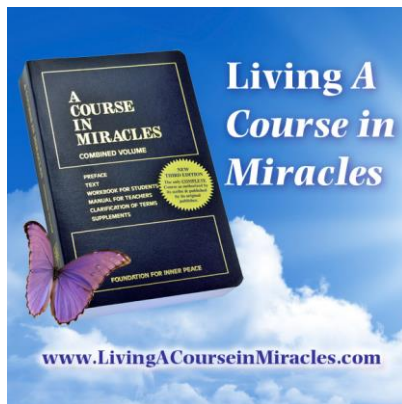


***May 08, 2018***



# **Tama Kieves - Thriving Through Uncertainty**





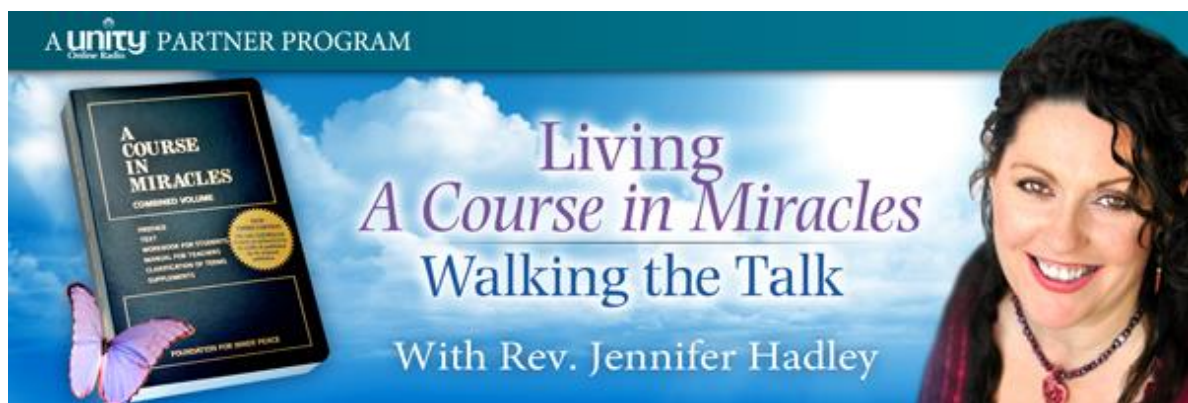
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May 08, 2018

# Tama Kieves - Thriving Through Uncertainty

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.

## Introduction

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Jennifer Ah! Bonjour! Bonjour!

So happy to be with you! So grateful! I'm just coming back from my [\*Spiritual Counseling Training Intensive\*](#) and my [\*Stop Playing Small! retreat\*](#) in the beautiful Blue Ridge mountains of North Carolina, where it's such a treat to do the deep work together!

Today, we have a guest, a wonderful, wonderful guest. She's been on the radio show before. We have the wonderful Tama Kieves, author Tama Kieves.

Hay, Tama! Do you want to say "Hi!"?

Tama I'm glad to be here! It's great to be here!

Jennifer Yeah. And Tama and I have done a number of radio shows together, a number of *Living A Course in Miracles* classes together. I'm going to get into all that, tell those of you who might be less familiar with Tama, all about her.

But first, we're going to pray.

Jennifer Bonjour! Bonjour! Oh! What a beautiful opportunity we have to join together, and I am fired up! **Fired up!**

## ***A Course in Miracles* Weekly Radio Show**

### **with Jennifer Hadley**

I'm **so grateful** to be able to share with you today and let us dive right into it!

#### ***Opening Prayer***

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I'm going to invite everybody to take a breath, and let's just move into our heart. I like to place my hand on my heart and give myself over to the Higher Holy Spirit Self.

We're grateful and thankful that we can **change our minds**. We are grateful and thankful to Partner UP with the Higher Holy Spirit Self, and to step into an awareness of our very nature as being Perfect Love, now and forever.

We are grateful and thankful to give up **any** idea that our life is not working, not great, not beautiful. Our pure, perfect potential is shining forth, in our heart and in our mind. We're giving up all sense of feeling out of sorts or separate from Divine Source.

We are grateful and thankful to come together for the purpose of remembering the Truth, remembering the Wholeness, remembering the Freedom, that **is** our natural state.

We are grateful and thankful to **step into** our true identity as Pure Spirit.

In gratitude, we share the benefits with everyone. In gratitude, we let it be. And so, it is. Amen. Amen. Amen.

#### ***Introducing Tama Kieves***

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Yes!

Today we're here with just one of my--truly, one of my favorite people to talk to on the planet, Tama Kieves. She has a beautiful new book, *Thriving Through Uncertainty*. We're going to hear all about that.

I love --I just love the chapter headings in this book. There's so much, we're never going to get even just a little bit of it. So, I'm telling you, you're going to want to get this book.

