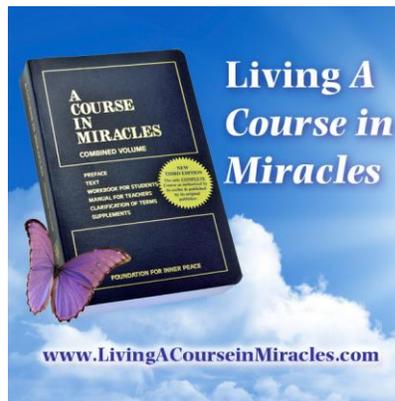


*August 20, 2013*



## Pause for Inspiration

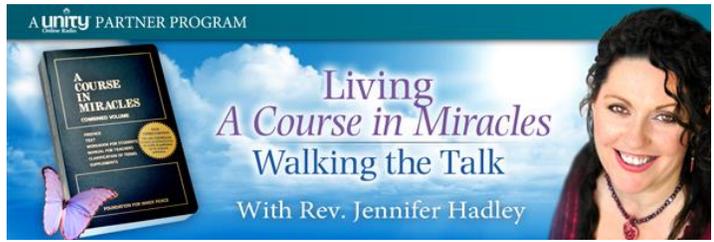


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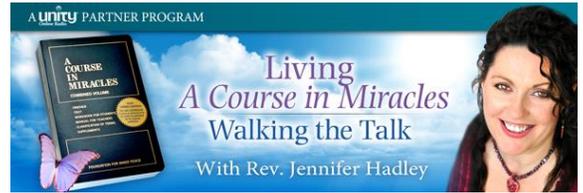
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*August 20, 2013*

## Pause for Inspiration

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 Ah! Hello, hello, hello. I'm so happy to be with you. I'm not actually live today because I am at the airport at the time of our broadcast, so I'm pre-recording the day before. Nonetheless, we're going to start as we always do, with a prayer and a blessing.

Let's take that breath of Love and gratitude and be so, so grateful. So grateful as we place our hand on our heart we remind ourselves that we're wholeheartedly choosing Love. We're choosing to be awake and alert to the opportunities to be loving, simply being loving. This is our spiritual practice, being loving.

As we take this breath of Love and gratitude and we affirm that we are wholly interested in being our true selves. We Partner UP with the Higher Holy Spirit Self and we recognize the Unity of all lives, and we are grateful for this. We're grateful to remember that we are One. This is our Wholeness. This is our perfection. This is our Abundance. This is our Prosperity. This is our everything and we are grateful to accept it, to allow it, and to be it right now.

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

*Ladies and Gentlemen, Mary Gerard Lenihan!*

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We are off and running in that prayerful, high vibration. I have a guest for you today. Yay! I'm very excited to welcome Mary Gerard Lenihan on the show. Welcome, Mary.

Mary Hello, Jennifer. Thank you.

Jennifer Yeah, I'm so glad you're here with us. You're doing such beautiful work and I've known Mary for, I guess for about a year and a half now. We met in January last year when I flew out to St. Louis to facilitate a one-day workshop for leaders of study groups in the St. Louis area and Mary was there. And so, I became acquainted with her then, and then I got a huge yummy dose of her at the Chicago *A Course in Miracles* Conference in April this year. Mary was the kickoff speaker. She did such a brilliant and beautiful job of it. Very inspiring.

I've asked her to be on the show today because she offers some wonderful, inspirational practice and support for people who want to deepen their practice in really easy ways. You know that's me, it's all about living it, putting it into practice. We can read that book until our eyes fall over our head. We can memorize it but that doesn't help us at all! Right, Mary?

Mary I agree with you wholeheartedly.

Jennifer Yeah. I mean, because I've had so many conversations with *A Course in Miracles* teachers, and it's generally agreed that some of the most studious *A Course in Miracles* students, the ones who can quote it backwards and forward, some of them would rather beat you to death with the book and just—you're laughing. There's like—really it's funny. We have to laugh about it because that's just how the ego goes. The ego says, "I'm going to live *A Course in Miracles*—I'm going to practice *A Course in Miracles* by memorizing it." But it doesn't work that way.

Mary Yes, and by preaching it.

*Mary and ACIM*

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Jennifer Yeah, exactly, and so that's part of why I really love and I'm inspired by your work, Mary. First, I just want to ask you, you've written a few books. You have the *Pause for Inspiration*, you have your beautiful iPhone app. We'll get into all of those details later. But let's just go back to the beginning. How did you discover *A Course in Miracles*?

