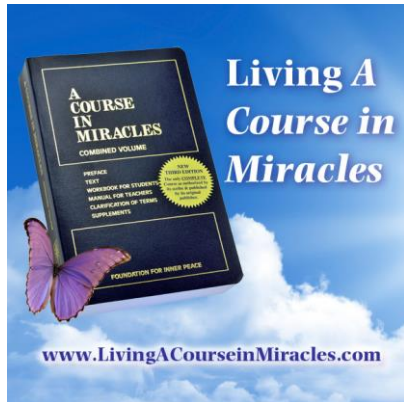


**January 21, 2020**



# Healing & Wholeness



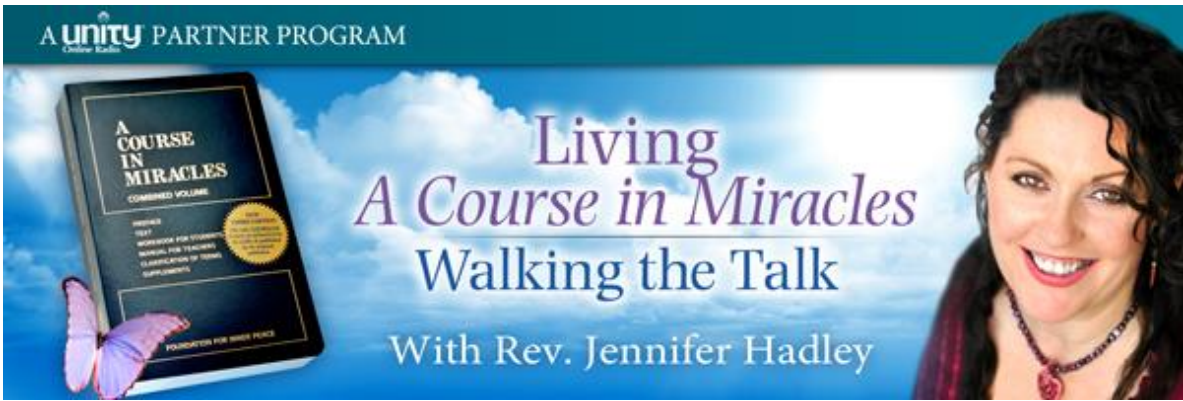
 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*January 21, 2020*

# Healing & Wholeness

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 love saying that! Oh, and I'm so glad for our opportunity to join together in the Light. Thank you for joining with me! Let us begin with a blessing.

## *Opening Prayer*

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I place my hand on my heart, I invite you to do the same. We are declaring our wholeheartedness. We are wholeheartedly Partnering UP with that Higher Holy Spirit Self, and we're allowing ourselves to be led and guided to the highest and best.

We are truly grateful to open ourselves to unprecedented Love, Light, Joy, healing, Wholeness. We are grateful and thankful to open ourselves to pure insight. The Wisdom of God is shining in our mind and we are grateful. We are grateful to open ourselves to a healing awareness that is so profound that we are lifted and shifted in this very moment to a higher vibration. We are recalibrated, we are brought back to the default settings of perfection and Wholeness, Beauty, and magnificence. We are grateful and thankful to claim our healing right now.

In gratitude, we let it be. In gratitude, we share the benefits with all beings, because we're One with them. In gratitude, we know it's done. And so, it is. Amen. Amen. Amen.

Yeah!

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### *The Healing Power of Prayer*

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Always stay for the prayer, always stay for that blessing. It's **so** valuable! Mm-hmm! That's why I teach the power of prayer in [Masterful Living](#) class. Many people were raised in religion, I was not, and I have many people in my life who describe themselves as "recovering Catholics". I've been told that in a lot of Christian churches that people are **not** taught to pray, and so that that's really the purview of the priest, although they are taught prayers, like "Hail Mary, full of grace" and different prayers that people can recite, like a mantra. And, of course that's powerful and that's healing, too, very much so, **and** it's also powerful and empowering when we know **how** to pray and feel we can pray effectively.

