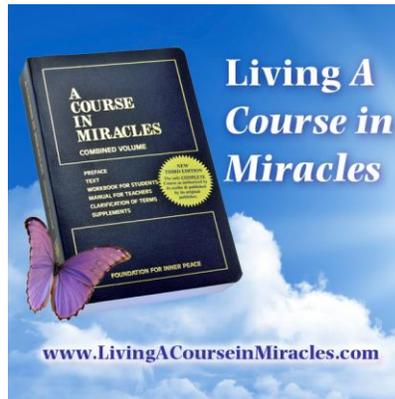


January 14, 2014



How to Make It Easier!

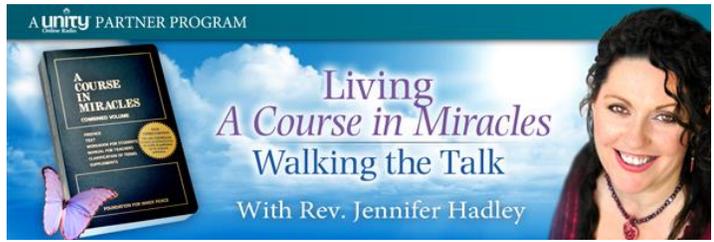


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How to Make It Easier!..... 4

Opening Prayer..... 4

Easier with a Committed Community 5

The Wizard of Oz and ACIM..... 6

The Ends is the Means..... 7

Coming Out into the Light 8

Important Announcements 10

Choosing Love..... 11

Allowing Things to Happen 12

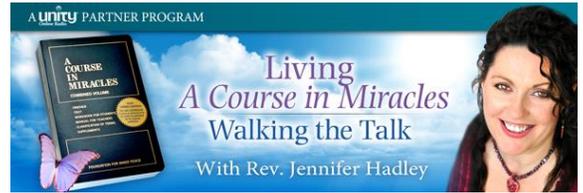
Remembering Ken Wapnick..... 13

Zero Cost Life Tools..... 14

The Delusion of Privacy 15

Worthy of Love..... 16

Closing Prayer..... 18



January 14, 2014

How to Make It Easier!

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 Hey, hey, hey. So happy to be with you. Oh, what a blessing, and I am raring to go. Let's place our hand on our heart and let's get this party started. Yeah.

We take a breath of Love and gratitude and we place our hand on our heart in order to remind ourselves that we're wholehearted, we're not paying lip service to a spiritual teaching or a spiritual practice. We're not paying lip service to the truth. We're wholeheartedly grateful and thankful to live a life of Love and to surrender all attachments, all cravings, all aversions, everything that no longer serves our pathway of Love. We are declaring ourselves available for Divine Insight, Clarity, Wisdom, an experience of Freedom that is unprecedented. We're opening ourselves to making our life easier.

In grace and gratitude, we share the benefits of our healing and our expansion with everyone because we're One with them. In grace and gratitude, we let it be, and so it is. Amen. Amen. Amen. Amen.

Easier with a Committed Community

I'm going to tell you a little secret, which is the last few weeks, all the shows, I pre-recorded them before Christmas. Ha-ha! Fooled you. Most people listen to the show on download anyway, but it was a good thing I did because you can still hear I've got a little something in my throat and I'm still clearing out as a gift from the heating system in the house. I was staying on the East Coast, just dried out my sinuses. It was a little dirty with the sinuses.

What I can also tell you is, so here we are technically in this moment. It is January 14th, which is my best friend Karen Russo's birthday. Happy birthday, Karen! She's the author of *The Money Keys* and she's been a guest on this show. She's one of my ministerial pals from ministerial school back in the day and practitioner training back in the day at Agape.

The topic of the show—and by the way, my name is Jennifer Hadley, in case you didn't already know that. The topic of the show today is, "How to Make Life Easier." That sounds good, doesn't it? Because I've been thinking about this topic quite a bit over the last few weeks. In part, I've been thinking about it because at the end of the year, the beginning of this year, I have been doing something that's just an absolute Joy, a pleasure and a treasure, and that is I've been interviewing the folks who've been in my yearlong *Masterful Living* class, *Year 1, 2, 3*, and finding out in detail about their experience and how they've changed their life and how they worked the teachings and tools and practices that I gave them last year.