Mary It was in 1996 and I was attending in Omaha, Nebraska, a Sondra Ray Loving Relationships Training. She spoke that we can about what true forgiveness means from *A Course in Miracles*. I knew that she was speaking something true. After that weekend, I went to the bookstore to buy *A Course in Miracles*. I was a graduate student at the time at Washington University here in St. Louis School of Medicine. I was in the Occupational Therapy program seeking a master's degree there. I was a student with no money. So, I go to the bookstore and I've see *A Course in Miracles* costs \$40, so like, "Oh, that's not going to happen". That was not just there. The funds weren't there for me at that moment.

Jennifer Right.

Mary Two years later, I was—I had been involved with something called An Art of Living, in which we get together every week and we would practice Kriya Yoga, and chanting, and listen to the knowledge from Gurujji Ravi Shankar and get up and dance during the chanting. We do it at a different person's house every week and so we were at John Hopkin's house in St. Louis, Missouri at that particular week. John, at that point of time, for already I think had been 20 years, had been hosting a regular Friday night *A Course in Miracles* in his home. He invited us to come to his Friday night *A Course in Miracles* group.

A couple of weeks, I showed up for that, and that's through John Hopkin, who is my significant other now of 15 years, is how I begin to dipped my toes into the lake known as *A Course in Miracles*, which never ends. It's a deep, deep lake. The deeper you go, the higher you ascend. It's a constant descend, ascend, descend, ascend, descending, ascending. I've been studying the *Course* ever since. Like many, I have had my disheartening moments with it. Literally, several years ago I took all my *Course* books over and threw them in a trash dumpster somewhere because I never to read them again. I just had it.

### *We Can Begin Again*

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Of course, what I really had it with was not *A Course in Miracles* but my ego's interpretation of *A Course in Miracles*, and resistance of *A Course in Miracles*, and I didn't know that at the time. I didn't know that it was just my ego thing. "No, no, no, no, no. You are not going to be happy. You are not going to forgive. You are not going to accept that. You are who you are as God

created you. I got other plans for you,” says my ego. And *A Course in Miracles* is not included in that. So, I was in and out of the *Course* but here I am. Here I am again.

Jennifer Well, obviously. You know, sometimes, we have those bumps in the road and what I’ve come to recognize is that they are profound moments of deep learning. I was thinking about this yesterday. I was just reviewing some events in my life for more learning and really realizing what the ego will call failure is actually just a learning opportunity. There is just no failure. There is just more learning, deeper learning, constant learning. I don’t know that—see, my perception is God can’t fail. God cannot fail. How could God fail? Failure is a judgment, really. You might not succeed in the way you thought but Divine Grace is always there to help you see the benefit of that moment.

Even if there was a higher choice, Divine Grace will help you harvest the Wisdom from your lesser choice if you’re willing. Whether you decide to harvest that Wisdom now or later, does not matter. But, anyway, I’m just relating to what you’re saying about—so, if somebody has done that, they’ve thrown the book out, they ripped it, made a bonfire off of it or something like that, just say, well, that was then and let me begin again?

Mary Well, we do. We do begin again every single moment. I think that’s why—and *The Mentor Within*, one of the things the mentor said to me is that I am here to help people off the first step, like the Boy Scouts. What that first step simply means is that every moment, I begin again. No matter how advanced I think I am or how many years I’ve studied or any of that every moment is the first step. The opportunity, as you said, should be turned again and again to the Divine Grace that’s always present and here with us now.

You used the word, Jennifer, which is the key word. The longer I’m on this path, which is the pathos of life and grace and also the experience of being human in this body or earth world, and that word is willingness. What I am discovering, this is all willingness. Just willingness, willingness, willingness. Take it out of the way. When I was—if you ask me about my history with the *Course*, something just floated into my mind was that after spending about four years with the *Course* and feeling frustrated I took an extended pause.

### *The Second Brush with ACIM*

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I went through a program called the Spiritual Exercises of St. Ignatius, he was a Christian mystic. It was a nine-month program but it was done in the

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world, so you didn't leave your job or your home or your family or anything, but you committed daily to at least a couple of hours of meditation and reading over scripture and it was all given to you, these spiritual exercises. What you read and the focus was the Scripture, the Old Testament, New Testament. But it was also designed not like a Bible study but on coming to the Scripture anew. Again, a first step, beginning anew again, and just resting there with Holy Spirit and asking to be shown what does this mean.