The thing that I love about Tama Kieves is, like me, she's all about that practical **application** of *A Course in Miracles*. For those of you who aren't familiar with her at all, she's written some fantastic books, **really** helpful books. *This Time I Dance*, *Creating the Work You Love*, *Inspired & Unstoppable*:

## ***A Course in Miracles Weekly Radio Show*** **with Jennifer Hadley**

*Wildly Succeeding in Your Life's Work! A Year Without Fear: 365 Days of Magnificence, and now, Thriving Through Uncertainty: Moving Beyond Fear of the Unknown and Making Change Work for You.*

We're living in a time of **tremendous** change, and Tama knows how to help us navigate that, following the principles of *A Course in Miracles*. Tama speaks all over the world. She's been featured on all kinds of TV shows, and Oprah! Radio and different things like that. Not just *Living A Course in Miracles* classes with me, and this radio show.

I **really**--just for those who aren't that familiar with you, Tama, let's just start with your connection with *A Course in Miracles*. Because you're an *A Course in Miracles* teacher out there in Colorado. I get your e-mails, and I always hear about the wonderful things you're doing, sharing *A Course in Miracles*. You also do one-on-one coaching. Do you still do coaching?

Tama I do! I do!

Jennifer Yeah. And for people who might be interested in writing a book, Tama is an expert on that. She coaches people on how to do that. Many, many offerings at [TamaKieves.com](http://TamaKieves.com).

But just--I always love hearing about your coming to *A Course in Miracles*. And how many years ago was that, now?

Tama Oh, my God! I've been teaching it for almost 26 years! 26 years.

Jennifer Yeah.

### ***Following the Love Inside***

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Tama And, by the way, I teach it **live** in Colorado and Denver, but we teach it virtually all over the world. So, anybody can tune into my classes. And it's been an **amazing** community!

You know, basically I came to *A Course in Miracles*, like most people do, when your world is falling apart. You know, when your traditional view of security has completely changed, or life isn't working for you.

You know my back story. A little bit of--you know, I had always wanted to write when I was a kid. That was **my** dream. But I grew up in Brooklyn, New York, from an Orthodox Jewish family, and so my mother said something like, "You're going to write? You're going to starve!" And that

## *A Course in Miracles* Weekly Radio Show with Jennifer Hadley

was that! Then she said something like, “What, you can’t get a job on Sundays? You know, get a job, and you’ll write on the Sundays!”

So, I learned, early on, like a lot of people, “Don’t do what you love. Don’t do what means something to you. Don’t do what **rocks** your world, what moves your soul, what lights you up. Stay practical. Stay safe.” Right?

And so, I went off to law school.

I got accepted to Harvard Law School, and I graduated with honors from Harvard Law School, and I was on partnership track at a major, major law firm. And I was **so**

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*if you’re not following  
the Love inside you,  
it’s supposed to feel  
meaningless.*

---

unhappy. It just felt **meaningless** to me, because if you’re not doing your soul’s work, if you’re not living your destiny, if you’re not following the Love inside you, it’s **supposed** to feel meaningless. It’s supposed to hurt. That’s Spirit’s way of letting us know there’s so much more for us!

And so, I, at one point--a friend of mine said to me, “You know, think about it. If you’ve been this successful doing something you **don’t** even love, what could you do with what you love?”

Jennifer Mmm!

Tama That’s what rocked my world, and I finally just walked out of everything without a plan, without resources. I am queen of uncertainty, and I found *A Course in Miracles* shortly after that, because you become very open-minded when you’re scared, right? When you’re scared.

Jennifer Mm-hmm.

Tama I had been very skeptical about a spiritual path, and anything “woo-woo” or different. But I had just experienced a life where I had done all the right things, and I had taken the linear path, and I had “succeeded” and it had not brought me happiness.

Jennifer Mmm!

Tama So, now, I was willing to look at what would **really** bring me happiness and has for the past 30 years. I’ve studied *A Course in Miracles*. *Thriving Through Uncertainty* is **all about** using *A Course in Miracles* to get past whatever uncertainty you’re in.



## ***A Course in Miracles Weekly Radio Show*** **with Jennifer Hadley**

- Jennifer I am so on fire with what you're sharing in this book, and how helpful this book is for people. One of the things I talk with so many people about is Self-Love and self-acceptance. But also, self-nurturing and self-care. A lot of people tell me, "I don't even know what that means."
- You have a chapter, or a section, in Chapter 1, "*It's Impossible to Create a Bad Life if You're Good to Yourself.*"
- Tama Mm-hmm.
- Jennifer Can you please share why that is **so true**?

