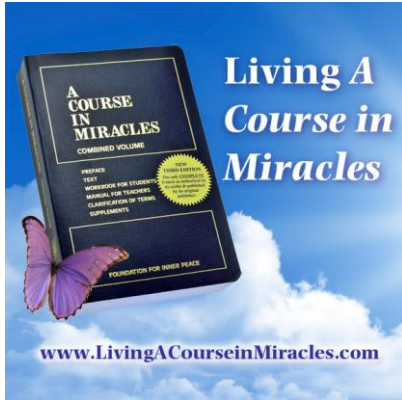


February 11, 2020



Self-Love Isn't For Sissies



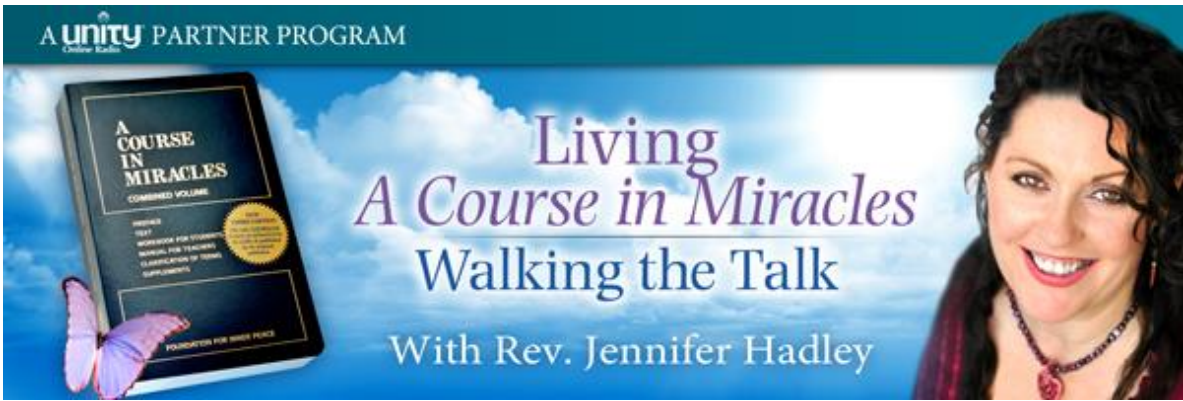
 *Jennifer Hadley*
your daily shot of spiritual espresso

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Self-Love Isn't For Sissies.....4

Opening Prayer..... 4

Masterful Living & “Self-Love” Class..... 5

A Journey of Self-Love 6

Self-Love Is Confrontational 7

Self-Love is Required For Healthy Relationships 9

Love Is the Only Power 10

Doing the Work With Love..... 11

Self-Love Takes Courage..... 12

Proving God Through Self-Love 13

Self-Love Takes Vigilance of Our Thoughts..... 14

Those That Seem Weak Are Strongest 16

Learning to Trust God..... 17

Thank You & Events 19

Closing Prayer 19

February 11, 2020

Self-Love Isn't For Sissies

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! Thank you for joining me! If you're joining me for the very first time, I'm grateful! I'm grateful we're transcending time and space by joining together by means of this podcast. Whether you're listening live or listening to the replay, it's all good! We are eternal beings, not bound by time and space.

Opening Prayer

I invite you to step into a blessing with me as we place our hand on our heart and I speak this word of gratitude.

So grateful to take this breath lifting us up with this breath of gratitude. We're breathing in gratitude, we're breathing out the Love of our being, the Light of the world that we are. We are truly grateful and truly thankful to Partner UP with that Higher Holy Spirit Self, transcending time and space limitations to join together in the Infinite.

We are grateful and thankful that everything is for us, nothing is against us, that we are One with the only thing there is. Our mind is the Mind of God, our heart is the very heart of God, our hand is the very Hand of God in this world, and we are dedicating ourselves to being truly helpful in this world.

We are grateful to come out from among them and to be of service in this world. We are grateful to open ourselves to new insight and awareness, remembering the truth. This is our way. We are remembering the truth. So grateful to give up learning through suffering and pain, and instead relax into remembering the truth.

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We are grateful and thankful that our life is blessed, and we share these blessings, all of our learning and inspiration, with everyone, because we're One with them.

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

Mmm! The healing is in the **allowing**. We allow ourselves to be led and guided by Spirit and **there** is our healing. Mmm! Then we have something to share. Yes!

