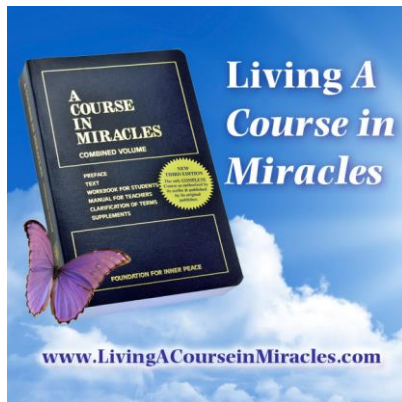


**March 24, 2020**



# Transforming Terror Into Peace



 *Jennifer Hadley*  
your daily shot of spiritual espresso

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*March 24, 2020*

# Transforming Terror Into Peace

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! Ah! Well, things are changing very rapidly in the world of form, and my sincere wish for us, intention for us, is that things are also changing rapidly in our hearts and minds and that we're opening ourselves to a life of great compassion and understanding, that we are all consciously choosing to be a loving, teaching presence teaching only Love, for that is what we are. Yes!

My topic today is for "Transforming Terror Into Peace" so let's begin with a blessing. Someone was telling me recently that when the first time they heard me say "Let's place our hand on our hearts and bless ourselves and each other and the whole world" they thought, "Oh, boy!" [laughs] And now they love it! So, there you go! We can all shift and change.

## *Opening Prayer*

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So, let's do just that, place our hand on our heart and tune within, consciously being grateful that prayer is so powerful, that prayer is the medium of miracles, *A Course in Miracles* tells us.

We are grateful that prayer is a means of communion with our Creator. It is a recognition and a remembrance of who we truly are, and Who sent us and what for. We are grateful to open our hearts and open our minds to the truth that liberates us from all false beliefs and perceptions.

We're Partnering UP with that Higher Holy Spirit Self, intent on remember our Wholeness and our holiness, and we are grateful and thankful to see, to recognize, to fully know this truth for our brothers and sisters. So, we are grateful to walk in the world as a holy presence, a healing presence. We are grateful to leave behind our thoughts of the past and to accept the

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Atonement for ourselves. We're accepting the truth that separation can never occur, it is not possible.

We are grateful to share the benefits of our healing and our awakening with everyone, because we're One with them. In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

Mm-hmm!

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### *Be a Healing Presence*

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Turning terror to Peace. Yes! I'm going to begin, I feel guided to begin, with Chapter 2, the very end of Section V which ends with Jesus telling us,

*"The injunction 'Be of one mind' is the statement for revelation-readiness." [T-2.V.A.17. (7)]*

So, let's be in "revelation readiness". Now is the best time ever. Now, now is the **only** time we can actually be in revelation readiness, so let's intend.

Let's wake up each morning and say, "Jesus, today I am intending to be in revelation-readiness mode. I **choose** to be in revelation-readiness. I **welcome** Your revelations. I welcome all revelations of truth. Truth liberates us from false beliefs and I am ready for truth. I am willing to relinquish my attachments to all the perceptions and projections, all the meaning that I've ever given to anything. I'm giving it all to You for healing right now. I **choose** revelation-readiness."

---

*Today I am  
intending to  
be in revelation-  
readiness  
mode.*

---

Now, the next sentence, and this is Paragraph 17, Chapter 2, Section V, and He says to us,

*"My request 'Do this in remembrance of me' is the appeal for cooperation from miracle workers."*

So this is what He is saying, do it in remembrance of Jesus. We will be lifted up. We **will** be lifted up if we're willing to live our days and make our choices in remembrance of Jesus. Let us be cooperative miracle workers.

He next says, the third sentence in this paragraph,

*"The two statements --"*

*"Be of one mind" and "Do this in remembrance of me --"*

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*“... are not in the same order of reality. Only the latter involves an awareness of time, since to remember is to recall the past in the present. Time is under my direction, but timelessness belongs to God. In time we exist for and with each other. In timelessness we coexist with God.”*

In other words, we can **always** be of One Mind. It's beyond time. It's the truth our being.

