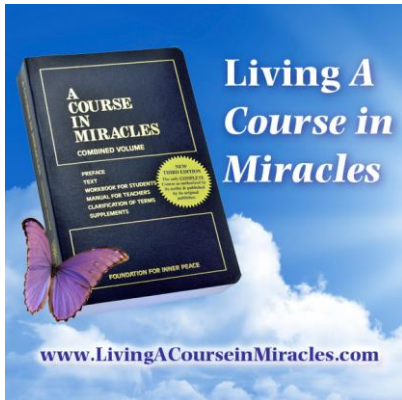


November 26, 2019



Quickening Your Awakening



 *Jennifer Hadley*
your daily shot of spiritual espresso

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November 26, 2019

Quickening Your Awakening

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! I'm in Arizona, I'm looking out at cactuses and things like that. Lots of cactus, palm trees, it's beautiful! Bougainvillea, beautiful desert plants. I am grateful to join with you in this holy instant that we have set aside for our quickening, our healing, our transformation.

So, let's begin, as we always do, with a blessing and a prayer. Grateful to share that with you right now.

Opening Prayer

So grateful to take this breath of Love and gratitude. So grateful to open our hearts. We place our hand upon our heart, so willing to have a healing, so willing to quickening our awakening, so willing to recognize and remember the truth, so willing to express and experience Love instead of lack, attack, limitation and separation.

We are grateful and thankful to open ourselves to an unprecedented healing and transformation. We are grateful and we are thankful to open ourselves to the fullest expressions of our own holiness.

We gather together for this purpose of transformation, transcendence and we are grateful to invoke that Higher Holy Spirit Self into our awareness. We're putting the Holy Spirit in charge. We are willing to have a healing here and now, and we share the benefits with everyone, because we're One with them.

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

Yes! Yes!

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with Jennifer Hadley

Seize the Opportunities for Awakening

My topic this week is “Quickening Your Awakening” and I’m so grateful for this topic. It’s wonderful! One of the things that is a constant theme in the *Course* is basically “Don't wait, don't tarry, don't miss the opportunity for the quickening, for the healing and for the awakening. Seize the moment. Seize the day. Seize the opportunity that is always there for us.”

How many times did I **used** to miss the opportunity? Not that I still don't, but oh, my gosh! I missed **so** many opportunities for my quickening and my healing. I was constantly delaying and putting it off, making something completely without significance more important because of that identification with the small, selfish self. Oh! Yeah!

In Chapter 7, Section VIII, which is entitled *The Unbelievable Belief*, in Paragraph 5 it says, in italics,

“Do not be afraid of the ego. *It depends on your mind, and as you made it --*

The ego,

“... *by believing in it, so you can dispel it by withdrawing belief from it. Do not project the responsibility for your belief in it --*

The ego,

“... *onto anyone else, or you will preserve the belief.*”

In other words, don't blame anyone else for your crazy thinking. Don't blame your parents, don't blame your family, don't blame the culture, don't blame anyone. You're One with everyone, so why project that responsibility out onto someone else?

“*When you are willing to accept sole responsibility for the ego's existence you will have laid aside all anger and all attack, because they come from an attempt to project responsibility for your own errors. But having accepted the errors as yours, do not keep them. Give them over quickly to the Holy Spirit to be undone completely, so that all their effects will vanish from your mind and from the Sonship as a whole.*”

*Don't blame
anyone. You're
One with
everyone,
so why project that
responsibility out
onto someone
else?*

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There it is, right there! Take total responsibility, sole responsibility, for your belief in the ego and let the Holy Spirit know you're done! "Check please! Not interested anymore!"

If you've been listening to this podcast for a while, you know that one of the tools that I used, and continue to use, is to say to the Holy Spirit when I recognize an errant thought, an ego thought, to say, "Please take this thought out of my mind so I never think it again! I'm done with it! I don't have a value of it anymore. I'm complete," by giving it, as it says here,

"Give them over quickly to the Holy Spirit to be undone completely, so that all their effects will vanish from your mind and from the Sonship as a whole."

And that's one of the aspects of that prayer, when I make that offering to the Holy Spirit, of the crazy thinking, I say, "Please take these thoughts out of my mind so I never think them again, and do the same for everyone else who has this crazy thought, or any thought like it." Just think, if we **all** did this we could get it done immediately, without delay. So, let's begin today! [laughs] There's the Holy Spirit rhyming. Let's do it without delay so it can be done **today!** Today, today, today! Yeah.