Masterful Living & "Self-Love" Class

I love this topic that Spirit gave me this week. So good! "Self-Love Isn't For Sissies". Self-Love ain't for sissies! Don't we know it?! Oh, my goodness!

In my yearlong course, [Masterful Living](#), I talk quite a bit about Self-Love -- and in [Finding Freedom](#), as well, but [Masterful Living](#) is the yearlong course so it's way more depth to it -- and people will often ask me, "Jennifer, **how** do I love myself? I don't even get the concept. It doesn't even make sense to me. **How** can I work with this?"

And so, I -- we're starting a new round of [Masterful Living](#) and, by the way, I decided to open up registration for one week, one week only, so jump in now if you're interested, or book an Exploratory Call, talk with one of the Spiritual Counselors, get your questions answered. Make sure it's right for you right now or not right for you right now, whatever you'd like to discover.

Inspired by the people who are in [Masterful Living](#) this year and this journey of Self-Love that is so profoundly healing, and the healing that folks who were in [Masterful Living](#) last year have been sharing with me recently, I decided to do a "[Self-Love](#)" class this week for Valentine's Day. So, Thursday the 13th, Friday the 14th. and I think we're going to do replays on the weekend. If you go to [JenniferHadley.com](#), the [Events](#) page, you can sign up there and it's probably on the [Home](#) page at [JenniferHadley.com](#). "Self-Love". I'm going to do these classes live on Thursday and Friday, and then we'll run replays on the weekend with the [Spiritual Counselors](#). It's so life-changing!

A Course in Miracles Weekly Podcast with Jennifer Hadley

A Journey of Self-Love

I've really been contemplating this lately how challenging Self-Love was for me, developing Self-Love for me, and how deeply, profoundly healing it has been for me. I had **no** idea. No idea! And Spirit is **so** good, because I never would have gone on a journey of Self-Love if not for Spirit. It wasn't something I read about in a book and got inspired.

I just find that books are helpful in anchoring our insights and inspiration, and certainly *A Course in Miracles* is great for that and I get profoundly inspired reading *A Course in Miracles*. But **nothing** is as inspiring as the a-ha's that come through as a result of my spiritual practice. Nothing is as healing as that! Nothing is as motivating or inspiring as the insights that come through my own spiritual practice of choosing Love and connecting with Spirit.

And it's the choosing Love and the connecting with Spirit that are the **practice** of Self-Love. They are spiritual practice, and all spiritual practice is Self-loving, "Self" with a capital "S".

So, a lot of the things that we do in the world, like watching television and trying to look good, say something clever, do something clever, make something clever, all of that is often feeding the small self, with a small "s". I think of it as the "selfish self".

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My inspiration to Love myself came, I remember it well, it was back in the 80s, mid-80s. I was living in Manhattan on the Upper West Side, 98th and Broadway, and I had a big closet that I could actually stand in. And I went into my closet to get something, and as I turned on the light in the closet and stepped into it, this thought was **so** loud in my mind, I heard it for the first time, and it was, "I **hate** you!" That was my ego-identified self talking to me. "I hate you! **I hate you!**"

And it shocked me, because the Jennifer that I presented to the world was one that was confident, that was secure, that knew it all, that was always right, et cetera, very egocentric, and this thought that rang like a bell in my mind, "I **hate** you!" it woke me up, and my thought was, "That's not good!" [laughs] "That is **not** good! Oh, boy!"

A Course in Miracles Weekly Podcast with Jennifer Hadley

It's like that moment in a horror film when the phone rings. Right? And the young, beautiful woman is there alone by herself, and it's a stormy night outside. I've never seen any of these movies, but I've seen those clips. Right? And the phone rings and it's the murderer, the axe murderer, the Freddy, the -- I don't know the names of any of those horror movie people, really. Freddy Krueger is the only one I can think of -- and you realize -- or she realizes the call is coming from inside the house. What?! [laughs]

That was my experience. That was my moment then -- the horror message of "I hate you!" is coming from inside my own house! Ahh!

So, I decided to do something about it. I had recently begun going to services with Eric Butterworth at Lincoln Center in Manhattan, the Unity minister so inspiring, so brilliant, so clear he rang like a bell of truth. I decided to do something about it.