Now, very, very important, next He says to us,

*“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)]*

So, again, if we'd like to be a healing presence, if we'd like to experience healing ourselves, think of it this way, and this is how we're thinking of those two statements, *“Be of one mind”* and *“Do this in remembrance of me.”* Right? Combining those two statements, He's saying, *“This is **how** you do it.”*

Alright? Here it comes. We say -- this is how He's telling us to **think** of it. Think of it this way:

*“I am here only to be truly helpful. I am here to represent Him Who sent me. I do not have to worry about what to say or what to do, because He Who sent me will direct me. I am content to be wherever He wishes, knowing He goes there with me. I will be healed as I let Him teach me to heal.”*

---

*Let me teach  
only Love.  
Let me teach  
healing.  
Let me learn  
healing*

---

So, each day when we awaken we can remember this. It's easy to remember. It is! If we're **willing** to really know it in our heart, it's very easy to remember and let me be a healing presence this day. We're already -- it's preinstalled, we're repowered to do it. The question is, will we align our free will with God's Will? Or do we insist on using our free will to make something in the illusion, or will we be in that creative place with God and create expressions of God's Love and Perfection? We get to choose, so *“Let me teach only Love. Let me teach healing. Let me learn healing. This is my trajectory today.”* Yes!

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## with Jennifer Hadley

### *Relinquish Attachments to Fear*

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Now, going back to our topic of transforming terror to Peace, this is precisely **how** we do it, by aligning in this way. So, it's **not** a coincidence, it's a co-incidence [laughs] that the very next thing in the *Text* is the *Fear and Conflict* section in Chapter 2.

I just shared in [Masterful Living](#) yesterday for people to read this section every day this week. It's really just three pages of text, the entire *Fear and Conflict* section, Section VI in Chapter 2, and it's **so** valuable to us because this really is how we turn terror to Peace.

He begins with,

*“Being afraid seems to be involuntary; something beyond your own control.”*

But it's **not**, because we're the ones who **choose** what we're going to think. We've **decided** what our beliefs are. It may not seem like it, but we **have** decided what our beliefs are.

As I was meditating on this earlier, what Spirit showed me was when I was in my 20s I worked at the public theatre. I worked for the New York Shakespeare Festival, and for a week, I think it was, I was subbing as an extra side thing. I had the opportunity to go and work at Shakespeare in the Park at night after my job was done, and I went and I sold t-shirts, things like that, the concessions.

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*It may not seem like it, but we have decided what our beliefs are.*

---

I closed up shop one evening and was walking out of the park to walk home. I lived on the Upper West Side then, in New York City, and as I was leaving the park, a man who must have been watching me knew I had money in my bag, he held me up at knifepoint and said, “Give me all your money.” So, I just gave him the envelope of t-shirt money, whatever that was, a few hundred dollars. And then I just caught a cab and went home. It was kind of bizarre and I wasn't **that** terrified.

But I remember last month I was in New York City, and I was driving to leave the city to go home and I was driving down an unpopulated street that was under construction on the far West Side and there was a fellow who dressed and looked similar to the man who held me up at knifepoint and as -- and he was walking on the street, and as I was driving by I instinctively locked my door.

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I don't normally lock the doors when I get in the car. Maybe at night or something like that, but not in the daytime, but it triggered a memory that I didn't even think about at the time, but it triggered a memory of "Oh, this person looks like that person who held me up at knifepoint. Maybe he's not safe. I'm going to lock my door."

We have a myriad of memories like this, from this lifetime and others, and so it **seems** like being afraid seems involuntary. In that moment, I did have a moment of fear. It was very low-level, just caution really, but there it was. I had, in my psyche, made a decision "People who look like that might not be safe" because of my experience.

Totally understandable. I'm not saying it's wrong, but the important thing is to recognize is that we have **millions**, maybe even more, of these kinds of thoughts and beliefs, and they **do** seem to be involuntary, but they're **not**. They're not! We **choose** that belief, that thought. We made a **decision**, and that's where the lessons of *A Course in Miracles* begin.

"I've given everything I see, everything I experience, everything in this room, everything on the street, everything, everything, everything all the meaning that it has for me."

And that's why *A Course in Miracles* is a mind training system, so we can actually **relinquish** all the attachment to the meaning that we've given everything, whether we recognize we're the one that did that or not, whether we recognize that was our free real choice or not.