### ***Learning to Live an Inspired Life***

---

- Tama Absolutely! And you know that it's all about Self-Love. It is **impossible** to create a bad life if you're good to yourself. And what that means, for me, is because in leading a creative life--you know, again, my dream is to be a writer. There are no linear steps for this, and living an inspired life, for me, it all came down to the relationship I had with myself.
- Because in every single instant you have this negative voice talking to you, this painful voice talking to you, this **excruciatingly** painful voice talking to you. And we're not **taught** how to love ourselves. We're not taught how to champion ourselves, how to advocate ourselves.
- And I think that's what the Holy Spirit is. I think the Holy Spirit, the Highest Spirit, the Loving Spirit, is the **ultimate champion** within us.
- And so, for me, I had to learn how to listen to that Voice, and how to trust it, and how to open up to the choices it was advocating, which is **always** about loving ourselves, **always** about seeing ourselves as greater, **always** about taking that next step. And, for me, it's a constant practice, because the voice you listen to inside yourself will determine your whole life.
- And you don't even realize you're not being loving to yourself. You think you're being practical. You think it's good judgment. You think your mother was right about you, or "It's true. You can't succeed."
- And, you know, living an inspired life-- we're on a spiritual journey. We're opening up the capacities we don't even know we have. We are opening up to a **world** we don't even know we have.
- And I believe each of us, in our own way, is meant to be a

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***We are opening up to a world  
we don't even know we have.***

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## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

leader of this world, of this life. But it all starts from that Self-Love. It all starts from that kindness, because I can't hear the Voice of Spirit if I'm being mean to myself. I can't **hear** that loving Voice if I'm being cruel to myself. My Spirit would never be cruel.

And so, it's a constant practice of how to learn, how to listen to that.

Jennifer Mm-hmm. It's about, really, vibrating with Love. And when we're vibrating with Love, then like attracts like, and we start to hear the intuition and the inspiration.

Like, when you were just talking about your mom, and her panicking at the very idea of you writing. It's such a tremendous act of Self-Love that you said, "I'm going to do this anyway. I love myself enough to do this, anyway."

People don't have to make **that** dramatic a shift.

Tama Right.

### *Listening to Spirit's Voice*

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Jennifer So, if people just wish to start to shift that vibrational energy, what's something that you've seen really works for people?

Tama You know, there's a few things, just quickly. First of all, I really believe that anything you love doing, anything that feels good to you, that's Spirit's Voice.

Jennifer Mm-hmm.

Tama Most of us are fighting it back, like "Oh, don't be stupid! You can't be a writer!" Or, "Don't be stupid! You have work to do. You shouldn't go ride your bike!" Or, "You shouldn't think about traveling! or "You shouldn't--" whatever it is.

Jennifer Mm-hmm.

Tama And, again, I think that if you do something you love, anything you love-- if you love knitting, if you love walking, if--anything you love, if you do **that**, it literally changes your brain chemistry. It literally calms you down. It really connects you, and you're more likely to hear the Voice of your Spirit, or the Voice of your soul.

## ***A Course in Miracles* Weekly Radio Show**

**with Jennifer Hadley**

The other--I mean, that's just a quick thing. Something, for me, has saved my life **every single day**, for all these years--because, again, by the way, you know in practicing this, you'll be inspired. You'll be connected. You'll be **on fire**!

And then, all of a sudden, you'll lose it. You know, it's all of a sudden, like "Oh, my God! What was I thinking? I'm disconnected. I can't feel it."

And so, for me, I've had to find techniques that **continuously** connect me. And so, I have a technique in the book, *Thriving Through Uncertainty*, called "*The Inspired Self-Dialogues*". And it's just something I've done for years. It's a journaling technique, and it's just basically where you write down your fears, or your concern, or what that negative voice is saying. I mean, you write back to yourself from that Love.

Jennifer Mm-hmm.

Tama You write back to yourself from what you **imagine** your Spirit, the Highest Love, the Highest Grace, would say to you.

Or, sometimes when I'm teaching workshops, or retreats, and people can't hear that Voice, I'll often ask them to think about, "Well, what would **you** say to your best friend, or to your child?" Because we all have that loving Voice inside us. We all have it.

Jennifer Mm-hmm.

Tama And so, again, it's so important to recognize that at every single moment of your life, there is another way to see this. There is a loving voice in you. There is a peaceful voice in you that can guide you no matter what you're going through.

And so, for me, the "*Inspired Self-Dialogues*" --and I go, I talk about it a lot in the book, but it's just one technique that really helps you access that.

Jennifer Oh! So great! Because that, like you say in your book, that this is really the key to making a shift. It's impossible to create a bad life if you're good to yourself.

So, people worry, "How am I going to create a good life?" Instead of doing **that**, they put their attention on loving

themselves, then the insights, the inspiration, are going to come to them.

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***It's impossible to create a bad life  
if you're good to yourself.***

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## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

And, because like attracts like, people who **are** more loving, and have more love to share, naturally start to show up in your life. Then the life you desire, that life of happiness and feeling in the flow of goodness, it just starts to come.

People find it hard to believe that shifting your vibration like that, by focusing on Love, can make that big of difference. But, we know it's true, because we've proved it.

