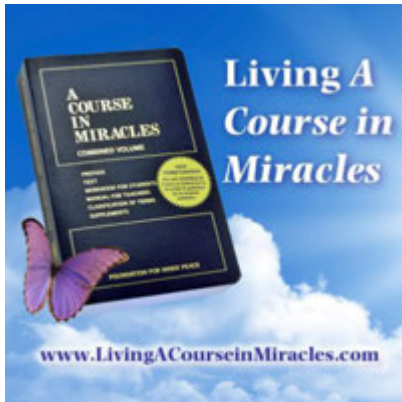
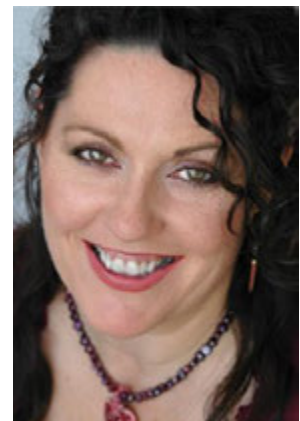


December 17, 2019



Recognizing the Spiritual Bypass



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Recognizing the Spiritual Bypass	4
Opening Prayer.....	4
What is a Spiritual Bypass?.....	5
Attachments As Healing Opportunities.....	6
Feelings, Thoughts, Emotions & Spiritual Qualities.....	7
What Are Miracle Impulses & Distorted Perceptions?	9
Spiritual Bypass is Not Healing.....	10
Tuning Into Miracle Impulses	11
Recognizing the Spiritual Bypass.....	12
Physical Impulses Versus Miracle Impulses	13
Choosing the Miracle Impulse	15
Living in Position of Love & Strength	17
Spiritual Bypass Can Lead to Self-medication.....	18
Allow the Feelings to Pass By	19
Upcoming Classes & Workshops.....	20
Closing Prayer	20

December 17, 2019

Recognizing the Spiritual Bypass

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 am so happy to join with you! This is the end of my trip here in Scottsdale, Arizona. It's been lovely! I know I'm heading to the East Coast where it's snowy! Fortunately, I **love** the snow! I don't love driving in the snow but I like the snow! If you're already there getting the snow, God bless you! And if you're listening to this somewhere else, or years later, God bless you, too! God bless us all!

And let's bless us all. I'm going to start us off with a prayer here.

Opening Prayer

So grateful and thankful to join together placing our hand on our heart. We are wholeheartedly available for the healing and the Wholeness that is our true identity, it's our true nature, and we are grateful and thankful to come together to recognize the fullness of Love is what we already are, that we're already as holy as holy can be. We cannot be any more holy than we already are.

We're Partnering UP with that Higher Holy Spirit Self to remember and recognize the simple truth of our perfection. We are grateful and thankful to offload to Spirit any sense that we're not enough, that there's something wrong with us, that we're bad.

We are grateful and thankful to open ourselves to the fullest expression of Love, the power of Love, operating in our awareness, miraculous healing happening now, **this** now!

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.

Ah! Yes! That feels good!

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What is a Spiritual Bypass?

Today our topic is “Recognizing the Spiritual Bypass”. This is something that we were talking about in [Masterful Living](#) this week, and it’s so funny that it came up, because I had already submitted this as the topic for this episode, so there’s a synchronicity that’s happening here with this topic of “spiritual bypass” and I can feel that it is related to this time of Christ, this Christmastime that we’re in in this moment as I broadcast and record this podcast.

I can share with you, first of all, just what is a “spiritual bypass” in case you’re not familiar with the term. It was something that we used a lot in my Practitioner training as a Science of Mind Practitioner at Agape, and then also we discussed it in ministerial training. I did several years of my training at the Ernest Holmes Institute, and then Agape opened their ministerial program and I did my last year there.

And now I am launching my own ministerial program. We’ve been building it and we’ve been training Spiritual Counselors, and we’re truly working on Prayer Practitioners program, and so these things are unfolding as people are developing their spiritual skills and talents and starting spiritual professions or sidelines. It’s a beautiful thing for me to Love and support people into spiritual careers and offering lots and lots of support for that. It’s **so** much easier than when I did it.

And in order to really be a successful spiritual professional, and even just a spiritual student, it is essential to recognize the spiritual bypass when it’s happening, whether it’s happening in our heart or someone else’s. So, let’s talk about it!