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### *Trust Jesus to Control & Guide Us*

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This is where He takes us next. He says,

*"Being afraid seems to be involuntary; something beyond your own control. Yet I have said already that only constructive acts should be involuntary."*

**Only** constructive acts should be involuntary.

*"My control can take over everything that does not matter, while my guidance can direct everything that does, if you so choose."*

---

*Let us,  
right now,  
give to Jesus  
control over  
everything  
that doesn't  
matter.*

---

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Let's choose that together right now. So let us, right now, give to Jesus control over everything that doesn't matter.

What doesn't matter? How about preferences? Do preferences really matter? They're important to **us**, you know? I have a preference for a certain kind of coffee in a certain way. I have a preference for all kinds of things. Right? We have preferences for the kind of cookies that we like, the kind of music that we listen to. We have preferences for the way we like the lighting in a room. I have a lot of preferences around that.

What if we give everything that does not matter to the control of Jesus? Do we have any thought or feeling that He would make life hard for us, that He would make choices that would pain us, that He would cause us to feel crucified, tortured, enslaved?

Some of us will say yes to that. "Yes!" "Not sure. Ugh! Gosh! Maybe if I give everything that doesn't matter over to Jesus and His control, I'll never have a glass of wine again and I **need** that wine, I **like** that wine. That wine helps me get through my nights. I look forward to it all day long."

I have felt that way. So, if you're having these thoughts, be **aware** of them, because just the awareness of them is healing.

So we can recognize, do we **trust** Jesus or not? Do we trust or not? And most of us will say no, and that's why I recently did an episode on how to recognize if you have a fear of God, because a lot of us, "no" is the answer. "I do **not** trust. I believe that if I put my life under the control of Jesus, there would be no more of the things I enjoy. There would be no Flaming Hot Cheetos [laughs] which are delicious. I don't eat them, but they are delicious! There will be no more sex, there will be --"We have these beliefs. Right? That everything **we** think is a sin, Jesus will eradicate from our life.

It's not **true**, but do have these beliefs. So, my antidote to the pain and suffering caused by this is to give the **beliefs** to the Holy Spirit, to give the **beliefs** to the Holy Spirit for healing so that all that I am paying attention to, interested in, functioning by, is the truth. Truth is our liberator, and the truth is that we can live in Heaven now. We can learn through Joy instead

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*We can learn  
through Joy  
instead of  
through pain,  
but we do  
have to be  
willing.*

---

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of through pain, but we **do** have to be willing. This is the real nitty-gritty here.

### *Be Willing to Hear & Follow Guidance*

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He says, in this same sentence,

*“My control can take over everything that does not matter, while my guidance can direct everything that does, if you so choose.”*

Can we be willing just to hear the guidance clearly? And the guidance will be things like “Don't say that. That won't be helpful. Don't do that. Do this instead. Have patience with that one,” and our attachment will be to our **own** perspective, our **own** perception, our **own** projection. “No, **they** need to be punished. **They** are wrong and bad.”

One of the healing practices that I have implemented in my life is to be extremely mindful of any thoughts I have about “They should be punished.” You know? We're driving in the car, someone is driving in a way we don't like and we think “I hope they get a ticket!”

Do we **really** hope they get a ticket, or would we just like them to drive differently? Do we **need** them to be punished? Do we **need** them to be reprimanded? Right?

When we're little kids, sometimes we **want** our brothers and sisters to get in trouble because we think somehow that's going to make **us** look better because we believe we look bad. If we can **really** give up these root causes of fear and open ourselves to the guidance of **how** to choose Love, **where** to choose when, **how** to be truly helpful, **when** to be truly helpful, with **whom** to be truly helpful, can we really let the One Who sent us direct us?

If we **can**, we will be healed of the belief in sin, we will be healed of everything that bothers us. **Everything** that bothers us! Would we give up everything that bothers us or do we **like** being bothered? This is a question for us to ask ourselves.

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*Can we really let  
the One Who  
sent us direct us?  
If we can ...  
we will be healed  
of everything  
that bothers us.*

---

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So I say, “Jesus, take over everything that does not matter. Take it over. I am willing to trust You. I’m willing to learn from You. And guide and direct me on everything that does matter. Guide and direct me. And furthermore, I ask the angels, I ask You, Jesus, I ask the entire Company of Heaven and all that is holy, to help me **follow** the guidance, **recognize** the guidance, **value** the guidance, **implement** the guidance and live a life of Joy. Let me teach **how** to live a life of Joy. let me demonstrate it actively, everywhere I go, in everything I do. Show me how to give up all attraction to that which is painful and uncomfortable. I’m **so** grateful. Guide me, lead me, direct me, this day and every day.”

