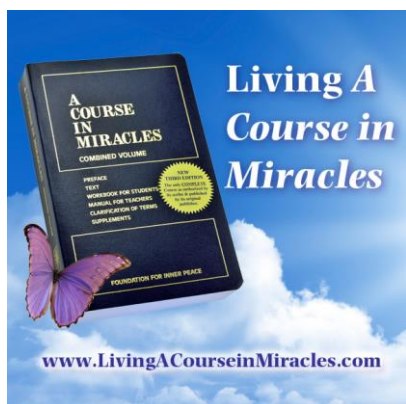


October 8, 2019



Self-Worth & Special Relationships



 *Jennifer Hadley*
your daily shot of spiritual espresso

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October 8, 2019

Self-Worth & Special Relationships

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! So grateful! Mm-hmm! Yes!

Opening Prayer

Let us begin with a blessing, as we always do. So grateful!

So grateful to place my hand on my heart and declare my willingness to recognize and remember the truth. We are grateful to transcend time and space to come together for our holiness.

We are grateful and thankful to leave behind any sense of lack or limitation, any interest in attack or separation. We are consciously attuning to the high vibration of our Higher Holy Spirit Self.

We are grateful to relinquish all that creates a sense of despair and unworthiness. We are grateful to focus on our holiness. We're already as holy as holy can be. We cannot be any more free than we already are, and we are willing to recognize and remember that. We're willing to celebrate it.

We are truly grateful to come together for this holy purpose of healing and transformation.

In gratitude, we share the benefits of our healing with everyone, because we are One with them. In gratitude, we let it be. And so, it is. Amen. Amen. Amen. Amen.

Yes! Yes, and yes again! So grateful! Mm-hmm!

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What Are Holy & Special Relationships?

This week we're talking about "Self-Worth & Special Relationship". I just did these "[Worthiness workshops](#)" which were so inspiring for me. And if you're listening to this right away, or live, you can do my "[Worthiness workshop](#)" tomorrow, Wednesday, October 9th, so that's available to you.

I'm sure I'll do it again sometime in the future, maybe later this year, because it felt **so** successful to me, and I'm so grateful that I followed the guidance and did it. It's so good! Really, really good!

Special relationship, for those who are new to *A Course in Miracles*, I'm just going to talk a little bit about that. I've done so many episodes of this podcast about special relationship, I encourage you to go to the archive and get them. You can go to

LivingACourseInMiracles.com/podcast and find them there. And if you're on iTunes, there are **two** podcasts, but everybody else has just one, and the two podcasts, if you're on iTunes are "[A Course in Miracles](#)" and "[A Course in Miracles archive](#)" because they limit the number of episodes in a podcast. So, you can just search, wherever you're getting your podcasts, for "special relationship" in my podcast archive and you'll see all those episodes, because if it's not in the title, it's in the description.

*Special
relationship is
ego-based
and holy
relationship is
Spirit-based.*

Also, by the way, if you do go to LivingACourseInMiracles.com/podcast, you will be able to also get the transcripts, and you can sign up for a weekly e-mail that we send when the transcript is ready and it's all published with a breakdown of what I talk about in the episode. Some people really appreciate that, and if you do, I'm glad to do it!

Special relationship versus holy relationship, the way I like to describe these two kinds of relationships that we can have, special relationship is ego based and holy relationship is Spirit based.

Ego relationship, as I perceive it, it is designed to provide "shelter against the storm." Holy relationship is for our awakening, for our healing, for our expansion.

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The special relationship, it affirms that there **is** a storm, that there are problems, that we're unworthy, that we are not good enough, that's something's wrong with us and we need shelter from that. A holy relationship affirms that we are completely and totally lovable as we **are**, that the Love is unconditional from our Mother-Father God, from the Infinite Intelligence, from our Creator, from all of life. We are loved unconditionally.

One relationship, special relationship, is a delusion within the illusion and a holy relationship is awakening, it wakes us up, it brings us out of the dream into our true Reality **now**.

Relationship with other people is our #1 tool in our awakening, so if you haven't called for the Holy Spirit to make your relationship holy, now's the time. Get on with it! [laughs] I don't usually like to be that direct, but I'm telling you, you will never -- well, once your relationship is made holy, you will be so glad that you did!

