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Published by JenniferHadley.com. Printed in the United States of America.

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May 19, 2015

# **Getting the Guidance**

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.

#### Jennifer Bonjour! Good morning, good morning!

I'm so grateful to be with you. Still on the island of Kauai where it's 5:00 o'clock in the morning, the roosters started crowing an hour ago and the sun will be up shortly. Yeah, and I love that we get to use this technology to transcend time and space. I think it's so amazing and I'm grateful. I have had the wonderful pleasure of talking with a lot of the students who are in my yearlong class, doing one on one sessions with them, which is one of the great things I look forward to.

In that experience, a lot of people have told me that they really enjoy the radio show and I enjoy it, too. I really do. I really feel everybody when we're connecting in this way.

Let's connect then with a prayer and a blessing right here.

## Opening Prayer

We're taking that breath of Love and gratitude, so grateful and so thankful to open our hearts and minds. Yes. Hand on our heart to remind ourselves that we're wholeheartedly available to surrender the grievances, release

the grievances, allow them to dissolve and resolve permanently back to the root source.

We're grateful and thankful to open ourselves to a free-flowing connection with the Higher Holy Spirit Self. We're Partnering UP. We're not interested in going alone anymore.

We're interested in following Divine Guidance, receiving Divine Guidance, Insight, Wisdom, Clarity. We are interested in aligning our will with Divine Will and living the Love. Yes.

We're interested in hearing the Voice for God, feeling the Voice for God, the connection with God. We're interested in being lead and guided in each and every moment. We're interested in surrendering, willing to surrender the blocks to Love.

So grateful and thankful to open our hearts and minds to the very highest and best, clear Insight. In grace and gratitude, we share the benefits of our healing and our expansion with everyone because we're One with them.

So grateful to allow our healing to be, we let it be and so it is. Amen. Amen. Amen.

## The Voice of the Spirit

Yes, indeed! Oh, my goodness! One of the most consistent messages in *A Course in Miracles* is that, "*You're never alone*." You always have Jesus with you, guiding you and the Holy Spirit, and it's really a question of, "Are you going to listen? Or, are you going to listen to the ego? Which voice will you listen to?"

And the thing I think that's really important to understand, too, is that the guidance that comes, it doesn't always come as a voice. I sure don't receive it as a voice. Occasionally, I do. But more often than not, it's either a thought, which is claircognizance. That's intuition that comes as a clear knowing, claircognizance. Or it's a feeling, clairsentience. That's the intuitive feeling, and so I feel the thoughts. I feel them.

And sometimes, I have clairvoyance, which is clear visuals of images and things like that. That's pretty common, though not like some people, it seems like their own virtue really has a tremendous clairvoyance. We all have different ways, some clairaudiences when you're hearing. So, there

are clairaudience, clairvoyance, claircognizance, and clairsentience. These are the different ways that we perceive or receive intuitive guidance.

When I say, "Hear the Voice of the Holy Spirit." It really includes all of those things. I just don't keep listing them again and again and again.

The top questions that I get--and I've talked about this with David Hoffmeister and he gets the same top questions as me, it is, "How do I know the difference between the voice of the ego and the Voice of the Spirit. How do I know the difference between the ego and intuition?"

I know I've spoken a number of times about this on the radio show but it really is the most common question. It's hard sometimes to realize that the connection with Spirit, the intuition is that still small voice, and it is. It has those exact characteristics. It's still and it's gentle. You could say it's small, but I would say, it's gentle. It's clear. To me, it's clear and if I don't want to hear it.

Before, when I didn't want to hear it, then it felt faint to me. It felt so quiet. Am I perceiving something? Is there something there? Now, *A Course in Miracles* tells us really clearly that if you don't hear the Voice for God, you don't perceive or receive the intuition. If you think you don't receive it. It's only because, and I do mean, only; only because you're not interested. You're not willing. This is why our little willingness is all that's required.

## Getting the Guidance

What I did that really helped me was a number of different things in order to, "get the guidance." Because I began to realize, "Oh, if I follow the guidance my life is going to be a lot better." And I had many, many times when I would get guidance, some way, shape or form, clairaudience, clairsentience, claircognizance, clairvoyance. So, seeing, hearing, knowing, feeling. One of those ways, guidance would come in, and I would wonder, "Is that guidance? I don't know. Is that the ego? Is that Spirit? I don't know."