Remove the Status of the Ego

You know, in the *Course* one of the teachings is "*I need do nothing,*" [T-18.VII.5] and it also says, "*To do anything involves the body.*" [T-18.VII.7] So, it says if we can just understand that we don't need to **do** anything, there's nothing related to the body that we need to do in order to quicken our awakening, then we are also, simultaneously, taking that body from a celebrity status, an important status, to a nothing status.

So, quickening our awakening has nothing to do with the body. It has nothing to do with eating vegetarian or vegan, it has nothing to do with abstinence of any kind. It has nothing to do with **anything** related to the body. It's all about the **mind**. It's all about the **mind!** Yep!

"Do not be afraid of the ego. It depends on your mind, as you made it by believing in it, so you can dispel it by withdrawing belief from it."

*Quickening our
awakening has
nothing to do
with the body.*

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This is the thing that for us it's hard to believe, that it's that simple, that we can quickly, easily, increase our awakening, that we can choose miracles, that miracles are within our choice. This is hard to believe, but we **can**. We **can** choose miracles. Yes! It's that thing of working with the Holy Spirit so closely that we're in tune with that Holy Spirit.

Let Spirit Decide For You

Now if you've been listening to this podcast for a while, you also know that I say, I call the Holy Spirit the "Higher Holy Spirit Self". because I think Gary Renard and I were talking about this recently that -- or David Hoffmeister -- that I call it the Higher Holy Spirit Self because many *Course* students do, I think unintentionally, unwittingly, think of the Holy Spirit as being **separate**. But it's **not**. It really is our **own** holiness, and so to say to our own holiness, "**You** decide for me. You **decide** the direction of my day. You decide what is for me to focus on this day. You decide what's for me to do."

I've been talking about this quite a bit lately in classes. In *Masterful Living*, we are looking at best practices all the time, and how can we quicken our awakening. We really are focused on the active **practice** of quickening our awakening, not just **talking** about it, but truly **living** *A Course in Miracles*.

And so, we are looking at the active practice of awakening, and it is quite mind-blowing how quickly we can have transformation when we have a strong practice of recognizing, "*I need do nothing*." It's not about the **doing**, it's about the **willingness**, and willingness is **so** much more than **saying**, "I am willing."

Because we can say. "Oh, I'm willing to forgive my brothers and sisters," but that is not the **same** as **true** forgiveness. We can say, "I am willing to extend patience and kindness and generosity," but that is not the **same** as actively **doing** it, and to do it when it feels really challenging and to **really** Partner UP with the Holy Spirit.

**It's not about the
doing,
it's about the
willingness,
and willingness
is so much more
than saying,
"I am willing."**

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One of the most common things that slows us down, one of the biggest forms of self-sabotage, is to really **fear** turning our life over to that Higher Holy Spirit Self. It is the fear that keeps us all identified with the small, selfish self that we **made**.

So saying to the Holy Spirit, “You decide for me,” and in a sense leaving that prayer on the altar and being willing to recognize all the false idols that we have made that are running our experience and, as we see them, rather than trying to let them go, **giving** to that Higher Holy Spirit Self and saying, “This I’m turning over to You.” “This special relationship with my dog, I’m turning it over to You.” “This special relationship with my nephew, my niece, my cousin, I’m turning it over to You.” “This special relationship with my lover, I’m turning it over to You.” “This special relationship with my coworker, with my job, this way that I idolize my position at work and I’m striving so hard to keep my job, or this or that, I’m turning it all over to You, Spirit.”

We **fear** doing that, which is totally understandable to me, because I’ve had the experience of doing precisely that and then, within hours, being relieved of my job and then not knowing, “Oh! **Now** how am I going to support myself? How am I going to pay my bills?”

One of the biggest forms of self-sabotage, is to really fear turning our life over to that Higher Holy Spirit Self.

It is the fear that keeps us all identified with the small, selfish self that we made.