In case you don't know, I offer a year-long class called *Masterful Living* where we learn to really apply these teachings of *A Course in Miracles*. We don't so much study *A Course in Miracles*, we apply it because I've met so many people over the years who study it without applying it, and then they feel like there's something wrong with them and they feel hopeless. That's what we focus in *Masterful Living* is really applying it and being mighty companions to each other. Interviewing all those people, I've learned so much about how effective we can be in making our life easier, and so I have even more Clarity.

I also, just last weekend, I did a free class called *On Trust and Faith*, how to develop trust and faith, a practical application. You've studied it, now live it. That's always my message. How do we take it from our intellect and into our heart because as you probably well know if you're not living it in your heart and it's just in your intellect, your intellect is really driven by the ego, so why let the ego drive your spiritual practice of *A Course in Miracles*? And yet,

for myself, that's exactly what I did for many years, the ego is driving my spiritual practice, but no more! Liberating myself from the clutches of the ego is such a Joy.

The Wizard of Oz and ACIM

One of the things that became crystal clear in interviewing all these people who have taken my yearlong *Masterful Living* class last year was the ones that did the work profoundly changed their life, and that's what I find every year. The ones who do the work, they profoundly changed their life. In doing so, they realized, "Oh, okay." It's like being Dorothy in the *Wizard of Oz*. At the end of the story she realizes she had the power all along. I was thinking about this a lot because Glinda the Good Witch—I recently watched *Wizard of Oz* with my family over Christmastime, which was a I Joy. I hadn't seen it, the whole thing in its entirety, from start to finish in some time. So that was a real fun thing to do.

It's such a great story, a metaphor for our life of how to make things easier. It really is. You can really see the teachings of the Holy Spirit. You can really see the teachings of *A Course in Miracles* embedded right there in that story. It's a very mystical series of novels by Frank Baum. That *Wizard of Oz* one has so many examples for us of our experience in the human realm, right? Dorothy, she is disgruntled. She doesn't feel anybody is listening to her, paying attention to her, right? Her specialness is challenged, and so she gets upset and she runs away. Then she goes on a journey. Kind of like the *Prodigal Son* in a certain way and comes back home to realize, "Ah, Love, loved ones, that's the real treasure," and that she had the power all along.

Glinda, the Good Witch, is kind of like the Holy Spirit, right? The Holy Spirit speaks to us calmly, gently, clearly, does not play any games at all. Every time Glinda shows up, she's very clear and she's never grabbing Dorothy and shaking her and saying, "Look, you silly little monkey, why don't you realize you have the power all along." No, she's like the Holy Spirit, telling the truth simply, kindly. That's how you recognize that inner voice of the Holy Spirit.

I say voice but, for me, a lot of the time it's not a voice, it's not a thing that's auditory at all. It's a feeling. We say the voice, but it may be a thought. We say the voice, but it may be an image that you see in your mind. We say the voice of the Holy Spirit, but it may be a feeling that you get. That may be confusing, and I'd like to talk about that because many times people will

discount that voice of the Holy Spirit, that connection with the Higher Holy Spirit Self, because it doesn't come in the way they are thinking it should come.

What many people learn in my yearlong class, which the same thing people can learn through studying *A Course in Miracles*, is we have the power all along. I love what *A Course in Miracles*. It says, "*We're already as holy as holy can be.*" Already there. Let us not think for one second that we can increase our holiness or that we need to in order to have an awakening. Absolutely not necessary at all.

What I love, too, is that *A Course in Miracles* tells us about having consistency of means and ends. It's the whole thing. It's one of the most beautiful teachings. This is one of the teachings of Jesus, Gandhi, Martin Luther King, Jr. We just had MLK Day here in the United States. Consistency of means and ends. If at the end of this year you would like to experience more Peace, more Joy, more Love, more Prosperity, more Wholeness, more Freedom, more Wisdom, more Creativity, more Clarity, more Joy, the means—the end is in the means. How you get there is everything.