What does this mean for me at this moment in points in my life and what does this mean for my service and connectedness here in this world. After going through that nine months program and having this whole new experience a way of looking at the Scripture, I then—well, that was I began writing *The Mentor Within*, but I also was in the shower one day and decided to pop in *A Course in Miracles* tape. I started listening to the *Course*. By the way, it was always a different experience listening to the *Course*. It's a very different experience and I'm actually finding it more digestible to listen to the *Course* than to read it. It's really helpful.

Anyway, so this was like 10 years ago, and I'm listening to the *Course*, and I'm in the shower, and I just started laughing and laughing and laughing. I can't stop laughing because what used to sound like Japanese, now made total perfect sense. It all made perfect sense. From that point on, the *Course* has made sense to me. I've understood it. Now, I have an—I've had trouble accepting parts of it or maybe I didn't follow it, didn't agree with it or whatever, but I understood what it said because the *Course* is actually very clear. No, it's not hard to understand.

The reason that I'm sure that I was "suddenly able," suddenly able to understand it is that I have spent the previous nine months totally committed to pausing and listening to the Holy Spirit. And it happened to be with Scriptures, but I was pausing and letting the Holy Spirit into my mind. So, it was all willingness. That was all willingness, and that's the teaching of the Holy Spirit is giving me, especially and really powerfully in just even the past week, I'm seeing so clearly because I had an experience.

If you want me to go on with this or if you have another question, but—

Jennifer

Keep going. Yeah, it's beautiful.

*It's All About Willingness and Humility*

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Mary            Okay. Okay. Because I had—we talked a lot about willingness, and really what does that mean?

Jennifer        Exactly.

Mary            I've been sharing but what does that mean, willingness? Because a lot of times I think I'm willing. Yeah, I'm willing. But I think one of the things I mentioned at the Chicago Conference was that Holy Spirit revealed to me—sharing with me about being and doing and how these are not two separate things, being and doing. I began talking, to me, about what is required to tap into my being and to experience being while doing. And those two things were willingness and humility. Holy Spirit explained that willingness is the—is claiming the right to be who I am as God created me.

Now, that really blew my mind. Because I thought, “Oh, well, now I'm much more inspired to be willing,” because what willingness really is not just the sacrifice, “Okay, I'll give up my butter. Okay, this sounds like a good idea. I'll try willingness.”

Willingness is exercising the right to be who I am as God created me. Now, who wouldn't do that? I mean, the ego won't do that, right? It's the one thing the ego won't do. The ego will read all kinds of books, write all kinds of books. As you said, through the conference, “Study, analyze all these kinds of stuff, meditate, contemplate,” on and on and on. The ego is totally happy to participate in all of the spiritual program but the ego would not be willing. And it won't be willing or something because it doesn't know how to be willing. The ego is just trying to keep itself alive because it thinks that's all there is.

Jennifer        So true.

Mary            Yeah. So, I'm truly excited to hear that willingness was simply claiming your right to be. Humility was exercising your right to allow. Exercising your right to allow. To allow another way, to allow the Holy Spirit to enter.

*Mama and Mary's Healing*

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A couple of weeks ago, things had been going pretty well between my mother and I. Those who go back to reading *The Mentor Within* know I share a lot in there about the very difficult relationship I've had with my mother because of projecting all of my stuff on to her. We've been doing really well,

though. Lots of healing in my relationship with my mother. We had a moment about a month ago of just pure Joy. I just sat there in the pizza joint, and I looked at her and I just started practicing the “4 Decisions,” which is funny because she knows the “4 Decisions.”

I began seeing like through and beyond her, beyond and through her body, her mother role, her just as Josephine and blah-blah-blah. This Joy just erupted behind all of that. My mom just started laughing and I started laughing and this whole Joy erupted. Then a couple of weeks after that, a whole different experience showed up.

Are we going to break here? Is that what that—

Jennifer We are going to break. We have some time on the music. I’m so, so glad that you got to share that because I, too, had a total transformation in my relationship with my mother, which was the most challenging relationship in my life.

Mary Me as well. When we come back, I’ll share with you the little experience of unwillingness that was very interesting.

