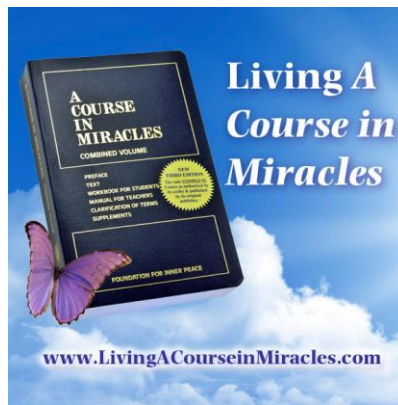


April 7, 2015



Loving Our Mothers Free!

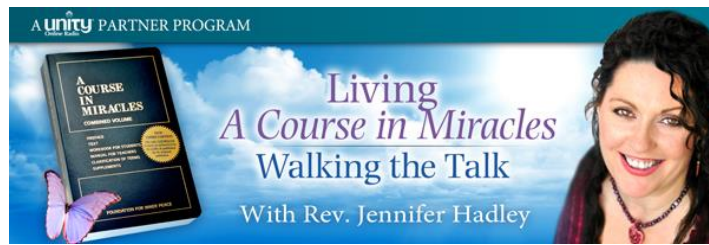


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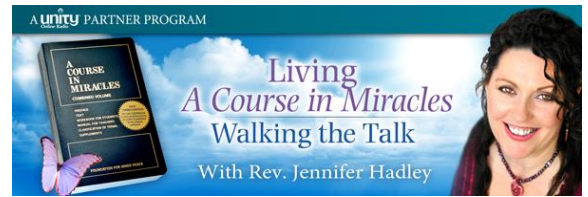
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April 7, 2015

Loving Our Mothers Free!

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley, a beloved teacher of the course, who has helped thousands learn how to express their beliefs from moment to moment in their everyday lives. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Opening Prayer

Jennifer Good morning! Good morning! Good morning! So happy to be with you, transcending time and space by means of this technology. How blessed we are! Yay!

I'm Jennifer Hadley, and we are going to have a healing this morning! I can feel it coming on!

I invite you to place your hand on your heart. We're going to say a blessing here and open our heart to the Higher Holy Spirit Self, our true identity.

We're literally going to Partner UP with the Higher Holy Spirit Self. Yes! We're joining with the I AM that I AM. We're recognizing the I AM as the I AM Presence of everyone. Yes!

We are One with all, and We are grateful to know that this is so. We are **willing** to know that this is so, surrendering all sense of lack and limitation. We open our heart and our mind to the truth that sets us **free**. We are choosing our liberation. We're choosing our own personal resurrection to the Truth.

In this very moment, we surrender that which no longer serves us, surrendering thoughts of lack and attack. We're opening our hearts to the

fullness of Divine Love flowing through our heart, in our life. Yes! We have come to Love life free, and we're accepting our mission from God.

In grace and gratitude, we **truly** share the benefits with everyone, because we're One with them. We let it be. And so, it is. Amen. Amen. Amen. Amen.

Yes! So grateful! So very, very grateful! Oh! Indeed!

Love Holds No Grievances

In this moment right now, I'd just like to share with you that today, as we're recording this live, April 7th, it is my mother's birthday. I was thinking, last night, that my brother was born on Easter Sunday morning, April 14th, so my mother got a belated birthday present in the form of my brother. Anyway!

My mother transitioned, she took off, in March 2008. I remember that it was on her birthday, just about a month after she made her transition, that I went back to Los Angeles, after having lived with my parents for a number of months.

I remember, my dad took me to the airport, and we had lunch near the airport. At lunch, my father said, "I just can't believe your mother is **gone**." The thought came into my awareness, and I spoke to him, I said, "What if she's **not** gone, Dad? What if she's gone **ahead**?" That's something that I definitely feel.

Our theme today is *Loving Our Mothers Free!* and setting our mothers free from opinions, from judgments, our thoughts of lack, attack and limitation. We're setting ourselves free, of course. **All** forgiveness is self-forgiveness, is the beautiful teachings of *A Course in Miracles*, and so we're forgiving ourselves.

What I can tell you is, I walked a real journey with my mother. A real journey. It was such an education for me, in so many ways.