Let’s define the term “spiritual bypass”. It’s really related to our feelings, when we’re in denial of how we feel because we don’t believe that our feelings are spiritual, they’re somehow bad and wrong. A spiritual bypass can also happen when we feel overwhelmed. It’s basically when emotions are coming up, often negative emotions that are coming up for healing and transformation, and instead of recognizing them, appreciating them and

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A Course in Miracles Weekly Radio Show with Jennifer Hadley

calling forth that healing and transformation, instead if we go into **denial** of how we feel, **that** is the classic spiritual bypass.

Attachments As Healing Opportunities

In [Masterful Living](#) class the other day, I gave the example of someone -- I gave an **extreme** example. So, imagine -- or don't imagine this, actually, don't! [laughs] -- suppose someone, they had some tragic event like their cat was hit by a car and they go right to, "It's all good! I know it's all good! Everything works together for good, and there are no exceptions, and I don't need to be upset or cry any tears, because the spiritual truth is that there is no death."

That would probably be a spiritual bypass, because in our human experience we have attachments of all kinds, and even light, non-intense attachments to our relationships. A person would often have a very intimate relationship with their cat or their dog, and so the thought of the loss would be very difficult.

There are **many** people who have the loss of their cat or their dog, even because of a shift in a relationship that that seeming loss of that, the animal's passing or that you split up with your partner and they move across the country and take the beloved pet with them, these can be **really**, really difficult and much harder for many people than the loss of a human life, because the animal in their life, their "fur family" member, had perhaps this really joyous unconditional Love shared with the person, whereas human relationships maybe not so much. So, the loss of the seeming loss of the fur family member far more upsetting to the ego than the loss of a human family member.

And I don't think there's anything wrong with that at all! But sometimes people do feel ashamed, that somehow they shouldn't be feeling what they're feeling.

And at this time of year, we just did a "[Healing Grief](#)" class at the Power of Love Ministry, grief support, and we have, for folks in [Masterful Living](#), we have a Grief Support group. We have lots of support groups for the folks in our [Masterful Living](#) community and we'll be doing more grief classes in

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2020. Very important and valuable, especially at this time of year, because many people do make their transition at this time of year.

Also, there are often many families that “Oh, this is the first Christmas without Grandma.” “This is the first Christmas without our child or our family member,” and we, in that first year or so after the person’s passing, everything’s a first -- the first Christmas, the first Thanksgiving, the first New Year’s, the first Valentine’s Day, the first everything, and it stirs it up again and again and again.

As God would have it, that stirring up does give us a chance to have **more** healing. But it also gives us a chance to have another bypass, that the feelings come up for healing and we’re not in a position where we’d like to feel them, we’re not in a position where we feel comfortable feeling them, we’re not in a position where we can fully express them, so instead we push them back, push them down. We go into denial, denial of our impulses and our feelings, and then that can lead to all kinds of other issues.

Feelings, Thoughts, Emotions & Spiritual Qualities

I’m going to share a little section here from Chapter 1, Section VII, it’s entitled *Distortions of Miracle Impulses* and it’s Paragraph 1. Jesus says,

“Your distorted perceptions produce a dense cover over miracle impulses, making it hard for them to reach your own awareness.”

“Distorted perceptions produce a dense cover --.”

When we are upset, that’s the distorted perception. Not saying it’s wrong, not saying it’s bad, but it does give us a clue that we are ensconced in separation thinking when we’re really upset. Again, **not** making the feelings wrong.

Feelings are never wrong. They’re a helpful indicator to what we’re thinking. They’re **never** wrong. They are so, so helpful. But many times, we don’t like our feelings. Our feelings frighten us, our feelings have been the catalyst for us to be shamed.

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I have heard many, many, many, many people over the years -- I've been doing this podcast since 2011 and I've been teaching [Masterful Living](#) since 2009, [Finding Freedom](#) since 2008, and I've been a counselor for almost 20 years, so long time experience with these matters, and what I absolutely have heard from many, many people, too many to count, is that their parents said to them when they were children, "If you don't stop crying, I'll give you something to cry about." Many parents say things like, "There's nothing to cry about, nothing to be upset about." They'll say, "If you don't stop it, I'll punish you," so there's a threat of punishment and shame that accompanies upset for many people, and that sticks with us unless we clear it out.