We can make a prayer like that every day, many times throughout the day. Any time we feel we’re not happy we’re choosing it, and we can say, “Okay, Jesus, guide and direct me right now. Right now! Guide me out of this misery of my own making. I’m here only to be truly helpful. Let me be truly helpful to **myself** right now. Let me be truly helpful to my brothers and sisters. What is Your guidance? What say You?” And then let us place our hand on our heart and get still and wholeheartedly listen and follow.

The very next sentence is,

*“Fear cannot be controlled by me, but it can be self-controlled. Fear prevents me from giving you my control. The presence of fear shows that you have raised body thoughts to the level of the mind. This removes them from my control, and makes you feel personally responsible for them. This is an obvious confusion of levels.”*

So whenever there’s discomfort, the presence of fear shows that we’ve raised body-level thoughts to the level of the mind and we’re totally identified with the body. We have to be **willing** to shift it in order for the shifting to happen. We don’t have to **do** it. We can **give** it to Jesus to guide and control for us. You see? We don’t have to figure **anything** out. “I do not have to worry about what to say or what to do because the One Who sent me **will** direct me.” If we **allow** it. Mmm!

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*Whenever  
there’s  
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of fear  
shows that ...  
we’re totally  
identified with  
the body.*

---

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

### *Return of Inspirational Text Messages*

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We're just restarting our free text messages. Gosh, it's been a long journey with these dang text messages! But I know people love them. So inspirational text messages, if you're interested, please sign up [ACIMtexts.com](http://ACIMtexts.com).

I'm also doing a [free forgiveness workshop](#) this Saturday, free online. Please come and join. Please share with others. If you see it at Facebook, "like" comment, share! Thank you!

Ah! It's time for me to take a break! I'm Jennifer Hadley. You're listening to *A Course in Miracles* on Unity Online Radio. 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*.

### *Forgiveness Workshop*

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Welcome back! I'm so happy to be sharing with you! We're transforming terror to Peace and we're putting the Holy Spirit in charge, we're putting Jesus in charge, giving Jesus the control, giving Jesus the directive to guide us, and we're **willing**, more willing than we've ever been before, to live without fear. It's **so** helpful to **everyone** now for us to teach only Love.

To that end, I'm offering a [free forgiveness workshop](#) this Saturday. We'll probably rerun it, and so you can register for it. If you can't join us on Saturday, we'll let you know when you could join us on a replay or something like that.

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*We're willing,  
more willing  
than we've  
ever been  
before, to live  
without fear.*

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### *Forgive Ourselves For Wrong Decisions*

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Here's how forgiveness and fear are related. The thing that we're experiencing the fear as a result of is our attack thoughts. It's our attack thoughts that make us so vulnerable. "Those who are truly helpful are invulnerable." [T-4.VII.8] This is the teaching of *A Course in Miracles*.

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That's why I started with that what I call "The Purpose Prayer" about being truly helpful. Those who are truly helpful **are** invulnerable. This is the teaching of Jesus in *A Course in Miracles*. Those who extend Love and compassion are invulnerable.

When we feel afraid, it is because we are holding onto judgments and opinions and beliefs, and they are really all the same thing, just kind of different flavors. Judgments, opinions, beliefs, attack thoughts, they're all different variations on the same theme, like different kinds of carrots, different colored carrots. They're all carrots, just different colors.

**So**, opinions, judgments, attack thoughts, beliefs they're all the same flavor. Well, all different, slightly different flavors of the same thing, and it is **those** that we must forgive. That's the **only** thing there is to forgive is **our decision** to hold a false belief. We must forgive **our decision** to have an attack thought. We forgive our **choice** to energize a false belief. These are the things that we forgive.

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*The only  
thing there is  
to forgive is  
our decision  
to hold a  
false belief.*

---

We don't forgive what **happens**. Literally, we don't forgive what happens. We forgive the meaning we **made** of it, because two people can experience the same thing. Somebody can tell me I'm an idiot and it could bother me or not bother me. That's **my** choice. Someone could tell me there's not enough toilet paper, that could bother me or not bother me. That's **my** choice. Right?