Jennifer Okay, perfect. I’m Jennifer Hadley, and my guest today is Mary Gerard Lenihan. You can check her website at [PauseForInspiration.org](http://PauseForInspiration.org). [PauseForInspiration.org](http://PauseForInspiration.org). You’re listening to *A Course in Miracles* at Unity Online Radio. We will 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*.

### *What’s App-ening?*

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Jennifer We’re back. I’m Jennifer Hadley. I’m here and my guest today is Mary Gerard Lenihan. I’m having a few guests these weeks. Some are fun with friends and loved ones. Gary Renard is next week. We had Cindy Lora-Renard and her family last week. I also would like to mention that a couple of things, a couple of announcements. I want to say thank you, thank you, thank you to the people who volunteered to test my iPhone app. We got all the testers we need. We’re testing away. I’m very happy about that. This iPhone app, *A Course in Miracles* iPhone app.

Basically, it’s just the *Text*, and the *Workbook*, and the *Manual for Teachers*. We have made it as beautiful and easy, and as sophisticated as we possibly

can. We're still adding bells and whistles to it. Literally, bells and whistles, because it's going to have really great reminders. You can set your reminders to help you practice your *Workbook* and you'll be able to do all kinds of functions with it. We've been asking people what would you like in an iPhone app? Now, the great thing is, too, we're making it for Android, we're making it for iPads.

For all of you people who don't have a smart phone or an iPad, but you have a computer, you can use it on your computer, too. There's a lot to love about it. Also, I would like to make the announcement, if you don't already know, at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com), we're now offering study group support. If you are a study group leader but you'd like some more support, maybe you've got some sticky situations in your group or you want to improve your group in some way, we're having once a month calls. We've created an archive. We've got a couple of calls in there already. In those calls, you can ask questions in writing, or on the phone, or via Skype. I think we're going to be doing a call. The next study group called this weekend, so stay tuned.

You can go and register for that at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com). It's one of the things that we offer there. Remember that membership at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com) is totally free. You can list your study group there if you have one. We have a study group listing. It's growing all the time. People are using that to search for study groups.

What else do I want to tell you? Oh, we're also inviting all *A Course in Miracles* teachers that we can think of to list their events there so we can have one global calendar for all *A Course in Miracles* teachers to list their events. Because it just occurred to me last just about a year ago, I was telling David Hoffmeister, I said, "The very idea that you would go all the way to China, or Russia, or Germany, or any of us would go somewhere that we don't normally go, and that there would be—have *A Course in Miracles* students there in that country or in that area, and they wouldn't know because they haven't heard of that teacher yet. If we have a global calendar, then people can find more events.

All of that, it's expanding every day at [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com), and, of course, all of it is free, so please join us, take advantage of it, and share it with friends. The iPhone app, the iPad, the Android app, that whole app, it's going to be totally free as well. I'm giving that away as well.

*Inspired by Inspiration*

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Now, I'm back have with Mary Gerard Lenihan. Mary, you've written some—I know you want to pick up your story there, but I just want to ask you first. You've written several books, and you've written *Pause for Inspiration*, and I'm not sure if I know how to pronounce it *WNYHOO Now*, is that a book or is that a—

Mary Well, *WNYHOO-Now* is an audiobook.

Jennifer Audiobook.

Mary *WNYHOO Now: Inspired to be Truly Helpful*. Actually, a part of the new book, *Pause for Inspiration* is that *WNYHOO-Now* and *Inspired to be Truly Helpful* audiobook in writing. Although there has been some editing and there has been some experiential practices added throughout the book especially in the whole relationships section.

What happened, I was getting a lot of e-mails and calls from people saying, "I love listening to this *WNYHOO* CD, Mary, but there's so much on it, it's like—could you write this down somewhere?" So, that is written in the *Pause for Inspiration* material. In the *Pause for Inspiration* book, there is also two new sections that I received from the Holy Spirit on the, "4 Decisions," going into detail about the "4 Decisions," about what it really means. It takes it step by step, line by line, and then a whole section on, "Living Health," being alive and well, which is health based on experience being health, which is truly forgiveness. Living and practicing forgiveness is health. It's Living Health.

Jennifer Yes, it is.

Mary Then the first book was *The Mentor Within*, you see—and that was 10 years ago.

Jennifer Right.

