

November 5, 2019



Family Forgiveness for the Holidays



 *Jennifer Hadley*
your daily shot of spiritual espresso

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Family Forgiveness for the Holidays

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! I'm happy to be with you today, this moment, transcending time and space. Very, very grateful! I am up in Maine, still, and enjoying life on Deer Isle. I've been doing a tremendous amount of planting, planting bulbs. I will have planted probably 900 bulbs by the time I'm done. It's been a huge load of work, but I am excited to see what it brings.

I love, love working in the garden and it's a blessing to be outside all day. It means so much to me to have that opportunity to be in nature. It's my favorite thing.

So, let's pray!

Opening Prayer

Let's take breath of Love and gratitude together. So grateful and so thankful to consciously attune to the highest, the most precious Voice of Love within us.

So grateful and thankful to attune to the Higher Holy Spirit Self, our true identity, the Mighty I AM that I AM. So very grateful for our Wholeness and our holiness.

So grateful to open ourselves to the unlimited, unprecedented flow of Love. We are consciously deciding to be that fulcrum point of healing in our family and all of our relationships. We are no longer waiting for others to go first. We are no longer playing small in our life and in our relationships.

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We're opening our heart to Love. We're allowing Spirit to move through us and wash us clean of all resentments, all regrets, all guilt, blame and shame.

We are truly grateful and truly thankful to open our hearts to the very highest possibilities of Love. We are saying "Yes!" to renewal and restoration of our Christed nature in our awareness. We are willing to recognize that we're already as holy as holy can be, and in gratitude, we share the benefits with everyone, recognizing their holiness, too.

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

Mm-hmm! Yes! I mean business today! [laughs] In God Business today! Yes, yes, yes, and I'm so grateful to consciously share with you. It's a beautiful blessing that we get to transcend time and space together.

Getting to the Root Causes

Our topic today is "Family Forgiveness for the Holidays". The conversation with Gary Renard last week, just that little bit we talked about guilt, I think, it brought forth this topic this week, because guilt is **so** much a part of all of our relationship challenges, and it is that guilt that is the unconscious guilt that is the motivation for all the negativity in our lives, for all the sense of unworthiness, and all the sense of resentment, and regret, and blame, and shame. All negativity can be traced back to that unconscious guilt.

For me, the main thing is let us heal things at the **root**. Right? So, let's say you have a poisonous tree that is bearing poisonous fruit in your life. Do you, every year when the fruit is falling off the tree and poisoning the land, do you just pick up the fruit, the poisoned fruit and throw it away? Or do you just cut that tree out by the root? Yeah! it might seem a bigger deal to cut that tree out by the root.

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I'm focused on trees because there were a lot of trees downed here in a recent storm, and so I was just walking the land here and looking at all those trees, so Spirit knew what It was doing, putting my mind and attention on trees.

This is a great metaphor for us because the wise person would dig that tree out and get all the roots and all the remnants of it so it could never spring up again, so it could never bear poisonous fruit again, so it couldn't propagate. Right? So, it couldn't **continue**, so it couldn't bear more trees, no seeds anymore, getting it to the root.

That's my game, really. That's my whole thing in my classes, that's what we focus on, going to the root and not being **distracted** by the surface. And so, by the surface I mean when you have a momentary upset, when you have a sense of rage, or frustration, or irritation, or sadness, or shame, right there, all of every single negative emotion that we feel, every form of upset, is traced back to that poisonous root of unconscious guilt.

My prayer, as you've heard me say many times before if you're a regular listener to this podcast, my prayer is to say, "Holy Spirit, I place **all** on the altar. I give it all to You for healing. Heal it back to the root cause so I **never** experience it again, and please do the same for everyone else. Whatever this upset is, heal it back to the root cause so I **never** experience it again. I'm done with it! I'm done with everything that's like it. I'm no longer interested in focusing on the darkness. I am a creature of Love and Light, and **that** is what I'm interested in, Love and Light. The highest and best for anyone is the highest and best for everyone. I am choosing the highest and best for myself, for my loved ones, for everyone in my life, everyone on this planet!"