---

*I know the power  
of prayer,  
I feel the power  
of prayer,  
I see the power  
of prayer.*

---

Prayer has healed my life so much. I'm **really** dedicated to the power of prayer. In our ministry meetings, we pray in and we pray out and we're glad for the power of prayer. In my counseling sessions we pray in, we pray out. It's prayer is the foundation. I **know** the power of prayer, I **feel** the power of prayer, I **see** the power of prayer.

### *Thoughts Are Challenges to Healing*

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That's a perfect lead-in -- thank you, Spirit! -- to Chapter 5, *Healing and Wholeness in the Text*, as an *Intro*. We're going to look at the *Intro*.

Of course, healing is at the level of the mind, and that's where our thoughts and prayers are happening, the mind that's in the heart.

I work with so many people who are **challenged** to heal, all kinds of things, and everybody has different experiences. I work with, I **have** worked with and work with many people who have chronic depression -- and it's a beautiful thing to see that completely dissolve and resolve, never to return -- people who have suicidal tendencies and thoughts, people who have tremendous anger, resentment, lots, and lots of fear, all of these emotional challenges that are so intense.

I think it's -- I **know** it's very helpful to focus on healing that emotional body, healing the emotions, so they're not getting triggered all the time. Because when our emotions are getting triggered all of the time, or our

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physical body is uncomfortable a lot of the time, **then** we're very distracted by all of that. Right?

And also [laughs] I know years ago, when I started studying the Science of Mind and I'd get the flu or something like that -- which I'm blessed, I don't get sick very often anymore, and when I do I know it's time to rest and recalibrate, so I don't mind it. But fortunately, it doesn't happen very often, but I used to get the flu once or twice a year, or get a bad cold or something

And when I started studying New Thought, really, I realized the power of my thought and began to understand that, began to comprehend that and pay attention to it and work with it, and so I **heard** myself walking around my house or laying on the sofa and saying, "Oh, my God! I'm miserable! This is so horrible! This is awful! I feel like death!" and just one negative affirmation after another,

I realized, "Oh! Gosh! I have got to change my thinking here! This is not good! Now that I know the power of thought, I **must** change my thinking!"

I know, too, that one of the things that's very challenging for us when there's something in our life we'd like to heal -- whether it's our finances, or our body, or our emotional body, or our relationship -- the tendency is to keep affirming that it's **not** well, that it's bad, it's wrong, it's missing something, it's dysfunctional. And then, of course, as we all know, **more** of the same, **more** of the same.

So, learning to change the channel to not engage in what Jesus calls "mind wandering" is the discipline of *A Course in Miracles*. It's a mind-training system that **works**, and we **can** have extraordinary, life-changing, body-healing, emotional-body-healing shifts through that application.

It also, *A Course in Miracles*, in the *Manual for Teachers*, **challenges** us to **recognize** that just because the physical or form **hasn't** changed does **not** mean the healing hasn't happened. We don't know what anything is for, and everything works together for our good and there are **no** exceptions. **Not** making exceptions is one of the most challenging things for all of us. It's **so** tempting to make exceptions, and yet, it's not helpful. It is not helpful at all!

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*Just because the physical or form hasn't changed does not mean the healing hasn't happened.*

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### *We Deny Our Happiness*

---

Let's go to this *Intro* to Chapter 5. *Healing and Wholeness* is the name of the chapter, and the *Intro* begins with --

*"To heal is to make happy. I have told you to think how many opportunities you have had to gladden yourself, and how many you have refused."*

Boy! That's **me!** I know that I used to have a **vigorous** habit of **refusing** the things that could make me happy, refusing to enjoy things and refusing to be happy. It was the power that I thought I had was to withhold my own happiness. It's a form of punishing ourselves and others.

Punishment is such a pervasive part of the ego thought system, that people should be punished. That's why I really have learned to watch **any** temptation I have to think someone should be punished for what they have done or haven't done. It's **very** tempting to think that when people behave in a destructive manner that's harmful to other people, that they should be punished. It's **very** tempting to think that.

---

*When we think anyone ought to be punished, it is a self-destructive thought.*

---

But that is a **self**-destructive thought. When we think **anyone** ought to be punished, it is a **self**-destructive thought, because we cannot believe that others ought to be punished and **not** believe that we, too, should be punished. And then, of course, what are we going to do? We **will** punish ourselves.