At the time my mother got a cancer diagnosis-- which was in 2005, when she got a terminal cancer diagnosis, of course, it was deeply upsetting. The doctors told her she had a few months to live. I didn't **believe** that. That didn't feel **true** to me. But she believed it, and my father and my brother, **they** believed it.

I didn't really **agree** with some of their decisions about how to proceed with treatment, and things like that. I didn't believe that we should all agree with the doctors that my mother had a few months to live, because I know the power of the mind, and all healing is at the level of the mind.

I went through a little journey there, with my family, because I was definitely in judgments and opinions about the doctors, and the diagnosis, and the prognosis, and all those things. And so, I had to transmute those judgments and opinions in my **own** mind, in order to be loving.

My favorite lesson in the *Workbook* is "*Love holds no Grievances*". That one sentence, "*Love holds no grievances*," is **so** valuable to me, because I was **such** a grievance holder. I just ♪grudge, grudge, grudge, grudge, grudge, judge, judge, grudge, judge, grudge.♪ That was my tune that I sang all day long.

I also am very protective of my loved ones. It's kind of a trait of my personality, and so I've really had to learn, and to heal that aspect of, thinking that anybody **needs** protection, thinking that there's an **attacker**, and giving up the attack, giving up the defense. All those things. It's been a journey.

I'm really, really grateful for it at this point. However, back then, it was **not** fun, it was **not** pleasant, and it was not enjoyable. It did become radically life transforming for me.

Healing Illness & Self-Love Retreat Audios

Now, I recently did a retreat, as you may know in Baja, Mexico with David Hoffmeister and Regina Dawn Akers, among others. You can actually get that live stream if you're interested. You can get all those hours of teachings on live stream. They're for sale at a very reasonable price. You can watch them on video. You can also--we've extracted the audios, you can download the audios, and listen to the--watch the videos, whichever is your choice. I believe that is still available on the Events page at JenniferHadley.com.

If you go there, by the way, please sign up for the next *Living A Course in Miracles* class, which starts this week. Our theme this time is *Loving Ourselves Free*. We've got a wonderful group of teachers. We start this week with Dov Fishman, and our topic this week is *Healing Illness and Self-Love*.

That's right in line with the topic of my mom's experience with illness, terminal illness.

Dov went through a recent--well, a couple of years ago, cancer experience, so he has a lot to share on that. I'm so glad. He's such a good teacher, David Fishman, Dov Fishman. We call him Dov.

Yes! We have a lot of other wonderful teachers. James Twyman, Jimmy Twyman, is in there. We've got Regina Dawn Akers, and Colin Tipping, and Jon Mundy, and some other folks that maybe new to you. I think it's going to be an **awesome** group of classes! We're loving ourselves **free**. All Love is Self-Love, so we're loving ourselves free!

Love is the only healer there is, so we're going to really focus on loving **ourselves**, so that we can be truly helpful, and be a loving presence in the world.

Total Relationship Healing

As you probably know by now, I **really** love that prayer on Page 28 about being "truly helpful." It goes a **long** way for any *Course in Miracles* student.

"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."

Yes! We're loving ourselves free this spring in *Living A Course in Miracles* classes. Please **do** share with friends, when you get to the website. Share on Facebook and things like, that because we've got 16 classes, totally free for you, over the course of eight weeks.

Today, we're *Loving Our Mothers Free* and loving **ourselves** free in the process. What Spirit gave me as a topic was, Mother's Day is coming up in America. It's in the middle of May. Here we are early April. We've got plenty of time to really have a shift about our mothers, or about **ourselves** as mothers, because I know a lot of moms, and they struggle with guilt and judgments against themselves, and they have a lot of shame, sometimes, about their mothering. They also, sometimes, don't like their children. All these things come into play in motherhood, so we're going to see what the Holy Spirit brings forth for us today.

I had a lot of issues with my mom. My mom had a lot of issues with me. I wouldn't say that we didn't get along. No, that was not true. We got along. We were very different, in certain ways. I always felt like she just didn't get me. She didn't understand me. For me, that kind of felt like she didn't **really** love me, although I knew she loved me. It really bothered me that she didn't get me and understands me.

I, for a long time, felt like she wasn't the mother that I really **wanted**, and I used that word on purpose. I wanted a mom who would be able to braid my hair and teach me about makeup. I wanted a mom who could be like my confidant and my best friend. But, I really didn't trust my mother not to use things against me. I just didn't feel safe, and I had so much judgment against my mother for various things.

