



# ***Living A Course in Miracles***

## **Homework Class on Living Without Fear**



*with Jennifer Hadley*



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# Homework Class on Living Without Fear

**with Jennifer Hadley**  
**October 19, 2016**

Jennifer Welcome to *Living A Course in Miracles*. This is our second class. It's the Homework Class. I'm Jennifer Hadley, your host for the entire series. Our first two classes are on the topic of, "Living Without Fear." This is something that's very dear to my heart. I've learned so much about living without fear, which really is living in Peace and Harmony. What I learned is a treasure to me and I am so very happy to share it with you.

## *Opening Prayer*

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Today, I'm going to begin as I always do with a prayer. I invite you to turn within with me. I like to place my hand on my heart and remind myself that I am wholeheartedly available for Spirit. Wholeheartedly saying yes to Love. Wholeheartedly willing to let go of the past and be guided by the Higher Holy Spirit.

So we take this breath of Love and gratitude. We open ourselves to the unlimited flow of Love. We open ourselves to the unprecedented Wisdom of Spirit. We Partner UP with the Higher Holy Spirit Self to remember and to recognize that our true nature is already as Holy as Holy can be. We cannot become anymore Holy than we already are.

We are grateful, we are thankful to open ourselves to this flow of Love and to relinquishing any and all thoughts of lack and limitation, attack and separation, we are letting them go by giving them to the Higher Holy Spirit Self. We're giving them to the Holy Spirit. Giving them to our elder brother, the Master Pastor, Jesus, and letting Spirit do the heavy lifting.

Truly, we fly on the wings of the Holy Spirit together in Love. And we share the benefits with all beings because we're One with them.

In gratitude, we allow our healing to be. We know it's done, and so it is. Amen. Amen. Amen. Amen.



## *Baby, I'm a-Wanting*

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I'm going to begin today with recapping a few of the things from yesterday. Basically, we're never upset for the reason we think. That's one of the early lessons of *A Course in Miracles*. I'm never upset for the reason I think. So why am I upset? I'm upset because I'm choosing to align with the ego. Every time I align with the ego, I do not feel peaceful and harmonious. I think one of the ways that's helpful to understand this is to understand about wanting, because wanting is very related to fear, and it's also very related to happiness.

Let's say that I'm saying to you that I want something. Right now, I'm holding a mug with some apple cider in it. It's apple cider time here in the East—Northeast. Now let's say, you can't see me but if you could, I am sitting here holding my cup of apple cider in front of you and saying, "Oh, I could be happy if I just had some apple cider. Boy, if I just had something even to drink I would be so happy. I really would be happy if I had a beverage right now. Oh, my gosh! That would make me so happy."

You, if you were looking at me and saw me holding the mug of cider, you'd say, "Well, Jennifer, why don't you just enjoy what you have? You have it already. You have a glass of fruit juice right there in your hand, why don't you just enjoy it and drink it, instead of wanting it?"

Well, that's the whole thing is we don't want what we already have. We want what we think we don't have. And when we're happy, a lot of the time, it's because for a moment we think we have what we want. For instance, we might think, "Oh, if I just have a great job, I'd be happy."

I'd like to take a sip of my cider here first before I put it down.

We think, "Oh, if I had what I wanted, I'd be happy. I'm not happy because I don't have the things that I want." But it's not true. A lot of times, we have a momentary experience of happiness. Because we think we've got what we want. "I'm happy because I have what I want." But that's really part of the illusion. In fact, the reason why we're temporarily happy is because we stopped wanting. We stopped wanting. Because in our mind, we've been deluded into thinking, "I have what I want and that's the thing that makes me happy."

The truth is that Joy is unconditional. Joy is one of the characteristics of the teachers of God. According to the *Manual for Teachers*, it's one of the 10



characteristics of the teachers of God is Joy. Our Joy is unconditional just like our Love is unconditional. Our Freedom is unconditional. Our Peace is unconditional.

Our Joy is unconditional, and Joy is really different than Happiness in my mind. Happiness is circumstantial and Joy is not. However, in *A Course in Miracles*, Happiness and Joy as far as I can tell, are interchangeable. So we'll go with that because this is *Living A Course in Miracles*.

So our happiness does not come from circumstances. Our happiness comes from knowing we're in alignment with Spirit and being loving. That's the very thing that triggers our—actually I was going to say, it's being in alignment with Love and Joy is when we let go of all the things that block our natural Joy and Happiness. Just like being in the flow of Love comes from letting go of the blocks to Love. When we think we're happy because we have what we want, that's the delusion.

We're actually happy in that moment because we stopped blocking the Joy, the Happiness, by wanting things. Now if you think about these things that trigger your fears, it's often related to wanting. Wanting, wanting, wanting. It's a very practical application of this *Course*.