Tama Oh, my God! Oh, my God, yes!

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### *Be True to Yourself Through the Fear*

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And just when I wrote my first book, *This Time I Dance*, my biggest miracle--one of the biggest miracles, happened that way. And it's exactly what you were just saying. I think it's because of changing the vibration of--again, doing something you love. And being true to yourself, even when you're scared.

But staying true to that, listening to that Inner Voice and going all the way with that, for me, is such an act of courage. And it really does change your vibration, because, again, when I was writing my first book, I didn't have an agent or a contract or a publisher, or anything! I just had this Inner Voice that just kept saying, "**Do** this! You're called to **do** this! This is right!"

And it felt right to do it, even though I was terrified. And, by the way, doing it for me was the greatest act of self-respect. You know, there was just so much self-respect in doing something that you **really** want to do, even if other people aren't supporting you, even if other people aren't showing you how.

And I finally self-published that book. I spent 12 years writing it. I didn't have an agent. I didn't have a contract. Nothing. Part of me, the whole time, was doubting. "Maybe I'm a mad woman! Maybe I'm delusional! Maybe I'm just crazy, hearing what I think I want to hear."

Jennifer Mm-hmm.

Tama We all do this.

And after I self-published it, I got an e-mail out of the blue that literally said, "Your fairy godmother has arrived!" It was from a vice-president of marketing and publicity for Random House, and she was in a career

## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

transition, and she found my self-published book, and she had said, “This is the best book I have ever read on finding your calling. I want to get it to a major New York House.” She got it to the publisher of my dreams.

They not only published that book, they kept the exact wording. They kept the exact title. They bought my second book. They bought my third book, and they’ve just released this book.

So, I always look back at that, thinking, “What if I hadn’t listened? What if I hadn’t followed that Voice?” You know, to your point about the vibration of that act of self-respect, that act of “I’m going to give myself that chance. I don’t know what happens in this world, but I’m going to show up and give myself that chance.” **That’s** what opened up everything.

Jennifer

**Wow! So beautiful!**

In your book, your second chapter is one of my favorite topics. I’m really interested to hear what you have to say about this. “*Finding Faith When You’re Freaking Out*”. Because that is a golden moment when you’re freaking out, and you don’t want to **miss** it! You don’t want to think it’s about something it’s not. So, tell us all about it.

### *Your Response to Life Is Your Life*

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Tama            Absolutely! I think really, to your point of it, this is a golden moment.

Jennifer        Yes!

Tama            We are learning that your **response** to your life **is** your life. It’s not about the circumstances. It’s not about the conditions. It’s not about what physically is happening.

It’s, again, what we **think** is happening, and how we respond to it. I always have to remind myself that my **response** to my life is my choice, and my response to my life **really is** my life. Because that’s what I live.

Jennifer        Mmm!

Tama            So, to your point when--  
you know, like I wrote  
that “*Finding Faith When You’re Freaking Out*” because that’s what most of us are like. “Oh, my God! Where is that faith? Where is that God? Where is the Holy Spirit now?”

Jennifer        Yeah!

## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

Tama And, for me, these are the **practice** moments. These are the moments, like “Okay. You’re up now. Batter up! We’ve learned these tools. We’ve learned these techniques. Now, we’re going to choose to use them.” And at every moment, it’s about what I put my focus on, where I place my attention.

So, just a quick technique that I use, and it’s from *A Course in Miracles*, just a quick one to show you a shift of this, is that let’s say you’re freaking out. I help people find their calling and their dreams, and

I often have situations where somebody will tell me, “Oh, my God! Tama! I’m going to try to get this job, and they didn’t call me back!” You’re going through some negative spiral. You know, you’re thinking, “Oh, my God! I’m too old! It’s too late! I should have done this! I shouldn’t have done that! In 1990 I shouldn’t have--whatever.”

We all have this junk in our heads, and we’re on that negative spiral. I’ll always use that line from *A Course in Miracles* that says, “I don’t know what anything means. I don’t know what anything means.”

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### *Being Available to Hear Spirit’s Voice*

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So, if you’re responding, you’re thinking, “Oh, my God! This recruiter, this job person, is never going to call me back. I’m not that good. I screwed up the interview!”

“I don’t know what this **means** that they’re not calling back. It **could** mean that they’re researching how to pay me more. It could mean that they’re thinking about me. It could mean that she’s out there robbing a bank! I don’t know what it means!”

Jennifer [laughs]

Tama You don’t know **anything**!

But we’re--and you know what *A Course in Miracles* does, or any deep spiritual teaching, I believe, is--it’s not about affirmation, and it’s not just think pretty thoughts. It’s not like if you’re **really** in pain and you’re really freaking out, just say a positive happy thought. That doesn’t work!