The Ends is the Means

In our human experience, many times people are trying to get somewhere to some goal in the world like an experience of wealth or an experience of health or an experience of relationship. Now notice, I'm not using the words Abundance, Wholeness, or Love, because a lot of times that not what people are interested. They are interested in wealth and health and relationship. We can work in the world to achieve those goals of wealth, and health, and relationship, and never experience Abundance, Prosperity, Wholeness, Freedom, Love, Joy. So, the end is in the means.

This is why what I teach in all my classes is a living spiritual practice of Love. What I notice is going on right now at this moment in time and space is that everybody is feeling kind of squeezed. There are moments in our lives, individually and collectively, where we are birthing ourselves into a new experience, into a new understanding of our true spiritual identity. So, when we're birthing that, it's oftentimes feels messy, painful, frightening, challenging, disorienting, disgusting, all these things, right?

Coming Out into the Light

Just like it can be during the birthing process. Now, I've never had—I've never given birth to a child, but I've seen a child being born. I saw my goddaughter being born and being up close and personal to watching someone come in through that birth canal and being born. In a certain way it's really challenging, messy. It's not pretty. It's beautiful in its way, of course, someone coming to this world, a precious human life and being born into a family that is welcoming and loving, that's an amazing experience to be a part of. But it is also very challenging, very difficult. It can be very arduous. I think my mom labored to give birth to me for like 36 hours, you know?

I know sometimes, in the birthing process, some of the women say when the doctor says, "Come on, just push a little more," they're like, "No, I'm not doing it. I'm not pushing anymore. I'm tired of pushing. No, you've got to figure something else out," and the baby is in the middle of the birth canal. It can feel like that sometimes.

I'm saying this, right now, what I see is that—okay, for myself, I don't feel particularly challenged anymore. My life is pretty peaceful, pretty harmonious. I definitely have a very full and busy schedule. I'm working on a lot of projects and I'm very grateful. I really enjoy being a minister and teaching the classes, doing the radio show, and all the things that I do, writing *My Daily Spiritual Espresso*.

At the same time, what I notice for myself energetically is it does feel like there is a major energetic shift going on. Physically, mentally, spiritually, emotionally, I can feel that there's kind of a haze. It feels tight. Difficult is not the word but it just feels—I guess challenging, confrontive. I'm not so much feeling that in my own personal experience of it but, boy, oh, boy, I sure do see it in many of the people around me.

One of the things that I've talked a lot about over recent years is that if you've been living in the semi-darkness, like if you can imagine living in a semi dark room where you've not been cleaning up your act. You haven't been cultivating a pristine awareness, a pure life, and you've been kind of haphazard, a little of this, a little of that. You're stuffing a lot of hurt, and anger, and self-medication into the closets and the drawers and under the bed. Maybe you've got some habits around. You really like to self-medicate as a way of escaping how you feel. You know, that's a journey for almost everyone.

Don't judge yourself for that. It's just one of the things that we grow through. Maybe you like to isolate a lot because then you can self-medicate in private and nobody knows. A lot of spiritual students do that. A lot of spiritual students self-medicate in private, at home, in quiet because they don't want anyone to know. I used to do that. I totally understand that. Please, don't judge yourself for that. Judging yourself does not make it better. So, if you're feeling this difficulty, this challenge, this discomfort that many, many people are feeling right now, this is actually our Holy Spirit Self assisting us by making it uncomfortable for us to rest in that same place of suffering, ignorance, darkness.

What's happening literally is more and more Light is dawning in our awareness. More and more people are having a deeper spiritual practice. Global Peace is a conversation that's happening everywhere. The global awareness is rising, which is bringing more Light into our lives. The appearance, the sense is that there really is a lot more Light pouring into this third dimensional experience that we're having. So, what does that Light do? It reveals our stuff. It shows us everything that we have been hiding, shoving under the bed, in the closet, in the drawers. That Light comes in and it shows us what we've been up to. Now, we can see that it's not hidden anymore. Now, it's this glorious opportunity which is not always fun to shift how we've been doing things because we're being confronted with it. It's time for us to go look at it.

We are going through that birth canal, which is dark and messy and crazy and not easy. It's very uncomfortable and we're coming out into the Light. In a sense, we're definitely being birthed into this new human 2.0, whatever you would like to call it. I'm inviting you to look at where is that happening in your life.