So that's one of the things that we can do with the help of Jesus and the Higher Holy Spirit Self, with the help of the Company of Heaven and the angels, is to say, "I would like to have healthy access to my emotions. I would like to be able to express my emotions in healthy, harmonious and healing ways. I would like to be a living demonstration of healthy, harmonious emotional living." Right?

We all have emotions, and we label some good and some bad. And in the teachings of Ernest Holmes and the Science of Mind, he actually gives us a way to distinguish between emotions and feelings that I find very helpful. I have talked about this before, so briefly I'll just say that he would say, "Joy is a spiritual quality, which also can be a **feeling**, and happiness is an emotion that comes and goes based on our **thinking**." But spiritual qualities are eternal, infinite aspects of God that are always available to us to express, to reveal and to feel.

We can, I believe, get a lot of help in avoiding the spiritual bypass by distinguishing between spiritual qualities and emotions. Feelings are related to spiritual qualities, and emotions are related to our belief system.

Emotions would be happiness, like I said, or anger, resentment, hurt, fear, doubt, worry, anguish, dread, pain, all the uncomfortable ones. I'm trying to think if I can think of some other sort of positive emotions besides happiness. I don't often think of them, because I think of the difference between Joy and happiness, Joy being a spiritual quality that is

Feelings are related to spiritual qualities, and emotions are related to our belief system.

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omnipresent, omnipotent, omni active part of our very essence and being and part of our very Divine Nature. If we're not feeling joyful, then it's because we have blocked Spirit in our mind and we're living from our belief system. Right?

So, a belief we might have that would make us happy is "If I **get** this, if I **have** that. If something is experienced in the outer world **then** I'll be happy." "If I get a new phone, I'll be happy." "If I get a new car, I'll be happy." "If she goes out on a date with me, I'll be happy." "If we can go to the restaurant with the -- if we can go to Junior's restaurant and have some of that fabulous cheesecake that is so delicious, I'll be happy!" [laughs] "If we can just get home for the holidays, I'll be happy."

Right? It's all circumstantial happiness. It comes and goes. It's conditional.

The spiritual qualities are **not** conditional, so those feelings that we have of Love and Harmony, and Freedom, these are the spiritual qualities that are **feelings**. Right? So, they are these qualities that are always being broadcast, like the Great Rays that Jesus talks about in the *Course*. They are always there. They are part of our true nature, and when we truly see our brothers and sisters, we will see these spiritual qualities, these Great Rays, these aspect of our being shining, shining, shining, shining.

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What Are Miracle Impulses & Distorted Perceptions?

So, in the meantime, our distorted perceptions produce a dense cover over miracle impulses, making it hard for them to reach our **own** awareness.

A miracle impulse would be something like the impulse to extend Love, the impulse to forgive, to drop the judgment, the impulse to have compassion, the impulse to be truly helpful. These are the kinds of miraculous impulses that our distorted perceptions cover up. And our distorted perceptions, often one of the best tools the ego thought system has to cover up our miracle impulses, is emotion.

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Now when we're -- even when we're feeling happy, distracted by our happiness. I'm thinking one of my favorite things, visions of happiness [laughs] it's silly, from the movie *The Jerk*. Right? Steve Martin, and the new phone book arrives and he's jumping around going, "The new phonebook's here! The new phonebook's here! The new phonebook's here!" Yeah. [laughs] It's quite distracting. Even happiness can be quite distracting for us. So, there's that.

But then of course, anger, resentment, regret, hurt, blame, shame, dread, these things also produce a dense cover over miracle impulses and make it hard for those miracle impulses to reach our own awareness.

He goes on to say here,

"The confusion of miracle impulses with physical impulses is a major perceptual distortion."

So, a miracle impulse if we think of it as extending Love, compassion, that kind of a thing, if we confuse it with a physical impulse of, let's say, sexuality, it's a major perceptual distortion.

Not saying anything's wrong with sexuality, not at all. But if we confuse that with the extending Love or compassion or generosity, all of which Love, compassion, generosity would be miracle impulses, if we confuse the sexual impulse with the miracle impulse then we are -- it's a form of spiritual bypass, we could say, that we're not **really** being in touch with what's going on. And that does happen. Of course, it happens.

Often, one of the best tools the ego thought system has to cover up our miracle impulses is emotion.