I definitely **felt** that I deserved to be punished, and so I would not **allow** myself to be happy in many instances. I would make choices that were less happy. I **could** have made happier choices, but there was definitely a martyrdom to my choices that, in some way, somehow, I was punishing **others** by choosing not to be happy.

*"How many opportunities?"* Jesus says,

*"I have told you to think how many opportunities you have had to gladden yourself, and how many you've refused. This is the same as telling you that you have refused to heal yourself."*

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So, think about the times when you had an opportunity to do something fun, to be with fun people, to enjoy your life, to be loving, to give and to receive Love that was meant in a loving way, and you **denied** yourself, you said no. Just think of it for a minute, see what flashes into your mind of where you have been making that kind of a choice to deny yourself, to deprive yourself?

It's valuable, it's helpful, to be **aware** of where these things are happening so that we can recognize them in the future and make a new choice, Now that you maybe have recognized some ways that you **could** have been happy.

I think of someone I was counseling who was very sad because they had come to believe that their first marriage, that they had when they were in their 20's - - now they were in their 30's, 10 years before, and they had been divorced now for 10 years, but then they had been married for 5, something like that.

---

*We cannot  
experience  
Joy and  
regret at the  
same time.*

---

They were very sad because they could see now, after having dated many people, that in the marriage they had the partner they loved and adored. They really did, and the reason they got divorced was because they had complaints and disappointments, and they thought, "Surely I can find someone about whom I have very **little** complaints and grievances, and things like that," thinking that, you see it was **outside**, that the problem was **outside** of them in that first partner.

But now, 10 years after the divorce, they realized "No, I had the perfect partner for me. I've never met anyone I cared about as much as that person, and I blew it, because now they're married to somebody else and that's it, that's over, and I need to move on." And they were having trouble moving on for one reason, and one reason only, and that is that they were judging themselves and **not** forgiving themselves, and that's what we do.

These are the kinds of choices that we make that impede our healing and our Wholeness, **bigtime!** Quite obviously, we cannot experience Joy and regret at the same time.

*"To heal is to make happy"* and it's not the kind of temporal happiness that comes from, "Oh, look! I have a new car! I'm happy now!" because we all know that doesn't last, and really, that kind of happiness that's

## **A Course in Miracles Weekly Radio Show** with Jennifer Hadley

circumstantial, it really comes from momentary sense of having versus lacking.

I just did my free class, [“Unblock the Flow of Time, Energy & Money”](#) which you can still get. I did two different ones, and they were similar but quite different, and substantially different, too. So, if that’s something that’s really valuable to you, the [“Unblock the Flow of Time, Energy & Money”](#) go get that free class now while it’s still there.

The deep well of happiness, the pure Joy, is when we’re in the flow of Love. Only Love can bring that up. Love and Joy are synonymous, they really come together. When we’re loving, then we’re joyful. When we’re joyful, it’s so easy to be loving. They go together so well.

---

*The deep well of  
happiness,  
the pure Joy,  
is when we’re in  
the flow of Love.*

---

In fact, Jesus says here again, I’m just going to start at the beginning,

*“To heal is to make happy. I have told you to think how many opportunities you have had to gladden yourself, and how many you have refused. This is the same as telling you that you have refused to heal yourself. The light that belongs to you is the light of joy. Radiance is not associated with sorrow. Joy calls forth an integrated willingness to share it, and promotes the mind's natural impulse to respond as one.”*

### Wholeness Is Our Natural State

---

Yep! So, let’s look at **that**. This is **so** valuable to us.

*“Joy calls forth an integrated willingness to share it --”*

Integrated. So that means we’ve **really** embraced it, we’ve really embodied it and that, to me, is the thing about living *A Course in Miracles*. It comes from that real embodiment. It comes from “This is how my life is **lived**.” It comes from changing your knee-jerk reactions.