My mother did not have a good relationship with **her** mother. Her mother was intensely judgmental. My mother was **not** intensely judgmental. Judgmental? Yes. Who among us. It's very rare to meet someone who is not judgmental. But, my mother was not judgmental like **her** mother, and I was grateful for that.

We just were a bit like oil and water. Neither of us liked that. We both **wanted** to have a closer relationship, but we just couldn't seem to get there.

Then, when I found out that she had a cancer diagnosis, I drew a line in the sand. I said, "Okay. This is it! My mother is not getting off this planet until **we** have a total healing in our relationship!" That became my priority.

I was **extremely** grateful for *A Course in Miracles*. I had become a Science of Mind Practitioner, I've been a Practitioner for a number of years, and I also had graduated as a Science of Mind Minister. I had all this training under my belt, and I had really done a lot of mental transformation. But now was the opportunity for me to take it to a whole **other** level. I had such a commitment.

One of the things I've learned is that we can either have an ego **motivation**-- which is often pain, discomfort, upset, fear, worry-- or, we can have a Divine **inspiration**, which comes from Love, and Joy, and Peace, and Harmony. Until we start to live **from** inspiration, the pain is always going to be pushing us, until we start to really feel pulled by the vision of Divine Love that we can **be** in this world.

I was at a place in my life where I was kind of in the middle of that. I had cleared a lot of stuff, but I was, right around the time my mom was getting this terminal cancer diagnosis was about the time--it was a “co-incidence.” There’s **no** coincidences. There’s “co-incidences”-- there was a co-incidence with my mind opening, and being willing to take responsibility, because I **really** saw that, in order for my mother and I to have a healing in our relationship, I had to take **total** responsibility.

Willing to Accept Responsibility

Now, you probably all know, one of my other favorite parts in the *Course* is the *Responsibility for Sight* which is Page 448 in the *Text*, where it says,

“I am responsible for what I see.

I choose the feelings I experience, and I decide upon the goal I would achieve.

And everything that seems to happen to me I ask for, and receive as I have asked.”

The way I say this to myself, in the course of my days, I say, “I’m responsible for what I see and everything is just what I wish it would be.” That helps me to change my mind about the world, and to accept responsibility for it.

In accepting responsibility for it, I’m remembering that everything “...*is gently planned by One Whose only purpose is--*” my good, and that all events, situations, occurrences, everything is for my good, is for my learning, **if** I’m willing to **accept** it.

In fact, at the beginning of this Section, *The Responsibility for Sight*, it says,

“We have repeated how little is asked of you to learn this course. It is the same small willingness you need to have your whole relationship transformed to Joy; the little gift you offer to the Holy Spirit for which he gives you everything; the very little on which salvation rests; the tiny change of mind by which the crucifixion is changed to resurrection.”

We just had Easter, the resurrection. Let us choose to resurrect ourselves in our relationships. I’m talking about my mother, today, because it’s her birthday and she’s on my mind, and because we had a resurrection in our relationship. But, you can apply this to **any** relationship, and it’s really about cultivating “*the little willingness.*”

There is a section in Chapter 18, entitled *The Little Willingness*. It's Section IV. This "*little willingness*" is the key to our awakening, is the key to our healing, is the key to our transformation. What I realized, in my relationship with my mother, was that my little willingness was all that I needed. I worked that little willingness like a "mama-jama!" I mean, I **really** focused on that little willingness. In that partnership with the Holy Spirit, I was **amazed** at the miraculous healing that I could experience.

I'm going to share more about that when we come from the break. Again, we talked so much about these things on the Baja retreat. If you'd like to get those videos and audios, you can still do that at JenniferHadley.com on the Events page. Also, don't forget to go to LivingACourseinMiracles.com and sign up for the 16 great classes.

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

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

Get ready to focus on your intent to be the Love, be the Peace, through practical application as we return to *A Course in Miracles: Living the Love, Walking the Talk*.

Gifts & Conferences

Alright! I'm Jennifer Hadley, and we're back.

I'd just like to mention, too, that this radio show is sponsored by the Power of Love Ministry, which is a nonprofit ministry that I founded. We produce this radio show along with Unity Church Radio Network, and your donation goes to pay for the show.