Mary And that's a series of conversations with the Holy Spirit, *The Mentor Within*. Actually, I'm seeing it now that I really was interviewing the Holy Spirit. It has been an interview with Holy Spirit. Then the second book, Jennifer, was *Visions of Illumination: Seeing with the Heart of God*. That came in 2009 after I interviewed the Holy Spirit for a period of nine months for *The Mentor Within*. It was like the Holy Spirit that shine the Light on my mind and I saw just how judgmental I was. Imagine that.

Jennifer Oh, yeah.

Mary So *Visions of Illumination*, I thought— *Visions of Illumination* is a series of short stories about just being out about in the world and looking at my judgments and asking the Holy Spirit how would you have me see this differently. It's a powerful book. It hasn't gotten much attention. Really, it hasn't got much of my attention. To be perfectly honest. I haven't put it out there that much. You can buy it through *Pathways of Light, Pathways of Light*. But I still don't have it on Amazon yet. Or you can contact me and I'll get it to you. It's a powerful book filled with some very deep teachings. I had people come up to me and asked me, "What are you going to teach from that book?" I'll get around to it. It will happen.

Those are the three books and the *WNYHOO Inspired to be Truly Helpful* are the audiobooks, yeah.

### *Mommy Talks*

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Jennifer We're going to talk about the *Pause for Inspiration* and the "4 Decisions" but you had a story about—did you say unwillingness?

Mary Real quick about unwillingness. Yeah. I had this great, joyous experience with my mother. We weren't even doing anything but sitting there and eating up a piece of pizza, and all this Joy erupted and she kept saying—suddenly she starting saying, "Mary, I'm having such a good time. I'm having such a good time!" I mean, out of nowhere. Then even the next day, she called me, which she doesn't do. My mother doesn't usually call me and says, "Mary, I had so much fun last night. I've never had such a good time."

I knew what had happened was I had made a decision in my mind and got the help from the Holy Spirit, and she was set free of my judgments of her. That's why her and I both moved into this fountain of Joy, is I had set her free as my judgments of her. Now...

Jennifer I just have to say—I just have to say, Mary, I just have to say the same thing happened to me and my mom. It was different. We weren't sitting there having pizza, but that's what exactly what I did is I set us both free by releasing my judgments of my mother and my judgments of myself in relationship to my mother. I just said, "What's past is past. I'm going to have a relationship with my mother now that is not based on the past." I really was able to recognize that my relationship with my mother was my relationship with myself because there's only the One. Even though my mom was dying at the time, she was very physically challenged, we had so much Joy and so much Love. It was unbelievable.

I just want to say it's never too late—and even when your mom has passed on, or whoever you might like to have a joyful relationship with, even if they've passed on, they're eternal. We're all eternal and we are all One. Never give up on that relationship because that relationship, you might think you can get out of it, you can never get out of it because where are you going to go if we're all One? How are you going to get out of that relationship? So, be fully in the relationship. You may not want to talk to them anymore but just still remain fully in the relationship until your heart is at Peace with it. The only way to do that is to drop the judgments.

So, thank you. Go ahead.

Mary            Absolutely, that relationship is our path—is your path to God until it is solved.

Jennifer        Absolutely. Thank you for adding that. Yes.

### *A Tale of Unwillingness*

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Mary            Yeah, that's the experience I'm having with my mother so I know that that is true. Two weeks later, I took back that judgment and started judging her again. And we did not have such a good day. Just last week, we had the most wonderful day together again. So, what happened between those times is because we had dropped into some difficult moments. The next morning, I was sitting at breakfast and I just had on my mind that we had a rough day the day before and I was judging her and she was judging me. I just began praying. I said, "I'm willing. I'm willing to forgive my mother. I'm tired of praying about this. I'm tired of the judgments," on and on.

I heard in my mind, "Mary, you in fact have not been willing to forgive your mother." In that moment, it was a palpable experience that I really can't put into words but I experienced in that moment that I, in fact, was unwilling to forgive my mother and to forgive myself and all that. So, it was an unwillingness and I've never had an experience like this, an experience of unwillingness. It wasn't a feeling of stubbornness or resistance. It was just a fact that Holy Spirit had pointed out, "Here's the fact and this is not it, Mary. I know you're saying the words, 'I am willing to forgive my mother.' But I'm telling you that you have chosen to be a good daughter in place of forgiving your mother," because I am my mother's caregiver. I'm the one who's responsible for her.