So, where your knee-jerk reaction was to be annoyed or frustrated, now your knee-jerk reaction is to extend compassion. Right? An integrated willingness to share the **Joy**, because that’s **natural**. When you **have** Joy, you **wish** to share it. What could be more joyful than sharing it?

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When you **are** loving, well, the thing you really most would like to do is share that Love and extend it. That's just natural, and this "**promotes the mind's natural impulse to respond as one,**" to be integrated in your body, mind, and Spirit. It takes a **real** willingness, and that willingness to share, to extend, to be truly helpful, it so completely enlarges the focus in our awareness on healing, on Wholeness, on Freedom, on Joy.

Wholeness is our natural state, so if we're **not** experiencing Wholeness, we're blocking it in some way. And the thing is, **not** to ever feel bad or wrong for that, because that's **not** what's going on. We're not sinners and that's why we're experiencing illness or challenge in some way. No! No, no, no!

It's really not clear **precisely why** we might be experiencing some kind of effect. You know, this one is experiencing depression, this one's experiencing cancer, this one's experiencing mystery illness, this one's experiencing a desire to kill themselves. The **why** of it, we don't even need to know the why of it. The thing for us is to go to Spirit for the healing.

---

*Wholeness  
is our  
natural  
state.*

---

"Spirit, whatever this is, whatever the root cause of it is, whatever's in my thinking, whatever's happening in my awareness that is causing this, I am ready to let it go. I am ready to let it be dissolved and resolved permanently, back to the root cause, so I never experience it again. I am **so** ready to be done with it, and now is the time of my healing. I **am** choosing healing."

You see, let us not waste any time, energy, or money trying to **analyze** what the problem is, because the **solving** of the problem does not require our analysis **at all!** It does **not** require our analysis! It requires our turning it over, handing it up and over to the Higher Holy Spirit Self.

### *Trust & Love Unleashes Joy*

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It says here,

*"Those who attempt to heal without being wholly joyous themselves call forth different kinds of responses at the same time, and thus deprive others of the joy of responding wholeheartedly."*

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This is talking about --

*“Those who are trying to help others heal without being wholly joyous themselves call forth different kinds of responses at the same time, and thus deprive others of the joy of responding wholeheartedly.”*

So, when **we’re** conflicted, and we’re trying to help others, **we** are going to bring forth different kinds of responses at the same time, so that’s where we can work on being wholehearted. Are we really conflicted? If we are, we can give that to the Spirit for healing **every** time.

I love that! I just love that! That is one of the most extraordinary, most miraculous things to me, is that we can actually **depend** upon Spirit, because that is **not** the thinking that most people have, to really have faith and trust and depend upon Spirit.

But learning to do that, and developing that ability, that unleashes the Joy, it unleashes the Love, because now **we’re** trusting Love instead of trusting in our own opinions and judgments.

Most people on a healing track, they are trying to find out **who** can they trust? Who has the wisdom, who has the intelligence? And when we’re looking **outside** of ourselves for the answer that way, which is totally understandable, we’re **not** looking to Spirit, and we don't trust Spirit. Why don't we trust Spirit? Because we don't trust **ourselves**.

---

*Now we’re trusting  
Love instead of  
trusting in  
our own  
opinions and  
judgments.*

---

When we say, “I’ll be there tomorrow,” and we don't make an effort to be there, we are declaring **we’re** not trustworthy. When we say we’re going to start that exercise program in the morning and we don't, then **we** are declaring **we** are not trustworthy.

It’s interesting, because sometimes people get offended and hurt. They’re thinking, “Hey! You can trust me! Hey! I know what that is. I can handle that!” and they’re offended because you don't feel that you would like to rely on them or trust them.

Now, it may just be that you’re fearful, but it may also be that you can tell they’re not trustworthy, and the person who gets upset by that, of course [laughs] we don't get upset by things that **aren’t** true.

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Somebody says to you, “You’re a murderer! You’re a murderer! I know you murder children!” we wouldn’t ever be like, “That’s not true! That’s not true!” **unless it was** true. [laughs] I don’t think so, anyway. If somebody accused me of murdering children, I’d think, “Okay, I think it’s time for me to go now. This person has lost their mind! Not going to be a productive conversation! I do **not** need to defend myself! I’m **out**! Thank you very much!”