For me, it wouldn't make me afraid. It wouldn't bother me **unless** I believed there was a problem and it was triggering **that** belief. My **beliefs** are **my** decisions and **my** choices. That's why **all** forgiveness is self-forgiveness. We forgive ourselves for the decisions we've made.

### *Workshop & Masterful Living*

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So, this workshop that I'm doing on forgiveness, I call it *Forgive & Be Free*, we look at what forgiveness is and what it is **not**, and how and why it is so helpful and **how** to do it, how to do it, how to accomplish it. Mm-hmm! And it is so, **so** powerful, so **very** powerful! Mm-hmm! Yes! So, I invite you to come and join us. I love doing this workshop, in person or online, and when things change with the Coronavirus I'll be doing it in person again. I'll probably do a forgiveness retreat and lots of other wonderful events.

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We'll be able to gather together in person. For now, we gather together online.

It's just occurring to me right in this second, but if you didn't get to join [Masterful Living](#) and now you're thinking "Holy moly! I could really use that kind of support right now!" and you're willing to jump in and get caught up -- because maybe now you have the time, your home from work, things like that -- just contact us. We'll figure it out. we'll help you. It's a bit late but it's not too late, and people have been sharing with me so much how **deeply** grateful, more than ever they are, that they're in [Masterful Living](#). If you're an alumni of [Masterful Living](#) and you're listening to this, you can come back. I sent an e-mail out the other day, I believe it was Saturday. So, come back if you like. We welcome you! Yes, we do!

### *Let Go of the Causes of Fear & Separation*

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When we hold grudges, resentments, grievances, opinions, judgments, false beliefs, **that** is the cause of fear. **That** is what keeps separation in place. When we are actively keeping separation in place, we feel guilty, we feel ashamed, and deep down, even if we don't recognize it, **these** are the root causes of **feeling** afraid.

This is what He, Jesus, tells us is fixable, and if we put our mind under His guidance and we let Him control everything that doesn't matter, all the little things, all the preferences, we're actually going to be delighted.

I have become delighted! One of the things that I'm noticing in this -- I'm self-quarantined now for nine days, because I traveled. I was in California, I was at a conference, I was on planes, so I came home and I did the responsible thing. I self-quarantined.

I just want to say, listen to multiple news channels right now, because some are really deficient in giving the medical guidance, the scientific guidance.

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*When we hold  
grudges,  
resentments,  
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I've got a friend in the hospital with Coronavirus. It's very intense, and I'm much relieved. I heard late last night he's doing better, might go home in a few days. He's been there for 12 days in the ICU, very intense, very strong. **Very strong, very fit.** I mean, this is a guy who works out and you can see it! [laughs]

I already believe the script has been written, so I don't have fear around it, but I will say I get triggered when I think that my loved ones could be suffering. Yeah. And my friend, he and his husband, their child died a couple of years ago, so I'm really holding everything is well for them, and I know that it is and I believe that it is, and I'm glad to get the good news.

So the thing for everyone is to not be a carrier of the virus. We hear you can carry it for weeks and not even know it. That's why I'm self-quarantined. I don't **need** to see my family. I can self-quarantine. I can be home alone for a couple of weeks or even a couple of months. I can! Yeah, maybe I will get a puppy! [laughs] The thought that I could be self-quarantined for a couple of months, maybe I would get a puppy under those circumstances! [laughs] Oh, my goodness! That sounds wonderful, actually!

One of my goals on my list is I would like to train one of those dogs that people who are -- need help. I forget, the helping dogs. I'd like to raise and train one of those, and so that's on my list of things to do. If you've ever done that, let me know. Reach out to me, because I'd like to do that. Not if you **have** one, but if you've **trained** one.

### *Take Responsibility for Our Choices & Beliefs*

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In Paragraph 2 here of this *Fear and Conflict* section, in Chapter 2, it's Section VI, He says,

"You must choose to correct your own confusion." [T-2.VI.2.]

Right? He says,

"I do not foster level confusion."

So, different levels of the mind -- body level, emotional level, mental level, that kind of thing. So, we have to recognize our **own** thinking that we are choosing. But we don't **have** to eliminate the thoughts. We just have to be willing to **have** them eliminated. That is the precious message of *A Course in Miracles*.