*A holy
relationship is
awakening,
it wakes us up,
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into our true
Reality now.*

Now, I have done a bunch of episodes about special relationship that explain what it says in Chapter 17, Section V, *The Healed Relationship*, that many people do find that the transformation from special relationship to holy relationship is intense. It is going to bring up your stuff, so if you can't handle that, you may be avoiding having a holy relationship.

But rather than trying to handle it by yourself, I encourage you to Partner UP with the Holy Spirit and don't go it alone. Call the angels to help you. Let it be a vehicle for your deepening spiritual practice.

Self-Esteem & the Special Relationship

But many people who feel unworthy, and this is our topic today, "Self-Worth & Special Relationship" many people who feel unworthy, which is most people who are ego identified -- everybody who's ego identified feels unworthy. Every single person, no matter how powerful they are, no matter how beautiful they are, no matter how wealthy they are, no matter how talented they are. They all feel unworthy of Love if they're having special relationships, and you know you're having special relationships when you're not satisfied, when you're dissatisfied.

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In fact, in Chapter 16, Section VII, which is entitled *The End of Illusions*, it talks about this in special relationship. It starts right off, in Paragraph 1,

“It is impossible to let the past go without relinquishing the special relationship.”

So, if you still are experiencing the special relationship, you are still mired in the past, so that means you will be suffering, basically, every day. You will have upsets every day, you will be irritated, and frustrated, and disappointed, and hurt, and all of those things, because a special relationship is **all** about the past. It’s **all** about the past.

It says here,

“For the special relationship is an attempt to re-enact the past and change it. Imagined slights, remembered pain, past disappointments, perceived injustices and deprivations all enter into the special relationship, which becomes a way in which you seek to restore your wounded self-esteem.”

“It is impossible to let the past go without relinquishing the special relationship.”

Right? We’ve all done this. We’ve all done it, oh my gosh! Let’s not hide anymore. Let’s not pretend we’re holier than anybody else. We’re all One with each other. How could anybody be more holy than anybody else? It doesn’t make any sense. It’s illogical.

Love is a Now Thing, the Ego is the Past

Then, if you are experiencing these things -- the pain, the imagined slights, the past disappointments, the perceived injustices and deprivations, if you’re experiencing that, if you notice that the people you’re in relationship with have very similar issues and personalities to people you’ve been in relationship with in past, you’re doing exactly this -- you’re seeking --

“-- to restore your wounded self-esteem.”

Right? By correcting the errors of the past in a delusion, in an illusion.

I’m just reading here,

“What basis would you have for choosing a special partner without the past? Every such choice is made because of something ‘evil’ in the past to which you cling, and for which must someone else atone.”

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Okay? So, this is what's going on, and it's not entirely conscious. Sometimes it is, sometimes it isn't. It depends on your willingness. If you're willing to know the machinations of your egoic attachments, you **will** become aware of them. Right? And when you become aware of them, if you're like me, you start to go, "Oh, my God! I'm more messed up than I ever realized!" [laughs]

But that's when you can begin to disidentify with the ego, and here is how you do that: you start to take responsibility. You start to take responsibility for how you **feel** instead of trying to manage or manipulate somebody else to help you feel better. When you're looking outside yourself for validation, then you're in special relationships and there's never going to be enough validation from the external world to complete you, if you feel incomplete. Right?

I love to refer to that *Jerry Maguire* movie, which I think is a great movie and I love it so much, and it really is all about special relationship and not holy relationship. The whole thing, when Jerry says to -- I forget what her name is, but his wife, "You complete me." [buzzer sound] No, dude! I love you, but you are **already** complete. You were complete before you met her. You were complete before you fell in love with her, and married her, and all those different things that you did. You were **already** complete."

*God could not
be complete
without us,
and we are
part of God,
therefore God
is complete,
therefore we
are complete.*

We are all complete. Why? Because we're part of God, and God is complete, right? How could God be incomplete? In fact, one of the basic tenets of the Course is that God could not be complete without us, and we are part of God, therefore God is complete, therefore we are complete. We're the microcosm, God is the macrocosm.

"The special relationship --"

--it says here,

"...takes vengeance on the past. By seeking to remove suffering in the past, it overlooks the present in its preoccupation with the past and its total commitment to it. No special relationship is experienced in the present."

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That should be a wake-up call for all of us, because where is Love?

♪ “Where is Love?” ♪ Remember that song? I don't know, a special relationship song, for sure.