Jesus talks about wanting a lot but not quite in the way I'm talking about. But remember that this was written decades ago and there's new learning that's coming all the time.

### *Map to the Kingdom*

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I share with you something that I've learned, that when I say, "I want something," I must think I don't have it. So in the teaching of the *Course*, in the teaching of Jesus, we've heard, "Seek first the kingdom, which is within, and all else will be added unto you."

So, seek first the kingdom. The kingdom is our treasure. It is our connection with Spirit. It is the Love that we already are. That is the kingdom. When we seek to experience that, to be that, to know that, to feel that, to share that, then everything else is added unto us, because the kingdom is that gateway of Love. Love is Wisdom. Love is Joy. Love is Peace. Love is Harmony. Love is Freedom. Love is Beauty. Love is Truth. Love is Pure. Love is everything. Love is all that there is. It's all that's real.



So when we seek first to know our loving heart, to express our loving heart to be in our loving heart. To be in the flow of giving and receiving, then everything is added unto us: Prosperity, Abundance, Wholeness, Freedom, Joy, Love unlocks it all. Because Love is our true identity, when we're in the flow of Love, everything is more available to us. Everything when we're in the flow of Love and there are not obstacles or barriers to Love, then there is no fear. So the key to living without fear is living in Love, all the time.

Yesterday, I was talking about when we're in opinions and judgments and beliefs, then we're not in alignment with the Truth. We're in alignment with what's false and the past, so we're not present in the now moment, which is where Love is. So when we're wanting, we must not realize that the kingdom is within. When we're wanting and needing and craving, and feeling a sense of lack and limitation, we must not realize the kingdom is within. We've been deluded to thinking the kingdom is out there and we don't have it. It's not ours. So we're left wanting it.

A huge portion of people's fears every single day is thinking that they don't have what they want. They don't know how to get it. Or they do have what they want and someone's going to take it from them. They're going to lose it. They can't hold on to it. And all of those fears and judgments come from this belief that we are not already loved, that the kingdom is not pre-installed, that we have to get it. So a huge number of the fear triggers that we experience on a daily basis come from wanting, craving, needing.

As a practical application of the *Course* and really living without fear, I invite you to make a decision now. Every time you hear yourself say, "I want," or, "I need," that you pause. Every single time you say, "I want," or, "I need," you pause, and you consider if everything is pre-installed, that the kingdom is already yours is within, what is there that you could want? Instead of wanting and needing and energizing lack and limitation, because that's what wanting and needing does, instead of energizing lack and limitation through wanting and needing, what about making a 180-degree turn, a U-turn, and say, "Everything I need is within me. The kingdom is within me, and I am willing to access that kingdom and eliminate all the causes of fear."

When someone in our life, a loved one, seems to be in lack and limitation, right? Because many of us, we have experiences where people in our life they seem to be caught up in drug addiction or poverty or abusive



relationships and all kinds of things, and we move into fearful thinking. Fearful thinking about their situation.

Instead we can say, "Just as I have the kingdom within me, they have the kingdom within them, and to honestly know that I am seeking the kingdom now and so are they regardless of the appearance." Regardless of the appearance.

This goes to one of the things I was saying yesterday, Lesson 25, "I do not know what anything is for." I do not know what anything is for. I have definitely experienced situations and read about beautiful stories of karmic healing where a wise being took a manifestation in the form of someone who's suffering. Suffering physically, mentally, emotionally in order to be a loving presence in somebody else's life to help them learn compassion. Those experiences are beautiful acts of service.

Think about it. If you were, let's say, a being who's on the path of enlightenment and you would like to be of the highest service to someone who is really also on the path of enlightenment but very much struggling. Having a very difficult time. They have a commitment, let's say, to incarnate and to really confront their limited beliefs or their experience in the past of an unloving heart and they have made a decision that in this lifetime, "I'm going to learn how to be generous and kind and compassionate and patient."

So they don't start out that way, but that's where they're heading. We encounter that person who's struggling perhaps to learn to be generous and kind and loving and compassionate and patient. And we meet them in their journey of learning to be loving in all ways all the time. But in that moment, they're not being as loving as we think as they could be. We instead, we go into judgment of them.

Instead of seeing the Christ in them and knowing that they're on the path of healing, just like we're on the path of healing. Instead, what if we go into attack thoughts? Then we're not helpful to them. And because we're attacking our brother who is crying out for Love right in front of us, we are going to feel afraid. That's right, when we attack our brothers and sisters who are struggling to be loving, to be compassionate, to be kind, to be patient, to be generous, just to even be considerate or aware, not narcissistic in some ways.



We attack them because of where they are in their journey. Then we're not remembering to teach only Love because that is what we are. That's why we feel afraid.