Trust the Voice For God

And the answer coming back to me is, “Trust!” **What?!** [laughs] “What?! No! Anything but that!” Right? And then, deciding, “Okay, this is it, folks! This is where I **learn** radical trust and faith,” and then discovering, “Oh! Here’s the bonus. Now my mother who’s been so ill, she’s going into hospice, I can go and be with her, I can go and care for her.”

But if I were working that job, it would be much harder, so this is what Spirit had in mind. “I have an intention to have a completely and wholly loving holy relationship with my mother, this is my opportunity to have

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that. I'm going to take it. It's happening now," and throwing myself into that, giving up the false idols of even caring **how** I'm going to pay my bills. And still, managing to do it, maybe going into debt, but then eventually that debt got resolved and paid off.

But in the moment, I was choosing **Love**. In the moment, I was saying, "Spirit is leading me and guiding me. I'm going to go where Spirit is taking me."

This is how we quicken our awakening, is by listening to Spirit.

Then people ask me all the time, "How do you **know** what is the Voice for God? How do you **know** what is the ego and what is Spirit?" and it's not complicated. #1, of course you have to be really **willing** to discern. It has to be your goal to be **able** to discern, and in order to have that discernment as your goal, quite frankly, you have to have the deep desire to **hear** the Voice for God and to **follow** the Voice for God, and that's where many people back away. They do not wish to say, "Thy Will be mine."

Sometimes I'll, in a counseling session, I'll suggest, "I think if you start praying, 'Thy Will be mine,' the Clarity you desire will come." And its most common that people would immediately go, "Uh--uh, no! No, I can't do that! Uh, that scares me! That terrifies me!"

*I'm going to go
where Spirit is
taking me.*

It terrifies the ego-identified person, understandably. Understandably, there's that level of trust and faith is not there. That's why *A Course in Miracles* is **very** clear in the *Manual for Teachers* that trust is the #1 characteristic of God.

In my yearlong [*Masterful Living Course*](#) I do 1-on-1's with everybody in the class who would like to do them. Everything's optional in the class, so people can go at their own pace, but many times, almost always when we're doing the 1-on-1's the issue, people come up and say, "This is my big issue. It's trust."

It's like, "Yeah. You're just like everybody else." Trust is the big issue and that's why we focus on it in [*Masterful Living*](#), proving that we **can** trust the Higher Holy Spirit Self, that we **will** be led and guided to the very highest

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and best **if** we're **willing** to trust. If we're **not** willing to trust, we're going to continue to learn through pain and suffering.

But if we're willing to trust, we can learn through Joy, we can learn through happiness, we can learn through Love in ways that are fulfilling, and exciting, and thrilling, and so interesting, and it's just remarkable but we won't find that out **until** we're willing to trust.

This is why it's so valuable and so important that we join together with others and do this work with others. *A Course in Miracles* is a self-study course, but it also tells us that when we join with our brothers and sisters, everything **quicken**s. It quickens and quickens and quickens.

See the Truth, Let Go of False Beliefs

One of the things that I can tell you is very helpful, it's in Chapter 19, Section III, which is entitled *The Unreality of Sin*, in Paragraph 8 it starts with,

"If sin is real, it must forever be beyond the hope of healing."

But sin is **not** real. It says,

"For there would be a power beyond God's, capable of making another will that could attack His Will and overcome it; and give His Son a will apart from His, and stronger. And each part of God's fragmented creation would have a different will, opposed to His, and in eternal opposition to Him and to each other. Your holy relationship has, as its purpose now, the goal of proving this is impossible."

*If we're not
having
miraculous
healing in our
relationships
it's because
we are the
resistant ones.*

This is why one of the main, main things that we can use for quickening, it's one of the focuses of our yearlong [*Masterful Living*](#), is relationship. Because we **can** have miraculous healing in our relationships, and it's such a **relief**, because if we're **not** having miraculous healing in our relationships it's because **we** are the resistant ones. It only takes **one** in the relationship to have a holy relationship. Truly, it only takes one, because there **is** only One! [laughs]

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In Chapter 19, you're past the special relationship, holy relationship stuff, so Jesus is saying to us here,

"Your holy relationship has, as its purpose now, the goal of proving this --"

That this opposition to God --

"... is impossible. Heaven has smiled upon it, and the belief in sin has been uprooted in its smile of love. You see it still --"

Okay, you still **see** the belief in sin,

"... because you do not realize that its foundation has gone."