What we're going to talk about when I come back from the break is how to make it a whole lot easier. I also like to invite you to go and get that *Trust and Faith* class that I did just the other day. It's on the JenniferHadley.com. Look for the *Masterful Living* logo. Click through there and you can sign up for the free download of that class.

I'm Jennifer Hadley, you're listening to *A Course in Miracles* on Unity Online Radio.

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*.

Important Announcements

Jennifer We're back. I'm Jennifer Hadley. Thanks for hanging with me. I'm going to mention a few things because I forget to do it and so I have to remind myself, and usually the best time is when we come back from the break. I've got so much going on right now. If you're interested, please check out JenniferHadley.com. If you go to the Events page, you'll see a lot of the things that I'm working on. We're enrolling people in my year-long *Masterful Living Course*. If you'd like to have me hold your hand and walk you through my yearlong class this year, you can read all about it at JenniferHadley.com.

We've got people all over the world. We've got people all across Europe, the Far East. We've got people from Japan, and Hong Kong, and Australia down under, and all across the United States, Canada, South America. Truly, South Africa—we've got people everywhere who are doing this class. I have to say I admire them so much because I pray for them because people who don't speak English, it's not their first language. They're doing their best with it. They are using those transcripts, and the audios, and the videos, and our chat group, and working it, working it, working it. It's such a beautiful spiritual community. I know we've got a lot of *Masterful Living* people listening right now. Mmm! Hats off to you.

I'm doing a *Masterful Living* retreat. If anybody would like to come and get a taste of *Masterful Living* and join with some of those folks all over the world. I'm doing a four-day retreat end of February, beginning of March. It starts February 27th, and that's in Northern California at the Ananda Center, not too far from Sacramento. It's just an absolutely gorgeous retreat center there. Ananda Center, of course, Paramahansa Yogananda's students there which I count myself as one. I love Yogananda.

I'm very excited to be there on retreat with the *Masterful Living* peeps, and everyone is welcome. Anyone is welcome. You don't have to be enrolled in *Masterful Living* to come to the *Masterful Living* retreat and do some deep work with us. Oh, we like to have fun, so we're going to have fun. Also, prior to that *Masterful Living* retreat, I am announcing a new program. I just sent out an e-mail about it today.

People have been asking me for a few years, "Would I train people to be ministers and spiritual counselors?" Well, I don't feel called to train ministers right now because I really feel like the greatest benefit is to become a fabulous spiritual counselor and to be able to do that deep one-on-one

spiritual teaching, and to lead small groups. I feel like that is a fantastic profession and it's been my profession since the Year 2000, since I graduated from the practitioner training from Agape. I did go on to be a minister, so who knows, I might create a ministerial training. But, to me, the first step really in deepening is to be able to be a very masterful spiritual counselor.

I'm starting a *Spiritual Counseling Training Program* and we're going to do an intensive retreat starting March—sorry, February 22nd. Those details are on the Events page at JenniferHadley.com. Yes, those three things, *Masterful Living*, the retreat, and the *Spiritual Counseling Program*. There's so much more free stuff for you at JenniferHadley.com.

If you like this radio show, I'm just going to mention that the more people that write reviews, the more iTunes and those networks share the radio show and let people know about it. If you value this radio show, won't you please take two or three minutes and just write a review. It will help other people find it, and since it's all free I appreciate it.

Choosing Love

Back to how to make life more easier. More easier. Oh, boy. How to make life easier more often? It's challenging to get this. Oh, it was so challenging for me to get this but here it is in a nutshell. I'm just going to give it to you in a nutshell to start off with.

The more loving you are, the more ease and grace you will experience because the more loving you are, the more you are being your true Self. Teach only Love for that is what you are. The more loving you are the more you placing your trust and your faith in Love. The more loving you are the more trust and faith you're placing in the Holy Spirit. The ego will only choose to be loving as a way to get something. Yes. That's why there's a big difference between the special relationship, the ego-based relationship, and the holy relationship.