I had all these goals on my list, and I was quite unhappy at the time, searching for the answers, beginning to look for the answers in spiritual places instead of the world, because I couldn't find what I wanted in the world. I tried, and nothing was satisfying me -- the great job wasn't satisfying me, the good paycheck wasn't satisfying me, the boyfriends weren't satisfying me. Nothing of the world was satisfying me. Everything felt empty, everything felt disappointing, everything felt like some kind of loss.

*I started looking
for Love in the
right place,
in Spirit.*

And so, I started looking for Love in the **right** place, in Spirit.

It was that message of "I hate you!" that said, "Okay, I've **got** to address this. I can't let this go on, now that I see it." It's like you pull back the wall and you realize, "Oh, no! There's terrible mold here!" You can't let it go on. It was like a mold on my soul, black mold on my soul, and I began that journey for Self-Love.

Self-Love Is Confrontational

Well, the reason why Self-Love isn't for sissies is because it's confrontational. It's confrontational, and what I've learned as a Spiritual Counselor for the last 20 years is that -- and especially as one who **trains** [Spiritual Counselors](#), that **most** people have an inner dialogue that is

***A Course in Miracles* Weekly Podcast** with Jennifer Hadley

abusive, it is negative, it is punishing, it is discouraging, and it's a wonder anybody can get anything done with all that negativity spewing all the time, like some noxious volcano that is burning us from the inside.

So, what I've seen is, because all of that self-hatred and the self-abuse and the self-attack and the self-criticism, self-shaming and all of that -- it's because it's not based in Reality, with a capital "R" as we know it from studying *A Course in Miracles*. It's all based in the illusion -- it's **amazing** how quickly you can turn it around! I see people do it in [*Masterful Living*](#) every year. They **really** turn it around, they make a **huge** difference.

You know, in a couple of years in a row of making a huge difference, 2-3-4 years of really making like a 25% dent, a 30% dent each year, well, a handful of years doing that, you are a **totally** different person living a totally different life, and you can bring benefit to your whole family, to everyone you work with, to your community, your ancestors, even. It's extraordinary what can be done!

And if you **can** be discouraged from it, you will be. That's why it's not for sissies. If you **can** be discouraged, you **will** be.

There are times when people will, of course, actively try to discourage us, and that's when we must have courage. When they're trying to discourage us we must have courage, because our courage is threatening to some people.

To some people it's inspiring, to other people it's threatening. Because if we're in dysfunctional relationships -- and most of us are in special relationships, which are highly dysfunctional -- if we're in dysfunctional relationships with people who also do not Love themselves, if we decide to go on a path of healing, **that** will be threatening to their ego.

Our shifting identity from being identified with the small, selfish self to recognizing our true identity is with the Higher Holy Spirit Self, that **journey** is threatening to people who have an investment in **their** small, selfish self's relationship with **our** small, selfish self.

A Course in Miracles Weekly Podcast

with Jennifer Hadley

Self-Love is Required For Healthy Relationships

So, remember, the special relationship, as I prefer to describe it, is the special relationship is a relationship that is based on dysfunction, it is based on lack, it is based on limitation. It affirms these things at every turn -- lack, limitation, separation from Spirit, dysfunction.

And all special relationships are “Let’s make a deal. I’ll give you this if you give me that. I will validate your this if you validate my that. I will put up with your this if you put up with my that.” Right? They’re all “let’s make a deal”. There’s no such thing as unconditional love in a special relationship, because there’s no Love, and Love can only be unconditional.

So, this is why cultivating Self-Love is so critical and so important, is because we can’t actually **have** a relationship that is truly loving until we Love ourselves. Just we can’t. It’s we’re just not capable of it. It’s not that we wouldn’t like to, it’s not that we’re not interested. We’re not capable until we Love ourselves, because **until** we Love ourselves we’re always going to be looking to get Love from **outside** of us.

Right? “Looking for love in all the places and faces” because we don’t have it inside.

When you have Love in your heart for yourself and for Spirit, **then** you have Love for everyone, and you can Love your neighbor as you Love yourself.

And you can also, you can Love your neighbor and you can Love the one who calls themselves your enemy. Right?

*We can’t
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We have examples in the world of people who actively believe they have enemies because they don’t **know** the unity of all life, so they are firmly entrenched in separation. They are teaching separation, they believe in separation, they feel their power comes from separation. “Divide and conquer.” So, their tools are weapons of attack. Right?

And they can **only** be disarmed by Love. They can **only** be conquered by Love. This is why my favorite -- well, my three favorite teachers are Gandhi and King and Jesus, because Love was their message, that Love knows no opposition. Love **is** the powerful force, the more powerful force, in the world.

