's always going to be in the future. It says here, in Paragraph 4,

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*“Release is given you the instant you desire it. Many have spent a lifetime in preparation, and have indeed achieved their instants of success. This course does not attempt to teach more than they learned in time, but it does aim at saving time. You may be attempting to follow a very long road to the goal you have accepted. It is extremely difficult to reach Atonement by fighting against sin.”*

If we’re fighting against unworthiness, that’s not the fastest path. The fastest path is to realize that unworthiness is something we made up. **All** are worthy.

Back to Paragraph 4 here,

*“Enormous effort is expended in the attempt to make holy what is hated and despised.”*

When I read this, that’s where I came up with that saying, “We’re already as holy as holy can be” and so, rather than try to make holy what we’ve despised about ourselves, recognize that there’s no part of us that’s **not** already holy. Much faster, much easier. Truly! And, the Holy Spirit will do the heavy lifting, if you’re willing.

So this is where having an effective spiritual practice comes in. Having that effective spiritual practice means that you’re really in the mind training every day. You don't step out of it, you don't take breaks from it.

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*The fastest path  
is to realize that  
unworthiness  
is something  
we made up*

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### All Are Already Worthy

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Alright, so back to Paragraph 4,

*“It is extremely difficult to reach Atonement by fighting against sin. Enormous effort is expended in the attempt to make holy what is hated and despised. Nor is a lifetime of contemplation and long periods of meditation aimed at detachment from the body necessary. All such attempts will ultimately succeed because of their purpose. Yet the means are tedious and very time consuming, for all of them look to the future for release from a state of present unworthiness and inadequacy.”*

We see many people who are trying to do practices to **become** worthy. Let’s get that though out of our mind, and focus on “**All are worthy. All are worthy!**”

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Who do you think is unworthy of Love? Who? Who? That person, if you're willing to see them as worthy of Love, you **will** have a healing. There's a Section in Chapter 7 called *From Vigilance to Peace*, and it talks about just this in Paragraph 11. It's talking about attacking our brothers and sisters, and even ourselves, and it says here,

*"Perceived without your part in it, God's creation is seen as weak --"*

So we don't see our part in God's creation. We're going to think of it as being not so powerful.

*"...and those who see themselves as weakened do attack."*

Because we're not seeing ourselves as part of God's creation, we're seeing ourselves as unworthy, unlovable. Because of **that**, we are weakened, right? Love strengthens, fear weakens, and when we're weakened we attack. Those who perceive themselves as vulnerable are weak, and therefore they attack, trying to defend themselves. I know so much about this, oh, my gosh! I think we all do.

### *There is Nothing to Attack*

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Now it says,

*"The attack must be blind, however, because there is nothing to attack."*

What are we attacking? In all instances, we're attacking the things of this world, the people we see, and we're only seeing our **projections** of them. We're not seeing them as they truly are. So there is **nothing** to attack. We're just attacking our projections.

*"Therefore they make up images, perceive them as unworthy and attack them for their unworthiness."*

Here's the thing to do with a teaching like this - really see, where are **you** doing this? And probably you're doing it with yourself, because I really think unworthiness is the biggest disease or illness that humanity faces. If we cure that, we would cure all ills.

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Each one of us can cure it in ourselves, and we can help each other by seeing the truth **in** them. So we --

*“...make up images, perceive them as unworthy and attack them for their unworthiness.”*

Where are you perceiving yourself as unworthy? You’ve made that up. Be willing, even if your parents told you were unworthy every day of your life, 10 times a day for 20 years or more, it doesn’t **mean** you’re unworthy. Right? With shame and things like that, we have to **agree** or we can’t experience it. We **have** to give our agreement.

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*Let’s teach  
only Love,  
for that is  
what we are.*

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So, take back your agreement that you are unworthy, but in the meantime, let’s see if you can see how and where **you** are perceiving yourself as unworthy and then you attack yourself for **being** unworthy.

You’ve made up the unworthiness. Maybe somebody else made it up and you agreed to it, but really, we’re all One, so let’s not nitpick here. We **agreed** that we’re not worthy of Love, somehow, somewhere. It doesn’t matter when or where, but then the thing is, is most people, at least -- I mean, I’ve been counseling people for nearly 20 years, and teaching classes with so many people, and working with them 1-on-1 for so many years, and I can tell you that most people, the biggest problem they have is they are relentlessly attacking themselves **all day long**.

Even extremely dedicated spiritual students, when I’m talking with them, I will hear them say things like, “Ugh! I don’t know why I’m so stupid!” or “That was so stupid of me!” and I think, “Wow! It’s still so sticky. It is so sticky.”