So, you still see it because you do not realize it's foundation has gone.

"Its source has been removed, and so it can be cherished but a little while before it vanishes. Only the habit of looking for it still remains."

Now here's the part that I'm leading to here, and this is Paragraph 9, Chapter 19, Section III, Paragraph 9,

"And yet you look with Heaven's smile upon your lips, and Heaven's blessing on your sight. You will not see sin long. For in the new perception the mind corrects it when it seems to be seen, and it becomes invisible."

This **is** the quickening work. This is what we do in [Masterful Living](#) is we're training our mind to **see** what's true and to **stop** seeing what's false. This is what *A Course in Miracles* is a mind training **for**, to stop seeing what's false and start seeing what's true, **only** seeing what's true. It does take a great willingness, so we practice the willingness.

*We're training
our mind to see
what's true and
to stop seeing
what's false.*

Recognize All As Worthy

Paragraph 9,

"And yet you look with Heaven's smile upon your lips, and Heaven's blessing on your sight. You will not see sin long. For in the new perception the mind corrects it when it seems to be seen, and it becomes invisible. Errors are quickly recognized and quickly given to correction, to be healed, not hidden. You will be healed of sin --"

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It's really the **belief** in sin,

"... and all its ravages the instant that you give it no power over your brother. And you will help him overcome mistakes by joyously releasing him from the belief in sin.

"In the holy instant, you will see the smile of Heaven shining on both you and your brother. And you will shine upon him --"

Your brother,

"... in glad acknowledgment of the grace that has been given you. For sin will not prevail against a union Heaven has smiled upon."

Yes! Yes, yes, yes! Mmm! Yes!

But **can** we do this work if we feel **unworthy** of Love? Can we actually do it? Can we **do** it? Yes, we can, but we do have to be **willing** to give up all the investment we have in unworthiness and, believe me, we have invested **heavily** in unworthiness!

Remember a few months ago, back in September, I was doing those unworthiness episodes? Well, that's the part we can really put our focus and attention on, and that's what we're doing. I've got classes for that [laughs] and they're coming right up! Yes!

You know what else is coming right up? It's the break! So, I'm going to be returning to this on how we can quickly give these errors to correction for the Holy Spirit. It can become our new habit, and then we can set ourselves free, take our brothers and sisters with us all the way. It's fabulous!

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

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

Become the Happy Learner

Welcome back! Welcome back! Hmm!

You know, I love -- love, love, love! -- sharing *A Course in Miracles*, and I'm thinking of the section, *The Happy Learner* because I never imagined I could

*We do have to
be willing to
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investment
we have in
unworthiness.*

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become the happy learner because I was **so** addicted to holding grievances and to being bothered by things, and so it never occurred to me that I **could** possibly really become that happy learner.

Why I am sharing in classes and in this podcast so frequently, writing my Daily Spiritual Espresso, [“My Daily Shot of Spiritual Espresso”](#) recording that prayer every day -- I realized just the other day that I have been doing that [Daily Prayer](#), except for a two week break I took, I don't know, eight or so years ago, I've been doing it every day since 1997! Yeah, sometime in 1997, maybe in the Spring, I started it.

I love doing all of this, and I love it because it's really the **purpose** of my life is to **remember** the truth and **value** the truth. I used to value the **story** I made up so much, and I see that interest in that is fading away, and that this is a time of great quickening, **if** we desire it.

I understand what a leap it is to say, “Thy Will be mine,” and to say, “I'm willing to give up all my attachments to everything in my life.” I understand how **frightening** that can be, but it's **only** frightening because we **perceive** it as it's going to make us unhappy.

*I'm willing to give
up all my
attachments
to everything in
my life.*

For me, the way I've started to recognize my life is going, is that for me, it's joining with other people who see the goal as accepting the Atonement for ourselves. Accepting the Atonement means the realization that separation never occurred, that it could never occur, it will never occur, and that our experience in this world is a projection, and that we can transcend it, and we can transcend it in ways we don't even understand or comprehend. But we **can** comprehend it, if we're willing. We **can** transcend, we **can** comprehend, if we're **willing**.

So, our willingness is **all** that is required, and valuing truth above all else is necessary to liberate.