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*You must  
choose to  
correct your  
own  
confusion.*

---

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So whenever there's an upset of any kind, we have an attachment to our belief about something. That's the point, right there, to invoke Jesus and say, "I am giving You control. I am interested in Your guidance."

He says, very clearly,

*"You would not excuse insane behavior on your part."*

Like if you went ballistic and crazy and smashed or burned down your house, you wouldn't excuse it by saying you couldn't help it. Right? You wouldn't do that. You would feel a sense of responsibility. So why should you condone insane thinking? Right? Because we just think, "Ugh! You **made** me think!"

I can remember having that belief. "They **made** me think this!" "They **made** me think that! **They're** responsible for my thoughts!" Well, no. We must take responsibility for choosing the thoughts that we think, even though it feels like it's involuntary. This is the key message that He's telling us here.

*"You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level --"*

-- at the level of the mind --

*"... that you can exercise choice. What you do comes from what you think. You cannot separate yourself from the truth by 'giving' autonomy to behavior."*

Our choices of what we do are the result of our thinking, our opinions, and beliefs about it. Right?

So, if we're drinking alcohol to ease our pain, it must be because we believe that could work. Right? But if we believe that Jesus can take the thoughts out of our mind, heal the patterns and the beliefs back to the root cause, if we are **willing** and we ask Jesus to do it, then we are saying, "I **believe** Jesus can do it! I believe **that** will be the thing that helps me, **not** getting drunk and passing out." **We're** the one that makes these choices.

It's just like if someone does something -- I'm just waiting for Spirit to give me what it is, and what I get is the child leaves the door open. Right? And the air conditioning goes out, or the heat goes out, or the heat comes in or

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*Our choices  
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---

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the cold comes in or whatever it is, the dog goes out or the dog comes in, whatever is happening that you don't like, and you say, "I have told you a hundred times to close the door behind you! What is **wrong** with you?"

In that moment, we're making a choice and a decision that shaming that child or that person is the **best** means of getting what we'd like and that's a destructive act. Right?

### *Extend Patience, Kindness & Compassion*

---

Going back to the beginning of this section where He says,

*"Being afraid seems to be involuntary; something beyond your own control. Yet I have said already that only constructive acts should be involuntary."*

Constructive acts, meaning extending patience, kindness, compassion. So, when we're chastising people in order to **shame** them or reprimand them -- and a reprimand is **always** to shame somebody. It's **always** to punish them. If **that** is our tactic with people, then we haven't given Jesus control. We're not listening to His guidance, and we'll know it because we don't **feel** good, we feel upset.

So what is the answer for upset? Always, always, **always** self-forgiveness. We forgive ourselves for falling asleep at the wheel and falling back into shaming and blaming and chastising.

Yeah, it's tiresome to tell the same person 50 times, "Honey, shut the door please. The cold air is coming in, honey. Yep, that's it! Thank you! Thank you for it!" But most people, children growing up and things like that, they need to be told 50 times until it becomes their sense memory.

When I was a kid, my parents would fine me a quarter if I left the room for an hour or more and I left the light on, because it was the -- when was it? It was the 70s, right? And there was the energy -- I forget what it was called now, but we were conserving all kinds of fuel and energy. And my parents didn't have money to waste. They didn't, so they trained me to turn the lights off, and that quarter was a punishment, yes. It was also a cost. It was also a cost, "Look, you're spending the money. Here's the cost."

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*What is the  
answer for  
upset?*

*Always, always,  
always  
self-forgiveness.*

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It kind of made sense to me. So, I didn't want to give up any of my quarters, so I learned to turn the lights off really quick. It became important to me. It became important to me! If the child knows that the dog could get out and the dog could run away, it will become important to the child if the child loves the dog. Right?

So it's just finding a way for it to become important to the child. But when they see parents doing the same kinds of things and nobody seems to care about that, the child gets these mixed messages. "**You** need to abide by the rules but **I** don't." Right? And every parent gives a child multiple mixed messages. So again, what does it come back to? [laughs] Self-forgiveness!

### Do the Healing Work

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One of the things that happens in [Finding Freedom](#), in [Masterful Living](#) -- and we are going to run [Finding Freedom](#) next month, too, in April. We'll start it off my [Finding Freedom From Fear Spiritual Boot Camp](#) class. We're pulling it together as quick as we can -- and one of the things that motivates us is fear. We **allow** ourselves to be motivated by fear, and so we can forgive ourselves for that.