And so, I had to learn to recognize it and there were times when the guidance came in and I think, "That's crazy! It doesn't make any sense at all." And I learned, "Do it anyway. Just why not do it anyway?" Do it anyway and then it will go really well and I learned, "Oh! Okay, so it may

not make any sense." It may seem like total insanity, but if I do it anyway, good things will come.

Now, that's not true if we're listening to the ego. This is why it's really super helpful to be able to recognize the difference between the ego and the Spirit. The still small voice is very repetitive. I've been counseling people, doing one-one-one counseling sessions with people for, since 2000, so 15 years and, of course, it's one of the most common questions in a counseling session. Very often, when I'm working with someone, I'll get guidance for them.

Now, the reason I get guidance for them is because they've come to me for guidance. In that space of being the two or more who are gathered, it opened my mind to see, "Is there guidance for them?" And I specifically asked in my mind, "Is there guidance for this person in particular that they're not following, not listening to?"

If I get something, I'll tell the person, Oh, I'm getting that your guardian angel because I do absolutely know we have guardian angels, your guardian angel has a message for you and so often people will say, "Oh, I get that message all the time. All the time. I've been getting it for years," and it can be so simple, and to me in that moment, absolutely crystal clear is the answer to their suffering.

And so, I'll say, "Oh, that's great! You're listening to your guidance." And they'll say, "Woah, is that guidance? I mean, seems kind of crazy to me." And I say, "Oh yeah, yeah. Right now, that's how guidance can be when we're aligned with the ego the guidance can seem crazy insane." Why would I do that? That doesn't make any sense...

## Sharing Jennifer – Regina Dawn-Akers' Willingness

I remember the very first radio show I did with Regina Dawn-Akers a couple of years ago, it was really great because she told the story of how she first got the guidance to quit her corporate job which paid really well. She's successful, she's a smarty pants, and so she was doing really well in that corporate world and she got the guidance to quit her job and move. And it so terrified her that it took her a year to follow through, which a year is not that long actually.

She said she would be so terrified, she would take to her bed and crawl in under the covers in a fetal position. I remember asking her in the radio show, and I don't remember what episode, what month it was, it was a couple of years ago, maybe two years ago, Spring 2013 something like that, not sure.

I said, "How many times in the course of that year were you so frightened that you took to your bed and crawled up in a fetal position with the covers over your head?" And she said, "About twenty." That's every couple of weeks, really. That's like every three weeks or so. She did that. So, if you have that level of fear about your guidance, be encouraged by Regina, because what Regina did was she just kept amping up her willingness little by little. She was willing to quit her job and move. It just took her a while to actually do it because she was so terrified of it.

#### Jennifer on Relationship with the Ego

Now, what we think we're afraid of is we think we're afraid of following the guidance and that it's going to lead us to a place that we do not want. That's what we think when we're aligned with the ego. Nothing could be further from the truth. The guidance that so terrifies us, inevitably leads us to the place of Peace, and Joy, and Harmony, and Freedom, and Wisdom, and Clarity, and Prosperity, Wholeness, Healing, Wisdom, everything that we think we would like, Creativity, Peace of mind.

What it does though, is it moves us in the direction of dissolving and resolving the ego identification. One of the best tools I've got for really understanding the guidance is to start to talk to it and have a relationship with it. This is one of the things that many people don't realize and that was true for me for a really long time. I didn't have a relationship with my guardian angel, with the Holy Spirit, with the Voice for God. I didn't have a relationship with it. I had a relationship with the ego and that relationship was strong!

My relationship with the ego was like I went to bed every night with the ego. I woke up every day with the ego. All my friends were identified with the egos. When I talk to my friends, I talk to the ego. All day long, I was taking the advice of the ego, listening to the ego, following the ego's directions. The ego was my very best friend. But the Spirit, the Holy Spirit,

Jesus, my elder brother. I didn't have a relationship with them. In fact, say this more accurately, Jesus is helping me here.

More accurately, my relationship with Jesus, the Holy Spirit, was one that I had rejected and I had left. I had seemingly abandoned them. I walked away and I, of course, thought, "They would be mad at me," and, "They would hate me because I rejected them." And I knew on some level, you could say that they were talking with me all the time, trying to help me, trying to guide me 24/7 always there, never abandoned me, even though I've made my bed in hell, they were with me. Even though, I made my bed in hell, thou art with me. I've made my bed in hell. They were still with me always offering the highest and best guidance, the most loving opportunities 24/7.