But anyway, Love is in the present moment. Love is a **now** thing. Love is a “now system”. It can **only** be experienced in the now. It is not in the future, it is not in the past, so Love is in the now. Special relationships are all caught up in the past and projections of the future.

*Love is in the
present
moment. Love
is a now thing.*

The Illusion of the Storm

If you go down a little bit further in this section, Paragraph 5, so we're at Chapter 16, Section VII, Paragraph 5,

“In the special relationship it does not seem to be an acting out of vengeance that you seek.”

It doesn't **seem** to, but it **is**!

“And even when the hatred and the savagery break briefly through --”

Right? When you have an argument with your loved one,

“... the illusion of love is not profoundly shaken.”

The **illusion** will hold. The illusion of Love, that “shelter from the storm.”

“Yet the one thing the ego never allows to reach awareness is that the special relationship is the acting out of vengeance on yourself.”

On **yourself**! That's right! That's **why** it has so much to do with our sense of self-worth. So, when we have a special relationship, it could be a fantasy relationship, it could be a real -- or, we could say a relationship you're having in the world of form, an actual relationship. You could be married. It could be your dog. But when you're looking to get validation, and completion, and affirmation, and sustenance from the people you're in relationship with, that's a special relationship, and every minute of it affirms that you are not whole, you are not complete, you are not worthy of Love -- not real Love. The best you can do is this illusion and delusion.

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Jesus says to us,

“In seeking the special relationship, you look not for glory in yourself. You have denied that it is there, and the relationship becomes your substitute for it. And vengeance becomes your substitute for Atonement, and the escape from vengeance becomes your loss.”

When we settle for special relationship, thinking it's the best we can do, **there's** the affirmation of our unworthiness. **There's** the vengeance instead of Atonement, right? Atonement is when we recognize that there's Unity and Oneness, there always has been, there always will be, there is no separation.

Atonement is when we recognize that there's Unity and Oneness, there always has been, there always will be, there is no separation

The special relationship is the best tool in the ego toolkit to keep us from recognizing the Oneness of all life, and the holy relationship is the best tool in the toolkit of the Holy Spirit to help us realize that we are perfect, that we're already as holy as holy can be, and our only directive, really, is to choose the holy relationship and put the Holy Spirit in charge.

Do Not Abandon Faith

Now, I will say, quite honestly, that for most people, when they choose that holy relationship, just like it says in Chapter 17, Section V, *The Healed Relationship*, that most people find that to be **incredibly** challenging, and most people will actually give up the holy relationship, the hope of holy relationship and go back, and actually they'll abandon the relationship altogether and go start a new relationship. It's very tempting. It's **very** tempting. This is why I speak out about it all the time. Jesus tells us,

“This is the time for faith.”

Put your faith in the Holy Spirit.

“You let this goal be set for you. That was an act of faith. Do not abandon faith, now that the rewards of faith are being introduced.”

What happens is when we ask for the relationship to be made holy, everything that's unholy about it is going to be **exposed**, and it's kind of like riding a bucking bronco. You're trying to stay on the bronco, right?

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I once rode the bull at Gilley's. Do you remember *Urban Cowboy*, that famous movie with John Travolta and Debra Winger? There's that scene where she rides the bull at Gilley's. Well, back in the day, back in the 80s, I was in whatever town that was. I don't remember where that bull, that mechanical bull is. I have somewhere, I've got a t-shirt that says, "I rode the bull at Gilley's".

Anyway, that is not an easy thing to learn how to do. That is -- I would never want to do that again! [laughs] I did **not** enjoy that experience. And I love roller coasters and things, but that was not fun.

And that's what happens for most people, and what Jesus warns us,

"For once the unholy relationship has accepted the goal of holiness, it can never again be what it was."

"The temptation of the ego becomes extremely intense with this shift in goals. For the relationship has not as yet been changed sufficiently to make its former goal completely without attraction, and its structure is 'threatened' by the recognition of its inappropriateness for meeting its new purpose."

"For once the unholy relationship has accepted the goal of holiness, it can never again be what it was."

In other words, what happens is we are inside this special relationship that we now begin to really see as being **so** dysfunctional -- **so** dysfunctional! -- and there's no chance of it ever making us happy as it **is**, and we do not know how to change it. And if we don't trust the Holy Spirit yet -- and how many of us do? Very few -- we're going to say, "I either have to abandon the holy relationship or abandon this relationship, get the heck out, because it is a steaming pile of poo and I've got to go create another relationship." And the only kind we know is special, so we just go back and start all over again.