Spiritual Bypass is Not Healing

Our topic today is about avoiding a spiritual bypass so, for me, in my experience and my experience with hundreds and hundreds of people in [*Masterful Living*](#) over the last 11 years, and [*Finding Freedom*](#) and [*spiritual counseling*](#), all these things where I'm actually connecting 1-on-1 with people in these programs over the years and in small groups, in all of it, one of the things that we see is most people have a negative association with unpleasant emotions.

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Of course, we do because when we're children we're shamed, so often, for being upset, so we learn that being upset is bad. But it's **not** bad. It's actually helpful to us to recognize even the most minor irritation, the minor frustrations.

I think if you go back in the archive, Ken Wapnick and I talked about this in my second episode of this [podcast](#). And do remember, if you're on iTunes, we have two podcasts -- [A Course in Miracles](#) and [A Course in Miracles Archive](#), so you need to get both to get the whole archive and to get that Ken Wapnick one.

The spiritual bypass is not healing. Feeling our feelings is healing, and when the feelings are coming up, that's a healing opportunity **every** time. It's a time for us to look within and to choose forgiveness.

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Tuning Into Miracle Impulses

So if we're feeling angry, hurt, afraid, guilty, shame, blame, resentment, any negative emotion, there's an opportunity for us to have a healing of the unconscious guilt, a healing of the false beliefs, and a healing so that we can experience first of all the healing at the level of the mind where we can relinquish blame, and shame, and regret, and resentment, and that powerfully lightens our load, this load of dense cover over our miracle impulses.

And what I've seen year after year with people in [Masterful Living](#), like me, they, when they focus on it over the course of the year, releasing the judgments, releasing the thoughts that **cause** the pain, the thoughts that are the byproduct of our false beliefs, **then** they start to **really** tune into the miracle impulses, to extend Love, to extend compassion, and to **choose** to learn through Joy instead of pain. Right?

Now here's the cool thing -- this practice, we can do it all day long. We don't - in fact, you really need to do it all day long to be successful. And just to do it for a few minutes in the morning is **helpful**, but it's learning to practice and do it **all day long** that is amazing and miraculous! It is tremendous! It is **deeply** healing and transformative, and I am so grateful that Spirit taught me how to do it in **such** effective ways.

A Course in Miracles Weekly Radio Show with Jennifer Hadley

So being willing to recognize when we go to that spiritual bypass is **so** helpful.

I'm coming up on a break here, so I will be talking about that, more about the recognizing that spiritual bypass impulse.

And if you'd like to check out [Masterful Living](#), we do Exploratory Calls. So, you can go to [JenniferHadley.com](#) and book an Exploratory Call on the [Masterful Living](#) page and speak with a [Spiritual Counselor](#). It's totally free. You can ask any questions you'd like, because class begins January 20th, but bonuses begin January 1st.

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'll be right back!

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

Recognizing the Spiritual Bypass

Welcome back! Welcome back! We're talking about recognizing when we're in denial of our feelings, calling that a spiritual bypass.

Particularly, it's a denial of feelings and saying, "Oh, it's all good! No, I'm fine! I'm fine. I'm totally fine." Whenever anybody says they're fine, it's often, not always, but **often** an indicator that no, they're not fine, they're **far** from fine. [laughs] But it's an acceptable word, and it's a way we can sometimes say, "I'm **not** okay, but leave me alone. Now's not the time."

It also can be a way that we would say, "I'm fine!" which means "I am **so not** fine, and you better figure out how to help me!" [laughs] or "You owe me!" or "I'm mad at you, I'm going to punish you!" So that "fine" is not a **good** fine. [laughs] **But** it also can be an indicator that we're doing a spiritual bypass.

One of the things that is really challenging for us is, there are many things in our past, usually from our childhood and our younger life, where we felt **afraid** to express our feelings **because** we were shamed, **because** we were made to feel bad about them, so we just took that as "It's not safe for me to feel fear. It's not safe for me to feel anger. It's not safe for me to feel hurt or lots of things. It's not safe."

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Because sometimes people even will feel ashamed, and especially as children, and then someone will come along and shame them **even further**. Yeah. And that is **so** challenging. So, so, challenging. Yeah. It's really, really rough, and it happens to kids a lot. It happens to kids a lot around their bowel movements, and urination, and sexuality, and all kinds of things, and a lot of that stuff is buried in there.

So, when we feel that -- I call it the "Divine Alarm Clock" -- going off we feel the emotional coming up, and there's a genuine sense of upset. Even minor irritations are that genuine sense of upset, **there** is a powerful opportunity for us to have a healing.