#### Desire of the Heart and of the Spirit

For year after year, decade after decade, I was rejecting them, "No, not interested, no, not interested," and I remember very clearly when I began to recognize, "Uh, that still small voice. That is Divine Guidance." And I still rejected it. I remember feeling afraid that I will be punished for that. And you know what? When I followed the ego's guidance instead of the Holy Spirit's, of course it would lead to my suffering. I would feel like I was punished.

"Oh, there, you see. I followed my own desire," you could say, and—no, I don't think it was desire, they were just wanting, craving, needing because desire, that word DE-sire means, "of the father", and so I think of desire as being of the heart and of the Spirit, there's no wanting, there's no craving, there's no needing. Desire to me is really about unlocking the gifts of God that I already have.

For me, what I can see now was that I was afraid of Jesus, the Holy Spirit, my guardian angel, I was afraid of following that guidance because I felt like I had been so mean and cruel to them that anything that they would lead me to do would lead to my punishment. I've convinced myself of that. And so, when I would reject their guidance and follow the ego's guidance, I would say, "See?" On some level, I would say, "See, I am being punished!" I am being punished but that's how it feels when we follow the guidance of the ego.

We'd begin to feel so darn stupid. We really do, I mean I used to feel so stupid, like "What kind of moron am I that I keep having the same struggles and problems? I keep crying and wailing and suffering over the same darn things. What kind of stupid monkey am I?" That's how I felt.

In the *Living A Course in Miracles* classes that we're doing now, Regina did a class with me and she was talking about how she literally felt like she was the worst person on Earth. She just felt like the scum of the Earth. That's how bad she felt when she was identified with the ego. And for me, I just felt completely bad without redemption. I didn't feel like the worst scum of the Earth but, hopeless, unredeemable, that's how I felt. So, I projected all that on to God.

A Course in Miracles tells us Chapter 5, The Voice for God Paragraph 4, "You are the Kingdom of Heaven but you've lead to believe in darkness and to your mind and so you need a new light," and that's what we're talking about this week on A Course in Miracles here on Unity Online Radio. If you'd like, you can still sign up. There are four more classes totally free for you at Living A Course in Miracles.com.

I'm Jennifer Hadley and you're listening to *A Course in Miracles*, Unity Online Radio, we're Living the Love, we're Walking the Talk and I will be right back.

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

## Class Reminders and Study Group Invitation

#### **Jennifer**

I'm Jennifer Hadley, welcome back! Thanks for joining me!

I'd like to remind you of the classes this week in *Living A Course in Miracles*. We've got Sherry Lane this week, and I'm really looking forward to connecting with her. She's such an angelic presence and this is the first time she's going to be teaching one of the *Living A Course in Miracles* classes. I think you're really going to like her.

We've got some great topics here on *Healing Self Sabotage*, that's our topic this week and then next week, I'm doing two classes myself, *Healing Anger*. So, we're loving ourselves free in this, *Living A Course in Miracles* series and remember when you go to Living A Course in Miracles.com, we have a lot of free things for you so I'd like you to know that if you have *A Course in Miracles* study group, you can list it there at the website, totally for free and it's a wonderful way to help more people find your study group.

If you're interested in starting a study group, you can also list it there to help people connect with you. And if you are interested in starting a study group, we have a few calls that we recorded where it's all about how to start a study group, how to run a study group, facilitate a study group and how to promote and let people know about the study group. We've got, I think four calls there those are free, you can listen to them online or you can download them. To support you in starting a study group, we also have a study group Facebook group, *A Course in Miracles* study group leaders.

I invite you to join that Facebook group and to connect with people who are interested in starting study groups. If you are a study group leader, it would be great to have you as part of that Facebook group to mentor people and connect with them and share, answer questions, that kind of thing. It's really nice to be able to connect with like-minded souls from around the world and have them supporting each other and starting more and more study groups.

A lot of people feel called to start a study group but they're just afraid and I certainly understand that. I talk to those people all the time and that's why we created that study group support for you. Please take advantage of it, it's totally free. We have free classes, free study group support. We also have the *A Course in Miracles* app which I love personally, and I had the app made in order to have an app that really work the way I'd like to use it. You can search in the app and you can set alarms and reminders, and you can highlight, and bookmark, and you can easily share by e-mail.