For me, it’s about at least getting to neutral. At least undoing the painful spin I’m putting on it. So, when I say, “I don’t know what this means,” that means suddenly I’m **available**, and I’m open, and I’m receptive. And **that’s** when Spirit has a chance to get through.

## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

Because when you have those negative thoughts going on and on, like, “I have cellulite! And this! And that! And this is wrong! And that’s wrong! And the economy! And the government!” When your mind is going on, and on, and on, Spirit has **no** opening. There’s **no** possibility of hearing anything else.

And so, what we’re always trying to do-- for me, the rest of my life is “If I’m not enjoying how I’m feeling, then I **know** I’m thinking wrong. If I’m not enjoying how I’m feeling, then I **know** I’m not listening to the right Voice.”

And so, it’s all about “How do I become open again? How do I release the painful thought that’s in the way, so that I can hear something else?”

Jennifer Mmm! Yes! It’s an act of Self-Love to do this.

Tama Absolutely! Absolutely! And it’s an act of--to your point, it is an act of Self-Love, and it’s also about being **conscious** and intentional. Most of us are just living unconscious lives a lot of times.

And I think, for me, a spiritual life is slowing down, slowing my mind down, enough to realize that I have a choice here. I’ll always have a **choice** here, and that’s Self-Love. It’s all about, no matter **what’s** going on, there’s a **way** I can be kind. There’s a **way** I can be loving.

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### *The Chance of a Lifetime*

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There’s another chapter I have in the book that says, “*You’re Being Given the Chance of a Lifetime*”. You’re being given the chance of a lifetime, because, most of us, we **want** these opportunities. We **want** this chance to go after our dreams, or to meet the love of our life, or to get healthy. We **want** this chance.

You know, the very problem you think you have right now--you know, I can be in my head, thinking, “Oh! You

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***If I’m not enjoying how I’m feeling,  
then I know I’m thinking wrong.***

---

know, not enough people are buying my book!” or “It didn’t hit the New York Times!” or whatever junk I’m thinking. And I have to remind myself, “Honey, at the end of your life, you’re going to think, ‘Oh, my God! I was in the game of a lifetime! I had this chance to be present and to choose again, and to see how loving I could be. This is the chance of a lifetime!’”

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**with Jennifer Hadley**

Wherever you are, you have the chance to **begin again**, and to begin again, and to open up to radical **resources**. When we're no longer here, we don't have that chance. So, whatever's going on, this is the chance to try something else.

Jennifer      Yeah. It's--and if you're not thrilled with what you have, so be willing to try something else.

And you know, in--a little bit later in the book, you talk about trusting yourself. That is a biggie for a lot of people. They've betrayed themselves **so many** times.

Tama          Mm-hmm.

Jennifer      **How** do they move into that place of trusting themselves, so that they can really--as you say, you **will** know what to do. How does that work?

Tama          Mmm! You know, I think that's the biggest **work** for all of us, and that's actually one of my favorite chapters in the book, is the thing I'm always learning, which is "*Trust Yourself and You **Will** Know What To Do*".

Most of us **do** know what to do. We just don't **trust** it. You know? Even when I was practicing law, and I didn't know. "What am I going to do? I don't know what else to do with my life if I don't do this!" I was seeing a therapist at the time, and I was just saying, "I don't know what the answer is! I don't know!"

He'd always go, "Well, you know, you said you'd like to write." I'd be like, "Yeah, but what am I going to do with my **life**?" Just like, "Cut that down. Just shut that off." Right? Because I just didn't **trust**. I didn't trust that **my** answer, **my** desire, **my** dream, would be **enough**.

And so, for many of us, I deeply believe this is the grand experiment of your lifetime. **Will** you trust yourself? And, like you said, we've disappointed ourselves **so** many times. Will we begin **again**? Can we try it **again**? Can we trust **again**?

I tell a story in *Thriving Through Uncertainty* where I was walking in this labyrinth. Part of it was because--part of what I'm trying to teach in this story is how **many times** we don't trust ourselves, because somebody else is telling us something else. Somebody else is telling us, "Oh, this isn't safe." Or "That's not practical." Or "That's not--whatever." And even in the



## *A Course in Miracles Weekly Radio Show* with Jennifer Hadley

spiritual communities, we're being told what's spiritual and what's not. Right?

### *Trusting Your Inner Voice*

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And so, I had been traveling. I was at a speaking engagement, and someone was hosting me and showing me her city, and whatever, and it was just exhausting. I was really tired. She'd run me around showing me everything was--whatever. But I was trying to be polite and be nice.

And she tells me, "You have to go walk this labyrinth." And everything in me did not want to walk this labyrinth. Everything in me wanted to go back to the hotel and watch *Law & Order*.

Jennifer [laughs]

Tama [laughs] There's something very, very basic and dumb! I wanted to order Chinese food, eat grease and watch bad TV. That's **really** what I wanted. But I was afraid to admit that, or acknowledge that, because she was saying, "Oh, you'll love this! It's spiritual! It's walking the labyrinth."