If you're having some relationship challenges, by the way, which a lot of people are. It's like they made it through Christmas barely by the skin of their teeth and now, "Okay, now what?" Many people also over the holidays go through some very difficult times. They make decisions not to talk to people anymore, to end relationships, to move, to split up, all kinds of things like that can go on. It's a very often rocky time for people in relationship. I did do a free class on *Relationship Harmony*, and you can still get it at Facebook on my *Spiritual Espresso* page. If you're on Facebook, go to *Spiritual*

Espresso by Jennifer Hadley. You can get my free class there on *Relationship Harmony*, on *Prosperity* and *How to Stop the Suffering*. Three free classes all there for you on the *Spiritual Espresso* page at Facebook.

Many people are kind of recovering from difficult experiences over the holidays. Even if it's relationship, even if it's finances, being able to choose Love consistently is going to make your life a whole lot easier. This is very challenging to understand. But think of it this way, okay? The teaching of *A Course in Miracles*, Unity teachings, New Thought teachings, Science of Mind teachings, Buddha's teachings, all the major religious teachings except for, well, Christianity and—anyway, a lot of the major spiritual teachings are, "All is One," that we're united. We're not separate and that the only problem that we think we have is we believed in separation, and therefore we experienced separation. When we believe in separation, we are going to suffer.

The healing of that belief in separation is to choose Love. Love unites us. Teach only Love for that is what you are. So, the more that you practice being Love, the more you will remember your true identity just like Dorothy realizes that she had the power to go home all along. This is what we have. We have the power to go home. We have had it all along, but instead we have chosen to be unloving, to value thoughts of separation.

Allowing Things to Happen

Many people when they turn that page on the calendar of a New Year, people start to make New Year's resolutions, right? That's the ego's way of saying, "I'm going to change my life and I resolve to do it now in this way." And the ego's thinking a lot of times with making the resolution, there is that sense of by making the resolution, it's magically going to happen, right? "I went to a New Year's Day party, a vision board party, some kind of thing and I made a resolution, and now that's going to somehow change my life."

Well, I don't know about you but that always just made things more different for me, trying to resolve to do it differently when I did not have the skill sets to allow miraculous healing into my life. That's what I've learned is instead of trying to make things happen, I allow them to happen by holding the aspiration in my mind, the intention. This is one of the most wonderful things about being the leader of my *Masterful Living* classes is that at the beginning of every year, I invite everyone to set an aspiration of how they would like to feel and be. How would you like to be living your life? How

would you like to be feeling about yourself and your life at the end of the year? And to set aspiration and intention and goals around that.

I encourage people to set aspirations like my aspiration is to be holy, loving, kind and respectful to myself and others. Aspirations, like my aspiration is, “To feel at Peace and in the flow of Love and Prosperity. My aspiration is to awaken to my true identity and to see and know myself as God.” That’s an aspiration. That’s my aspiration. So, by holding that aspiration in front of us all year, in the beginning we might think when we’re identified with the ego, we might think, “How is that ever going to happen? That is not going to happen.”

But if we’re more identified with the Spirit, we might think, “Hmm. I’m really interested to see how this will unfold. I’m very interested in experiencing this year’s aspiration become made manifest in my awareness and then translate into the circumstances of my life,” because remember all thought produces form at some level.

This is the journey that we can be on to make our life so much easier. Set that aspiration and hold it in front of you all year long and remind yourself. Then make a plan each day, then set the intention each day before you even get out of bed, “My intention today is to be more loving today than I was yesterday.” If you simply make one more loving choice than you made yesterday, by the end of the year, your life will be completely transformed. When you are feeling irritated because things are not as you would have them be, recognize you can’t be irritated unless you’re identified with the ego. So, it’s not even you who wants things to be a particular way. It’s the ego.

Because the Spirit knows everything is in perfect Divine Order. Spirit doesn’t judge how things are and then get irritated and frustrated. Only the ego can do that. But you see, I have been in so many circumstances where long-time *A Course in Miracles* students are getting irritated and frustrated with how things are. Not even recognizing that they’re identified with the ego at that moment.

Remembering Ken Wapnick

You know, over the holidays, Ken Wapnick, who is such a wonderful student and teacher of *A Course in Miracles*, made his transition and he was the second guest that I ever had on this radio show. You can go back and listen to our conversation. We had some technical difficulties but it was still a great

conversation. I really appreciate Ken, and I'm thinking of him now because he talked about how—about irritation and frustration. I asked him, I said, "Ken, if you feel that come up, what is the technique that you use?" Because I shared—I think I shared with him—I haven't listened to it since we recorded it, well about two-and-a-half years ago.