But if we go into the denial, **that** is the spiritual bypass. We're basically saying, "I don't **want** that healing opportunity. That is not desirable. I'm going to push that away. I'm going to push that down. I'm going to push that back. I don't want it! I don't like it!"

Then what happens is we **suffer**, because our Spirit, our Higher Holy Spirit Self, our Mighty I AM Presence is working so hard to help us bring these things to the surface. So instead of dragging them around with us, we're letting them go and lightening the load.

That's why we put a huge attention on this in [*Masterful Living*](#), developing a moment-by-moment spiritual practice to offload the blocks to Love and to open up to the miracle impulses, to Spirit's connection, so that we can literally feel and recognize these spiritual miracle impulses.

Even minor irritations are that genuine sense of upset, there is a powerful opportunity for us to have a healing.

Physical Impulses Versus Miracle Impulses

You know, we all have different ways that we recognize our intuition. Some people are very visual, and that's called clairvoyance. Some people are very clear in their thinking and that's claircognizance. Some people hear voices, that's clairaudience, and then there's clairsentience, which is feeling.

So, if we have labeled most of our feelings bad and wrong, which is what I used to do, then we're going to be in denial of them and we're also going to be in denial of our miracle impulses.

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In this section, in Chapter 1 that I've been reading from, Chapter 1, Section VII, Paragraph 1, it says here in the middle of the paragraph,

“The confusion of miracle impulses with physical impulses is a major perceptual distortion. Physical impulses are misdirected miracle impulses.”

Think of the physical impulse to smash something. I used to have that a lot, I remember, a lot! When I lived in L.A., I lived in the same apartment for 22 years and had a beautiful big picture window overlooking the courtyard. In the courtyard below my window was a pool, and there were many times I felt like just going to the window -- because I didn't have screens on the windows, because you don't get a lot of airborne bugs. You know, a bee will come in and goes right back out -- and I just wanted to just take my laptop and just toss it right into the pool. That was a regular impulse. Or I just wanted to bang the keyboard or just throw the thing on the floor, throw it out the window.

If we can relieve ourselves of the distortions in our perception that cover over miracle impulses and misdirect them, then we can receive them as they're intended to be received.

It was a really common physical impulse that I had to -- you know, sometimes you have a physical impulse to shake your fist, to stamp your foot, to smack somebody, to throw yourself on the floor, to throw yourself in front of a train, all kinds of different physical impulses that people have. They are **misdirected** miracle impulses.

So, check this out! If we can **relieve** ourselves of the distortions in our perception that cover over miracle impulses and misdirect them, then we can **receive** them as they're intended to be received and then we clearly know, and feel, and sense, and see, and hear how to be **truly** helpful.

Think of **that**, right? That I'm here **only** to be truly helpful, **and** the One Who sent me is going to guide me. How am I going to be guided by the One Who sent me? Because I'm here to represent the One Who sent me, how am I going to be guided by Them? I'm going to be guided by how I **feel** and what the **thoughts** are, what I **hear**, and what I **see** in my mind's eye, what I'm being guided and directed to do.

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So those miracle impulses are **super** valuable to us, they are life-changing to us, and we can open to really be **aware** of them, and that's what the consistent forgiveness work does, that's what the consistent nonjudgment works for us, **if** we're willing. **If** we're willing.

Choosing the Miracle Impulse

Let's look at this even more deeply.

"Physical impulses are misdirected miracle impulses."

So think about this -- you're feeling like you'd like to smack somebody, you're feeling like you'd like to run them over with your car, or maybe you're just feeling like you'd like to get in the bed and pull the covers over your head, [laughs] **these** are physical impulses that are misdirected miracle impulses.

In that moment, in that very moment of experiencing that physical impulse, **that** is the time when we can say, "Holy Spirit, Higher Self, I feel the physical impulse to do violence. I feel the physical impulse to hide. I feel the physical impulse to scream or to yell. I feel the physical impulse to self-medicate."

"And I am Partnering UP **instead**. I'm calling upon You to help me relinquish **all** the blocks to Love. I offer up these physical impulses that are the distortions, the confusion, the dense cover over my miracle impulses. I offer them to You for healing. I am willing to feel my feelings right here and right now. **Show me how!** Teach me! Guide me! Lead me! I am willing **right now!** Let me permanently dissolve and resolve any and all denial of my feelings and let me experience the truth, the Joy, living and learning through Joy. **This** is my goal. This is my destiny. I will no longer suffer with these distortions. I am **choosing** miracle impulses."