They also go to pay for the *A Course in Miracles* app, which is now available for free download. You can go to ACIMapp.com and get it there for free, or you can find it at iTunes in the iTunes store. It's called "*A Course in Miracles* "A Course in Miracles Complete with Deluxe features." It's free for your downloading.

If you like this radio show, if you like the app, if you're grateful for any of these things, please write reviews at iTunes. That will help iTunes to show it to more people, and since it's free, why not?

We're also the ones who produced the *Living A Course in Miracles* free class series. The next 8 weeks of 16 classes begins on Thursday. As I said, we've got Dov Fishman, Jimmy Twyman, Jon Mundy, Regina Dawn Akers and more for you. I really look forward to that. Our topic is *Loving Ourselves Free*.

Last year, we had people from --tens of thousands of people from 102 countries participating in all these free things. There you go!

I'm going to be at the *Course in Miracles* Conference next week in New York. If you're going to be there, please come say hello, and we'll hug it out! I'll be one of the speakers there. I look forward to that. I know we're going to have a lot of wonderful people there for that.

I'll be announcing enrolment in the Las Vegas conference at 2016, probably pretty soon. Stay tuned for that.

Releasing ALL Judgments

Alright! back to loving ourselves and our mothers free with our little willingness.

This is what I learned, is that I really had deep strong attachments to thoughts of resentment, anger, hurt, blame, shame, guilt-- all various forms of upset related to my mother. When I made that decision that I'm going to love the two of us free of all of this difficulty in our relationship, I, of course, didn't know **how** to do it. I mean, how would I ever **know** how to reach into the patterns of limited thinking in my belief system, and my mother's belief system, to wipe it off clean?

From where I sit, in my awareness-- even though it's expanding, it's not a 5th-dimensional awareness yet-- I'm not able to see through all directions of time and space **yet**. So, I'm not able to see the **causes** of these thought patterns, the karmic debts, any of that. But, I can **feel** it. I can **notice** that it's playing as judgments and opinions in my mind, thoughts in my mind.

I began to just invoke the Holy Spirit **all day long**, again, and again, and again. Every time the thoughts came into my mind, I would notice that I started to entertain them, my whole energy would shift and I would start to become upset.

One of the things I did when my mom became ill with cancer was, I began to spend even more time with her. My whole life, really, I always, as an

adult, had a couple of weeks' vacation, and I would go and spend them with my family, because family is just really important to me.

That's where the healing is for me, was in spending time with my family. It's the best opportunity to release judgment. Although not anymore, which is wonderful!

I began to spend even more time with my mom. Fortunately, I was working from home, so I could go and stay for a few weeks at a time, and help drive my mother to radiation treatments, and do all kinds of things just to help care for her, and to spend time with her, you know, because she had ups and downs over the course of a couple of years. She didn't die in three months like the doctor said she would initially.

So, that gave us **lots** of time. I remember one particular trip, I went and stayed with her for three weeks, I stayed with my parents for three weeks. When visiting my parents-- they have a home on the Coast of Maine on an island, so it's pretty remote.

Sometimes friends would say to me, "Why don't you just go to Starbucks and have a cup of coffee, take a break, and get out?" I'd say, "The nearest Starbucks is a three-hour round trip, so that's why!" When I visited in the winter, there was not really a coffee shop you could go and hang out in. It's just not that kind of place.

However, I was happy to have a lot of time with my parents, and I really committed to being nonjudgmental.

Of course, it was not easy for me, but I had such a strong motivation that I was actually **grateful** for the opportunity to practice nonjudgment. I had the awareness that if I could really be with my parents, without judgment, that I could be with **anyone** without judgment, and so I really decided to have a healing in my mind. Judgments would come in my mind **all day long**, and I did my best not to **express** them in any way.

Here's the thing about when judgments come up in your mind. A judgment is an opinion, same thing, and it's a belief. It's the meaning that you've made of it. It's **not true**, and it **never will** be true. There are no **facts** in your judgments. There's **just** your opinion, and It **always** is a cause of suffering. Always.

Even if your opinion is, "Oh, she's the cutest little girl in the whole world!" If that's really your opinion, **that** will get in your way. You could say, "In

this moment in time, I **feel** like she might be world's cutest little girl!" You could say that, it wouldn't be an opinion. It'd just be a momentary experience that you're having. But most judgment and opinions are usually negative.