Actually, in the section for the Happy Learner, that's Chapter 14 of the *Text*, Section II, Paragraph 5, it says,

“When you teach anyone that truth is true, you learn it with him.”

That's what I'm doing **with you** right now. That's what I'm doing!

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“And so you learn that what seemed hardest was the easiest. Learn to be a happy learner. You will never learn how to make nothing everything. Yet see that this has been your goal, and recognize how foolish it has been.”

Our goal, **until** we decide to be the happy learner and have holy relationships, our goal has been to make **nothing** everything. And when you see that this **has** been your goal in the past, you will recognize how foolish it's been. But I also think we don't have to judge it as foolish. It's just that's what we decided. We're going to **learn** from that, nonetheless.

“Be glad it is undone, for when you look at it in simple honesty, it is undone.”

In other words, everything that we have done in the past, it really has **no** power, and so it's undone instantly the minute that we, the moment, the second the mind recognizes, “Oh, that's not of interest to me anymore. It's all undone.”

“Be glad it is undone, for when you look at it in simple honesty, it is undone. I said before --

Jesus says,

“... ‘Be not content with nothing,’ for you have believed that nothing could content you. It is not so.”

We can **never** be content with illusions and delusions.

He says, in Paragraph 6,

“If you would be a happy learner, you must give everything you have learned to the Holy Spirit, to be unlearned for you.”

*We can never
be content
with illusions
and delusions.*

Value Only the Truth

I **love** that! I love that **so much!** We don't have to do the unlearning. We just have to be willing to have it unlearned **for** us, so this is the practice that I started saying, not even having read this, Spirit taught me, just give it to the Holy Spirit for healing. “Holy Spirit, take these thoughts out of my mind so I never think them again. I'm no longer interested in them. They are no **part** of me. I do not **value** them anymore. I **will not** think them!”

I was teaching a class the other day and sharing what I was -- my work with the Holy Spirit when my mom was so sick, and I was **so** determined to have a holy relationship with her. I would get down on my knees when I

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was feeling so attached to my judgments and opinions about my mother's protocols, and her healing, and what she should do and not do, and myself, and all the guilt, and the shame, and the blame, and the regret, and the resentment coming up for healing.

I would get **overwhelmed** with my attachments to my perspective, my painful, painful perspective. I would get down on my knees and I would say, "Holy Spirit, I will not think these thoughts! **I will not!** They are **no** part of me. They have **no value** to me. Take them out of my mind, so I never think them again, and do the same for everyone else who has thoughts like this. **We** are choosing Freedom. **I** am choosing Freedom. I **refuse** to think these thoughts another moment!"

And I might have to do that a few times, I might have to do that a hundred times, but eventually I will really mean it, and I will be 51% **more** clear that I mean it than that I don't. And then once you reach that tipping point, then the Holy Spirit, in my experience, will remove it from your mind.

"You must give everything you have learned to the Holy Spirit, to be unlearned for you. And then begin to learn the joyous lessons that come quickly on the firm foundation that truth is true. For what is builded there --"

On the rock of truth,

"... is true and built on truth. The universe of learning will open up before you in all its gracious simplicity. With truth before you, you will not look back."

So that's the thing, **valuing** the truth. Let the truth be revealed to me.

I talk with many people who are upset by things in their life, many people who are upset by politics, and I understand that. I understand that, I've been upset by politics, too, and for me, what has completely eliminated the upset is to go right to, "May truth be revealed and Love prevail. Let truth be revealed and Love prevail."

So, I stand in the awareness that truth **is** being revealed and Love **is** prevailing. There can be **no other** way. We live in a progressive Universe. It's not regressive, it's progressive, and that means that truth **is** being

"You must give everything you have learned to the Holy Spirit, to be unlearned for you."

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revealed, Love **is** prevailing, and let us contribute our mind to that cause. If we are looking at sin and labeling it, we can't do that. We can't do **both**. We can't be on both tracks at the same time.

Let Go of the Arguments

Now, let me take you to Chapter 12. This is a good one, Section III -- [laughs] like there's bad ones! [laughs] Chapter 12, Section III, *The Investment in Reality*. I **love** this! It starts off with,

"I once asked you to sell all you have and give to the poor and follow me. This is what I meant: If you have no investment in anything in this world, you can teach the poor where their treasure is. The poor are merely those who have invested wrongly, and they are poor indeed! Because they are in need it is given you to help them, since you are among them. Consider how perfectly your lesson would be learned if you were unwilling to share their poverty. For poverty is lack, and there is but one lack since there is but one need."