Because think about it this way -- if your intention is to be loving, to be kind, to be generous of heart and to be patient, to be so willing to be patient, but then someone **seems** to try your patience, they're really "on your last nerve" as they say, and the temptation is to get angry, to get upset and to have that impulse, right in that moment you might be able to see that there's an inner conflict between your intention -- the intention of you, your Self, your true Self, your Higher Self to be loving, to be kind, to be

A Course in Miracles Weekly Radio Show with Jennifer Hadley

patient and generous **and** the ego identified self which is defensive, which is frightened, which only feels and sees separation and competition.

And so, if the miracle impulse is coming up and the ego-identified self sees that miracle impulse to be patient, kind, loving, generous, compassionate as a **threat**, as it often does -- I remember -- where was I? Oh, yeah, I was on a plane. Yeah, I was on a plane, and I got to where my seat was. I was standing in the aisle, and I had a bag over my shoulder, and I had a roller bag. I put down the bag over my shoulder onto my chair, and I went to -- and I was very clear that I was putting my roller bag above my seat, and this man who's probably half my age, he moved very quickly, and as I was lifting my bag up he put his bag in there.

And I said, "I was just putting my bag in there," and he said something like, "It's a dog-eat-dog world. It's every man for himself." You know, something like that. And I thought, "Wow! You could just turn around and put it over there. And I can do that, too, but you're a 28-year-old athlete and I'm a small, older lady."

And so, I did. You know, I turned around and I found another spot and everything, but I just thought, "Wow! Talk about covering up the miracle impulses!" Right? That his focus was on lack and limitation **so** strongly, this beautiful young athletic handsome guy who was with a woman, who clearly seemed to be his date, his girlfriend, something like that, and he treated another woman that way right in front of her because **he** felt lack and limitation, and his response to that was, in a sense -- well, it was attack. It was attack. I do think he said something like, "Every man for himself."

So we could see how if you live your life that way, instead of being helpful and generous, your whole life is going to be amplifying and mirroring back to you all this lack, attack, limitation and separation thinking, and it's going to be a constant stream of irritation, frustration, disappointment, painful expectations not met, all these ego tricks to keep us spinning around in confusion, and upset, and hurt, and pain and suffering.

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Living in Position of Love & Strength

When we're living our life that way, of course we will go to the spiritual bypass, that the upset is too painful. "I already have enough! I cannot take anymore!"

And if we're a spiritual student, that's where the spiritual bypass comes in because we'll just go to, "It's all good. It's not a problem. I can handle it. never mind. It doesn't matter," **instead** of just saying, "I feel really bothered by this and this is an opportunity for me to heal this. This is an opportunity for me to pull up this belief system by the root and to invite the Holy Spirit into my awareness so I can have a healing and a transformation and never experience these causes and effects again. I'm calling for a healing for myself, and for every other being, that all people who experience these thought patterns of lack, attack, limitation and separation, regret and resentment, and hurt and fear, and doubt and worry, that they would **all** have a healing. **This** is what I'm calling forth. **This** is what I'm accepting. **This** is what I'm choosing. **This** is what I'm allowing. **This** is what I am saying 'Yes!' to."

Now that is a position of strength, that is a position of courage, that is a position of hopefulness, because then we're also going to be helpful and we're going to be demonstrating it in ways that will be very meaningful to people who are watching us.

I know when I first started with *A Course in Miracles* and sharing about *A Course in Miracles*, I was so determined to learn to truly **live** it and not just think about it, and not just study it, and not just talk about it, but really be the living embodiment of it, and people would tell me all the time, "Wow! I saw you handle that situation. **That** is what patience looks like! **That's** what compassion looks like!"

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A Course in Miracles Weekly Radio Show with Jennifer Hadley

And for me, I just thought in the moment, “I am looking to hold it together and find the loving path, because I don't like being upset but I also don't wish to be in denial and go into that spiritual bypass and just say, ‘Oh, it's all good! No, it's fine! It's fine!’” because it's **all** good, it's all helpful, but it's **not** all fun. Ain't all fun! Yes!

Spiritual Bypass Can Lead to Self-medication

Alright! Let's go back to this *Text* here, Chapter 1, Section VII, Paragraph 1, “Physical impulses are misdirected miracle impulses. All real pleasure comes from doing God's Will.”