And so, I started walking this labyrinth, but **hating** the experience, because I'm tired, and I'm exhausted. And the whole time, I'm angry. I'm trying to get to the end, already.

And then I finally realized, "You know what? Maybe my inner voice that's telling me how to nurture myself, and to go back to the hotel **is** my spiritual voice. Maybe the voice that's that telling me, 'You should be spiritual. You should walk a labyrinth when you don't feel like it,' maybe that's **not** my spiritual Voice."

And so, I had to learn to listen to--an inner Voice is **never** going to make you feel bad. It's never going to make you do something that doesn't feel right to **you**. But, so often we have the labels and the ideas of what we think we **should** do, what's economical, what's practical, what's spiritual.

And **this** is an original, unbelievable authentic path where **you don't know**. I don't **know** what's spiritual. I don't **know** what's practical. All I **know** is the instinct moment, by moment, by moment.

And so, for me that was a huge lesson. I went back to that hotel, and I watched *Law & Order*, and it was holy, baby! It was so holy! [laughs]

Jennifer [laughs]

## ***A Course in Miracles* Weekly Radio Show** with Jennifer Hadley

- Tama So, for me, trusting myself is a lot about learning not to listen to other people, and not to listen to predefined labels, but to **really** be original, and naked, and just truly trust what's in my heart right now.
- Jennifer Beautiful! Beautiful! Oh, my gosh! I feel--I always feel like we're trying to shove as much as we possibly can in a short conversation.
- It's time for me to take a break, so we're going to take a quick break here. We're going to come back with more of Tama Kieves and *Thriving Through Uncertainty*.
- I'm Jennifer Hadley, and you're listening to *A Course in Miracles* on Unity Online Radio, where we're walking the talk, we're living the Love, and we'll be right back.

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

### ***Changing Your Mindset Is an Action***

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- Welcome back! I'm Jennifer Hadley and we're talking with author Tama Kieves, who's most recent book is *Thriving Through Uncertainty*.
- Tama is downloading to us just some **real** how-to's. I've got to say, if you are liking what you're hearing, this is the whole thing about Tama's work. She's very practical, and she's very down-to-earth, and she is *A Course in Miracles* through and through.
- I really encourage you to check out her website, [TamaKieves.com](http://TamaKieves.com) and all the things that she's doing, because she's a house afire! Like attracts like, is why we like each other.
- Tama House afire, baby! [laughs]
- Jennifer Yeah. And we like to get things done. And, I **love** this! In your book, you have a section about action. And I love this line you have. "*Action Isn't the Sharpest Tool in the Shed.*" Tell us more.
- Tama Well, you know that many of us are leading spiritual retreats or doing workshops. People are always thinking that "Spirituality is **nice**, but I need to take action! And I need to get focused! And I need to take the plan." I work with a lot of over-achievers, and leaders, and artists, and

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entrepreneurs. They're always asking me, "What **action** do I take? What action do I take?"

For me, the most important action you're **ever** going to take is your mindset. It really is the **only** action that's really, **really** important. Because if you're coming at things from a negative mindset, or a smaller mindset, or a lacking mindset, or a weaker mindset, you can take all the actions in the world and they **will not** be effective. Or, you can take actions, and they'll be dry as a bone.

And so, what I'm always teaching people, it's not so much about what we **get done**. It's not so much what we get done. It's about undoing. It's about **undoing**. Undoing the beliefs that's in the way, that says, "You can't have it." Undoing the belief that's in the way that says, "You're not worthy." Undoing the belief that's in the way that says, "There's a one specific way to do this. There's a linear way. There's a program. And you have to do it the way other people do it."

It's--for me, my own work, I always teach what I'm learning, and so I, in all my books, are **that**. All my books are my own lessons and applying this. It's for me, it's always been about undoing the limiting thoughts that **I** have. And if I do that, then **inspired** actions come. Then **inspired** resources show up. Then all of a sudden, I get this creative idea, and I **do it**, and it has action, and it has roots, and it has legs, and it goes somewhere.

So, again, most of us think that we have to take the right actions. And, again, I just can't say enough that it's **all** about the mindset. I have another chapter in there where I call "*Happiness Is an Action*." Happiness **is** an action. Getting happy **is** an action.

And many of us feel really silly about this. I work with a lot of people in -- they're undoing things. Right? So, they're debriefing, let's say, from a really painful career, or a marriage, or an illness, or whatever's going on. And you're healing, or you're grieving, or you're letting go, or you're shifting ideas. But then you talk to somebody in your world, right? And you're trying to tell them--they're like, "What are you doing these days? What's up?" and you want to tell them, "I did this, and I did that, and I did this." Really, what you really **do** want to tell them is, "**I changed a thought!**"

Jennifer      Yeah.