Now in my life experience, what I have observed is—cause I used to do this all the time, I used to watch television, let's say, watch the Oscars or something like that, maybe watching it with friends and to attack the people I saw on the screen. "Oh, my God! Look at her in that dress! What is she thinking? That's hideous." Blah-blah-blah. And to say, "Oh, that was a terrible movie. They don't deserve an award." Whatever. I used to sit there and judge, judge, judge. For me, back then, that was fun. That was fun because in my little egocentric world, I felt better than those people. I felt more powerful than those people because I was judging them. I didn't realize at all that the fear, that I would feel later, was directly related to my choosing to attack.

Yesterday, I was talking about how a thought is like a ripple on a lake. At least I think that was yesterday because I'm not sure when I said it. Sometimes I wake up from dreams where I've been teaching in the dream and sharing in the dream in whatever dimension I was in. Then the next day or later I think, "Wait a minute, was that a class in this world or somewhere else?"

But every thought we have is dropped on to the surface of a lake, really, which is the One Mind. It's like a drop of water or stone being dropped on to the surface of a pristine lake surface. And it ripples. So we're feeling other people's ripples, they're feeling ours because we share the same mind. If we keep dumping trash or pollution or poison or toxic wastes into that One Mind, because we're the one that's dumping it. It's literally like if we're drinking from the lake from the same point at which we're dumping the toxic wastes.

When we're judging and having opinions and thinking attack thoughts, if you think about it in terms of this One Mind, it's a beautiful pure, pristine lake, we're putting pollution into it, toxic wastes, and we're putting that toxic wastes in at the very point from which we're also drawing our nourishment and our drinking water. Do you wish to pollute this water that you rely on for your life, for your well-being? Do you wish to pollute it? So this is why the attacker always feels attacked, and the judger always feels judged, and the lover always feels beloved.



In our defenselessness, our safety lies. So when we're not attacking, then we have nothing to defend. That's our defenselessness. There's nothing to defend unless we're attacking. So the one who's attacking always feels the need to defend.

So I invite you to look at the habits you have in your life of defending yourself. Is that a mental habit that you have that you interpret your experiences in life as though you're being attacked? Even when nobody is attacking you. Do you interpret it as though you're being attacked? If your mind is constantly defending, then that's what's happening. You're interpreting your experiences as an attack. Why would you have that pattern? You have that pattern because you have the pattern of attacking. The attacker always feels attacked.

This is one of the most valuable lessons for me that I've seen in my studies of *A Course in Miracles* is to put me to recognize, "Ah! The reason why I'm defending myself is because I'm so caught up in attacking others. I know, consciously or unconsciously, that the attacker always feels attacked. So we're not necessarily being attacked but we're fearful when we're attacking. The cause of all fear is our attack thoughts. And our attack thoughts are our opinions and judgments. And our opinions and judgments are always thoughts of lack and limitation.

The habit of lack, attack, limitation and separation brings a constriction. It's a constriction in the flow of Love, Prosperity, Creativity, and Wisdom, and Harmony, Joy, Freedom, and all the spiritual qualities of God.

Everything that is the kingdom. When we seek for the kingdom, everything is added unto us.

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### *The Sleeping Goddess*

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Alright, thank you, Tina. I'm breaking up some and I don't have anything I can do about that, but thank you. The internet is going in and out. But I appreciate you letting me know. If you can find I'm really dropping out, you can let me know that. That's really helpful to me. Thank you, Tina, my wonderful assistant, Tina, so helpful to me. Where was I?

I'll take a sip of my cider.



All things work together for good. There are no exceptions. And as I was saying yesterday, when we start making exceptions, we're on a slippery slope.

It's easy to make exceptions. Oh, my God. It's so easy to make exceptions. It's so easy to make exceptions. And yet everything works together for the good. I was contemplating this yesterday. We are in a time in human history, in our spiritual history making, where we're seeing the return of valuing the Divine Feminine, the Divine Mother. That energetic of Divine Mother is coming back into the forefront of our awareness and our heart.

So we're seeing some things in the world that correlate to that. So we're seeing a woman possibly becoming president of the United States of America, which maybe today doesn't seem miraculous to you, but 20 years ago that would have been profoundly miraculous. So we're seeing such huge shifts. Simultaneously, we're also seeing that a lot of people have hatred for this woman and despise her.

In a certain sense, we're seeing all kinds of things related to our own unhealed issues around Divine Feminine, Divine Mother and Mother-Father God, and we're seeing it also in our experiences of talking about—is it just locker room talk if someone talks about molesting women? Is that okay? Is that okay for leaders to be predatory and how do we feel about that? A lot of women have been sexually molested and harassed and groped and grabbed. I certainly have had all of those experiences in my lifetime.