If only we could remember that, right?

“All real pleasure comes from doing God's Will.”

Think of the times when we have been in denial of our true feelings and we go into self-medication.

“All real pleasure comes from doing God's Will.”

But sometimes we don't **want** to do God's Will, so instead we will choose something else -- we'll choose anger, we'll choose resentment, we'll choose regret, we'll choose any number of upsetting feelings and emotions. And then, because we didn't choose the miracle impulse and we'd like to get out of the self-inflicted pain, we are

now looking for some pleasure impulse so we're going to choose that glass of wine, that food, that sex, none of which is bad or wrong. But if we're doing it to self-medicate, if we're doing it to deny our feelings because we're doing some kind of spiritual bypass, then we're really creating -- or not creating, we're **making** this dense cover over our miracle impulses.

Jesus says to us,

“All real pleasure comes from doing God's Will. This is because not doing it is a denial of Self.”

So when we go into self-medication, and I'm getting ready to do my “Self-sabotage Challenge” in January, and it's part of my [Masterful Living Course](#) and the “Self-sabotage Challenge” is **very** much about self-medication because, for me, that was my favorite way to self-sabotage. Well, not my

“Physical
impulses are
misdirected
miracle
impulses.
All real pleasure
comes from
doing God's
Will.”

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favorite way, [laughs] but it was one that I employed a lot, self-medication as a form of self-sabotage.

You know, self-sabotage is for the purpose of slowing your spiritual growth down. Yeah.

“All real pleasure comes from doing God's Will. This is because not doing it is a denial of Self. Denial of Self results in illusions, while correction of the error brings release from it.”

So correction of the error, when it comes to misdirected miracle impulses, correction of the error would be to relax -- to relax our mind, to relax our body, to relax our breath, to Partner UP with that Higher Holy Spirit Self and to look for the most loving choice that we can find. Mm-hmm. And **that's** going to bring release from the error, **that's** going to bring release from the spiritual bypass, allowing ourselves to feel our feelings.

Self-sabotage is for the purpose of slowing your spiritual growth down.

Allow the Feelings to Pass By

Now, I would be remiss if I did not say that one of the traps or holes that I see some spiritual students fall into in attempting **not** to do a spiritual bypass, and not to deny or misdirect the miracle impulse, is they feel their feelings, but instead of just **allowing** them to move through -- like clouds in the sky that for a moment you really -- maybe that cloud in the sky has got a thunderstorm and a rainstorm and torrential rain, but you let it **keep moving through** your awareness.

Sometimes people will go into their feelings because they are thinking repetitive thoughts that are bringing up the negative emotions and really exacerbating how they feel, so they keep thinking thoughts of how upset they are, and how angry they are, what a loser they are, and on and on and on, self-attack, self-berating with these kinds of thoughts.

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That does **not** bring the correction of the error. That's what I think of as kind of "marinating in the feelings," soaking in the feelings and that's not what we're meant to do. We're meant to allow them to come up for healing, to feel them, and to offer them to Spirit for healing. This is a thing that is going to make the difference in our lives. Yes!

Upcoming Classes & Workshops

Hey, right now I've still got some "Forgive Me!" or "[F- Me! Here Come the Holiday](#)" [workshops](#) live, replay workshops. Come and do the work with like-minded souls. This forgiveness work is one of the best ways to reclaim your miracle impulses and release these blocks to Love. So, come and do the forgiveness work together. It's **tremendously** healing. We've got a few free workshops.

"New Year's Reboot" is the first bonus class for [Masterful Living](#). That's January 1st and then *Masterful Living Classes* begin January 20th. We also have the "Self-sabotage Challenge" that is bonus class for *Masterful Living*, as well.

So again, I'd just like to invite you. If you think you might be interested in [Masterful Living](#), read what I've written about it on my website, [JenniferHadley.com](#) and you can book an Exploratory Call with one of the [Spiritual Counselors](#). That's a free call. You can ask any question you like.

Thank you to all the people who have donated this year. Thank you for all the beautiful people who support this radio show. I sure do appreciate you and Love you! I thank God for you!

Closing Prayer

Let's put our hand on our heart again and open our heart to the miracle impulses. We are grateful and thankful to allow ourselves to experience the Freedom and the power of Love.

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

Have a great rest of your week! I'll be with you Christmas Eve! Mwah!