So, Holy Spirit just pointed it out in a very loving gentle way. It's like, "Here's the deal, you're working really hard to being a good daughter and crossing all the T's and dotting all the I's and blah-blah-blah, and you're doing all that because really—I know you care about your mom but you're over-efforting on all of that and it's ego, ego, ego, because really you're just unwilling to forgive you mom, forgive your perceptions of your mother, to forgive yourself and your judgments of your mother.

So, what a huge help this is! This is what I thought, this is what it comes down to, we're either willing or unwilling, and that's the whole *Course*.

Jennifer

Yes.

Mary

Although that's hard to say that. The bottom line is I'm neither unwilling or I'm willing, just it is what it is.

Jennifer

You know, I'm really, really grateful you mentioned that because, Mary, I've been teaching forgiveness since '99, 1999, and I've had so many people over the years come to workshops and say, "I'm here to forgive this and I have forgiven this so many times but for some reason, I can't get over it." I just say to them, "You know what? You're saying you forgive but until you drop the judgment you haven't actually forgiven. You're still holding on to the judgment." Unforgiveness is judgment. That's all that it is.

Mary

Yeah.

Jennifer

It's the willingness to release that judgment that allows Spirit to take it from us. If you've got a tight grip on something, then how is Spirit going to take it from you? You obviously value it, you need it, you want it, you're attached to it. What you're saying is so helpful to people to just recognize if you're so judging, it still bothers you, you're not willing yet.

### *Mary's Tools*

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Mary

Let me tell you, admitting that and hearing the Holy Spirit tell me—tell it like it is, which is that, "You're unwilling." There was no shame or blame or guilt about me being unwilling. It was just a statement. It was just an observation. A burden was lifted off of me when I faced what was true for me in that moment, which is that, yeah, you know I have been unwilling. It's really true. Anyway, then that really kind of segues us into *Pause for Inspiration* because the *Pause for Inspiration* and the "4 Decisions," every single decision starts with a statement of, "I am willing." The key of it is willingness. That willingness is the access code that gets us into the

relationship with God, with inspiration within. Again, *Pause for Inspiration* came all in everyday language, non-religious language.

Jennifer It's a beautiful tool, the "4 Decisions," and it's—I'm going to ask you to describe it but I also just want to let people know they can go to [PauseforInspiration.org](http://PauseforInspiration.org). You will send the cards, the free materials and also the *Pause for Inspiration* app is awesome! It's very simple, very easy to use and it's great, because it has visual and audio components, so if you're having a difficult time, or if you just would like to take things up a couple of notches, using *Pause for Inspiration* is perfect. You can put these cards in your wallet and you can share them with friends.

### *The 4 Decisions*

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Tell us—we've got a couple of minute here before the break. If you can begin introducing the "4 Decisions," and then we'll do the rest after the break.

Mary Okay. Well, the "4 Decisions" came forth from a phrase that runs through the *Pause for Inspiration* material *WNYHOO Now*. That phrase is, "Pause, Step Back, Step Aside, Let Inspiration Guide." I thought that was just a cute little phrase. Someone asked me one day, "Mary, what does that really mean?" I said, "You know, I don't know."

Instead of giving an answer at the top of my cubicle head. In *Pause for Inspiration*, we don't use "ego," we use "cubicle mind." The cubicle-self mind. So, I went within and I asked Holy Spirit, "What does this mean? What does that phrase mean?" Holy Spirit said, "Either each a decision," and proceeded to give me the decisions.

"Pause," is the decision to stop in this moment. "Step back," is the decision to get out of my own way. "Step aside," is the decision to invite inspiration within to help. "Let inspiration guide," is the decision to choose my inspired mind and follow the Wisdom of inspiration. Then there's a whole practice on the back of the card and at the back of the *Pause for Inspiration* book. That is how to practice the "4 Decisions."

Jennifer Yeah, it's so sweet and so simple. When we come back from our break here in just a couple of minutes, we're going to go a little deeper with this because this is a tool people that you can really use. It costs you nothing and that's what we love is ways to really live these teachings and bring them down into our heart. Get out of our head and into our hearts, so that we can truly live the Love and walk the talk.

Again, we're going to come back in just a couple of minutes and give a little more insight about the "4 Decisions," with Mary here. You can go to [PauseforInspiration.org](http://PauseforInspiration.org) right now and you can order your own set of these cards, and you can share them with your study group and things like that. I also want to mention that if you are having trouble getting over something at [JenniferHadley.com](http://JenniferHadley.com), right there on my homepage, there's the free workshop, *How to Get Over It*. There's no need to suffer. You can get over it. What I invite you to do is get that *How to Get Over It* workshop, invite a friend over, do it together. If you've got your *Pause for Inspiration* "4 Decisions" cards, you can have your own little workshop party. I love it.