If you have quotes and things you'd like to share by e-mail or on Facebook or Twitter or things like that, it's a really great resource for you and I love it. So, all these things are free for you plus more at LivingACourseinMiracles.com where you need to become a member, but membership is free. If you're not interested in joining the class, you can still be a member. All of it is possible by the contributions of wonderful likeminded souls who make contributions to PowerOfLoveMininstry.net.

PowerOfLoveMininstry.net sponsors all of these things, and I'd like to say a big thank you, to all the people who make tithes and contributions to support these classes, the radio show is sponsored also by PowerOfLoveMininstry.net. All contributions are tax deductible, we are a non-profit ministry.

Yeah. And as I have been saying a lot because I just think it's phenomenal is that we've had people last year from a hundred countries, participating in the free classes and the things that PowerOfLoveMininstry.net are doing with LivingACourseinMiracles.com and JenniferHadley.com. Yay! Yay for you! Yay for you, for participating.

#### Relationship with the Holy Spirit

"You are the Kingdom of Heaven but you have led to believe in darkness and to your mind, and so, you need a new light. And the old light is the new light." So that's it, I was saying before the break that I realized that I was afraid of this relationship with the Holy Spirit and Jesus because, I didn't realize it, but I was afraid that they were angry with me, that they would punish me, that God would punish me.

God was punishing me because I had rejected God, like, "The Prodigal Son," I was afraid to go home until I realized, I could have a better life as a servant in the home of my family. My Father-Mother God. And so, once I realized that, "Oh, I would have a better life as a servant in my Father-mother's house than I could ever have on my own. I squandered my inheritance. It's time for me to go back home."

When I realized that, I started making that journey home, I began to be willing to trust and follow that still small voice. You know what really was the impetus? For me, following that still small voice was. I just really truly was tired of not being more loving, more compassionate, more kind, more gentle, and more generous. What I began to notice consistently, the Holy Spirit is nothing if it's not consistent, it is eternal, unchangeable, always the same. And that consistency is how you recognize it.

## The Voice for God

The consistency of the Voice for God is its gentleness, its nonjudgment, it doesn't ever say, "You better do this. You better not do that. Ugh, you

shouldn't have done that. That was wrong. That was bad." No, it never speaks in that way. It's gentle, it's consistent, repetitive and so, it will say things like, "Paint. Just paint. Why don't you paint?" It will say, "Call your neighbor. Talk to your neighbor. Visit your neighbor. Call your neighbor. Talk to your neighbor. Visit your neighbor." Very gentle, repetitive, consistent.

"The Holy Spirit is the radiance that you must let banish the idea of darkness." Right there, it's telling us, Jesus is saying, the Holy Spirit will banish the idea of darkness. How many nights have you tossed and turned, entertaining the ideas of darkness? That you're wrong, you're bad, you're stupid, you're not good enough. That you made mistakes, that you'll never recover, that you'll never get it. That it'll always be difficult, that it'll never be the way that you want it. That you'll never be happy, you'll never be right. You'll never be beautiful, you'll never be strong. Blah blah blah. Tossed and turned, all night long.

"The Holy Spirit is the radiance that you must let banish the idea of darkness. He's thus the glory before which the association falls away and the Kingdom of Heaven breaks through into its own. Before the separation, you did not need guidance. You knew as you will know again, but as you do not know now."

Alright, so before the separation, we didn't need guidance because we were totally attuned with the Mind of God, we didn't feel separate. We knew we were One with God, so we had knowing, Wisdom, Divine Knowledge, clear Insight all the time.

Now, listen to this, I love this. "God does not guide because he can share only perfect Knowledge. Guidance is evaluative because it implies, there is a right way and also a wrong way; one to be chosen and the other to be avoided. By choosing one, you give up the other. The choice for the Holy Spirit is the choice for God. God is not in you in a literal sense. You are part of God. When you chose to leave God, God gave you a voice to speak for Him but He could no longer share His Knowledge with you without hindrance. Direct communication was broken because you had made another voice."