Gary Renard was my first guest, and Ken was my second I think. It's in the archive. You can go and get the whole archive. So many great shows with David Hoffmeister, Regina Dawn-Akers, Dov Fishman, Ron DeBrito, and Tama Kieves, and Early Purdy, and Nick Davis. Just so—Ian Patrick. So many great—Nouk Sanchez, *A Course in Miracles* teachers.

What I asked Ken was if you feel the ego coming up, that irritation, that frustration, what do you do? What's the technique? How do talk yourself down from that? He said that he quotes Shakespeare and the line from, I think it's from *King Lear*, where the line is, "*That way madness lies.*"

"That way madness lies."

As a daily habit, start to look for the moments when you feel irritation, frustration, fear, worry, doubt, guilt, blame, shame, regret, resentment, thoughts of revenge, jealousy, start to rise up, and you just start to feel the hint of emotion, the upset. Remember, I'm never upset for the reason I think. Remember that I don't know what anything is for but I'd like to. And maybe use that expression from Ken Wapnick and say, "I've been down that road. I'm not going that road anymore. That way madness lies."

Zero Cost Life Tools

For me, the expression that I had found most useful is to say to myself and remind myself, "I'm not interested in that anymore. I'm not just interested in suffering anymore. Now, I'm interested in Love and Love is the path of ease and grace." So many people all over the world have told me that by using these simple techniques, "That way madness lies," "I'm not interested in that anymore," they have been able to change their minds. They've been able to say to themselves, "I'm never upset for the reason I think. I'm always upset when I choose to judge, to complain, to have an opinion. I'm not interested in creating suffering for myself anymore. I don't know what anything is for but I'd like to."

These are the tools that costs you nothing that you can apply all day long in a regular basis, hold that aspiration in your heart, and change the entire

trajectory of your year. I've got more on this topic on how to make life easier. I'm Jennifer Hadley and I'm inviting you on the break to go to JenniferHadley.com. Go to the Events page. See what's coming up there and see if coming on the retreat, learning spiritual counseling or my yearlong *Masterful Living Course* is for you. We're just getting starts this year. The best year of our lives, here it comes.

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*.

The Delusion of Privacy

Jennifer We're back. I'm Jennifer Hadley. How to make life easier for yourself this year. So, continuing on with this. Here's why choosing to be loving makes life easier. I want to go a little deeper with this because I didn't get this for the longest time. I really didn't hear anybody explaining it to me in a way that made sense to me.

In the Unity of all life, in the Oneness of all life, that One Mind, it really is like this. Because we're all joined together at the level of the mind, you can't have any private thoughts. It's just not even possible. We can all delude ourselves and that we have done to think that, "Oh, we have private thoughts. Nobody really knows what I'm thinking, therefore I can isolate, and self-medicate, and judge myself and others. I can keep hidden from the world." This is what I used to think. I can project a confident person who's really caring while inside I'm not confident, I'm fearful, I'm ashamed, I feel guilty because my thoughts are so unloving, so attacking, and I cannot seem to stop attack thoughts from running my inner dialogue. I feel helpless to stop the constant stream of attack thoughts against myself and others.

Mostly, I focus my attack thoughts mostly on others, just projected them out, but all forgiveness is self-forgiveness, all judgment is self-judgment, all attack is self-attack. That's why the attacker always feels attacked, the judger always feels judged, and the lover always feels beloved. For me, I had no clue that even though I was projecting out into the world a loving, compassionate person while I was judging myself so intensely, I didn't realize that I was taking myself out of the flow of Love, out of the flow of ease and grace. I

thought I can project a loving confident person. People will think that's who I am and then they will treat me according to what I'm projecting into the world.

But it just doesn't work that way because all minds are joined. We can't hide, you know? There's no way to run. There's no way to hide. It's just not possible. But we can delude ourselves into pretending that we don't see what we do see or that we don't feel what we do feel. But we can't hide.