Mary Pause party.

Jennifer Pause party! There you go. I love it. I'm Jennifer Hadley and my guest today is Mary Gerard Lenihan. We're going to be right back. You're listening to *A Course in Miracles* on Unity Online Radio.

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 in the discussion, visit us on Facebook at *A Course in Miracles Pledge* where you can join with 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*.

### *Benefits of Practicing the 4 Decision Technique*

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Jennifer I'm Jennifer Hadley here. You're listening to Unity Online Radio with Mary Gerard Lenihan today. We're talking about the "4 Decisions." This is a beautiful spiritual practice. Very, very simple that Mary has downloaded for the benefit of humanity and she is telling us about it. So, the "4 Decisions." If you were going to say, Mary, a little bit about your experience of how this brings benefit to people because I know you've given these cards and this practice. Oh, just like the size of a playing card to people all over the world, and people have told you wonderful stories. These are people are not *A Course in Miracles* people. All kinds of people who found a way to be in this deep practice of willingness. What kinds of things have people told you about using this for their spiritual practice?

Mary Well, their sharing is one of experiencing healing with everyday life stops in the midst of everyday life. The *Pause for Inspiration* "4 Decisions" practice

is—though it can be used, and I use it as a seated meditation is meant to be literally applied in the midst of moving through one’s activities when you’re in a situation, when you’re in a circumstance, when you’re in a relationship, and so that’s what a little bit different about them. So, we’re not setting, we’re not compartmentalizing a certain time aside. I mean you can still do that in having your meditation and prayer and lesson time.

This is the rest of the day that we’re not doing that, that we’re not seated on the meditation cushion, that we don’t have the *Course* book open or whatever. And it helps to commit it to memory. It’s a very short practice, easy to commit to memory. And that which they are on the forefront of the mind, so as I’m driving in traffic, as I’m in conversation with someone, as I’m sending an e-mail, as I’m doing the laundry, taking care of my mom, presenting a workshop, whatever I’m doing, that practice, those words are in the forefront of my mind and available to me right there in the moment. They’re practical.

What people are telling me is that they are kind of surprised that they can experience forgiveness...

Jennifer

Yes.

Mary

...right there in the moment in the middle of something.

Jennifer

That’s right.

Mary

I don’t have to think, “I’m going to go home and pray on this tonight. I want to go home and do my lesson in a quiet den.” You can do all that. That’s all fine. But this is like no right here right now. Right here right now, I noticed I’m judging the cashier. “Okay, I’m going to pause. I’m going to make a decision to get out of my own way. I’m going to come into the awareness of inspiration within and say, ‘How would you have me see that person?’”

I’ll go through—I’ll take out the whole practice. I would do the whole practice in my mind. I will even just go through exact forward decisions that I gave you or I’ll kick out some phrase from the practice such as allow stillness to replace the chatter. Is there another way to see this? Be humbly available to inspiration. I’ll just say a few words, in that moment, I deal with my judgment, my unforgiveness, right then and there at the gas station, while I’m balancing the check book, while I’m on the elevator with someone, that is how this is meant to be practice.

There is nothing as, of course, they’re very clear. Nothing should be excluded. The value of *Pause for Inspiration* practice is that it’s so simple the practice in the moment and that it also has completely de-compartmentalized

God, so I completely de-compartmentalized our spiritual practice. That's why it came to me in everyday language, non-religious language.

There's a reason for that I had images that I was holding on to of God that I was completely unaware of. Even my loving wonderful images of God, Holy Spirit was saying, "Even those are getting in the way," because just when you think you've reached the mountaintop, well, I have something to tell you, you're only halfway up the mountain. There is no end. There is no end to this spiritual path, so I don't even think about being enlightened or anything because my experience of this inspiration within is when I had a glimpse of it. It is huge and it is expanding, expanding, expanding. It's infinite, infinite, infinite. There is no mountaintop. It just keeps expanding.