I would find that I was grateful that I could practice. I was grateful that there was so much fuel for the fire, and I was offering to that fire every judgment, every opinion, that I could recognize.

The **easiest** way to recognize that you're in judgment or opinion is to notice that you don't feel comfortable anymore. You don't feel harmonious anymore. You don't feel peaceful. If, throughout the course of your day, you **rarely** feel peaceful or harmonious, chances are you're consistently energizing judgments and opinions.

I would notice that my mind would start ruminating on judgments and opinions. My energy would shift, and I would start to feel irritated or frustrated, and then I often would look for someone to take that out on, **or** some form of self-medication.

Thoughts Produce Form at Some Level

The thoughts in my mind are creating--*A Course in Miracles*, in the *Fear in Conflict* section, it says,

"All thinking produces form at some level."

Thoughts **are** forms and they **produce form**. Our emotions like irritation, frustration, agitation, upset, sadness, hurt-- all of these feelings, depression, they are the **form** that our thoughts and beliefs take.

If we don't do the housecleaning on a **mental** level, then it comes into our emotional body. Right? If we don't do the cleaning in the mental body, it will trickle down, if you will, into the emotional body. In a sense, the way that I perceive it, is it trickles **out**.

If you think of yourself as being-- in form, you have a physical body, and then there's an emotional body outside of that. There's a mental body outside of that. There's an etheric body outside of that. Spiritual body outside of that. This different layers if you will of subtle bodies that are in your auric field.

So, if you do not deal with something that's in your mental body, it will show up in your emotional body as emotion. Emotion, you could think of emotion as energy in motion, being made manifest in the physical form.

Your emotions are actually **very, very** helpful. Now, when we don't **like** our emotions, the temptation is to either **dampen** them with smoking, drinking, eating, exercising, something like that, or to **talk** about them to try to release them. Actually, the **fastest** path to our healing is to examine our thought that are actually producing the form, or the causation, of these emotions.

If we don't recognize our emotions as what I call the "Divine Alarm Clock" going off, warning us that it's time for us to change our mind-- if we don't do **that**, then they literally would travel into our physical body, and we'll feel physical tension, and physical frustration, irritation, depression, sadness affects our physical energy and being.

If we're not taking care of ourselves mentally and emotionally, it will show up in our physical world. In my experience, that's the **last** place for it to be made manifest, in the physical. This is why *Course in Miracles* says, "All healing is at the level of the mind."

Now, what I've learned, from my own experiences, is that the **beliefs** that we have are mostly what into heal in his lifetime. Our beliefs are negative karma, because our beliefs are not the Truth. They're the **meaning** that we have made of things. They are the **decisions** that we've made, about ourselves and life, our opinions and judgments made into the system of thinking. Our beliefs are our **ego attachments**, our beliefs are our ego identification.

I'm going to take a sip of my "spiritual espresso" here. I have to clear my throat.

We're Here to Heal Our Beliefs

My beliefs are what I'm here to **heal**. In healing them, that's how I become truly **helpful** in this world. If I'd like to heal the false beliefs and the false identification, I don't have to figure out **how**. He Who sent me will guide and direct me, so I don't have to figure out what to say or what to do. But I must be **willing** to be truly helpful.

As **I** am healed, I will be able to **share** that with others, so that they, too, can learn from it. Then I'm teaching only Love, because I'm remembering that as what I am. These are the teaching of *A Course in Miracles* that are so precious to me, and so helpful.

What I found was--particularly, I was thinking of one trip where I stayed with my parents for, I think, three weeks. My mother was going to radiation treatments. It was a three-hour round trip to the hospital. My father had been doing so much care giving. I said, "Let me come for three weeks. I'll do the driving. You can go once a week, and I'll go the other days."

That gave me **lots** of time to talk with my mom. We even listened to--Gary Renard has a wonderful CD set. It's called--oh, I can't remember what it is. It's a six-hour CD set. We listened to some of that in the car. I found audio books that were fun to listen to. Julia Sweeney's *Letting Go of God* is a really good one. She also has one about her own personal cancer experience. Different funny audio books and things we listened to.