A Course in Miracles Weekly Podcast with Jennifer Hadley

But it takes courage, it takes strength of heart, to invest in Love. So, when once we really open our heart to Love and we Love ourselves, then we can Love other people and we can **receive** the Love of other people. We feel worthy of it when we Love ourselves, and then our heart is open, it is strong, it is powerful, and it is a truly helpful and transformative power in this world, because it is aligned with Spirit, with the Higher Holy Spirit Self.

And **that** aspiration **will** be met by Spirit in Its fullness, and we **cannot** fail. We will be lifted up, we will be raised high above the battlefield, if we are willing to walk in this world and Love **all**.

But if we have special relationships, and we love this one so much more and make this one special, we make these codependent deals with everybody, and then this one who is so hateful -- "Oh, I can't love them! They're so hateful! They're disgusting! What they're doing is disgusting! It's repulsive!" -- well, then we're standing in a place of saying, "I know what everything is for and that is not for good. Not at all!"

And when we stand in that place, we are standing with the ego, with the small, selfish self, and we're looking to separate. Right? To **sort** the good from the bad.

But *A Course in Miracles* is very clear, "Everything works together for good, and there are no exceptions except in the opinion of the ego." So, my prayer is to no longer make any exceptions, and the first place for me to stop making exceptions is with **myself**. "I am good because I am of God. It is my **nature** to be good, it is my **nature** to be loving, it is my **nature** to be truthful.

Love Is the Only Power

You see, one of the things that we do is, all throughout our day we're making sense of what we're experiencing by viewing it through the lens of the past. Why do we do that? So, we can be the ones who decide what's good and what's bad, what's right and what's wrong, because we think that's where our power comes from, being that decider.

It's not. Love is the **only** power. Love is the **only** healer. Love is the **only** fixer, Love is the **only** way. Love is what I AM. I AM the way, the Truth, and the life. I AM **is** the way, the Truth, and the life. I AM that I AM.

A Course in Miracles Weekly Podcast with Jennifer Hadley

A Course in Miracles tells us **very** clearly, **we** are the treasure of God and our heart is the altar of God, and we have laid upon the altar so many false idols because we feel **unworthy** of Love.

So, this is why, in the Power of Love community, we work directly on

healing this unworthiness. We work directly on cultivating Self-Love. **This** is what we're doing, and **this** is where the miraculous healing comes from. It comes from cultivating a loving heart, and it means that we must give up reserving the right to attack anyone, including ourselves, because **when** we attack anyone we **are** attacking ourselves.

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Doing the Work With Love

And you know what? I'm fairly active on [Facebook](#). I don't so much look at other people's stuff, because I don't really like **reading** things on Facebook, but I do appreciate the opportunity to engage with people on Facebook, and I look to do it in a way that's interesting to me and that is possibly inspiring to others.

Many people do give me messages that say, "Thank you for your message today. It helped me shift the direction I was going in," so that's the only reason I do it. Truly, it's the **only** reason I do it is because I get those messages back and I'm interested in being truly helpful, and I **can** do it and I feel inspired to do it. Sometimes I just -- Spirit will say, "Go to Facebook and put this on there." "Okay! Sure! I can do that!" It'll take me a minute. Then I'll check back later and see what the comments are, comment on the comments.

Why did I say that? Spirit knows. [laughs] Ah! Sometimes people say hateful things, attacking things. I don't take it personally. No one says a hateful thing who loves themselves. No one, and **that's** where we can do our work. It's not for sissies!

It's time for me to take a break! What?! I'm Jennifer Hadley. You're listening to *A Course in Miracles* on Unity Online Radio, where we are **actively** living the Love, walking the talk, and I'll be right back!

A Course in Miracles Weekly Podcast with Jennifer Hadley

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

Self-Love Takes Courage

And we're back! "Self-Love Isn't For Sissies!" [laughs] Just in time for Valentine's Day.

In the month of February, for years now, I've been making all the episodes about relationship, and so today the relationship issue is our relationship with our self which impacts **all** of our other relationships. Because if you've ever tried to really Love someone who does not Love themselves, you'll **know** that it's really pretty impossible **until** they learn to Love themselves.