So, it's happening as I apply it to my everyday life situations through these "4 Decisions." I am getting all day long these little glimpses of infinity in my brothers and sisters, in others, and in myself, and I'm seeing that inspiration within wants to help me balance my check book, wants to help me to make these decisions about like the silent retreat that we have coming up here in St. Louis in November. People have been planning it. It's like, you know, we can all get together and plan this and put forth all of our well-intended ideas, or we can really step back and go within and receive the guidance about this silent retreat.

Because what it is, is the ego compartmentalizes God. Okay, it's got the religious language. God is over here. It keeps it in a nice tidy bucket over there, and then, "Okay, now I'll go on about my day." But there will be no healing there because this is now seen as God being separate from the rest of my life. There's a quote in *Pause for Inspiration*, in *The Mentor Within*. It says, "*Better to have a bad day and you intentionally come into the presence of inspiration within than to have a good day all on your own.*"

Jennifer I love that. Yes.

Mary I think I can be having a good day and the ego has got it all managed, and in order and under control, and being holy and spiritual and everything but God really had nothing to do with it. The question is, "What do I really want?" Do I want inspiration within to truly guide my every moment, or do I want to hold back? "I'll take care of this because, oh, I do my job every day," and "I know how to do it really well and I don't need inspiration's help with that," or "Oh, I do my exercise program every day and I don't need inspiration's help exactly like you do."

Do we know exactly what to do? No.

Jennifer We don't. That's why I love—where in *A Course in Miracles* it talks about saying, “*Decide for me,*” to the Holy Spirit. What you've brought forth here, Mary, is it's just so concise, it's so helpful and it's a way to really put it into practice, because if we don't put it into practice then we don't get the mind training effect.

Mary Yeah. That's exactly right because, Jennifer, I have craved since I was a little girl. I studied formal meditation and contemplation techniques in the last 17 years, and they all played their parts in my healing and opening my mind. But I have to honestly say the biggest leaps and bounds that I'm taking are through this practice of *Pause for Inspiration* in the midst of everyday life. The same things one could do with *A Course in Miracles* lessons. But the point is it has taken God out of the box for me, so I had to let go of all of my images of what I think holiness is, what I think spirituality is, what I think sacredness is, all of that. And because it's saying now, practice it now, practice it here now, practice it here now, practice it here now.

Jennifer Wow! I feel so inspired. Believe it or not, Mary, we are out of time. It goes by—

### *Compelled to Share*

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Mary Well, one other thing, as you said, “Yes, please, people go. Go to the website. Get the book for free, *Pause for Inspiration*. Get the cards for free and the ideas, and you get more than one card. You get at least 40 cards when you order because I have to give this to someone. I have to share it with someone else. Not to try and force them to do anything, but because the *Course* says, “I don't know what I have,” right? “I don't know the gifts I have until I get it.” So, this is a way of coming to the awareness of who I truly am.

Someone said to me, real quick, “I'm not here to try and heal other people's minds.” I said to him, “When I hand this card to the bank teller, my mind is healed because in that moment I see the Christ in her. I see her for who she truly is.” And for that split second, we both have just had a glimpse of infinity. That's my experience of sharing this card.

Jennifer Beautiful. Yes. Yeah.

Mary Thank you.

Jennifer Well, it's time for us to pray. I want to thank you, Mary, for being here. I just love where you speak from and what you share. I love your tools. They're fun, they're beautiful, they're real, they're playful. So, get the app, go

to [PauseforInspiration.org](http://PauseforInspiration.org) and also go to [LivingACourseinMiracles.com](http://LivingACourseinMiracles.com) where you can also get all these free resources including support for starting your study groups.

### *Closing Prayer*

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So let us place our hand on our heart again, and take that breath of Love and gratitude. We are pausing for inspiration right now. We're saying, "Yes." We are worthy of that inspiration and we're grateful to receive it. We are in the flow of Love and we are sharing the benefits of our awakening and our inspiration with everyone because we're One with them.

In grace and gratitude, we let it be, and so it is. Amen. Amen. Amen.

Mary Thank you, Jennifer, so much. Thank you for sharing. Thank you for being so open, and so loving, and so willing. Thank you. Thank you.

Jennifer My pleasure. Gary Renard is with us next week. Have a great week, everybody. I love you.

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While there, we invite you to visit Jennifer's blog, where you can join with the community of like-minded people, who have become Jennifer's Prayer Partners through her daily power prayer. Like them, you can enjoy this extra support, as you come to walk your talk and live *A Course in Miracles* every day, in every way.