And remember, if you ever want to take one of these prayers, these affirmations that I use in the [podcast](#) that come through me, that we transcribe these radio shows. You can also sign up for the e-mail, by the way, to be notified when the transcript is posted, and it also, in those e-mails, I lay out -- or I should say "we lay out" because I don't do it, my wonderful transcriber, Cary Gilbert, does it, and Glazy Perez sends the e-

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mail -- but it's the list of the times where I talk about which things in the e-mail, in the podcast, so it gives you like a little Table of Contents.

Of course, the transcript itself has a Table of Contents, but we have the timestamps in that e-mail, so sometimes that's helpful if you want to know what the timestamp is and that's at LivingACourseInMiracles.com/podcast. You can search through all the episodes, the whole archive is there.

So, healing it back to the root, this is what we can **choose**.

Now, I also will say "If there's anything for me to look at, anything I need to review in order to let it go forever, please show it to me, make it plain so I cannot mistake it."

Unconscious Guilt Causes Blame, Anger & Resentment

You see, a big issue that we all are working with is that we're not that interested in being truly conscious of our motivations for every decision that we make. We're walking around unconscious. That's why the guilt is unconscious.

Many of us are walking around **thinking** we're awake, but we're actually sleepwalking, **dreaming** that we're awake. [laughs] Think about that for a moment! We're resisting awakening because, or we have been resisting awakening because we're not interested in fully being responsible for all of our choices. We like to put it on other people and blame **them** for our choices, that we're victims of circumstance, we're victims of other brothers and sisters, and therein lies the further deepening of the commitment to the unconscious guilt.

So, any sense of blame, any sense of resentment, any sense of trying to make others feel guilty because we don't like what they're doing, what they did, and we have resentment and we're mad at them, and we think that "They should have -- this" and "They should have -- that", all of that is actually furthering our unconscious guilt.

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Let's look at this, because this is exactly what we do in our families. It's **exactly** what we do. One of the things, I was talking about this recently and it's coming up again so I'm going to mention it, one of the things for me that was one of the biggest issues in my life was that I had this huge resentment for my mother, that she didn't love me the way that I wanted to be loved, she didn't mother me the way I wanted to be mothered, that she was a human having a human experience, and that she wasn't some angelic fairy godmother goddess figure who could understand me, and Love me, and nurture me the way I **wanted**.

So, I resented her and I took that resentment out on her in a myriad of ways -- talking sharply to her, withholding from her, cutting her out, shutting her out, and she would **let** me do it. I know on her side she was just giving me space, and she also didn't know what to do or how to handle it, because her mother was not the ideal mother, so she didn't have that ideal mothering experience and she had a great fear of not being a good mother. And so, because she was focused on not being a good mother, what was her experience? Not that she wasn't a good mother, but she experienced herself as not being a good mother.

My mother gave me so much. I see that now, and I saw it when I was growing up, but I still had all this conflict and the biggest conflict came from she would let me sometimes yell at her, swear at her, be mean to her, and that made me so angry that she would **let** me disrespect her.

I didn't **realize** it, probably until she was dying or she had passed away -- it all kind of blends together sometimes, but at one point I finally realized that the reason I was so mad at her, and I realized it thanks to my study of the *Workbook of A Course in Miracles* and employing the principles, living *A Course in Miracles*, I realized, "Oh! What this is about is I feel **guilty**, and I'm taking that guilty feeling and I'm projecting it out as anger at **her** that **she** did something wrong. But I actually feel so guilty for being mean to her." But I justified my meanness because she wasn't giving me what I want.

Love Holds No Grievances

There is no justification for meanness. Anger is never justified. It's what it says in *A Course in Miracles*, anger is **never** justified.

My favorite Lesson in the *Workbook* is 68,

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“Love holds no grievances”.

In Paragraph 3, this is the crux of it right here,

“It is as sure that those who hold grievances will suffer guilt, as it is certain that those who forgive will find peace. It is as sure that those who hold grievances will forget who they are, as it is certain that those who forgive will remember.”

So, if we're feeling guilty, if we are holding onto resentments, and grievances, and grudges, we've forgotten who we are. We won't recognize our brothers and sisters, either, and what they are doing or not doing and our projection upon them, all of that upset that's generated from it is to **help us** realize what the truth is. Every upset that we experience, no matter how tiny, is a spark to help us recognize that our life is the Life of God and we're choosing something else -- we're choosing an illusion of discord, and disharmony, and upset, and blame, and

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shame, and darkness. Every little upset is a little point that our Mighty I AM Presence, that Holy Spirit Presence, that Higher Self is using to show us “I could choose Peace instead of this.”