And sometimes, people even will say these things about themselves to make themselves more acceptable to others. Mm-hmm. I see some of that, as well, that people will put themselves down to make themselves more acceptable to others. Let’s not do that! Let’s not teach that. Let’s teach **only** Love, for that is what we are.

Let’s now also look at who, out there in the world, are we projecting our unworthiness on? One of the things I noticed when I was in high school was that the people who triggered me the most were the people that had

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the qualities, the aspects, of stuff that I most **feared** in myself. I began to notice that, that I would have an aversion to people who had the characteristics that **I** feared in myself.

I was talking about this in class recently, that I used to have an aversion to people who were insecure. I mean, I really -- it was like they had some catchable deadly disease. I had such a strong aversion to people who had low self-esteem because I felt completely unlovable, unworthy of Love. I was afraid, that it just terrified me, and when people would come around me who had that same issue, I got so triggered, because it reminded me of how I felt and I didn't **want** to be like **them**. I was trying to keep it hidden.

And so, when people would let me see their insecurities, and their fear, and their doubt, and their sense of unworthiness, it **really** frightened me, and so I just wanted to get away from them. I had to make them bad and wrong, because **that's** how I felt about my **own** unworthiness.

I don't feel that way anymore. I don't feel unworthy, and when I do meet people who are insecure and who feel unworthy, I can embrace them. There's no aversion there. I really **can** move close to them, and I feel compelled to even **be** closer to them, to **be** supportive, to **be** loving, and I have no fear of that anymore. Isn't that cool? [laughs]

This is what I wish for everyone, is to feel worthy. In the class where I was sharing about this -- and forgive me, I needed to put a lozenge in my mouth to keep me from coughing -- people said, "How did you heal that unworthiness?" I said, "I made a commitment, as a Spiritual Counselor, to see **everyone** in their perfection, in their Wholeness, their Beauty, their magnificence." And so, when I started 1-on-1 counseling with people, that's what I was seeing. I was seeing their Beauty and their perfection and their Wholeness, and it was so magnificent. Sometimes I would just start weeping because **I** could see it and they couldn't.

And so, seeing **their** worthiness and their Beauty and magnificence, I began to see my own. I began to see that we all have this perfection, and I'm so grateful. I'm so grateful. This is one of the great gifts of being a

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*I made a commitment  
... to see everyone in  
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in their Wholeness,  
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their magnificence.*

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Spiritual Counselor, is **you're** healing while **they're** healing. You help each other. Because as a Spiritual Counselor, people brought me -- their issues were my issues. That's how Spirit works it out. It's very cool. It's **very** cool!

### *Doing the Healing Work With Others*

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And, by the way, in the Power of Love Ministry, I train [Spiritual Counselors](#). I have my next training coming up next month, in October, early October. You can still register and come join us. It's **deeply** healing and life-changing, whether you ever would like to be a Spiritual Counselor or not. People from all walks of life have taken it.

And, those [Spiritual Counselors](#), if they enter into my [Certification Program](#), while they're in the Certification Program, they are doing counseling sessions to get their hours on a donation basis. So you can go to

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*Our brothers are  
our salvation.*

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[JenniferHadley.com](#) and you can find the [Counseling page](#) there. It's pretty easy to find, and you'll see all the Counselors who are certified and the counselors who are in the training, and I encourage you to book a session with them. Yeah. Wonderful! They're wonderful people doing **beautiful**, beautiful work.

And so, this is how we heal our unworthiness. This is one of the messages of the *Course*, is that our brothers are our salvation, and I have surely proved that, because it was my ability to sit with those people and keep my commitment to see their perfection, and their Wholeness, their magnificence, their Beauty that allowed me to see my **own**, to see that Spirit has given it to us **all**. None are left out, and that's a **very** beautiful thing.

And so, this leads us to a greater **awareness** of the Oneness and Unity of all life, and that is the antidote to **every** problem that we have. So if we tackle just this one issue of unworthiness, then we are going to heal **all** the other issues.

I made a video about this and posted it on the [Living A Course in Miracles page at Facebook](#). You can find it there, and it's one of the things I teach in [Finding Freedom](#) and [Masterful Living](#) is how to really undo **all** the problems that we think we have by tackling this unworthiness issue and healing it.

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It's so powerful! I **love** doing it with other people.

And, it's time for me to take a break. I'm Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio. We'll be right back!

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

### *The Work of Changing Our Mind*

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Welcome back! I'm Jennifer Hadley. We're talking about "Conquering Unworthiness" that it's mandatory to our awakening, to our Ascension in the Light, to our accepting the Atonement and fully experiencing this renewal, this Enlightenment.