See, that's why I'm such a huge proponent, and why I talk about this frequently, is the **very** best gift we can give to ourselves is **not** to abandon that stinking pile of poo, and say, "Spirit, I'm going to have faith in You. I am going to trust You."

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We Are Worth Holy Relationships

What Jesus says,

“The conflict between the goal and the structure of the relationship is so apparent that they cannot coexist.”

You realize, “Oh, my gosh! This relationship is -- it seems untenable as it is. How could it **ever** be made holy?”

Well, it **can** be **if** you let the Holy Spirit **do** it! But you have to not give up, you have to hold onto it, you have to pray, and that’s exactly what I did with **all** my relationships. **All** my relationships. And there are some that still feel a little less than holy, but they improve **all** the time. All the time!

And in so many of my relationships where I was pained, and where I felt so upset all the time, and I would get triggered all the time, **all** of that became holy. **All** of it, and I’m peaceful in those relationships now. And I’m so grateful, all my friends, they’re holy relationships for me.

I don’t get triggered, and occasionally other people in my relationships get triggered, but I have the skillset to take responsibility, to not exacerbate it and I am **so** grateful for that. That is my Joy and happiness. That makes me the happy learner. Yes!

So, hang in there! Hang in there, because it is about your self-worth. If you abandon that special relationship while it’s being made holy, you’re saying that, on one level, you’re saying, “I’m not worth it. **I’m** not worth it! I can **only** have a special relationship. Spirit won’t help me. I am **not** worth it.”

Experience an Extraordinary Transformation

I’d just like to say, this is what we work on in all my classes, in [*Finding Freedom*](#) in my boot camp and in my yearlong [*Masterful Living*](#). It is **core** to our curriculums, doing this work on special relationship, and just having the holiest relationship that we’re willing to have in this moment and making it so it’s **not** like riding a bucking bronco, making it so that it is unfolding with as much ease and grace as possible.

Because that’s what I see happens in [*Finding Freedom*](#) and [*Masterful Living*](#), is that people hang in there and they take responsibility, and they do Partner UP with the Holy Spirit, and it’s **so** much easier and there’s so much support for them **while** they’re doing it, if they’re in these classes.

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By the way, that's why I'm offering [Finding Freedom](#) right here, right now at the end of the year. It'll be the last time for about six months, so if you're interested, join me! Because the amount of healing you can have during the holiday time is **extraordinary!** I see it every year.

This is the 12th year, and I am so excited for the healing that folks are going to have this Fall. It is just -- it's **so** wonderful! It's a **relief**, and it does help us **really** transform that low self-esteem, that sense of not feeling appreciated. Ugh!

Who wants to go through **that** again, another holiday season, where you've got upsets around Thanksgiving, and Christmas, and Hanukkah, and all the different holidays that are coming up, and feeling unworthy, and unlovable, and left out, and all these different things, and you're trying to control, and manipulate, and manage your family to get in line with what you'd like to do?

Enough already! Enough! If you've had enough, check out my [Finding Freedom](#) class. You can have a free Exploratory Call with one of my Spiritual Counselors who has counseled **many** people through it. They've helped facilitate and they've certainly done the class themselves.

That's my pitch for [Finding Freedom](#), and it is time for me to take a break. I'm Jennifer Hadley. 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*.

Love Restores Our Self-Worth

Welcome back! So, we're talking about "Self-Worth & Special Relationship". My heartfelt wish is that you, listening to this, would be inspired to listen to the other episodes about special relationship and holy relationship, and that you would call for the Holy Spirit to make your relationship holy, and that you would use the tools that you have, either the ones you intuit, the ones you've gotten from me if you're in [Finding Freedom](#), if you're in [Masterful Living](#), that you would really do **everything** you can to make **all** your relationships holy.

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It **is** challenging. You know, this work is not for the sissies! [laughs] It's for the strong of heart, and it **makes** us strong of heart. It strengthens our heart beyond anything we ever imagined we could have. Truly! This, I know, and I'm not the only one that proves it all the time, because I see hundreds of people in [Finding Freedom](#) and [Masterful Living](#) community doing it all the time, extraordinary! Extraordinary!