I am so moved and inspired by the teachings of Martin Luther King, Jr. and I love his great sermon, "Loving Our Enemies". If you search in "[My Daily Spiritual Espresso](#)" you can find it. You could probably find it, too, if you search "Loving Our Enemies Jennifer Hadley" at Google. You'll probably find it. I love, truly, the teachings of Martin Luther King, Jr. on that topic, and that when we Love our enemies we redeem them. And for many people, the ego is perceived as an **enemy**.

To me -- I know this might contradict what some other *A Course in Miracles* teachers say, and I'm okay with that. Happy to discuss it with them if there's an interest for that. But, like, I know Gary Renard says the ego's out to kill you. And I don't disagree with that, but I also don't think that the one who is out to kill me is the **enemy**. They're my brother, my sister.

The ego is not a being, it is a thought system, and so it is a thought system of destruction, it is a thought system of separation, it is a thought system of lack and limitation. And when people are ego-identified, they will be out to kill themselves and to diminish others, as well.

This is why the teachings of *A Course in Miracles* are to disengage with that thought system, to disidentify with that thought system. And for any spiritual student on this path, there comes a time of being dis-illuminated. Right? We're no longer enamored of the illusion, we're disillusioned with the world that we've made, our perceptions and our projections, and so this is when we come out from among them, and this is when we also discover Self-Love.

A Course in Miracles Weekly Podcast with Jennifer Hadley

And so, it takes courage to Love ourselves, and that courage is loving our self enough to no longer be self-destructive but to be Self-loving. And when we're Self-loving, we're also loving of Spirit because we **are** of Spirit.

It's life-changing when we get to the point where we make a decision to start really actively **practicing** Love, which means that when the attack thoughts are so tempting to think, we interrupt that pattern. When the attack thoughts are directed at someone else or ourselves, it doesn't matter, interrupting that pattern is Self-loving.

Because if we're vibrating with the vibration of hatred, we're vibrating with anger, and resentment, and regret, and blame, and shame, and all of those things. If we're allowing ourselves to vibrate at that level, it's **not** Self-loving.

So out of Self-Love, we look at the thoughts and feelings that are coming up for healing and we say, "Spirit, I'm choosing a higher vibration.

I'm choosing a higher thought. Lift me up, show me the way." We stop relying upon our **own** ability to figure it out. That's critical. There's **no** way that we can awaken spiritually and **not** ascend to the awareness that going on our own steam is a path of self-destruction, lack, limitation and separation.

But that is the way of the world. That is what we've been taught, to be resourceful from what **we** can figure out using the ego thought system.

So, to disengage from that **requires** courage, and that's why Self-Love isn't for sissies.

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of Spirit.*

Proving God Through Self-Love

I'm doing this "[Self-Love](#)" class for valentine's Day, and if you're listening to this later, you'll always be able to find my free classes. You can always write to Admin@JenniferHadley.com "How can I find that free class? I heard about it on Jennifer's podcast."

But this free registration for this "Self-Love" class, it's a free class -- and part of why I'm doing this class is to talk about some of the work that we do in [Masterful Living](#), because I feel it's so **critical** that people understand that

A Course in Miracles Weekly Podcast with Jennifer Hadley

tremendous healing is possible, but it **does** require spiritual practice, work, time, attention.

Many people sign up for all kinds of classes where they're just **listening** to something. Right? And there isn't **work** to actually do. What I love about the way Spirit has guided me to create [Masterful Living](#) is we're doing the work in community, so people make **tremendous** friends, just the very best of friends, the deepest relationships, that go on for years and years and years, because the connection is pure Spirit bringing them together as Prayer Partners. I

t's extraordinary, the healing that happens, when we are **consistently**, throughout our week in various ways, being the two or more gathered in the name and the nature of Love. Even for a few minutes here and a few minutes there, it makes such an extraordinary difference. It continuously amazes and impresses me, and this has built my **faith**. It's what I call "proving God".

Self-Love Takes Vigilance of Our Thoughts

For me, in my journey to Self-Love, one of the things that I had to do that required real strength and courage on my part was I had to be willing to **admit** how self-destructive I was. I had to be willing to admit to **myself** that I was **very** unloving to myself.

I had to be willing to have the scales fall from my eyes, and to recognize that me having dinner with this person once a week that I've been calling my friend for all these years, this is actually self-destructive, because we're getting together and we are complaining, we are disparaging other people, we are blaming other people for our problems, we are making fun of other people, and we are engaging in self-destructive behavior by doing this. And, we **think** that it's fun because we're laughing and because we feel **superior** to these people that we're making fun of and disparaging.