So next time you’re defending yourself, instead relax. There’s **nothing** to defend. Right? Let’s just be in our loving heart and be there wholeheartedly, letting the Joy flow.

I can’t believe it’s time for the break already, but it is! It is, it is!

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 I’ll be right back!

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

### ***Faith & Trust is a Choice***

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And we’re back, talking about “Healing and Wholeness” talking about handing it over to the Higher Holy Spirit Self, placing our trust and faith in Spirit. This is the **hardest** thing for people, is to actually put their **true** trust and faith.

I was sharing in [\*Masterful Living\*](#) that every year, at the beginning of the year, people are telling me in our 1-on-1’s that trust and faith is their **biggest** issue, it’s the biggest challenge that they have to place their trust and faith in Spirit.

Now, I’m really glad that I realized every single second, every moment of every day, we’re **always** putting our trust and faith in something -- in **something!** Every second, that **never** stops.

---

*Every moment  
of every day,  
we’re always  
putting our  
trust and faith  
in something.*

---

## ***A Course in Miracles Weekly Radio Show*** **with Jennifer Hadley**

So, it's a matter of choice, right? It's about choosing again. If we're putting our trust and faith in our **own** interpretations, if we're putting our trust and faith in our **own** discernment, if we're putting our trust and faith in other people, if we're putting our trust and faith in anything **other** than Spirit, we will **not** have the same results as when we put our trust and faith in Spirit.

However, it's **so much more**, it's in fact a completely different thing, to actually put our trust and faith in Spirit versus **saying** it. Because many people will **say** that they're putting their trust and faith in God, but they're not actually **doing** that. They're saying it, but deep down, if you were able to do a cross-section of their consciousness and look at it under a microscope, you would see that their faith is only in their previous experience, and what they **think** could or should happen.

---

*Faith is like a muscle that you practice and use and get in shape.*

---

But faith is like a muscle that you practice and use and get in shape. For me, one of the things I really enjoy in life is being able to develop my strength and muscles.

I'll just give you an example, because it came popping into my awareness, I was at a kundalini yoga class and we were doing these abdominal exercises. When they started, I thought, "Ugh! This is going to be a bit rough, a couple of minutes of doing this!" [laughs] But I just had that thought, and then I let it be and I just started doing it, and I didn't find it that difficult. It actually surprised me a bit that it was easier than I thought it was going to be.

And after a few minutes, when we were finishing up, I noticed that the young man half my age and the young woman half my age on either side of me, **they** were giving out, and I knew I could go another minute or two. I attribute it to, in large part, I sit without back support a lot, and so I'm sitting cross-legged on the floor, I'm sitting on the sofa but I'm not leaning back against the sofa, so I'm sitting cross-legged, I'm using my abs and my back muscles a lot to hold myself up. That's the way I'm most comfortable a lot of the time, is I like to use my core strength.

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And I do have a core strength. The core strength comes not from my physicality, it comes from my **spirituality**, because that core strength is also related to first, second, third, particularly second and third chakras, particularly third. Third chakra is really where the ego identity is.

I know for me, I used to feel sick to my stomach all the time if I felt threatened. I'd feel sick to my stomach, feel this achy in my stomach, nausea or just an achiness, and it took me a long time, till I started studying about the chakras, to realize, "Oh! My ego identity is being threatened, and it's associated with that third chakra."

Anyway, our strength does not come from things in the **world**, it comes from our connection with Spirit, and where we place our faith determines how things are going to go. So, it's "Lean not on your own ability to figure it out."

I remember that all the time, "Lean on Spirit. Lean **not** on yourself, Jennifer. Lean on Spirit." And so, I've **trained** myself, and of course I'm still -- I'm not a beginner, but I don't even think of myself as an advanced student. I'm **really** learning how to truly trust God in **every** moment, to trust Love in every moment, and that's a **major** healing! That's a **major** step towards Wholeness that we can activate through faith and trust. Right?