Right now I've been doing 1-on-1's with folks in [Masterful Living](#). It's part of our curriculum, and ah! People -- you know, even people who have not done a lot of work this year, they've **still** seen **real**, tangible improvements. And those who have really put an effort into it and put attention on it have seen **tremendous** results. **Tremendous!**

It's so heartening that when we do this work, when we actually **live** these principles of *A Course in Miracles* and we **apply** them, day after day after day, when we know what to do, how to do it, when to do it, why to do it, where to do it, it is **deeply** powerfully healing and restorative. It restores our self-esteem. It restores our self-confidence. It restores our self-worth, all of which comes from being loving.

*Everything comes
from being loving.
Love is the
only healer
that there is.*

Everything comes from being loving. Love is the **only** healer that there is. There is no other healer, so if we're not being loving, if we're tied to the ego perceptions by our belief system, if we're not actively unhooking that every day, we're going to continue to suffer and be miserable.

What I was saying in [Masterful Living](#) yesterday is that I see the higher we rise, the more clear our awareness is. The more we take out the trash from our consciousness, and the more we recognize our divinity, the bigger the challenges we will have. But they are **easier** to handle. This is a guarantee. Right?

We see world spiritual leaders, like the Dalai Lama, deeply challenged all the time, but he's able to be happy, he's able to live a good and productive life, and he is able to be a Light to the whole world. But he has **huge** challenges, and he has learned to turn them over and to be that Teacher of God that he was born to be. And we are **each** born to be a Teacher of God. We're designed that way, and if that's not how we're living inside our

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relationships, inside our family, inside our workplace, inside our friendships, then it's because we've settled for special relationships.

But who's teaching about this when we're growing up? I didn't know!

Sorting Out the Unworthiness

One of the things that I hear all the time from folks in [Finding Freedom](#), in [Masterful Living](#) who are doing this work, is that they realize, "Oh! These friendships that I have, they're totally special relationships! They're codependent."

I know, for myself, I used to have the kinds of relationships where I literally would think, "Okay, I'm supposed to see them once a month, and call them twice a month, and that's my obligation in this relationship to keep it going." Well, **what?** Why would I keep it going if I feel obligated? Why am I doing that?

when I started to really **live** the teachings of *A Course in Miracles*, I just stopped all that. If I feel inspired to call, I'll call. If I feel inspired to get together with somebody, I'll get together with somebody. But I don't need to do it to check off something on a list.

This is one of the things that **many** spiritual students, if not all spiritual students, go through is they go through a "*period of sorting out*". It's right there in the *Manual for Teachers*, Chapter 4, *What Are the Characteristics of God's Teachers?*

The section, *Development of Trust*. It's one of the stages of our development of trust, a "*period of sorting out*". Right? And we must really be willing to say, "What am I doing? What is my motivation? Is it ego or is it Love?" And it can be confusing, right?

So, if I'm maintaining a friendship that does not nourish me, what am I doing? I'm doing it because I feel unworthy of a nourishing friendship. So rather than making time for a nourishing friendship, I'm investing my energy, my time, my money in **affirming** my unworthiness with this unsatisfying relationship.

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So, what I did was, I gave all those friendships -- all my friendships, whether they were satisfying or not -- I gave them all to the Holy Spirit to make them holy. And some relationships did go through some challenges, and **all** became holy. And, some friendships just dissipated. The people were no longer interested in connecting with me, I was not connecting with them. I Love them, but I don't need to hang out with them. It's okay. It's okay! We don't need to hang out with everybody. There's not enough time, anyway. [laughs]

What's important is that the relationship is nourishing and nurturing.

Now, some relationships, we are giving more, it seems, in the world of form, and if we're giving to get something from that person, then that's an ego special relationship.

But if we're giving because we feel called to give, because that person is challenged, or struggling, and we feel called to give -- not to make ourselves feel better, not to make ourselves feel worthy, or generous, or anything like that -- we're giving up all of those egoic binding behaviors in order to affirm, "All are worthy of great nourishing, loving relationships. All are worthy. **All are worthy!**"

When we do not feel worthy of Love, that's when we are trying to manage, control and manipulate our relationships to give us what we **think** we need. It's a **huge** act of Self-Love to surrender those habits.

*All are worthy
of great
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loving
relationships.*

Healing the Mother/Daughter Relationship

As we are coming to the holidays now, I always like to make a huge pitch for doing this transformation, this relationship transformation, during the holidays and before the holidays.