Forgive me, again, that I have this lozenge in my mouth. It's what's going to keep me from coughing during the podcast here. Life! Life is happening. [laughs]

So one of the things we were looking at is the section in Chapter 7, Section VI, called *From Vigilance to Peace*, and so it talks about you don't see yourself as part of God's creation, and so therefore you feel weak, and the people who feel weak are in attack mode.

However, there's **nothing** to attack, because everything you think you're attacking is your projection, it's something you've made up. It says, when people operate this way, it says,

*"Therefore they make up images, perceive them as unworthy and attack them for their unworthiness."*

I was inviting you to see how **you** have made up your unworthiness and **you** attack yourself for being unworthy. Now one of the reasons why I teach classes, because it's a lot of work, but what makes it so gratifying is that in classes, people do the work that they often will **not** do on their own. This is what I've seen is that, left to their own devices, people will just read books, read *A Course in Miracles*, maybe they'll go to a [Study Group](#), and

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that's a great thing. But people will **read** the Lessons without actually **working** the Lesson.

It's **doing** the work all day, throughout our day, and being able to really look at it deeply that makes the healing. And so, this is what we can all do, **and** it is easier to do it together than it is to do it on our own. **For sure!**

So my invitation to everyone is to get a Prayer Partner, get someone that you're really doing the work with. If you don't want to be in class with me, I understand. Maybe you think you have too much to do already. But remember, spiritual practice **saves** time, and it saves time spent in suffering. Right?

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*Spiritual  
practice saves  
time,  
and it saves  
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---

Remember what I was saying in the last section about "I need do nothing."? We don't **need** to do lots of meditation and this and that, but it's really becoming miracle-minded and changing our mind. It's just much **easier** when we're doing it together.

### Breaking the Attack Habit

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It says here, we --

*"... make up images, perceive them as unworthy and attack them for their unworthiness."*

Make a list of the ways in which you attack yourself for unworthiness. Be willing, just **willing** -- willingness is all that is required -- be **willing** to see that your unworthiness **is** something you made up, and look at someone in the world that **you** perceive as unworthy of Love, and that you have **many** attack thoughts about, and realize that you are doing the same thing to them that you do to yourself.

See if you're willing to **stop** it. It's a habit that **can** be broken. Whenever you find yourself thinking attack thoughts, Partner UP with the Higher Holy Spirit Self. Make a holy offering of those attack thoughts. "Holy Spirit, please take these thoughts out of my mind so I never think them again. **All** are worthy of Love. Period. End of story."

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I shared this quote from the *Course* last week in the Part 1 of this series.

### *Worthiness Worksheet & Free “911” Classes*

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Oh, and by the way, you can still get that Worksheet, and you can get signed up for the three free classes we’re doing. The Worksheet is [LivingACourseInMiracles.com/worthy](http://LivingACourseInMiracles.com/worthy). It’s a **powerful** worksheet. I really encourage you to set aside some real time and do it. It’s going to be helpful to you, and I’m thinking about offering a class to go with the Worksheet, so those who get the Worksheet will get the free class.

We’re doing these three free classes this week -- “Relationship 911” “Emotional 911” and “Spiritual 911”. My [Spiritual Counselors](#), they’re certified by me, are teaching these classes and it’s beautiful work that they’re doing, and what they’re actually teaching is things that I taught them, so please come and support them. You can sign up for them when you get that Worksheet. Again, [LivingACourseInMiracles.com/worthy](http://LivingACourseInMiracles.com/worthy).

And if you can’t write it down, you can always get it from the transcript, and the transcripts are also available at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com). You can see all the [radio show episodes](#) there, you can search for episodes, you can sign up for the podcast there. So check that out, and lots of free stuff there at [LivingACourseInMiracles.com](http://LivingACourseInMiracles.com). [Study Group](#) support, if you’d like to find a Study Group, if you’d like to start a Study Group, we’ve got all kinds of free classes, all kinds of things there.

### *There Are No Exceptions*

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So the quote that I shared last week is 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 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.”*

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Make **no** exceptions. Make **no** exceptions. Everyone is worthy of Love, unconditional Love. We might not like everything that everyone does, for sure not. But we can still Love the **Being**, and that's our goal, to see the Unity of all life, because we **can't** Love ourselves and **not** Love every other Being. It's true! It is true!

Think of the person that you might feel hatred towards and you despise them. They **could** be your salvation, if you **let** it. This is the opportunity that we have. It's ours. It's ours for the asking. Ask and it is given.