One of the things that happens in [Finding Freedom](#) and [Masterful Living](#) is that people clearly recognize, through demonstrating the effect of these teachings when they are implemented, and **only** when they're implemented, people realize "Oh, gosh! When I do all this self-forgiveness work, my whole family changes! Our dynamics in the family change."

People are amazed that they can **powerfully** heal relationships through their **own** self-forgiveness work, and then they realize, "Ah! All healing is at the level of the mind. Let me not waste any more time or energy trying to change things in the world of form.

*"Seek not to change the world --"*

-- of **form** --

*"... but to change your mind about the world." [T-21.in.1.]*

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*Let me not  
waste any  
more time or  
energy trying  
to change  
things in the  
world of form.*

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That's the fastest path of healing, and I love that! Because once you really realize that **you're** responsible for what you see and how you feel about it, you take that responsibility, you implement that responsibility, you're willing to change your mind, you do the self-forgiveness work, **everything** in your life actually **does** heal and transform. It's extraordinary! And then you have so much less fear, because now you **know** you're no longer a victim, and you're no longer sabotaging yourself day in and day out.

### *Cultivate Willingness to Trust*

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What He says here regarding behaviors and our impulsive compulsive behaviors, He says,

*“This is controlled by me automatically as soon as you place what you think under my guidance. Whenever you are afraid, it is a sure sign that you have allowed your mind to miscreate and have not allowed me to guide it”*

This how we change our fear-based terror thoughts to Peace. We **allow** Jesus to guide it. And many people, even *A Course in Miracles* students, long-time *A Course in Miracles* students, **fear** doing that because they don't trust, and that lack of trust is a projection.

I know it's challenging, but the antidote for lack of trust is trust. Eh! It's life! Life! [laughs] “I don't want to hear that, the antidote for lack of trust is trust!” But it's through the experience of placing our trust and faith in **Love**, in Jesus' loving guidance, that we discover that having trust and faith in Love, in God, in Jesus is actually going to work.

Now, here's one of the reasons why we don't trust and we feel terrorized, is because in this past life experience, this life or any other, we've had multiple experiences where we said things like, “Jesus, help me! Jesus, help me! Jesus, help me!” and what we wanted was, we wanted Jesus to save that person's life, or we wanted Jesus to hurt that person's business to help our business, or we wanted Jesus to win the football match or whatever it was that we wanted. We wanted him to Love us. We wanted her to stay away from us, have him stop touching me, whatever it was, and we begged Jesus to help us and it didn't **seem** to work.

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*It's  
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Now, in my understanding of this and my knowing of the truth, when we ask for guidance for help and we **think** we know **how** the help has to come, we may not get that. We may not get our preferences, even when our preferences are for him to stop molesting me.

There's plenty of children that pray for relief from that and don't get any relief. How could that be? How **could** that be? I don't know that we can comprehend it or understand it from our human experience, but I **do** stand on the rock that everything works together for good and there are no exceptions. Even if I don't understand it, I'm willing to believe that. I'm willing to know that that is the truth, and I am **willing** to understand it. I'm **willing** to.

I won't say I fully understand it at this moment, and I think that part of it is because we can't see through all directions of time and space to fully understand what anything is for. So, this is why we have to have trust and faith in order to have Peace.

I'm not saying it's easy. It's **very** challenging, very, very challenging to give up our attack thoughts and to give up our thoughts about what we think things should be and should not be.

### *[“Recovery From Sexual Abuse” Online Retreat](#)*

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I didn't expect it to go that way, but because it did, I'm going to mention that the first weekend in April I'm doing an online retreat for [“Recovery From Sexual Abuse”](#) and if you've been looking at that, you've been thinking about it but you're not sure if it's right for you, you can do an [Exploratory Call](#) with one of the counselors who has been to the retreat in person. This is an online retreat. You can talk with one of the folks who have been there in person, has done this work, and has experienced tremendous healing from childhood abuse, because all the counselors taking those calls were abused as children.

Oh, my gosh! We're at the end of our time here! I can't believe it!

If you appreciate this, will you please make a [donation](#), write a review, something, to be helpful?

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with **Jennifer Hadley**

*Closing Prayer*

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And let us pray.

In gratitude, we choose healing. And so, it is. Amen. Amen. Amen.

God bless you! Mwah!