### *How to Be Fearless*

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A lot of people can get triggered by these issues and it becomes—there's a lot of fear. When we look at fear, we look at what's getting triggered. First of all, everything works together for good. There are no exceptions. So everything that this political thing is triggering, everything that the terrorist experiences we're having in the world, the hurricanes, and the fires, and the different traumatic events, the killing of people just because of their sexual orientation or their skin color, or because of their job because they're cops. All these different things that are happening on the screen of our life, are the things that are coming up for healing.

One of the tendencies is to go into attack. We think we're afraid because this one might become president or this one might not become president.



We think we're afraid because I'm a person of color and people of color are being killed indiscriminately. Or I'm a person, a lesbian, and people are killing lesbians, attacking lesbians. Or I'm afraid because my daughter is a drug addict. Or I'm afraid because of this or that thing in the world. That's the tendency for many people is to make all our fears related to the circumstances that we're seeing in our life.

This is one of the biggest mistakes we can make as a spiritual student. We're never upset for the reason we think. That our perception, which is our fear is the meaning we make of it, it's our interpretation, that's the thing that's causing the upset, that's the thing that's causing the fear, and that's the thing that's within our control.

Because we are the decider. We are the ones who decide. When we decide to go into attack, every single time, it's going to boomerang right back to us because it's just like if we we're dumping toxic wastes into the drinking water and we're going to have the first cup of water, with the toxic wastes in it. So that's why we feel afraid because when we're deciding to attack, we're actually deluding ourselves to thinking that our attack thoughts have no consequences. But this couldn't be further from the truth. Every single thought that we have has an effect. Especially if we believe it, it's so potent.

This is why in Chapter 2 of the text in *A Course in Miracles*, the section on, *Fear and Conflict*, is immediately followed by the section on, *Cause and Effect*. So what it says there in Chapter 2 is that all thoughts produce form at some level. And it says there are no idle thoughts. So because there are no idle thoughts, every thought produces form at some level. What is form? Form is more thought. Form is our consciousness. Form is our experience. Form is our emotion. Form is our physical body. Form is all of these things.

And so thought brings things into manifestation, into our experience so that we can look at it and examine, "Is this our treasure?" So when my life looks like a toxic waste top. I look at my relationships, my finances, and my body, and my job, and whatever is going on in my life, and I say, "You know, this stuff is not very good. This stuff is freaking me out. I don't like it. It's not making me happy. I'm fearful a lot of the time."

The quickest fix to change it all is to shift our mind about it. Now that can cause a panic in a lot of spiritual students. "How do I change my mind



about it? Oh, for God's sake! Would somebody tell me how to change my mind about my life?"

It's not that complicated, It's really extremely simple but it does require great willingness, not just a little bit of willingness. Really to do it quickly and effectively requires a great willingness but not a whole lot more. It really requires willingness. Willingness, willingness, willingness, but not a whole lot more. So we can just all kind of go, "Whoo! Okay, I can cultivate willingness."

Now one of the things that creates a lot of fear in our mind is this ego thought that we have to figure out how to solve all our problems. We have to figure out first of all how to understand them. We have to analyze them to understand them so we can figure out what the solution is. But that's not how things actually work. That's not how the ego works. But that's not how Spirit works.

The way Spirit works is we decide I'm 100% willing, or I'm 50% willing, or I'm 80% willing to change my mind about these things. I'm going to give the changing of my mind to the Holy Spirit. Everyday I'm going to begin, and this is one of the things that Jesus tells us right early in the *Course*. He says, "Just say every day, 'You decide for me.'"

In fact, in the *Fear and Conflict* section, which I was saying yesterday to—I recommend that you read it every day for a week and then once a week after that. It's just a couple of pages.

He says here, "*The truth is that you are responsible for what you think.*"

This is Paragraph 2 of, "Fear and Conflict," which is Section VI in Chapter 2.

"*The truth is...*"

This is my Page 29. I have an old, worn copy here.

"*The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice.*"

So you choose what you think. This is where your choice point is, okay?

Now He says, "*What you do comes from what you think.*"

So your behavior comes from what you think. We have we could say addictive compulsive behaviors that freak us out, that worry us, right? We think we're afraid because of the addictive compulsive behaviors. That the



addictive compulsive behaviors, what we do comes from what we think. So this is what I was talking about yesterday. You are either operating from Divine inspiration, the Truth, moving through you. And inspiration is going to bring through you experiences of more Peace, more Love, more Joy, more Beauty, more Creativity, more Wisdom, more Clarity, more Freedom, more Abundance, and more Prosperity. That's how you know you're in alignment with Truth. It's all those things just flowing and flowing and flowing.

And we have—most of us have moments where we feel, “Oh, yeah. Oh, I'm in the flow right now. Ooh! Cooking with gas. Oh, yeah, cooking with gas. Feeling that flow of Love.” Then we drop right out of it. We drop us out. We move into judgment. We move into opinions. We move into attack thoughts.