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Tama “I changed a thought. It was miraculous! I changed a thought. I was feeling depressed. I was feeling scared. And I changed my own thoughts and opened up a whole world!”

But you can’t say that to a normal person, right? Most of your friends are going to be, “But what are you **doing**?”

So, I really wanted to give legitimacy to that, that changing your thoughts is the most important thing you will ever do in this lifetime, because it opens up everything.

To me, happiness **is** an action. Caring for your mindset is the most important things you will do, and it will--like you said, it will change your vibration. It will change your receptivity. It will ignite you. You will become a channel in a different way.

You will meet different people. You will open up to different things.

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***Happiness is an action.***

I’m in business for myself, and have been for years, and I cannot even **begin** to tell you--I’m sure you know this, too, Jennifer, I know you do--of you’re in one mindset, and all of a sudden, you’re **not** attractive. Right? Like, for me, if I’m scared, or I’m feeling weak, it’s like all of a sudden business isn’t coming in. And then you’re like, in this desperate [panting sound], which is **not** very attractive.

And then when I’m in that place of self-kindness, and Love, and there is no lack, and I remember Who I serve, and I remember why I’m here, all of a sudden, everything shifts.

To me, it’s **amazing**! Just truly amazing.

Jennifer Yeah. It’s miraculous!

Tama Yes!

Jennifer That’s right! It is. It’s **truly miraculous**.

Tama Yes.

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### *It’s Not About “How”, It’s About “Allow”*

Jennifer And, that’s a perfect lead-in to your next section is *about “It Takes a Different Way to Find a Different Answer.”*

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That is exactly what *A Course in Miracles* is all about. And you have a section in there about “*Stop Figuring It Out*” and “How to Listen like a Lover of the Truth.” These are such practical steps for us. And if you can walk us through that, that would be great!

Tama Absolutely! I mean, I can touch on it. If you want me to walk you through it, baby, this is going to be taking a while! [laughs]

Jennifer Okay.

Tama This house is afire, I’ll be reading some!

But you know, I think the biggest thing that people don’t realize is that if you **want** a different answer, you **have** to do different things. If you want a different answer, you almost have to ask different questions. You have to--you know, it takes a different way to find a different answer.

So, for instance, and probably the biggest one, is most of us are so mental, and we’re trying to figure it out, and figure it out, and figure it out, and we’re trying to see our whole lives. We’re trying to--you know, you get a whisper of an idea, like, “Ohhh! I’d like to go to France! You know, Jennifer talked about France in the beginning. Oh, I’d like to go to France!” And then your mind is going to pounce on that. Like, well **how** will you do that and **how** will that work, and **how** would that happen, and what steps do you need to take?

Again, I want you to stop figuring it out, and I want you to **let this out**. What that means, for me--so, again, if you’re looking for a direction in your life, it’s about really relaxing, and not jumping on the first whisper that happens. And then you’re factoring it.

I always tell my clients,  
“Okay, you cannot be  
Googling this while I’m  
talking to you! You

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***If you want a different answer,  
you have to do different things.***

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cannot be Googling this answer, like, ‘How much does this make? Can I franchise this? How do I do it? How do I get my husband to agree to this?’”

Because the Holy Spirit, or your Spirit, speaks. I have another chapter in there where I talk about “following the bread crumbs”. It’s that Holy Spirit doesn’t speak in terms of your **whole life**. It doesn’t speak in terms of the whole map. It speaks in terms of this next moment. And **this** next moment, and **this** next moment. That’s all It does, and that’s **everything**.

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It's a very "here and now" path. And your brain is trying to figure out all the things in the future, and your Spirit is asking you to "Be here" and "Do this" and "Sample this."

An example that I use, a metaphor that I use with a lot of clients is that, you know, if you're trying to figure out your life, it's almost like you're on the surface of the water. And it all looks the same, and you can't see anything. It all looks the same. All your answers--"I don't know. Is it this? Is it that? Is it that?"

But when you relax, and when you breathe, and when you start to listen with incredible Love, and patience, and accepting anything, it's almost then it's like you're scuba diving. Then you're below the water, and everything lights up. You see all these beautiful flowers. You see all these beautiful fish. You see all this beautiful life distinguished. You get different kinds of answers. It's a different realm.

So, from the realm of the mind, the top of your head, everything looks alike. When you drop down into your heart, and your soul, and your Spirit, everything else opens up. There's something else for you.

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### *Courage to Practice What You Know*

And you drop down by stop pushing. You stop pushing. You stop demanding. You stop critiquing, and you receive, and you **allow**, and you allow Spirit's Timing to be Spirit's Timing. And again, going back to that Self-Love, the more that you're self-loving, and you're kind, you're receptive. Other things come.

Jennifer      I know this to be true, and it's **practicing** it. Having the courage to practice.