And by the way, I'm going to be offering a couple of things, I hope, in November, aside from [*Masterful Living*](#). Registration will open in November for 2020. I'm going to also do, I think in November, a class on the Enneagrams, because I think it does help with relationship healing and our relationship with our Self and our personality, Very healing work and personality work. And also, offering some classes in forgiveness and in grief, grief recovery, so you can be on the lookout for those things.

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In our transformation of our special relationships, and the impetus to do it and to have holy relationships, it brings benefit to **everyone** in our lives. It does! I've seen it! It spirals out to the people we're closest to, and then beyond and beyond and beyond that.

I was just talking with someone yesterday in [Masterful Living](#) that was telling me their relationship with their spouse greatly improved. **Greatly** improved! They don't fight as much, and it's all because the person started to apply these principles of *A Course in Miracles* and really live them. **Really** live them! And not just their spouse, but their parents, seeing those relationships improve, as well. And then the children, relationships with the children.

*In our
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You know, one of the most intense issues I see in this world of relationships that people have is, I've had the blessing, the great blessing, to work with many moms who have very, very difficult relationships with their daughters, where their daughters are estranged from them, their daughters won't speak to them anymore. And, being able to support them in having healing and transformation in those relationships is such an honor to me.

What I've seen -- and I see it, in part, because I had a difficult relationship with my mother until the last part of her life, until after she was diagnosed with terminal cancer, and I wouldn't wish that for anybody else -- so what I've seen is, doing this work that we do in the classes is that many daughters feel hatred towards their mothers because their mothers are afraid of them, and so their mothers are trying to please them, and trying to keep them happy, and doing far too much, and the daughters feel manipulated by their mothers.

Their mothers are actually trying really hard not to manipulate them. They don't see that all their placating, and all the extra things that they do, and all the ways that they let their daughters get away with treating them badly, is actually trying to manipulate their daughters to like them and to Love them, and it foments a kind of special hatred toward their mother, that their mother is not standing up to them, that their mother is not being

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honest with them, that their mother is trying to control and manipulate them with kindness, even, with treating them special.

If that goes on for a long time, and if the mother is genuinely afraid of the daughter's anger and upset, it does create this super dysfunctional relationship. I've seen it time and time again that the mothers are coming to me, or the daughters are coming to me, and that it's just a very, very dysfunctional relationship.

But it can be healed by the Holy Spirit if we **allow** it, and that transformation and that return to Love is so precious, it's **so** precious, because it also affects the whole family. Right? And it affects all the relationships that both the daughter and the mother have.

I don't know, maybe I ought to do a special class on that, but I'd rather just do that work within [*Finding Freedom*](#) or [*Masterful Living*](#) because then many, many people are benefitting that way.

What I've seen is that, you see, when a mother, her self-worth is compromised, she will be in that codependent relationship with her daughter, and maybe with her spouse, her other children, but particularly with that daughter and trying to please the daughter, make the daughter happy, and get the Love from the daughter. It's very manipulative, it's very controlling, even when, like I said, it seems like the mother is just letting the daughter do whatever she wants. It's still manipulative and controlling, and the daughter **knows** it, even if the daughter can't articulate it.

Like, for me, I would get so mad at my mother when she was trying to please me and make me happy, and I know that she was sacrificing her own sense of self-worth and self-esteem, and offering to just be inauthentic with me and not be truthful with me. Or, I could just feel my mother was trying to manipulate me to get my approval by trying to please me and I couldn't stand it. It made me so angry, and I then would lash out at my mother.

*Transformation and
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because it also
affects the
whole family.*

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She never made me stop, and my father would get mad, too, but then he and I would get into a big fight, and then my mother would blame me for antagonizing my father and it was a vicious circle that we were in for many, many years, and it left me feeling completely unlovable.

“What is wrong with me? My parents love me! They’re trying to help me. Why does it make me so angry? Why am I – I must be just completely bad. I must evil!” That was the meaning I made of it.

So, every single time my mother was trying to placate me, or please me, or make me happy, all of that meaning that I made of these patterns would get triggered, and my sense of self-hatred and helplessness, hopelessness would get triggered and I would become furious, so, so angry, so impossible to deal with, so difficult.

I didn’t know how to explain it. They even took me to a therapist, the therapist sure didn’t help, really. Not really, because the therapist didn’t understand it.