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*Our strength  
does not come  
from things in  
the world,  
it comes from  
our connection  
with Spirit*

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### *Being Helpful Is Our Purpose*

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Think of the what I call "The Purpose Prayer" the one that's on Page 28, "*I am here only to be truly helpful.*" It's at the end of Section V in Chapter 2 and it begins with -- I call this "The Purpose Prayer" -- it begins with

*"You can do much on behalf of your own healing and that of others if, in a situation calling for help, you think of it this way:" [T-2. V.A.18. (8)]*

And this applies to you are having a heart attack. [Laughs] It applies to you are having your gallbladder removed. It applies to **whatever** you're going through you're having your teeth cleaned. Whatever you're going through, it applies **there**. So --

*"... in a situation calling for help, you think of it this way: I am here only to be truly helpful."*

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“I am here in this situation, in this experience, **only** to be truly helpful. I am here in this life, in this body, in this room, in this community, **only** to be truly helpful. I am here to represent -- or **re**-present -- God Who sent me. I do not have to worry about what to say or what to do, because the One Who sent me **will** direct me. I am content to be wherever God wishes, knowing God goes there with me. I will be healed as I **let** God teach me to heal.”

Healing and Wholeness. **This is** how we’re healed -- we walk in the world, or even we roll in our wheelchair, we lay in our bed, whatever’s going on with us, **only** to be truly helpful.

If we think we’re there to **get** something, we’re mistaken. Because sometimes we go someplace to get something, and then we get disappointed because we didn’t get it. Right? I’ve still got that going on. But even if you’re going [laughs] to pick up food to take it out, “I **still** am here **only** to be truly helpful!”

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### *Know & Broadcast the Truth*

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I was talking with some folks doing a forgiveness workshop -- and stay tuned, because I’m probably going to do another one or two or three more forgiveness workshops, if they can be arranged while I’m in New Jersey this Winter and early Spring, so tuned for that if you’re interested in that. Watch [Facebook](#) and my [Events](#) page and things like that.

I think it was in the forgiveness workshop I did recently that I said, “I’ve learned if I go into Starbucks, or wherever, and somebody’s having an argument, somebody’s upset, instead of thinking, “Ugh, God!” -- another example I gave was a crying baby on a plane, something that I’ve experienced far too many times to count.

I used to be the person you hear the crying baby on the plane, you hear the people arguing, you think -- I would think -- “Ugh, God! **Save** me from these people! Golly!” [laughs] I used to just go right into complaining, like, “Oh, man! You’re harshing my buzz! You’re ruining my day! You’re

---

*You know you’re  
there to be  
truly helpful,  
you know that  
you’re there to  
represent the  
One Who sent  
you.*

---

## ***A Course in Miracles Weekly Radio Show*** with Jennifer Hadley

causing me a problem!" I **did!** I was a complainer. I'd go right into that kind of thinking.

Now I hear a crying baby on a plane, I go into prayer, I go into knowing the truth, **and** the babies stop crying. If somebody's arguing in a store, the natural instinct is to get away from them. What if you know the **truth** -- you **know** you're there to be truly helpful, you **know** that you're there to represent the One Who sent you and you have been sent, and you step closer **to** them, broadcasting the high vibration of compassion and understanding, because you, too, have had an argument; you, too, have felt uncomfortable; you, too, have had a crying baby; you, too, have felt depressed?

Instead of looking at the person who seems to be down and out and thinking, "Oh, boy! That guy's in trouble!" No! **No! Our** healing is the healing of the world. The world's healing is **our** healing. Healing and Wholeness emanates from our Spirit. We're **broadcasting** it.

And, we put our faith **not** in our own decision-making, **not** in our own abilities, we put our trust and faith in the One Who sent us **will** tell us what to say and what to do, and **will direct** us, **if** we're willing. That **is** our Wholeness, that **is** our salvation. That's it, right there!

So often we're looking, "How am I going to have a healing?" You know, I'm someone I like to take a lot of herbs, I love my essential oils, I love plants, plant food. I'm not completely vegan now, but I'm getting there. I'm a bit of a flexitarian. [laughs]

By the way, I did see a great movie, totally off-topic, *The Game Changers*. It's a documentary about these men, particularly athletic men, and the effects of changes in their diet to heal their body and to give the best performance as athletes and it's quite interesting. I saw it on Netflix. *The Game Changers*.