But “I could choose Peace instead of this” is **not** just some platitude, it's **not** just some affirmation. It's actually an invitation, it's an instruction. We must actually **choose** Peace, not just say, “I **can** choose Peace instead of this.”

This is how, inside our family relationships and all of our relationships, we can liberate not just ourselves but everyone around us and then they'll spread it to others and others and others. There's no mistake about anything in our relationships.

We Wrote Our Perfect Curriculum

So, let's look at this deeply today, **really** deeply. I'm going to take us to the *Introduction to the Manual for Teachers*.

If you're new to *A Course in Miracles*, what I share is, and I mentioned this, I believe, last week, I invite people to start with Gary Renard's book, *The*

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Disappearance of the Universe and then go next to the *Manual for Teachers* or the *Clarification of Terms*, and then into the *Workbook*. Many people don't really get to the *Text*. I **love** the *Text*, as you know! [laughs] I mostly focus on the *Text*, it's so rich. But I do love the *Manual for Teachers*, too.

So here in the *Introduction*, Paragraph 3,

"The curriculum you set up is therefore determined exclusively by what you think you are, and what you believe the relationship of others is to you. In the formal teaching situation, these questions may be totally unrelated to what you think you are teaching. Yet it is impossible not to use the content of any situation on behalf of what you really teach, and therefore really learn."

"The curriculum you set up --"

We set up this curriculum. *A Course in Miracles* says to us, "The script is already written." **We** wrote it. **We** set up the curriculum. We all have a unique curriculum, a unique script that is perfectly designed for us. This is the message of *A Course in Miracles*, therefore, **none** of it can be wrong. It can be wrong-minded, but not wrong.

And that's why everything works together for our good, because in the script, I perceive it as multilayered and tiered, like a video game -- you can go this way, you can go that way, you can choose to bite your tongue and to choose Peace instead of saying, "Oh, yeah? Well, just --!" you know, whatever mean thing we might say.

When I was younger I fought so much with my parents, in my teens and then in my 20's, and I fought so much with my brother and I fought so much with everybody all around me, my friends included. I don't have fights with friends anymore. Slight disagreements, misunderstandings, someone's having a challenging moment, I'm having a challenging moment. But not arguments. We're not -- there's kindness, there's Love, a foundation of Love in all of my relationships now because **I** changed the way **I** relate to the world.

"The curriculum you set up is therefore determined exclusively by what you think you are, and what you believe the relationship of others is to you."

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I realized that I had set up this curriculum, and so if I don't like the curriculum, I need to talk to the Holy Spirit and get help finding new aspects of the script, new aspects of the script with more Joy, more Love, more Peace, more Harmony, more Wisdom, more Clarity, more Freedom, and I **can**. I **absolutely** can. I **just** need to be willing.

Being the Fulcrum Point For Change

This is the thing I'd most like to share with you today is to make a commitment to go to your holiday gatherings, to any time you're with your family -- and, of course, many of you live with your family. I don't live with my family much of the time, some of the time -- and in that living with your family or visiting your family, decide **you** are the one who's going to choose forgiveness first, **you** are the one that's going to take responsibility for things as they are, **you** are going to be that fulcrum point, that dynamic point upon which the Love is revealed.

So, rather than giving as good as you get, giving Love, turning the other cheek. This is what Jesus meant about turning the other cheek. If someone treats you badly -- like I had an experience years ago where my dad was upset with me. He was upset with me because I had gotten upset and withdrawn the night before. I had thrown this dinner party for him, and his friends, and our family, and I had gotten just triggered by someone there and what was going on. But, of course, it was the trigger was in **me**, so I just kind of went down deep and got quiet. I cooked the dinner, I did everything, but I wasn't the life of the party and he was mad at me.

And so, the next morning he came to me and he said, "You know, I really didn't appreciate you acting like that last night." I said, "Dad, I totally understand. I really do and I got really triggered. And so, the best way I could handle it with all these people in the house was just to move forward and do the dinner, and do everything, and I was doing the best I could. **And**, if it ever happens again that you see that I'm upset, and I'm withdrawing or I'm not handling it

Decide you are the one who's going to choose forgiveness first, you are the one that's going to take responsibility for things as they are, you are going to be that fulcrum point, that dynamic point upon which the Love is revealed.