So, *“The truth is that you are responsible for what you think, because it is only at this level 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.”*

What this means is that behavior is not autonomous from what you think, so nobody makes us do anything. People can't make us happy. They can't make us sad. They can't make us angry, and they can't make us do anything. They really can't.

We have to decide. We are the decider. We are the decider. So you cannot separate yourself from the Truth by giving autonomy to behavior. Your behavior is not autonomous. It comes from your thoughts.

Now it says, *“This is controlled by me automatically.”*

So this is Jesus saying to us that our behavior, our thoughts, what we do is controlled by Him automatically as soon as we place what we think under His guidance.

Starting the day with, “You decide for me. You guide me.” And to stop making any decisions without Him, without the Holy Spirit. And when I say, “without Him,” I really don't think of Jesus as a Man. I think of Jesus as a wisdom stream, of pure Spirit, of Christ energy. That's what we are, we are the Sons of God. This is the teaching of *A Course in Miracles*.

So let us not make any decisions on our own. Whenever we do make a decision on our own, it doesn't go well. So why would we want to do that?



Well, the thing is we forget that we're part of the Oneness. Because we don't value the Oneness, we forget that we're part of it.

It's—gosh! I think it's so strange some of the things that Spirit gives me. I don't know. It doesn't even makes sense to me but I'm going to say it because I've learned to follow my intuition. So what I got was, it's like, "If you," I don't get this but we'll see what's revealed.

If you had a beautiful barbecue—barbecue grill, and you didn't use it. You kept it in the garage. You would forget that you have it because you don't value it. So we have amazing gifts and talents of discernment, of Wisdom, of Beauty, of Joy, of Truth, of Prosperity and Abundance. But we don't value them. Instead, we value our interpretations and the meaning we've made of things that happened in the past. And we put those things above our connection with God.

Instead of treasuring that which is truly valuable, *A Course in Miracles* tells us, "We are the treasure of God." Instead of treasuring ourselves as the treasure of God, treasuring our brothers and sisters and each other as the treasure of God. Instead we treasure the meaning we made of the past. We let that stand in place of living the Truth, living in the flow of Love, Abundance, Prosperity and Wholeness.

It says that, "*All the circumstances are 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.*"

The end of all fear, living without fear, is when we let Jesus, the Holy Spirit, the Higher Self, the Guardian Angel, the I AM presence, Buddha mind, whatever we'd like to call it. When we let that Higher Self Intelligence instead of the ego guide us, then the end of fear comes.

When decided by Spirit, we're not going to be judging. We're not going to be complaining. We're not going to be criticizing. But you know, the thing is part of our experience in this world is to understand what it is to be the Creator. By having this human experience, we can create Beauty and Perfection, and beautiful expressions of Prosperity and Abundance, and Creativity, and Wisdom, and Clarity and Harmony and all kinds of expressions of God's perfection. We can create them in this world.



However, we tend to settle for making things of the ego. Then because we made them, we treasure them, and we become identified with these treasures that we made.

### *Be App-dated*

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A few months ago, Spirit gave me a beautiful example of this that I shared on the radio show one time and—oh, I'll just make a little plug for my radio show. So I have *A Course in Miracles* radio show on the Unity Church Network, Unity. FM, and you can also access the podcast of it through Stitcher and through iTunes. Stitcher works with all Androids and PCs. iTunes for the Mac environment. There's more than 250 episodes of that radio show. There'll all free. We're in the process of transcribing them right now. Pretty soon, we'll be able to give you—oh, many of the transcripts are for free download. So you can download the episodes for free, and soon you'll be able to download the transcripts for free.

I've had many guests on the radio show. Lots of *A Course in Miracles* teachers. Ken Wapnick, Gary Renard, David Hoffmeister, Jon Mundy, Nouk Sanchez, Nick David, just on and on and on, I've had guests on the radio show. There's also the *A Course in Miracles* app. We have the *Manual for Teachers*, and it has the text and the workbook in it, and that's totally free for you.

So you can look at all three of those. One of the nice things about that app is it has great features. So if you go to—right now it's just for Apple devices, so iPhone and iPads but we're making a version for Android, and that one will be free as well. In the *A Course in Miracles* app, one of the things you can do as a practical application of living without fear is in the app, you can set reminders.

You can set reminders that will have a text message that pops up, and it can pop up with a sound or it can pop up silently or vibrate. You can set it different ways. You can set it to give you that reminder at the same times every day or every 15 minutes or every hour or however you like. You can set it up to remind you between certain hours, so between 7:00 in the morning and 11:00 at night, or whatever is convenient for you.