"Suppose a brother insists on having you do something you think you do not want to do. His very insistence should tell you that he believes salvation lies in it. If you insist on refusing and experience a quick response of opposition, you are believing that your salvation lies in not doing it."

This is the kind of political argument that we see all the time. Here in the United States, Thanksgiving is the day after tomorrow. A lot of people are concerned about having politics at the dinner table at Thanksgiving.

I know one of my dear friends who is coming is a staunch Republican and it could come up, some political conversation. The entire rest of our group is liberal in our politics. But I am interested in one thing, and one thing **only**, in our political situation -- let truth be revealed, may Love prevail. **That's** what I'm interested in for our Thanksgiving dinner, as well, and I speak as someone who has ruined Thanksgiving dinner **in** my house, **on** my birthday, and many other things, because my birthday frequently falls, as it does this year, on Thanksgiving.

"If you have no investment in anything in this world, you can teach the poor where their treasure is"

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This year we can have politics, but we can **also** have truth and Love. “Truth be revealed. Love prevail.” I give it to the Holy Spirit, and I don't have any interest in talking about politics at Thanksgiving.

Here's the thing, though. Let's say someone brings up an opposing political view to you, or it could just be that you think someone should do this with their life and they think they should do that with their life, or you think you should do something in your investments and somebody else thinks you should do something else. It doesn't matter. You have some kind of a disagreement, right?

“... a brother insists on having you do something you think you do not want to do.”

Or think, believe, care about something that you don't have an interest in.

“His very insistence should tell you that he believes salvation lies in it.”

And, if you insist on refusing and you experience that quick response of opposite -- like that heat, that fire, that kundalini that rises up and goes, “Oh, no! Not on my watch!” --

“... you are believing that your salvation lies in not doing it. You, then, are making the same mistake he is, and are making his error real to both of you. Insistence means investment, and what you invest in is always related to your notion of salvation. The question is always twofold; first, what is to be saved? And second, how can it be saved?”

Okay? So, let's think about this. Let's make every argument of insistence like this, that someone's wrong and someone's right, a matter of salvation.

“The question is always twofold; first, what is to be saved? And second, how can it be saved?”

Alright? So, let's break this down just a little bit further before we go on. What are the kinds of things that we might be trying to **save** in an argument? Right? We're trying to save or protect this idea that someone knows what's right and someone is wrong.

But **salvation** does not come from that. Salvation of the **ego** does. The ego always needs to be right and fears death in being wrong.

*The ego always
needs to be
right and fears
death in
being wrong.*

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So for me, one of the **very** most healing -- hmm, what's the word? -- strategies that I got in healing my life was -- because I was a former control freak and I needed to always be right, and I needed to tell everybody what to do, and decide what was best for them, and that was really my modus operandi -- in realizing that I was ruining my life through trying to control what can never be controlled.

This was well before I found *A Course in Miracles*. This was before I started going to Agape or lived in California. This was back when I lived in New York in the 80s. I had this realization of how miserable being a control freak was making me, and I remember thinking at the time, "They should have a 12-Step program for control freaks!" But then thinking about it another minute, I realized, "Oh! God! No! Who would run the meeting? How would that work? No, no, no, no, no, no! Control freaks have to go it alone!" [laughs]

I mean, I was **entrenched** in being controlling, so I found great healing in recognizing I actually have more Peace when I'm not in control, and other people can decide, and even Spirit can decide for me, and I can then experience something different." I can learn to stop saying, "This is good." "This is bad." "This is right." "This is wrong." That I actually can be **so much** happier if I let Spirit decide for me and I let other people decide.

I found great healing in recognizing I actually have more Peace when I'm not in control.

Yeah, it might not be my favorite restaurant that we're going to go to, or my favorite kind of food, but maybe I can have a learning experience. Maybe I can discover something I would otherwise not have discovered.

You know, because we can get wrapped up into what's right and what's wrong in terms of doing Thanksgiving dinner, or having Thanksgiving dinner, or what should be done on Thanksgiving. I've done all kinds of things on Thanksgiving, just hung out by myself the entire day. I've definitely done that a couple of times, ate whatever I felt like, did whatever I felt like, meditated all day, all kinds of things. There's no right or wrong. How could there be? But we can **think** that there is.