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well, just come to me and say, 'I see something's bothering you. Can I **help** you? Can I **help** you?' Would you be willing to do that if it ever happens again, Dad?" And he said, "Yeah. yeah, I could definitely do that."

And you see what happened in that moment was I didn't make him **wrong** for being upset. I asked for help and Love and support, **and** I showed him how to approach me if it ever happened again so that it **wouldn't** ever happen again. I have -- you know, I'm having a human experience and my dad didn't appreciate I was having a human experience. But he also was self-centered in that moment, as we mostly **are**. but I didn't make him wrong for it.

Alright, more to share. It's time for me to take a break. Gosh! It goes so fast! I'll pick this up on the other side of the break. You know what? I'm Jennifer Hadley and I love *A Course in Miracles*. This is *A Course in Miracles* on Unity Online Radio, where we **are** living the Love, we **are** walking the talk, and I'll be right back!

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

Healing Our Wounds of Fear

Welcome back! I was sharing before the break about my experience with my dad when he got po'd at me, and that's the perfect way to express it -- po'd at me, pissed off at me, because I did something he didn't like and I had a cry for Love. He did not perceive the cry for Love. Instead, he took the perspective of "You're not doing what **I** want. You're not doing what **I** need. **My** needs and wants supersede **your** cry for Love." And don't we do that all the time? **Don't we do that all time?**

And we do it with the people we say we love the most. I see parents do it with children who are not behaving the way parents want. I see it with sweethearts, and friends, and coworkers, and all of our relationships that we blame others for what we don't like.

I remember once working with a teenage girl and she was really, really deeply hurt that her best friend since she was a little girl was ignoring her at school, that she'd found a new clique of friends who was cooler than her, and so she wasn't hanging out with her anymore, and this precious girl

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was really hurt by it, but she wasn't acknowledging her hurt. She was really in the anger. Right?

So, underneath the anger is always fear -- fear of loss, fear of re-wounding, fear of being hurt again, fearing that we'll never heal, ever. And then, underneath **that** fear is the actual wound, and the wound itself is virtually always a belief in our unworthiness. It's a wound that's **self**-created. Yeah.

If you really look at it deeply, this is what you'll find, and it's really worthwhile looking at it deeply because then we can -- like with a wound in the body, if you just ignore it, it's not going to get cleared up. It's going to become infected and then it could kill you! [laughs] And that's the truth with our woundings, too, our emotional woundings.

Upcoming Classes

And by the way, that's why this Fall I've got a couple of classes coming up. I've got a free forgiveness class this Sunday, November 10th, and it is totally free. You can go to JenniferHadley.com. it's called "[Forgive Me! Here Come the Holidays!](#)" or, as I like to say it, "F- Me! Here Come the Holidays!" [laughs] So look for that. "F- Me! Here Come the Holidays!" It's also in the newsletter I send, if you get my newsletter. That'll be coming out today.

Then I'm doing a 3-part forgiveness class, a paid class called [Forgive & Be Free](#) and it's going to be in the middle of November. It's a Thursday, Saturday, Sunday -- boom, boom, boom, boom! We've got lots of follow up and support to help you really dig in and do this self-forgiveness work now.

And then in December, I'm going to do a 3-part class on undoing the unworthiness.

Anger is the Symptom, Unworthiness is the Cause

In undoing the unworthiness, a key part of it is the forgiveness work, you see, the self-forgiveness work. So, when I was working with this teenage girl, she was in her wound, but she wasn't dealing with the fear and the wound. She was just angry.

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Anger is like a protection. Sometimes I describe it as a cough, it's a **symptom** of a bigger issue, like a cough is or sneezing is. These are symptoms of bigger issues, and the anger is the symptom that we feel very tender, we feel extremely vulnerable and we can't bear it. So, the anger is to protect us, and the anger is also like a symptom, a sneeze, or a cough, is to **alert** us to the bigger issue, the root cause of it.