That can help you work your *A Course in Miracles* workbook lessons. So that's one of the reasons why I designed it so I see on my phone the message pops up and it shows me the—I'm the one that decides what the



message is. So you can just make it lesson of the day, "I'm never upset for the reason I think." It can remind you again or throughout the day. The other reason is you can set multiple reminders. So you can have one reminder every hour and you can have a different reminder every half hour.

These kinds of tools can help you to remember to do your *A Course in Miracles* practice. So I like to use it as a check-in. So when I see the reminder, I hear the reminder go off on my phone, then I can just tune within, "Okay, am I in opinion or judgment? Have I been thinking unloving thoughts? Am I at Peace? Am I into with Spirit or am I Partnered UP or am I aligned with ego?" I really appreciate that reminder that the app gives me.

### *How to Be Fearless Continued*

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This is how we live without fear is we become, like I was saying yesterday, attuned to whenever there's the tiniest bit of upset. It's that Divine alarm clock going off, letting us know, if our thoughts are not loving, our thoughts are not actually even true. But there are no idle thoughts. All thoughts, so this is formed at some level.

We can be like our Creator and create expressions of Perfection, or we can miscreate, and then we're going to experience a learning that's painful through our miscreation. But *A Course in Miracles* tells us that we don't have to learn through pain. That's totally optional. We can learn more easily through Joy if we put our learning under the direction of the Holy Spirit, of Jesus.

Jesus tells us that what changed everything for Him in His human experience was He started listening only to the Holy Spirit's voice and not to any other voice. And, again, I don't hear the Holy Spirit as a voice. It's a feeling, it's a thought, it's visual images. It's an array of things that come to me intuitively that let me know I've been guided.

So one of the most helpful things in eliminating this pattern of fear is to start asking for help. Remember yesterday's class, about learning the power of asking for help rather than managing and coping with fear. So, again, like I said yesterday, that if we are feeling afraid and we say to Jesus, "Take the fear away,"



What He would say to us is, "Without the fear, feelings of fear, without experience of fear, emotionally, mentally and physically, you wouldn't recognize when your mind has wandered to the ego, to the belief system, to the thoughts of lack, attack, limitation and separation. It's that Divine alarm clock going off."

So He says, "Don't ask me to eliminate your experience of fear, but ask for help with the causes of fear. Because it's the causes of fear that our thinking that we can get help with." That's where we can get a whole lot of help. This is one of the things that a lot of spiritual students are I think not quite aware of is we can ask for help all day long, and that's the wise path. Because every time we ask for Divine assistance and help, we're willing to have a healing. We're willing to release the opinions and judgments. So our fear is the result of the opinions and judgments. When we're willing to have a healing, we're going to have a healing because there are no blocks to it.

### *Jennifer and Spirit*

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Our little willingness is all that's required, and if we have a great willingness, we can have a great healing. So all fear comes from choosing to think thoughts of lack, attack, limitation and separation. So whenever that there's any kind of upset, we can say, "Higher Holy Spirit Self, I must have decided wrongly because I'm not at Peace. And I'd like to be at Peace. So I'm the one who made the decision to go into lack, attack, limitation and separation. And I am the one who's deciding now to go to you to remember the truth that sets me free."

As it says on the last page of Chapter 5, Page 90 in my text, "The Holy Spirit will heal all the consequences of my wrong decision. My decision to attack. All consequences of it will be healed if I let the healing happen. If I don't interfere."

A lot of spiritual students resist asking for help because they don't feel worthy, because they don't really want help. They would rather cling to their judgments and opinions than feel and experience the freedom and the Peace of mind. It comes when we're in our loving heart and we're no longer in attack mode. I know for myself for a very long time I lived in fear because I was constantly in attack mode. Literally, constantly in attack mode. Every day, all day long, I would take offense and I would judge and judge and judge. In fact, I had such a strong pattern of judgment and attack that I



really almost never not in it. I really believed that my power and my sense of identity and self, came from being the judger.

One of the things that I changed my mind and began to eliminate the causes of fear was to call upon the Holy Spirit to take the judgments out of my mind and I never thought of them again. That's exactly what I would say. I would say, "I'm not interested in this pattern of fear anymore. I'm not interested in these judgments, in these opinions. I'm not interested in taking offense anymore. I am only interested in being a loving presence in my own life and in this world. Holy Spirit, Higher Self, please take these thoughts of lack, attack, limitation and separation out of my mind so I never think them again. And let anyone else who has these kind of thoughts, let them have a healing as well. I'm done with thinking these thoughts. I don't need them. I don't want them. They're no part of me. They're nothing. They're nothing."

Sometimes I would say that. Oftentimes when I would say that. Initially when I started this practice, I truly, to be honest with you, I just wanted to get out of suffering. It wasn't that I wanted to connect with God so much as I just wanted to end the pain. I just wanted to get out of fear. I just wanted to stop thinking I'm an idiot, I'm a moron, I'm a mean person, I'm unkind and I self-attack.