Everything is known in the One Mind. Anyone can tap in and we're all tapping in, because we're all moving together, we're all joined. What we do in our day that makes life so much harder is we keep that illusion of separation going thinking that we can actually have private thoughts. But there are no private thoughts. It's not possible. In the One Mind, in the United Mind of God, you can only have a delusion of privacy.

Worthy of Love

For me, I started to operate as though everyone could hear everything because they can on some level. Everyone knows everything, so I started to operate that way. I started to correct myself at the level of the mind. All healing is at the level of the mind, so I began to correct myself at the level of the mind. And the phrase that I used as I shared before the break was, "I'm not interested in that thought anymore. I'm just not interested in thinking that thought anymore. I'm not invested in that thought anymore, in that belief anymore. I choose Love and Love has already chosen me. I choose Love and Love chooses me." Love makes everything go easier.

This is the thing that I have noticed in my life that I see that people who are not listening, who are continuing to cherish their judgments, people who are not listening and continuing to try to work their will in this world rather than align with Divine Will, which *A Course in Miracles* tells us there's only the Will of God, which is your will because you are of God, you are God.

I see people who are trying to work their will in the world and they are creating so much suffering for themselves, people are trying to manage and control their relationships, people who are managing and coping with the circumstances of their life, instead of working on the spiritual level, the invisible level, and transcending and transmuting the challenges. Now, you might think, "I don't know how to transcend and transmute my challenges. I only know how to struggle, manage, cope, and settle." If that's where you are, Love is what you really are and Love knows the way. When you choose

Love more and more and more each day, Love will show you the way. You might not know the how of it now, but it will be revealed to you.

In the *Trust and Faith* class, the free class that I was telling you about that's totally free for you at JenniferHadley.com, if you go to the *Masterful Living* page. You can sign up and get the download there. In that class last Saturday, one of the points I was making was that I didn't know to create a successful ministry, but I really, really desired to. By successful, I mean one that's truly helpful that also supports me financially so that I can choose to do what I love. But, you see, as long as I was still entertaining all those judgments and attack thoughts, I did not feel worthy of being supported by Love, and so I wouldn't allow myself to receive the support of the Universe.

Remember, all minds are joined. So, if you're broadcasting a belief that you're not worthy of support, everyone is going tune in to that broadcast when they tune in to you, and they will not support you because you don't feel worthy of it. You won't allow it. One of the things that I teach in *Masterful Living*, in my yearlong class, is learning how to allow yourself to be in the flow of Love, to receive Love, to receive Divine Support, to receive the support of others. That's one of the most miraculous healings that happen for many people in *Masterful Living*, the ones who really do the work is they start to allow themselves to be healed, to be made whole. *"Wilt thou be made whole."*

People say, "Yes," but they don't allow it because they don't feel worthy. Why don't they feel worthy? Because they don't have a consistent spiritual practice and they don't consistently choose Love. Who's in-charge of your spiritual practice? You are. Who's in-charge of your ability to choose Love? You are.

In the *Development of Trust* Section, in the *Manual for Teachers*, it says that we have to go through a period of undoing.

"This need not be painful, but it usually is so experienced. It seems as if things are being taken away, and it is rarely understood initially that their lack of value is merely being recognized."

If you feel like you're going through a period of undoing, a period of where things are being taken from you, where you're being pushed, start to choose Love. Get in the flow of Love because that feeling of things being taken away from you is merely the evidence that you are trying to control your life rather than allowing Love to be revealed through your life. Get into a holy relationship with yourself. Start loving yourself one choice at a time. Is it challenging? Yes, it is, and it is so worth it. Start being more grateful.

Closing Prayer

Let's place our hand on our heart and take this breath of Love and grateful and let us recognize that right where we are everything is preinstalled and everything is for us. The One Mind is for us, so all of our challenges are our answered prayer to wake up and to choose Love.

In grace and gratitude, we decide that Love is what we are interested in, Love is what we are, and we are becoming congruent with Love starting now. In grace and gratitude, we joyfully allow it to be. We share the benefits with all, and so it is. Amen. Amen. Amen. Amen.

I love you. I thank God for you. You have a beautiful and blessed week. I'll be with you next week.

Thank you for tuning in to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley.

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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.