And, we had a lot of conversations. In all the time that we spent together in those three weeks, just one on one, I made such a commitment to be **incredibly** mindful of any judgments that I had about my mother. When they would come into my mind, this is what I would say: I'd say, silently to the Holy Spirit, I would say, "Higher Self, Holy Self, please take this judgment, this thought out of my mind, so that I never think it again. This judgment, this opinion, does not serve me or my mother. I'm not interested in investing my precious attention, time and energy in it anymore. I'm offering it to You. Please take it out of my mind, so I never think it again, and please do the same for anyone who also has this kind of a thought in their mind. Let all Beings be free of this thought forever." I'd say, "Please, take this thought and all thoughts **like** it out of my mind."

Then, I would say, "I am a creature of Love and Light, and that's **all** I'm interested in."

It was a process of, I'm offering this thought that no longer serves me, this pattern. So, I'm not **fighting** it, and I'm not **defending** it, and I'm not **investing** in it. I'm simply **giving** it to the Holy Spirit. I'm activating that willingness muscle, though. "I don't need this thought anymore. It's no longer a treasure to me. I'm not interested in investing the treasure that **is** my precious life, in it anymore." I found miraculous healing!

More to share about this when I come back from the break. I'm Jennifer Hadley. You're listening to *A Course in Miracles* on Unity Online Radio. We're walking the talk. We're living the Love. I'll be right back.

You've been listening to *A Course in Miracles* living the Love, walking the talk, with Reverend Jennifer Hadley.

If you have a question or comment about today's program or if you'd like to join the discussion, visit us on Facebook at *A Course in Miracles* Pledge, where you can join a community of like-minded people, who have pledged to live *A Course in Miracles* every day, in every way.

Now, back to *A Course in Miracles: Living the Love, Walking the Talk*.

Be Grateful for Your Experiences of Learning

We're talking about healing our relationships with our mothers.

At the end of that three weeks, after me doing that practice--and, I had to do it hundred times a day! A hundred times a day!

As God would have it, I also, right around that very same time, was having major romantic relationship issues, and I had what appeared to be a major betrayal in a friendship, and a major betrayal in my spiritual community. And, my mom seemed to be dying.

It was like, "Okay! I guess we're just burning this house down here, God! I'm not going to hold on to anything! I'm going to have **no** attachments!"

The only thing that I had in my little life raft of Love was this practice of joining with the Holy Spirit, and saying, "I'm **not** going to try and figure out how to have a healing. I'm **not** going to try to work my will in the world anymore. I'm focused **entirely** on having a healing in my mind."

One of the things that both David Hoffmeister and Regina Dawn Akers and I talked about when we were on the retreat together, in Baja, was that we had--each of us had a major issue that was like a healing crisis for us, where we **had** to become vigilant over our mind.

The Holy Spirit actually said to Regina at one point, when she was in the thick of it, "Be **grateful**! You're very blessed to have this experience,

because it's such an **intense** experience!" I'm adding words to the Holy Spirit. As with me and my mother, it was **such** an intense experience.

The motivation is **so strong** that you don't **give up**. So, I'm inviting you to look at the thing in **your** life that seems to be causing the most turmoil, the most upset, the most pain and suffering. This is **not a mistake** in your life. This has **not** come into your life because you're doing something "wrong".

It's actually, something **right** is happening, and that's what I learned with my mother's healing. I say "healing" because we don't know what healing looks like. The healing for my mother and myself-- in form, my mother's body died. But, my mother and I were resurrected to a loving relationship, and so we had a **healing**.

I actually had some miraculous, **very** miraculous healing experiences in that journey with my mother. But, it all came as a result of this consistent practice.

At the end of that one particular trip, where there was the three weeks of driving back and forth through radiation-- now, during that trip, my mother was going through radiation, which was no fun! It was wintertime, and driving in the snow, and all these things. I mean, there was no fun about it!

My mother, at the end of the three weeks, she said, "This is the nicest visit we've ever had." I just--like my eyes opened on that like. "How could that be? You're such in discomfort!"

But, you know why it was? Because, for three weeks, I was not really judging her! I was transforming those judgments, and I was being more kind, more loving, more compassionate, more fun, more harmonious, more peaceful with her than I had **ever** been. That was **her** experience. I was **so grateful**! So grateful! I knew that I was shifting on a daily basis.