But the more I practiced it, the more I sincerely really, really truly wanted to have a connection with God rather than my judgments and opinions. Things began to shift for me. When I started this practice of giving the judgments and the opinions to the Holy Spirit for healing, I felt like I had to do it 100 times a day. I kid you not, 100 times a day. But I was really willing, and so I would do it 100 times a day. I'm talking about doing it kneeling, saying to the Holy Spirit, "I am not interested in these thoughts anymore. Please take them out of my mind so I never think them again. I'm a creature of Love and light and that's all I'm interested in. Please share the benefits of my healing with everyone because I'm One with them. Thank you for my healing."

I would do that 100 times a day. What I found was I started to have less and less fear. I started to move into this place of I would recognize, "Oh, my Peace is disturbed. I must be judging. What's the judgment?" Then I could actually in a sense look at the judgment and say, "Hmm, do I need this thought about my neighbor? Do I need this thought? Is it really valuable to me? Would I rather have this thought than Peace? No."



I'll take a sip of my apple cider here.

### *Always Ask God's Help*

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I went through a period that felt very grueling to me. The more interested I became in being a truly loving presence in my own heart, in my own life, the more I began to see how intensely judgmental I was, how intensely critical I was. The tendency was to attack myself and to feel bad about myself because I have so many attack thoughts. So Holy Spirit taught me how to begin to have a sense of humor about it and to not see myself as the attacker. But to only see this identification with the ego but not my true identity. That was very helpful to me.

I could be very playful and I like to laugh a lot, particularly to laugh at the insanity of our world sometimes. One of the things that Spirit gave me was to when I would start flowing into judgments and criticisms in my mind. I would interrupt the pattern by singing this little song where—it's the charge song from baseball games, football games, stuff like that. "Judge, judge, judge." I would just do that for two or three seconds, four seconds, five seconds, then I'd be smiling and laughing. I'm not making my attack thoughts real.

It took me a little bit of time to be truly willing but I began to move out of attacking myself for being the attacker. I think one of the most important things I can, say aside from ask for help, ask for help, ask for help from the invisible realm, from the Holy Spirit, from Jesus, from the angels, one of the things that's very helpful is to really know that you can succeed and you will succeed and that actually nothing can prevent you from succeeding if you're willing. You cannot fail. The light of God cannot fail. It's not even possible.

There's a simple tool that we have that's in *A Course in Miracles* Lesson 183, which is entitled, "*I Call Upon God's Name and On My Own*"

It says here on Paragraph 2, "*God's Name cannot be heard without response, nor said without an echo in the mind that calls you to remember. Say God's Name, and you invite the angels to surround the ground on which you stand, and sing to you as they spread out their wings to keep you safe, and shelter you from every worldly thought that would intrude upon your Holiness.*"



Yes. So I love that. When I first read that—actually it wasn't the first time I read it, but one point I read this and I actually got what was being said here, "*Say God's Name, and you invite the angels to surround the ground on which you stand, and sing to you as they spread out their wings to keep you safe, and shelter you from every worldly thought that would intrude upon your holiness.*"

So all we need to do is say God's name. "God" Love, Spirit, Mother-Father God, Great Mystery, however you want to call the name of God, it doesn't really matter. But then allow the angels to surround you. People think that Jesus is talking metaphorically here. Uh-uh. The angels—if we ask the angels for help, they will help us. There's a number of references to angels in the *Course*, and this is one of my favorites.

Practice it. Try it for a week. Every time you feel afraid say, "God help me now. Angels help me now." They'll come in and surround you and help you to reach your vibration up so you can see more clearly, hear more clearly, feel more clearly and know more clearly, that you are Love and that's all you are and that's all you'll ever be. And every thought that you have to the contrary is false.

Yes! Yes, yes, yes. You know, doing these simple practices would cost you nothing but will change your life. And help you eliminate the causes of fear. Doing these practices is an act of self-Love, and because Love is what we are, practicing self-Love or loving others, then we're eliminating the sense of confusion and doubt and worry and fear, because we're remembering our true identity. We're loving ourselves free of thinking that we're not already perfect, whole and complete.

*A Course in Miracles*, not quite in these words, that, "We're already Holy as Holy can be," and that's one of the things that tells us that Jesus tells us that, "You're already there. Stop thinking that you're not there. That's that whole mind-training of *A Course in Miracles*. It's the training that, "We're already there. Nothing could be threatening. We're already there."

So this is how moving into that spiritual action, taking spiritual action by changing our mind about the world, by changing about ourselves and our brothers and sisters. If I have not been willing to do this work, and if I wasn't still willing to do this work every day, you would not be listening to me now. We have thousands of people in these classes because the people who are sharing are willing to practice and live this.