But doing that is actually **self-destructive**, because I'm One with those people, and so when I lower my vibration to the place where I can find it funny to attack other people, where I can find it humorous and worthwhile to disparage other people, to behind their back belittle them -- and, you see, we think we can do this because that person is on television. Right? They're not in our **life**. We're not inviting them to our home, we're not going to their home. We're seeing them on YouTube, we're seeing them on

A Course in Miracles Weekly Podcast with Jennifer Hadley

television, we're listening to them on the radio and thinking they're an idiot.

We think that we're so separate from them we can never feel the pain and suffering caused by our attack thoughts. But **any** thought that **we** believe, **we** are the ones that will feel the energy of it first, last, and foremost.

Any attack thought that we **think** we're directing out into the world, we are going to be the one who feels the **greatest** experience of the attack and there's no way around it.

Just like if we're **praying** for people, we are the ones that will feel the greatest **benefit** from the prayer because **we're** the one holding that vibration.

So, whether we're holding a vibration of lack and limitation and attack or we're holding a vibration of Love and compassion and perfection and Beauty and Truth, we're going to experience the **majority** of the effect in this world.

"All thought produces form at some level. There are no idle thoughts." *A Course in Miracles* Chapter 2, *Fear and Conflict* section.

So, the **most** challenging part of loving ourselves is to be vigilant with our thoughts. That's the most challenging part. It's the hardest thing I've ever done. I don't find it hard **now**, but I do find it is a practice that I must engage in all day long. And when I began, it was exhausting to me and I felt like I was failing all day long.

I don't feel that way anymore, and that's why I encourage people to join me, because now I feel so differently, and I do Love myself, and I can Love other people easily. I used to think that other people's energy would bring me down, and now I know, "No, it's just your **thoughts** about them, Jennifer, that's bringing you down. Lift your thoughts to the Light. Choose Love. You won't feel down anymore." So, I can be around someone who's energy is intensely destructive and negative and I can be at Peace, and I can be **helpful** to them and that's my goal, of course.

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A Course in Miracles Weekly Podcast with Jennifer Hadley

So, whatever your goal is in Spirit, Spirit will lift you up and make it **possible** for you, if you're **willing** to actually **go** there, if you're **really** willing to go there.

But if you're going there to **get** something, like if you're practicing Self-Love in order to heal your body so that you're no longer in pain, it's **not** the same as practicing Love so that you can be of service in the world, so that you can remember your Heavenly Father-Mother God. It's **not** the same. It's not bad, it's just not quite the same.

Those That Seem Weak Are Strongest

So, this is the thing, is to move into the heart space that our heart opens so much that we're choosing Love, so we can feel and recognize our closeness to our Creator. **Not** so that we can accomplish some effect in the world, so that we can just be in that communion with our Creator, and we can **forget** all of our attachments to the world of effects so that we can truly **live** in the Kingdom recognizing that we **are** the treasure of God.

And no one needs to agree or recognize that that is so. We can **know** it. Right? That we are more interested in that relationship we have with the Light of our being than in **any** other relationship, and that is **not** for sissies because sissies --

Alright, I'm getting "Let's define 'sissies'." So, sissies are people who are scardy-cats [laughs] Sissies are ones who are afraid. You know, their orientation is to be afraid. They don't trust, they don't have faith, so they're always afraid.

And people who begin the spiritual journey **from** that place are actually -- listen to this! -- **incredibly** fortunate, because the shift that **they** will experience is so tremendous that they will be **compelled** to live and demonstrate in such a way that others will be **profoundly** inspired to join them on that journey.

And I feel like that's **me**, as I'm saying it. I don't think I've ever said any of this quite the way I'm saying it now, but feel that -- that the ones who have felt the **most** lost, the ones who have felt the **most** afraid, the ones who have felt the **most** betrayed and hurt and wounded, when they take this journey within, to the heart of Love that is in each one of us, and they actually take up residence in their loving heart which has been prepared for

A Course in Miracles Weekly Podcast with Jennifer Hadley

them by that Higher Holy Spirit Self, when they take up residence there in that holy place, in their own being, they will be **such** an inspiration to the world **because** of the distance they've traveled, and what they can share will be a healing balm in a fitful world.