Again, I like to deal with the root causes of things, so when I was working with this precious being, this teenage girl about 13 years old, I helped her to see that yes, there was this anger on the surface. Because she wanted to go to her friend and say, "You know what? We're not friends anymore, because what have you done for me lately? Nothing! You are a so-and-so, a this-and-that, and f-you!" She really wanted to go down that road -- so said the ego.

In her heart, that's not what she wanted, so I helped her. I said, "So, what are you so angry about?" She told me what she was angry about and then I said, "So, it sounds like maybe there's some **fear** here. What are you afraid of?" so she could say, "I'm afraid I'm going to lose my friend forever. I'm afraid we're not going to have that special relationship anymore. I'm afraid that --" And she had all these fears about finding new friends, and what did it say about her that her friend just dropped her after all these years and closeness.

So, underneath the fear I helped her to see that there was actually a **worthiness** issue, that she was being tapped into this idea that maybe she's not good enough for her friend, that's why her friend is seeking new friends, other friends, better friends. And so, that wound of not feeling good enough was the **real** cause of the fear and the anger, and that's true for us in all of our family relationships.

That wound of not feeling good enough was the real cause of the fear and the anger, and that's true for us in all of our family relationships.

The Triggers of Blame, Shame & Feeling Wrong

In my experience with my father, because I had been doing my inner work and I felt good about myself, and I felt worthy of Love, and I did not feel ashamed and bad and wrong, I did not lash out at **him**. I understood. I had

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compassion, because I have compassion for myself now, after many years of working on it. I have compassion for myself now.

Yeah, I got triggered and I managed it the best I could. I didn't blame other people for it, I didn't make anyone wrong, or snap at anyone, or yell at anyone. I didn't do anything like that. I didn't make a scene. I just put myself to the sideline of the whole evening. But I executed the meal, cooked the dinner, entertained everybody, but I wasn't the happy camper that I normally am, and that's why my dad was so upset, because he really wanted me to shine like that. And I understood that, I had compassion for that, and I just wasn't able to in the moment. I wasn't able to fake it in the moment.

Now, to me, this whole experience of saying to my dad, "Here's what actually happened -- I got triggered, I got overwhelmed, I did the best I could. **And** in the future, if you ever see me having an experience like that again, can you come to me and ask me, 'Can I help you?'"

You see, then again, I think it's so important, I'm **not** making him wrong, and that's what I said to this teenage girl. I said, "What if you went to your friend and you just told her how you **really** felt. Instead of throwing all that anger on her, just say to her, "You know, you're really important to me. This relationship and the closeness that we've had for most of our lives is so precious to me, I don't want to lose it. What's going on? What can you tell me about how you're feeling?"

I said, "You know, if you went to her and you didn't blame her, and you didn't make her wrong, and you didn't attack her, maybe she could come to you in her heart and tell you what's really going on. Maybe she can't. But the only chance you have of getting what you'd really like is by being that friend of hers who she does really Love and reminding her of that."

"But if you make her wrong and you attack her, you are going to push her away. And maybe that's what you'd really like. Maybe that's what you'd really like is to push her away and just make **her** the problem. But deep in your heart, that's not what you **believe**, so if you'd like to have a healing there's a healing opportunity here."

Now what I didn't do with her and I didn't do with my father was, I didn't go into the whole deep unworthiness thing, because it wasn't appropriate at those times. You have to know when someone is open to it and when they're not, and how you know is they're in an active dialogue with you

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and they're asking you questions about what you think and feel, and they're not in **defensive** mode. Okay?

So, with my father, we had a long talk that morning. We had about an hour long talk and it was very deep, and personal, and intimate, and loving, and we ended up in a **really** great place. But we could never have done that if I had blamed him for his anger and made him wrong for it. Instead, I had compassion for it, I had understanding for it, and I needed to model that for my father so that he could, in turn, give it back to me.

See the Perfection, Don't Expect It

This is the teaching of *A Course in Miracles* that is,

"To have, give All To All." [T-6.V.A.5]

So, if you'd like to have compassion, give all compassion to **all** people **all** of the time to the best of your ability. Nobody's expecting perfection.

I used to fight like cats and dogs with my brother, and we don't do that anymore, but now and then we do get triggered. Particularly my brother will get triggered from time to time, and he'll blame me for something, or yell at me, or take offense at something I've done, when he has done the exact same thing to me and it didn't bother me at all. You know? And that's okay. That's okay. And then I'll come back and apologize, and he'll say, "I'm sorry. I really overreacted." Sometimes I've overreacted. And we say the same thing to each other, we're like, "It's life! It's relationships! This is a life with people."