And so, this is our Divine Opportunity that's coming to us again, and again, and again. Indeed! Let's not let another day go by. Let's **realize** that our unworthiness is a made-up story. Mm-hmm.

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*That's our goal, to see the Unity of all life, because we can't Love ourselves and not Love every other Being*

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### *No More Attack!*

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Now see, one of the major issues that people have is that we're so convinced of our unworthiness that we attack ourselves, and one of the things I observed a long time ago is that little kids, particularly little kids who have a younger sibling, or a pet, like a dog or a cat, they'll make that younger sibling, that pet, bad and wrong so **they** can seem to feel better about themselves. "Bad dog!" "Bad cat!" and that the younger sibling is bad, when really the younger sibling is just less experienced, doesn't know what the older sibling knows. And I sure did **all** of these things.

And so, from a very young age, we start attacking because **we're** attacked. We're attacked. And I see, for instance, in my nephew, who has been so beloved by our family, he's just -- and he's so sweet and angelic in many ways, he doesn't attack anyone. He really doesn't. I don't hear him attacking people, and I, for sure, have never heard him attack any of his siblings. He has three older siblings, and they don't attack him. There are no attacks. It's unacceptable in the family, so it's just not -- it never was something that started, it never got lift-off in my brother's family. And so, I know that it's a **habit** to attack ourselves.

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But for me, one of the smartest decisions I ever made was, I decided, “No more attack! **No more attack!** No more attacking myself, no more attacking others. **No more attack!**” which means no more judgments, no more criticisms, no more complaints, no more complaints and criticisms veiled as feedback.

Feedback is a great thing, I love it. Please give me your feedback, truly. **But** what I see in *A Course in Miracles* students, sometimes, is they’re just attacking, they’re just complaining, and they don’t see that it’s just their identification with the ego. They’re projecting their **own** sense of lack and limitation onto others.

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*Having zero tolerance for attack thoughts is what is going to transform our minds.*

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And this is what we **all** do, so that’s why having **zero** tolerance for attack thoughts is what is going to transform our minds. Zero tolerance for attack thoughts! We can do it! We **can**, we can, we can! I **know** we can!

And so, that’s why doing it together is easier, so let’s do it together. That’s what my classes are all about. Let’s change our minds. Yes! We can do it! We **are** doing it!

### *Connecting On Facebook*

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If you’d like to join us on Facebook, I have [A Course in Miracles podcast Facebook group page](#), but I also have the [Living A Course in Miracles Facebook page](#), and the [Living A Course in Miracles Facebook group](#). So if you’d like to join in on that, please do. Come share your comments. No complaints and criticism, please! [laughs] No attack thoughts. But let’s all become **very** vigilant for God and to give up the attack thoughts.

### *Claiming Our Healing Now*

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Attack thoughts can be very subtle sometimes, like saying, “Hey! You said you were going to bring home the milk. You didn’t bring home the milk. What’s up with that?” We have all kinds of attack thoughts that are like that. It’s ways that we make other people feel guilty and ashamed.

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It's also **really** helpful to us to contemplate what Jesus was telling us there about putting the healing in the future and making it a future tense thing, because God is a **now** system. There is **no** future, there is **no** past, so if we're thinking that we are going to be holier in the future, we are definitely affirming that we're not holy **now**.

That's why I like to say, "We're **already** as holy as holy can be," because that is the **truth** of it. Sometimes with a counseling client or student, I will suggest that they work with the affirmation "I AM perfect. I AM perfect, now and forever." Work with that, see what comes up. See what you actually believe. Be willing to be aware of what you **actually** believe.

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*God is a now  
system and  
the healing is  
now.*

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Many people have this fear to look within. In fact, the *Course* tells us we **all** have the fear to look within and it's healable. The fear to look within keeps us from conquering the unworthiness.

Remember, the unworthiness is a made-up story. Therefore, even though we might **believe** it with every fiber of our being, it's **not** grounded in truth, it is **not** real, and things that are **not** true and **not** real **can** be dissolved and resolved, permanently, back to whatever the root cause is, whatever the original decision was that we made that we're not worthy, and our brothers and sisters definitely help us with this.

So let us **not** think that our future will hold our healing. Let us claim the healing **now**, because God is a **now** system and the healing is **now**. It's time for us to claim it now.

### *Desiring Only the Valuable*

That's what this podcast is all about, is letting go of any idea that we're **not** worthy or anybody else is **not** worthy, but actually, this practical **application**. I think of Lesson 133 in the *Workbook* which is,

*"I will not value what is valueless."*

So let us **not value** our thoughts of lack, attack, limitation and separation, because they are **not** valuable. Definitely not valuable!