You see, people say, "It's so hard! It's so hard!" You know what? That experience for me was **extremely** difficult. There were **many** times during the day I would go in my bedroom, and shut the door, and get down on my knees, and say, "Holy Spirit, I feel like these judgments are ripping me apart! I'm **not** interested in energizing them anymore. I'm not interested in having them in my mind anymore. Please! Please, please, please take them out of my mind! I offer them to You. I do not wish them anymore. I'm not

interested in them anymore. They only cause pain and suffering. **Please** take them from my mind!”

I had such a great willingness to let them go. Many times, the very same thought came back a thousand times. But you know what? If it started with 1000 times, then the next day was 999, and the next day it was 997, and the next day it was 994, and the next day it was 982. Like that, because of my increase in willingness.

Once you’re **absolutely** and sincerely willing to let that thought go, it’s **gone**, and the temptation to think it **does not** return. I **learned** that. I **proved** that. Once you prove that to yourself, you **know** that there is no part of healing that is beyond you and your mind.

The Holy Instant of Awakening

But also, do not be in judgment about what healing **looks** like. We do not have to suffer **in any way**.

As I started to say, a long time ago here, Chapter 18, Section IV, *The Little Willingness*,

“The holy instant--” of awakening “... is the result of your determination to be holy.”

Now, in the Section before this, it talks about the *Light in the Dream*. It talks about the Great Rays, capital “G,” capital “R.” It says that we can return to-- we can restore.

“And from this light will the Great Rays extend back into darkness and forward unto God, to shine away the past and so make room for His eternal Presence, in which everything is radiant in the light.”

This is what I came to believe.

“Heaven is joined with you in your advance to Heaven.”

If we’re willing to open our minds to the Light, and bring our mind to the Light-- which is what we do, when we offer it to the Holy Spirit for healing-- then

“The holy instant is the result of our determination to be holy.”

So, you can see, I was determining to be holy, and to have a holy relationship with my mother.

"It is the answer."

The determination to be holy is the **answer**.

"The desire and the willingness to let it come precede its coming. You prepare your mind for it--" For the answer. For the Holy Instant-- "...only to the extent of recognizing that you want it above all else. It is not necessary that you do more; indeed, it is necessary that you realize that you cannot do more."

I took **that** literally. **All** I have to do is be willing. That's **all** I have to do. And so, all day long, when the irritation and the frustration comes into my mind, I just say, "I'm willing!" That's **all** I have to do. "I'm willing! Please take this thought out of my mind. I'm not interested in thinking in it anymore. I'm not interested in investing my precious life and energy. I'm willing for it to be **gone**. I choose--I **desire** for it be gone. That is my heart's desire, to surrender this thought forever, so that I don't ever think it again, and neither does anyone else," because all our minds are joined. And, it worked!

It says here,

"It is your realization that you need do so little that enables Him to give so much."

"Trust not your good intentions. They are not enough. But trust implicitly your willingness, whatever else may enter. Concentrate only on this, and be not disturbed that shadows surround it. That is why you came. If you could come without them you would not need the holy instant."

Peace is Our Choice

The **shadows** of the judgments and the opinions, and everything **inside** is the Light.

"...seek ye first the Kingdom", which is within, "...and all these things shall be added unto you."

"Seek first the Light, which **is** within, and all else will be added unto you."

We seek the Light **through** that willingness.

I **know** that **anyone** can demonstrate this and have a miraculous healing. I am **not** special. Lord **knows** I am not special! I do not **feel** special in any way, and I know I'm One with everyone.

That's why, when I cultivate my willingness, I cultivate it for **everyone**, that **all** minds are joined, and **all** minds would have a healing.

My mind is joined with my mother's mind, now and **forever**. Our relationship is **eternal**, and we **did** have a healing. We had a **tremendous healing!**

By the time, she made--long before she made her transition, or months before she made her transition, we had a **total healing**, and we were at Peace together. We **knew** it! We thought, we felt it, we recognized it and we enjoyed it! It was one of the most joyful times of my life.

You can have a healing with your mother. Whether she's on the planet or gone, it does not matter, because we're joined, in our mind, forever.

Peace is our choice.

Closing Prayer

I invite you to place your hand on your heart and make that choice with me now.

We Partner UP with the Higher Holy Spirit Self, and we make a holy offering of everything that would impede our Peace. We're willing to know the truth that sets us free. We share the benefits of our willingness with everyone, because we're One with them.

In grace and gratitude, we **allow our healing**. We let it be. And so, it is. Amen. Amen. Amen.

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I love you! God bless you! Mwah!

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