### *The Whole State of Love*

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Let's go back to the beginning of Chapter 5, and we're talking about being **wholehearted** and the Joy of responding wholeheartedly, talking about Joy calling forth this integrated willingness to **share** the Joy, and that Joy promotes the mind's natural impulse to respond as One, as **not** separate, as connected, as compassionate.

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It says here, then, in the next paragraph,

*“To be wholehearted you must be happy. If fear and love cannot coexist, and if it is impossible to be wholly fearful --”*

Completely fearful,

*“... and remain alive, the only possible whole state is that of love.”*

---

*“...the only possible whole state is that of love.”*

---

So, our Wholeness is an expression of Love. **We** are expressions of Love. Love is our true identity, so when we're unloving, we're not well. Certainly, we're not well in our belief system, we're not well in our thoughts, in our mental body, and if we're not being loving, we're not well in our emotional body and, of course, we're not going to be well in our physical body.

Who among us is completely loving 100% of the time? I don't know many. [laughs] Very few have I seen be completely loving **most** of the time, so we **aspire** to that. We don't say it's impossible, we **aspire** to it. We say, “Spirit, that's my goal! You show me how. I'm doing it! It's happening! I'm doing it, it's happening, it's happening by me, through me, around me, with my full cooperation. Thank You, God for my healing!”

That's another thing related to healing and Wholeness -- let's just give thanks for our healing **all** the time. Because healing is happening now, let's give thanks for it **all** the time.

Alright! It's exciting!

### *To Have, We Must Share*

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*“If fear and love cannot coexist, and if it is impossible to be wholly fearful and remain alive, the only possible whole state is that of love. There is no difference between love and joy. Therefore, the only possible whole state is the wholly joyous. To heal or to make joyous is therefore the same as to integrate and to make one. That is why it makes no difference to what part or by what part of the Sonship the healing is offered. Every part benefits, and benefits equally.”*

So, let's be wholehearted in offering Wholeness to the Sonship, to all humanity, to the truth, to the life of Love, to the perfection and the Beauty that is our natural and connected state. We **must** be willing to offer it to the Sonship and share it with everyone, or we can't actually have it.

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*“To Have, give All to All.” [T-6. V.4]*

This is the teaching. This **is** how it works. In order to **have** it, we must **give** it, we must **share** it. There’s no other way.

I invite you in this moment to think about who **you** feel does not deserve to be happy. Who do **you** feel does not deserve to be prosperous? Who do **you** feel does not deserve to be healthy and harmonious, to be blessed? Who would **you** withhold the blessings from? Who would **you** deny joy to?

Most of us have got people on that list, and that’s the thing I realized is, “Oh! To **have** joy, I’ve got to be willing to **give** it, **share** it with all, or I myself cannot **have** it.”

So, if there’s some person you work with, some person in your family in your history, some person in the political scene that you think should be punished, does not deserve happiness, or Wholeness, or Beauty, or truth, or Joy, you’re denying it to **yourself**. There’s **no** way that **you** can have it and think it should be withheld from somebody else. **No way!** Ain’t happening! So, let’s just give up that fantasy!

### *We Are the Redeemers*

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Now, think about this. Let’s say there is somebody in the world who is unkind, vicious, cruel, murderous, even, and you think, “Well, **they** don't deserve to be happy! **They** don't deserve to have Joy!” It’s not about **deserving**, you see. As long as someone is murdering people and disrespecting people, and being mean and cruel, **they aren’t** going to experience true Joy or happiness, because they’re blocking the flow of Love.

What more could we possibly have a **desire** for them, then that they would come to Joy? Because if they come to Joy, they’ve come to Love. If they’ve come to their loving heart, the meanness, the cruelty, the murdering, the torturing **will** stop.