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And in this *Workbook* Lesson, it talks about unworthiness and it says,  
*“I will not value what is valueless, and only what has value do I seek, for only that do I desire to find.”*

So let us no longer value the decision that we’ve made that we’re unworthy of Love. So if we think we’re unworthy of Love because we’re too big, we’re too small, we’re “too --this” or we’re “too --that” we can look around the world, “Well who has that same characteristic? Is everyone who has that characteristic unlovable, or just me?”

**All** are worthy of Love. **All** are included in God’s Love, and the only problem we have is we think that some are not worthy. This is the core issue. When we feel separate, when we believe that we’re separate from God, we **feel** unworthy and we’re affirming it, we’re allowing ourselves to be caught up in it and perpetuating it.

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*When we  
believe that  
we’re separate  
from God,  
we feel  
unworthy*

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If you’d **really** like to heal this issue, I encourage you to get my worthiness Worksheet. There’s no charge for it. Just go to [LivingACourseInMiracles.com/worthy](http://LivingACourseInMiracles.com/worthy). Then you can sign up, and we’ll also tell you about those 911 classes, -- relationship emergency, emotional emergency, spiritual emergency healing methods that really build spiritual momentum. We’re calling them “The Momentum Method” and these things work.

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### *Self-forgiveness is the Key*

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We **do not** have to struggle with unworthiness. It is a made-up concept. It is **not** true. It has **no** power. What **has** power is the Love of God in **us**. When we take our God-given Wisdom and intelligence and we invest it in that which is **not** true, it will **seem** to have power because **we** have given it our power by shining our Light into it.

This is why self-forgiveness is **core**, key, to **living** *A Course in Miracles*.

It is always interesting to me that so many *A Course in Miracles* students do not do the true deep forgiveness. They hold onto regrets and resentments, just like the rest of us, just like I used to do, and rather than doing the deep healing of forgiveness work, they suffer. They continue to suffer. Why?

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Because they **believe** they're unworthy, and so they're looking for ways, projecting them out onto the world, to continue the suffering.

Those who feel unworthy of Love **also** feel unworthy of Joy and happiness. Remember, "I am not at Peace because I've made a wrong decision. I can change my mind, and the Holy Spirit will undo all the consequences of my wrong decision, if I **let** Him."

This is our **choice**. It is **our** time to **allow** the healing to occur. **Now** is the time for us to call it forth, to accept it. We can't delay this anymore and expect to be able to find ways to be happy in the world. For spiritual students, the world is going to become less and less enjoyable when we are identified with the ego. When we're less and less identified with the ego, the world becomes more and more enjoyable, because we're seeing what's **really** there, which are expressions of Love. "Everything works together for good. There are no exceptions, except in the opinion of the ego." [T-4.V.1]

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*Those who feel unworthy of Love also feel unworthy of Joy and happiness.*

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We can actually have a life that we **profoundly** enjoy. It surprises me, at times, how much Joy and enjoyment there is in this world. I never knew, because I was making myself miserable all the time believing that I was so bad and so wrong, and it was unfixable, and there was nothing I could do. I was going to be in it forever.

I'm so grateful for the healing that I've been able to experience. Truly, truly grateful for that. Yes!

### *Being All-in For Healing*

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This is what I wish for us all. Let's tackle this unworthiness together. If I get enough people who are willing to do this Unworthiness Worksheet, I'll do a workshop on the Worksheet. So please go get it, if you're ready and willing to do some work. Really, let's do it. Let's do some work together! It's so healing! Go to [LivingACourseInMiracles.com/worthy](http://LivingACourseInMiracles.com/worthy). Yeah! It's powerful! It's really, **really** powerful when we do the work together.

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I'd just like to say, I know I said it last week, but I just did that "Recovery From Sexual Abuse" retreat with magnificent beings who were **really** willing to do the work. It was one of the **best** experiences I've ever had in my whole life, because everybody was all-in for the healing.

And yeah, there was tremendous resistance, there was reluctance, there was anxiety about looking within and doing the deep work. But there was Joy, and there was Freedom, and the healing **will** continue. It **is** continuing. That's how it is sometimes, very often, like peeling the layers of the onion because they're attached. You peel this layer, and then you have **access** to the next layer. It's not that the layers never end -- they **do** end, and we can get there together. Yes!

If you appreciate this radio broadcast, would you consider making a [contribution](#)? It helps us pay for the producing of it, and it helps us pay for the transcripts.

### *Closing Prayer*

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It's time to pray!

We take a breath of Love and gratitude, and we bless everyone. All are worthy.

We Partner UP with the Holy Spirit and we allow ourselves to remember the truth that sets us free.

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

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