So not holding a grudge, not holding a grievance, and that's such a good way to go. Not to **expect** perfection from our loved ones, but to **see** their perfection. Rather than **expecting** perfection from our loved ones, let us **see** their perfection, let us know that it's there, even if we can't feel it or see it in the moment. That's how we rise above the battleground.

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Family Changes Through Self-forgiveness

One of the most wonderful testimonials I've ever had in *Masterful Living* was very private, so, I am going to change up the details here just to protect the privacy of the person. It's not private for any reason I can think of, except I don't have permission to put it on my website as a testimonial that I remember, but anyway, it was wonderful. This man had been alone for many years and not had contact with relations -- cousins, and uncles, and aunts, and people like that. He basically didn't like any of them and thought they were all idiots, and jerks, and morons, and you know, "Who needs them anymore?"

But in *Masterful Living* he had been doing all this forgiveness work, a tremendous amount of **self**-forgiveness work and really making progress. He got invited to have Christmas with family, and he said he hadn't done that in years. He had vowed he'd never do it again, but he decided that God had given him an opening here to reconnect with his family.

So, he made a trip, and he decided to do it so that he was only going to be there -- like, get there on Christmas Eve, leave the day after Christmas, staying at a hotel, not at somebody's house. You know, really making sure he had strong boundaries.

*Let me be
the one
who goes
first.*

Well, he got there and he was a different person than he'd been with his family in the past, and so now he was practicing what we practice in *Masterful Living* which is "Let me go **first**. Let me go first." It's saying, "No, no. I was the one who -- please forgive me. I got annoyed for a moment. Sorry I snapped at you." You know, let **me** be the one who goes first and says, "Hey! Would you like some help with that?" Or, someone's struggling and you can see they're acting -- well, we could say it like a jerk.

There are no jerks, but sometimes people act like jerks. Right? Believe me, I've done the research. I've acted like a jerk a billion times. [laughs] Just ask my family! Anyway, way beyond a jerk, I've acted! But anyway. [laughs] It's good to remember to laugh.

So, to be able to say to someone when they're acting like a jerk, that they're overwhelmed, like I was talking about with my father, to say, "Hey! Can I help you?"

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I mean, it's going to be very specific. Ask the Holy Spirit, "What do I say here? What do I do now?" and don't assume that you know. See? Because sometimes you get surprised, because sometimes the perfect jerk interruption thing might be to say, "Hey! What did you think of the World Series this year? Are you a fan of that team? I was -- I couldn't remember what." Or for a different person it might be, "Boy, I remember Aunt Betty's pies. Do you remember Aunt Betty's pies? I was thinking about that. Gosh! I would love -- what I wouldn't give to have one more of those pies, and the opportunity to give Aunt Betty a big hug for all the wonderful pies!"

You know, it's going to be different in the moment, so I don't get that there's the perfect interrupter of the upset pattern that somebody else is going through. But another one is just to say, "Yeah. Yeah. Sometimes it's rough. It's rough. I get it, man. I get it. I can't say I know how you feel exactly, but I've had some rough times, too."

Because sometimes people say, "I know how you feel," and they **don't**. they really don't. That can be so egotistical. It's not **meant** that way, but it's **heard** by the other person's lens that way.

Facebook Groups

By the way, speaking of the holidays, and the ego lens and people saying, "I know how you feel," the Power of Love Ministry is supporting "[Healing Grief](#)", a grief support class and that is coming right up here in November. So, you can get all those details at [JenniferHadley.com](#) on the [Events](#) page.

And also, check out Facebook because we have a [Living A Course in Miracles Facebook group](#) and we have [A Course in Miracles ACIM Angels Facebook group](#), we have [A Course in Miracles podcast Facebook group](#). There's lots of Facebook groups so we try to spread everything out around there.

And if you ever have a topic that you'd like me to do for the radio show, put it on the [A Course in Miracles podcast Facebook group](#). I'd love to know it! Or, you can e-mail it to me at Admin@JenniferHadley.com. I love to get topic suggestions!