This is one of the things that Jesus tells us in the *Course* is that, He made the decision to only listen to the Holy Spirit and not to listen to the ego at all, and He tells us this is the choice that we can make and He's going to help us. The Holy Spirit is always guiding us and so is Jesus, in each and every moment. All we have to do is be willing to listen. We're being guided back

to our true nature, our true identity that which is real, that which is Eternal, that which is Infinite. The ego is an allusion. We're identified with the allusion of being a body.

Now, being Pure Spirit, when we once again value that connection with God, then that Infinite Wisdom and Knowledge will open up in our minds and when it does, we become aware we're not a body. But we can manifest as a body and use the body as a tool in this world, like Arten and Pursah.

#### The Atonement: Our Journey Home

In Gary Renard's beautiful book, *Disappearance of the Universe*, if you haven't read *Disappearance of the Universe*, I highly recommend it. We broke direct communication in order to have that experience of separation. We began to value opinions and judgments, so we broke that communication. Now, we've had this incredible journey like, "The Prodigal son," and we're all realizing that it's much more fruitful, that we can be happier and live a better life as a servant in our Father's house. We're on that journey home and that's what the Atonement is. The full recognition that the separation never occurred, there's an allusion.

We're not an allusion, the separation is an allusion. We are of God, and if we're willing to recognize that the Kingdom of Heaven is what we are and that the altar of God is our heart space, our connection in Love. The Holy Spirit calls you both to remember and to forget. So, to remember your true identity and to forget the ego-identity. "You have chosen to be in a state of opposition in which opposites are possible. We chose to love the allusion and we love what we've made", which is that allusion. That's why we value it so much. We love it because we made it, and so we can change our mind about that. There's the idea right there, the Divine Idea. Ding!

We can choose to remember our true identity. We can choose the Atonement for ourselves. You've chosen to be in a state of opposition in which opposites are possible, so it seems. As a result, there are choices you must make. In the Holy state, the will is free so that its creative power is unlimited and choice is meaningless.

I love this. "Freedom to choose is the same power as Freedom to create but its application is different. Choosing depends on a split mind. The Holy Spirit is one way of choosing. God did not leave his children comfortless even though, they

chose to leave Him. The voice they put in their minds was not the Voice for God's will for which the Holy Spirit speaks."

"The voice of the Holy Spirit does not command because it is incapable of arrogance. It does not demand because it does not seek control. It does not overcome because it does not attack. It merely reminds. It is compelling only because of what it reminds you of. It brings to your mind the other way, remaining quite even in the midst of the turmoil you may make. The Voice for God is always quiet because it speaks for Peace. Peace is stronger than war, because it heals." Yes. "War is division not increase."

To choose the voice of the ego which is shouting, and demanding, and screaming, and craving, and wanting, and needing, is to choose war. To choose the still small voice is Peace. The only way you know is to prove it to yourself because the ego will convince you, "To choose the still small voice is insanity," but only because it dissolves and resolves the ego. The more you listen to the still small voice, the more the ego voice fades, and the ego knows that.

I love these teachings. They're so clear and so beautiful, so helpful. Thank you, God!

Thank you, God! We have A Course in Miracles!

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**Jennifer** 

Welcome back! I'm Jennifer Hadley. Thank you, for joining with me today. We are the two or more who are gathered in the name and the nature of Love, in the name and the nature of the Christ, which is our true identity. I'm just going to mention that all these episodes of the radio show, I think this is number 188. All these episodes of the radio show are available for

download at the Unity.fm site and also at iTunes, also at Stitcher. You can find them in different places.

#### Community Class Invitation

One of the things that I would ask you to do is if you value this radio show, will you tell someone about it? And will you also write a review at iTunes or Stitcher, because the more reviews you write, the more people find it and since it's free, it can be a great support to people. You know what, one of the things I love about this radio show is, it's one of the things I love about LivingACourseinMiracles.com classes that we're doing for free right now is that this is a way for like-minded souls to connect together and to find community. Because for instance, I have my yearlong *Masterful Living* Class, I have my *Finding Freedom* Bootcamp Class. I have these offerings and we join together in class and it's wonderful. It's quite an international group.

People tell me all the time that one of the ways that they found these classes was through this radio show, because they were searching online for *A Course in Miracles* Support and so, then people get in the classes and they have a Community, an international community and they make new lifelong friends and it's amazing what transpires because a lot of people, a lot of people that I talk to, don't have like-minded friends and study groups nearby. That's part of why we offer this Study Group Support, all that free support at LivingACourseinMiracles.com.