“As I am lifted up, I draw all unto me.” Many of the people who are listening to these classes are people who would like to have a career using their spiritual awareness and to have a spiritual career, and I’m all for supporting those people and feeling empowered to do what they love to do.

### *For People With Spiritual Calling*

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In fact, last fall, we did a free series of classes called, *Stop Playing Small*, and that was directed for the light worker community, *Stop Playing Small*.

All those classes are still free, and you can get them. Alan Cohen is one of the teachers. You can check them on JenniferHadley.com on the Events page and it’s called, *Stop Playing Small*.

It’s a free series of classes just like this one. You can go there right now to JenniferHadley.com in the Events page, and you can get all those downloads for free and all those transcripts for free as well. I encourage you to do that especially if you are someone who is a light worker or would like to be a light worker and have a light worker career. A lot of light workers are playing small. They’re dealing with these issues and these classes were designed and in support for you in healing those thoughts about yourself and about life and your career. Now is the time for us to rise and shine.

Let’s see, what else would I like to tell you about before we head out? Another thing is on livingacourseinmiracles.com, we have free support for people who would like to start their own *A Course in Miracles* study group. I invite you to go and check out that free support for the study group and starting a study group. That’s really important to me. So I hope you all take advantage of that and use those resources there.

Also, if you’re interested in doing this work of self-Love, there’s work-play and opening us to more Joy, and more Peace, more Harmony, you might be inspired to come join me on retreat on Thailand next month, November, just about a month from now. There’s an incredible cheap airfares to Thailand. I just got a roundtrip New York to Bangkok just the other day for \$500. Unbelievable. I can’t go roundtrip to New York to LA for \$500, a lot of the time. So, wow!

Come and join us. We’re doing a whole week-long retreat in Thailand in a beautiful location at a resort. We’re going to set ourselves free with self-Love. Yes, and then at the end of the year we have the *New Year’s Reboot*



retreat to start the New Year right. There's a lot more resources, free resources at JenniferHadley.com on the Events page. And particularly, there is a free class where you can download—called *7 Simple Steps to Interrupting the Patterns of Fear*. I didn't talk so much about those tools in this class so that you can also go and enjoy that, and it will help you as well.

Also, one of the reasons that we cycle through the past and the attack and attack and attack so often, is because we have not done the forgiveness work. A lot of times, people don't know how to do the forgiveness work. We just did a weekend retreat on forgiveness and one of the best tools for that forgiveness work I think is, I give you free in my *How to Get Over It* free workshop on the Home page at JenniferHadley.com. *How to Get Over It*.

It's a free forgiveness workshop. I invite you to go sign up for it, download it, get the tools, then make a plan to do it with a friend or a couple of people, or your study group. Do the *How to Get Over It* free forgiveness workshop with some other people. Make it an afternoon or an evening or a morning of it. Have some food. You can listen to recordings and do the processes, and believe me, it will be deeply healing.

I get a lot of appreciation for that free workshop because people struggle for a decade sometimes and get very depressed over unforgiveness issues, and they can have healing so quickly and it's life changing. I love doing the forgiveness work and sharing about it. So I hope you'll take advantage of that. If you know anyone who's struggling to forgive, that forgiveness workshop will support them. So please, do share it with them on the Home page at JenniferHadley.com. Share it at Facebook, etc.

### *Closing Prayer*

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Alright, so I'm going to say a prayer and close us out here. One last thing is, thank you to all the people who have been inspired to donate and contribute to support these classes. Our being able to afford a transcription team and the web team and all the different pieces of this are all supported by your donations. So thank you for making it possible so we can just give it away to thousands of people all over the world, to invite them to study *A Course in Miracles*. Invite them to live a life of liberation and freedom from fear.



In gratitude, we place our hand on our heart here, and just give thanks that we've given ourselves this gift, to walk and talk with the Holy Spirit and to set ourselves free of all limiting thoughts and beliefs. So grateful.

So grateful to open our hearts and to open minds to the unprecedented life of Love. So grateful that it is our true nature and our true identity to live with Wholeness, to express Wholeness, to express Freedom, to express Abundance and Prosperity, to express Wisdom and Clarity and Joy.

So grateful to consciously Partner UP, connect and commune with the Higher Holy Spirit Self to lead us and guide us every day in every way. In gratitude, we are accepting a healing right here and right now. We are truly sharing the benefits with everyone because we are One with them.

We are truly inspired to be willing. We are truly inspired to give up the thoughts of lack, attack, limitation and separation and trade them all for the Truth that sets us free.

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

God bless you. I thank you so much for joining with me today. May all your days be blessed and may we feel that you are a blessing wherever you go, whatever you do.

Thank you for blessing me today. Mwah!