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So, check this out. We're back to, "**What** is to be saved?" I guess the personality to be saved is the -- what is to be saved? The attachment to the past. And **how** can it be saved? What if we're going to save our Spirit instead? What if we're going to save humanity instead, through accepting the Atonement for ourselves?

Release Anger & Opposition

He says here -- now, this is Chapter 12, Section III, Paragraph 3 in *The Happy Learner*,

"Whenever you become angry with a brother, for whatever reason, you are believing that the ego is to be saved, and to be saved by attack."

Right? That's how the ego gets saved, by attack.

"If he attacks, you are agreeing with this belief; and if you attack, you are reinforcing it. Remember that those who attack are poor. Their poverty asks for gifts, not for further impoverishment. You who could help them are surely acting destructively if you accept their poverty as yours. If you had not invested as they had, it would never occur to you to overlook their need."

"Recognize what does not matter, and if your brothers ask you for something "outrageous," do it because it does not matter. Refuse, and your opposition establishes that it does matter to you."

If someone -- if there's an upset about what's to be served at Thanksgiving dinner, if there's an upset about what restaurant to go to, if there's an upset about what movie to watch, if there's an upset about anything, recognize that if you are going to insist that someone is right and someone is wrong, then you are **refusing** to be the happy learner, you're **refusing** to align with the Holy Spirit and you are reinforcing this sense of lack, attack, limitation and separation by your own free will **choice**. That's what I learned.

He says, a bit further here -- because this is challenging! This is challenging, but it is quickening when we we're willing to practice it.

If you are going to insist that someone is right and someone is wrong, then you are refusing to be the happy learner.

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“It is only you, therefore, who have made the request outrageous, and every request of a brother is for you. Why would you insist in denying him? For to do so is to deny yourself and impoverish both. He is asking for salvation, as you are. Poverty is of the ego, and never of God. No ‘outrageous’ requests can be made of one who recognizes what is valuable and wants to accept nothing else.”

I have learned the power of this, to go along with my brothers and sisters, in what seemed like outrageous requests, to do things like go visit someone and talk with someone, or look at something, or eat something, or try something, or do something that my initial ego reaction is, “No! Never! Not doing that!” but to say, “Wait a minute! Wait a minute, here’s an opportunity to practice not being in opposition.”

Now obviously, if somebody said to me, “Let’s all do heroin!” I don’t have to **argue**, you see. I don’t have to say, “No, no! That’s crazy! We’re not doing that! I’m not doing that! Forget that!” I don’t have to **argue**. I can just say, “Hmm, do I **feel** like doing that? I **don’t** feel like doing that. What other ideas do you have? If you want to do heroin, go ahead, do heroin. But eh, I don’t think so.”

You see, we don’t have to be in **opposition**. We don’t have to make it a bad, wrong, a sin in order to just say, “Meh, I don’t think so.” And then, we’re not in that place of opposition, insistence, refusal that is that ego battle. Not making it wrong or bad is a **wonderful** tool that we can use. Just saying, “Hmm! What do I really feel like? I don’t think so.”

Oh, my gosh! I cannot believe we are at about time here!

Love & Gratitude!

As it is Thanksgiving week, and it is my birthday week, I would just like to say thank you! Thank you, thank you, thank you for being a part of my life and for being connected with me by means of this podcast. I Love and appreciate you, and I thank you for your well-wishes, I thank you for your prayers and I do ask for them. And, I ask for prayers for the Power of Love Ministry that we are successful in supporting people in the highest and best way.

We do have wonderful [offerings](#) -- free offerings, paid offerings, all kinds of offerings. We just did a whole free series of free forgiveness workshops. We’ve got paid classes of forgiveness, unworthiness, and even the Enneagram, all coming up right away.

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I Love you and appreciate you! I thank God for you!

Closing Prayer

Let us speak a word of prayer together here.

Hand on my heart, I am grateful and thankful for this opportunity to live a life of Love and to remember the true identity, our holiness.

So grateful to Partner UP with that Higher Holy Spirit Self and claim a healing for each and every one on this planet.

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