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Transforming Grief At the Holidays

That grief class is coming up, and one of the things that gets stirred up in terms of family emotion and family forgiveness at this time of year, the holidays, is a lot of people pass away at the end of the year, and a lot of people have passed away at the end of the year, and it all gets mixed into Thanksgiving, and Christmas, and New Year's and how we feel about those holidays.

And then, it also becomes -- I know for me, it was that way with my mom when she passed away, "This is the **last** Thanksgiving with my mom." "This is the **last** Christmas." "This is the **last** New Year's." "This is the **last** Valentine's Day." And then, the next year it came around, "Oh, this is the **first** Thanksgiving **without** her." "This is the **first** Easter without her." "The **first** -- everything without her." And so, it all gets stirred up, which is for our **healing**. Everything works together for good and there are no exceptions.

But at these times, people sometimes say, "I know how you feel," and many times they really don't. They think, "Oh, you feel sad." Well, it may be far more complicated than that. You might feel tremendously guilty. Many people who carry a lot of upset in their grief, there's a lot of guilt in there, a tremendous amount of guilt in there. And so, it's so valuable to get real support with grief and do the self-forgiveness work.

Don't Give That Relationship Up -- Give It UP!

Okay, I want to get us back to some *A Course in Miracles* quotes here, because this is good, juicy stuff and I've got some time left.

In the *Manual for Teachers* and now in chapter 2, which is *Who Are Their Pupils?* it's talking about this is Paragraph 5,

"When pupil and teacher come together, a teaching-learning situation begins. For the teacher is not really the one who does the teaching."

A-ha! That's why I'm a professional teacher, so **I** can be taught! Let me tell you!

"God's Teacher speaks to any two who join together for learning purposes. The relationship is holy because of that purpose, and God has promised to send His Spirit into any holy relationship."

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This is important for us to realize, that **every** relationship that we have, the other person is our teacher and not to **reject** the teacher because the teacher isn't showing up the way that we would like.

If we don't like the teacher is showing up, we're not willing to learn the lesson, and so if we reject that teacher we're probably just going to go out and invest all that time and energy, plus more, to create the same kind of a teaching situation.

That's why I say, "Don't **give up** on any relationship. **Give it UP** to the Holy Spirit."

So, let's make all of our relationships holy. This is one of the things that I've done, is I've asked the Holy Spirit to make all of my relationships holy.

Don't give up on any relationship.

Give it UP to the Holy Spirit.

Forgiving Ourselves First

Okay, now I'm going to jump to Chapter 9 in the *Manual for Teachers*, in the first paragraph here at the bottom of it, it says,

"Relationships in particular must be properly perceived, and all dark cornerstones of unforgiveness removed. Otherwise the old thought system still has a basis for return."

That's, again, healing it to the root.

This Chapter 9 is entitled *Are Changes Required in the Life Situation of God's Teachers?* and it starts off with,

"Changes are required in the minds of God's teachers. This may or may not involve changes in the external situation. Remember that no one is where he is by accident, and chance plays no part in God's plan. It is most unlikely that changes in attitudes would not be the first step in the newly made teacher of God's training. It is most unlikely that changes in attitudes would not be the first step in the newly made teacher of God's training. There is, however, no set pattern, since training is always highly individualized. There are those who are called upon to change their life situation almost immediately, but these are generally special cases. By far the majority are given a slowly evolving training program, in which as many previous mistakes as possible are corrected. Relationships in particular must be properly perceived, and all dark cornerstones of unforgiveness removed. Otherwise the old thought system still has a basis for return."

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This is why forgiveness is our **best** tool and it has to really be **self-** forgiveness. That's why I'm doing this free class on Sunday, "[F- Me! Here Come the Holidays!](#)" That's why I'm doing the 3-part [Forgive & Be Free](#) class and all of these things right now, so that we can really be that fulcrum point of healing in our family.

Oh, my gosh! My time is up! How does this happen?

ACIM 2020 Conference & Gratitude For Contributions

I want to mention, we've got discount tickets for [A Course in Miracles Conference](#) next year. Also, I'd like to say thank you to all those who are grateful for this podcast and who [contribute](#) to make it possible. God bless you!

Closing Prayer

Oh, my Lord! Let me pray.

I am so grateful and thankful to speak this word of prayer for all of us and our families. I call for a healing for all.

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

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