I do see this in [*Masterful Living*](#) all the time, that the people who begin [*Masterful Living*](#) and they're truly frightened, feeling **very** weak, desperate and despairing, at the edge of hopelessness, a couple of years later -- if they practice, if they put their **trust** into the practices -- then within a few years **they** are helping others **profoundly**. **They** are an inspiration.

That journey is **not** for sissies, and yet it is the people who seem the very weakest at the beginning who become **so** strong, and that is a beautiful thing to participate in. It's **so** beautiful to hold the hand of the one making that journey. I am so grateful! **Thank You, God! Thank You, God, for my life!**

I went from this self-hatred and self-loathing, and I used to hear all the time, "I hate this world! I hate this life!" And then when I finally heard, "I hate **you!**" **that** flipped a switch in me.

I'm now **so** grateful **that's** where I started from, that sense of utter and complete weakness, trying desperately to find my strength in the world through other people, through my position at work and my title at work, and just any place, anything in the world that I could find strength from. You know, having an attractive body, an attractive face, being able to be sexy or hot, or any of those things in the world that were so important to me, like, "Oh! If only I could **have** that, if only I could **be** that, if only I could **do** that, **then** I would feel safe, **then** I would feel secure, **then** I would be lovable."

Nothing could be further from the truth. No! It's just **not** true, and I'm **so** glad that I couldn't be fooled anymore, and I felt so lost and afraid that I gave up trying to get my security from the world.

Learning to Trust God

And it is that thing of-- I was contemplating this earlier, it came into my mind, that many years ago I became friends with a woman, a beautiful woman. I can't think of her name right now. You know, people are in your life for a reason or a season. I can't think of her name right this second,

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beautiful, beautiful woman who was a world-class gymnast and extraordinary at talent, and one of the things she had done in her life was she had trained to be an acrobat and to be a trapeze artist, because she had all this athletic skill as a gymnast and she had this desire to experience it as an acrobat and a trapeze artist.

So, in that training -- right? You can imagine, you've got the net underneath you and you're high above it, and you have to learn how to swing back and forth standing on the trapeze. And then you have to learn how to fling yourself into the air and fly through the air to be caught by the catcher, otherwise there's no trapeze show. If the acrobat doesn't fling themselves off the trapeze and fly through the air and do the somersaults and all the things that they do to be caught by the catcher, there's no act, there's no nothing. It's not happening. [laughs]

So, what she said to me was, that when she was learning to do that, the catcher said to her, "I will **always** catch you. I will **always** catch you. **Your** job is **not** to look for me. Your job is to **let go** and fly. I will **always** catch you."

And so, for her, the strength that she required -- she had all the skill and talent in her body, and the ability to do the flips and the somersaults and all the different things -- the thing that she had to learn to do that required courage was she had to **let go** of the trapeze and **allow** herself to fly through the air to be caught by the catcher. She had to **trust** the catcher would catch her.

Because she knew how to leap from the ground from a standing position and do a somersault in the air and come back down, and things like that. She knew how to do it on a balance beam, you know, on a trampoline, all these different ways. But **this** was different because she had to **let** them catch her.

And that's our journey with Spirit, is it not?

But if what we're leaping towards is some ego validation, wouldn't it actually be **more** helpful if we were somehow taught "**That** is going to cause you to fall into the net," and if you don't believe in the net, it may cause you to fall onto the ground? Because that's going to be **your** learning, that if you're pursuing ego goals, they will not bring you happiness that lasts more than a moment, because it's **not** possible. And

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that momentary happiness is not **actually** happiness at all. What it is, is the very temporary cessation of wanting, needing, craving.

Love is the **permanent** cessation of wanting, needing, craving, but we don't **trust** it, and so that's why *A Course in Miracles* teaches us that #1 quality, characteristic, of the teacher of God is trust.

Yes! **Not** for sissies! [laughs]

Thank You & Events

So, come join me in my "[Self-Love](#)" class! Come join me in [Masterful Living](#) this year. I know if you can feel it, it's for you and **trust** that. Come join us! If you realize after a month or two it's not for you, that's alright! No harm, no foul. Follow your intuition. That's where the Peace lies.

And a big thank-you to everyone who supports this podcast. If you enjoy it, please consider making a monthly recurring donation at [PowerofLoveMinistry.net](#).

Closing Prayer

We take a breath of Love and gratitude. We open our hearts to Love ourselves free of all limiting thoughts and beliefs.

We share the benefits with all. We let it be. Amen. Amen. Amen.

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