So, let us bless them that spitefully use anyone. We **must** bless them. We must bless **everyone** that we think should be punished. As soon as we have the thought, “**They** don't deserve! **They** should be punished! **They** should be **ashamed** of what they are doing! They should be **ashamed!**” Right? That’s such a common thought, “They should be **ashamed!**”

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No -- let **no one** be ashamed, let everyone feel **loved**. Right? Because people who **know** who they are, that know their true identity, that **are** loved and are loving, will **not** do those things. They will be **redeemed**, and we are to be the **redeemers**.

This week is Martin Luther King, Jr., day week, and I'd just like to do a couple minutes on that topic here, because it's so appropriate to the healing and the Wholeness, the healing and the Wholeness of our heart and our body temple.

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*We are to  
be the  
redeemers.*

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All healing is at the level of the mind, the mind that's in the heart, so Love is the answer. Think of Jesus who told the man who had been in his bed for a decade or whatever it was, "Take up your bed and walk." He gave a talk. You remember, they had to -- he was giving a talk in somebody's house, they had to take off the roof to bring this guy in on his bed, and you **know** that talk was about forgiveness, you **know** that talk was about giving up your attachments to the past, and Jesus said to the man, "Let go of the past. Let go of it, and then take up your bed and walk."

When we can let go of the past and the hurts -- because if we're thinking somebody should be punished, somebody that we see on the screen of our life should be punished, you **know** that we're angry about something in the past that we're reliving here in the future.

### *Love Your Enemies*

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Now, one of my favorite speeches by Dr. King is the "Loving Your Enemies" speech, and it's such a powerful tool. It's beautiful for us, and you can, in my ["Spiritual Espresso"](#) today, my daily blog, I quote from it, I give you links to it. You can listen to it, you can read it, and I really encourage you to do that. I even made a video where you can see the text scrolling while you listen to it, because when you read and listen at the same it's so powerful!

In the speech there, he says at one point, "... love has within it a redemptive power. And there is a power there that eventually transforms individuals."

We know that, don't we?

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He said, “That’s why Jesus says, ‘Love your enemies.’ Because if you hate your enemies, you have no way to redeem and to transform your enemies. But if you love your enemies, you will discover that at the very root of love is the power of redemption. You just keep loving people and keep loving them, even though they’re mistreating you. Here’s the person who is a neighbor, and this person is doing something wrong to you and all of that. Just keep being friendly to that person. Keep loving them. Don’t do anything to embarrass them. Just keep loving them, and they can’t stand it too long. Oh, they react in many ways in the beginning. They react with bitterness because they’re mad because you love them like that. They react with guilt feelings and sometimes they’ll hate you a little more at that transition period. But just keep loving them. And by the power of your love, they will break down under the load. That’s love, you see. It is redemptive, and this is why Jesus says love. There’s something about Love that builds up and is creative. There’s something about hate that tears down and is destructive. ‘Love your enemies.’”

The way to Wholeness **is** Love. That **is** the way.

And this is what Jesus is saying to us in Chapter 2 of this *Introduction* to Chapter 5, that **every** part of the Sonship benefits with healing when we choose Love.

Last paragraph here, He says,

*“You are being blessed by every beneficent thought of any of your brothers anywhere. You should want to bless them in return, out of gratitude. You need not know them individually, or they you. The light is so strong that it radiates throughout the Sonship and returns thanks to the Father for radiating His joy upon it. Only God’s holy children are worthy channels of His beautiful joy, because only they are beautiful enough to hold it by sharing it. It is impossible for a child of God to love his neighbor except as himself. That is why the healer’s prayer is: Let me know this brother as I know myself.”*

That’s our prayer -- “*Let me know this brother as I know myself*” as the pure and perfect Love of God. Amen to that!

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*Every part of  
the Sonship  
benefits with  
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### *Closing Prayer*

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**Whew!** I'm **so** excited! **Best** year ever! **Best** decade ever! Here it comes!

Thank you to all the people who financially contribute and support this radio show and make it possible, plus the free classes like the ["Unblock"](#) class I just did. And, let's pray!

I know we are blessed! We are grateful and thankful to receive our blessings. We **share** with all.

In gratitude, we say, "Amen, amen, amen!" I Love you! Have a great rest of your week! Mwah!