Okay, the sun is up here, the roosters are crowing the birds are singing, and the Voice for God is always quiet because it speaks Peace.

#### Peace Heals

"Peace is stronger than war because it heals. War is division not increase. No one gains from strife. What profiteth it a man, if he gain the whole world and lose his own soul? If you listen to the wrong voice you have lost sight of your soul. You cannot lose it but you cannot know it. It is therefore, lost to you until you choose right.

"The Holy Spirit is your guide in choosing. The Holy Spirit is in the part of your mind that always speaks for the right choice because it speaks for God. The Holy Spirit is your remaining communication with God which you can interrupt but

cannot destroy. The Holy Spirit is the way in which God's Will is done on Earth as it is in Heaven. Both Heaven and Earth are in you because the call of both is in your mind. The Voice for God comes from your own altars to God. These altars are not things, they are devotions yet you have other devotions now."

"Your divided devotion has given you the two voices and you must choose at which altar you want to serve. The 'call-you-answer-now,' is an evaluation because it is the decision. The decision is very simple. It is made on the basis of which call this works more to you."

Jesus says, "My mind will always be like yours because we were created as equals. It was only my decision that gave me all power in Heaven and Earth. My only gift to you is to help you make the same decision. The decision is the choice to share it because the decision itself is the decision to share it. It is made by giving and it is therefore, the one choice that resembles true creation. I'm your model for decision. By deciding for God, I showed you that this decision can be made and that you can make it."

This is the Section, Chapter 5, *Healing and Wholeness* Section II, *The Voice for God.* Beautiful. So inspiring. So clear.

We stopped valuing our connection with God and began to value our opinions and judgments and this is what caused the separation in the mind. The separation is an allusion and our human experiences are a projection of our mind which is valuable to us as a way of learning. Every choice that we make in this world and every choice that we make includes every choice for what thoughts we will think; our thoughts, our choices also. Every choice that we make in the world of form is going to bring us an experience of Heaven or hell.

## Following Divine Guidance

When we choose with the ego and listen to the ego, we experience hell, separation, difficulty, challenge, disappointment, regret, resentment, hurt, blame, shame, sadness, fear, doubt, worry; all of these things that we have felt so many times before. Every experience of lack and limitation is from not listening to the Holy Spirit, not following Divine Guidance, not allowing Jesus to lead us and guide us.

It definitely can seem like a tremendous act of courage and strength to follow the Holy Spirit, but you know what, just start following and valuing

the little things. The little ones that are like, "Don't eat that. Eat something else. Drink a glass of water now." The simplest things, and the body's discomfort give us so many clues of how to follow the Voice for God.

For instance, one of the things that many women do is they wait to go to the bathroom and they hold it until they're uncomfortable. Men don't tend to do that. If you notice you're doing that and you're getting the signals, "Go to the bathroom." Just go to the bathroom.

Why wait? You see, we do all these things to make ourselves uncomfortable until we're finally pushed by the pain. We can live that way. We can be pushed by the pain or we can be pulled by the vision, the Voice for God. If you hear a voice, "Eat this," that's gentle, sweet, "Eat that. Try that. Call your neighbor. Visit your neighbor. Reach out to your neighbor," make that call. I know somebody recently said that someone they knew died and they wished that they had reached out. The got a signal to reach out but they didn't. If you're getting a signal to reach out to someone, reach out to them. Why not? There are so many ways all day long we can follow the Voice for God. Let's do it. Let's do it.

So, I invite you now, just get still and see, "What's the first guidance that comes to your mind," that you hear all the time but you haven't been willing to follow. Our thoughts of judgments, attack and lack, block the guidance. When we think thoughts of lack attack and limitation, we're in judgment and in opinion, and when we go there, we're clearly not interested in guidance.

We instead are interested in the world we made and the thoughts we have about the world we made. Yes. So, we can change our mind, choose again. Go the other way.

## Closing Prayer

Let's take that breath of Love and gratitude and place our hand on our heart and be so grateful and thankful that Love is all that there is. Love is all that we are. We're grateful and thankful to know the Love of God. He's leading us and guiding us in each and every moment.

We are willing to listen to the still small voice. We are willing to choose the Atonement for ourselves. We are willing to live a life of Love, grace, gentleness.

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

Have a beautiful and blessed week! Thanks for joining me today! Mwah.

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