I understand it now, and I’m so grateful that my mother and I got to a holy relationship before she passed, and we had a number of months basking in the Beauty of the holy relationship together. I’m super, super grateful for that. So grateful!

And it was me taking responsibility, me doing the work, me being all-in for Spirit, me saying, “I will not succumb to these patterns anymore. I’m giving it up to the Holy Spirit and demanding a holy relationship of myself, of my Higher Holy Spirit Self.”

Releasing the Barriers to Love

In *A Course in Miracles*, Chapter 18, Section II, which is called *The Basis of the Dream*, it says in Paragraph 5,

“In your waking dreams –”

Right? That’s our ego reality,

“... the special relationship has a special place. It is the means by which you try to make your sleeping dreams come true. From this, you do not waken. The special relationship is your determination to keep your hold on unreality, and to prevent yourself from waking. And while you see more value in sleeping than in waking, you will not let go of it.”

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Then later, in Chapter 18, Section VIII, which is entitled *The Little Garden* in Paragraph 12, Jesus says,

“Be sure of this; love has entered your special relationship, and entered fully at your weak request. You do not recognize that love has come, because you have not yet let go of all the barriers you hold against your brother. And you and he will not be able to give love welcome separately.”

We have to do it together. We can't do it separately.

“You could no more know God alone than He knows you without your brother. But together you could no more be unaware of love than love could know you not, or fail to recognize itself in you.”

The holy relationship will unfold, and as it's unfolding,

“Be sure of this; love has entered your special relationship, and entered fully at your weak request.”

You may not recognize the Love has come because you haven't yet let go of all the barriers you hold against the person you're in relationship with. But know, **together** is the **only** way that you can really welcome Love and recognize the Love is there, and that's why willingness is all that is required. Willingness, willingness, willingness!

So, we can let go of the armor, the armor against our holiness that the special relationship is. It takes courage.

A Commitment to Transformation

In Chapter 16, Section V, Paragraph 10, Jesus says,

“If you perceived the special relationship as a triumph over God, would you want it?”

If you knew it was a block to God, if you knew it was a block to Love, would you want it?

You see how it affirms your lack of worthiness of Love when you settle for a special relationship? A special relationship is filled with this – you're trying to please people and you're disappointed. You feel unappreciated. You feel unrecognized. You're trying to do more, and do more, and do more to **get** that sense of Love and completion. You're trying to either get it back or you're trying to get it for the first time.

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You could be doing it with your dog, your boss, your coworker, your brother, your sister, your mother, your father, your spouse, your children, anybody that you feel in any way you're trying to please them, to make them happy, that you're trying to be their source of happiness, even one of their many sources of happiness, you're trying to control and manipulate them, **you** are in a special relationship and it's all an affirmation of **your** unlovability.

I learned this myself. My most special relationships, the most difficult relationships I've ever had showed me, "Ah! **There's** my unworthiness showing up! I'm affirming my belief in it by trying to make this relationship work!"

I decided to stop making **any** of my relationships work. I give it to the Spirit for healing, "100%, it's Yours! You heal it! You do with it what You will. Build it up, tear it down. It's Yours, God."

I was bold. That was bold, and it worked for me, and I've never, ever regretted it. Never. Not for one second, not for one moment. I've always been grateful for what the Holy Spirit did for me in all of my relationships. I could not have done it myself.

But you see, this is what we do – we try and manage and manipulate our relationships on our own, to be what we think they would be.

And then when we're like, "Ugh! I just – what have you done for me lately? I've got to get out of this relationship! This relationship is just – it's never going to be what I want it to be! I've got to get out of it!" So, then we abandon all the effort we put into it, instead of just letting it be transformed into a holy relationship.

And I just want to make this last point. It doesn't **have** to be riding a bucking bronco to be in the transformation to a healed relationship. It doesn't **have** to be! But it will feel like that **if** we are not committed to it. Yeah.

My most special relationships ... showed me, "Ah! There's my unworthiness showing up! I'm affirming my belief in it by trying to make this relationship work!"

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Ah! Thank you to all the people who [donate](#) to make it possible for this podcast, because it does take quite a few people, the transcripts and all the different technology, so thank you! I Love you!

Closing Prayer

Grateful and thankful to place my hand on my heart and to know that we are blessed and that we are healing. We share the benefits of our healing with everyone, because we're One with them.

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

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