Tama          Mm-hmm! It is, because it's a paradigm shift. Because, again, most of us are in a world where people will say, again, "But what are you **doing**? What are you **thinking**? What is your research? What is your--? On what are you basing this decision?"

And how do you say to them, "Well, I'm basing the decision because a yellow feather floated by, and I really took that as a sign, and it really meant something to me." Because it does! We're speaking a different language. We're listening to the Voice of Spirit, and the Voice of Love.

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It's a paradigm shift, which is **why** I am such a big believer in practice, and dedication, and practice, and vigilance. Because you **know** these things. When you hear these truths, some part of you is resonating and opening up. Then some part of you will close down immediately afterwards, because we're not hearing these Voices on the evening news, because we're not hearing this Voice on the internet as much. Because this is a paradigm shift of a different way to live, a different way to breathe.

But we are the thought leaders. We are the Light Bringers. We are the ones who are choosing Love instead of fear every single minute. Which is why we practice a different way, which is why I urge people to dedicate themselves to teachers they resonate with, or programs they resonate with, or retreats, or books. Facebook-- anything that keeps you focused, and in Love, and reminds you of who you are, and what you can have. It's so important!

Jennifer      It's life-changing. It's **really**, **truly** life-changing. Like you're saying, it's a paradigm shift.

As you're sharing here, Tama, what I'm feeling reminded of is we get into this thought that we

have to **make** it happen. I share all the time, "No, we don't have to make it happen. We call it forth. We **allow** it to happen." That's such a big shift, it's a big energetic shift.

Tama            Mm-hmm!

Jennifer        I wonder if--and I know that **you** know that that's--you know how to do that. I mean, you're a person of action. But you have **learned** that this **allowing** is so critical to our happiness and our success.

I wonder if you could share about that, in terms of really, how do we get the strength, the inner fortitude and willingness to **trust** this shift?

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### *Success is Trusting Your Path*

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Tama            Mmm!! That's a great, great question! You know, it's true to my heart.

That question is the thing that I live, and breathe, and struggle with every single day. I mean, just because I deeply believe that anything you're



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growing with, where you're on your growth edge or in this paradigm shift, it's ours to learn.

I obviously come from a culture of striving, you know? "Take action!" "Do better!" "Get the A!" "Do that!" "Get on partnership track!" I mean, like, "Strive, strive, strive!"

And so, you hear a path like, "Don't strive. Allow. Surrender. Be." These things were not in my DNA. These things were not what was natural to my mind.

And yet, it **is** what's natural to my heart and my soul, and it **is**, personally, something I have practiced my entire career, and will be practicing for the rest of my life.

Because I guess for me, I proved to myself that I could "succeed at a certain level" if I knocked myself out. But what I came to realize was, it wasn't **success**. It didn't bring me Peace. It didn't bring me Joy. And so, there's a line by t.s. eliot that says, "...*there's no there there*".

Jennifer

Mmm!

Tama

And so, I think I learned a very, very painful way that as much as I think as I want results, there's no there "there". I want Peace. I want Love. I want connection to my Spirit. I want to know I'm safe, **more** than I want any of that.

So, from the end--and the juice, the Joy for me of, like at this point having my books succeed in the world, and having people from all over the world write to me and say, "Oh, my God! Your books have changed my life!" and "I follow you." **That** kind of success is unthinkable and amazing, because I'm doing what's in my heart to do. I'm saving **my** life. I'm living **my** deepest Truth. And the fact that it's **also** succeeding in the world, and I'm connecting with the people I most want to connect with, **that's** unbelievable!

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### *You Cannot Plan an Inspired Life*

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So, it is a practice, and I think it's--you know, because I still have that crazy mind that says, "You should be doing more! You should be doing more! How come you're not doing what they do? And you should do this, and you should do that!" I constantly have to go back to, "What would my **Spirit**

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have me do?” You know, like “This isn’t my plan! I always teach, “You can’t **plan** an inspired life. You are **not** going to plan an inspired life.”

When I told that story about how my first book got published, I couldn’t **plan** that I was going to have a meltdown for 12 years writing it, and then some other woman’s going to have a meltdown at the end of 12 years, and find my book, and get it to a major publisher. You can’t **plan** that!

But that’s how an inspired life works. So, it is the **courage** to listen to a Voice that’s **in** you but not **of** you. And to go slowly, and to go moment by moment. For me, it’s practice.

Jennifer      It is! It is practice, and in the practice, we recalibrate. It’s like working out at the gym. You build up the muscle, and then what was once exhausting, and painful, and difficult is then invigorating, and you look forward to it, and it’s fun. It **shifts**. It really shifts. But it **does** take that willingness.

Tama          Absolutely!

Jennifer      Yeah.

Tama          Absolutely! You know, like I even have a chapter in the book where I talk about waiting for the other shoe to fly! You know, instead of the other shoe to drop, the other shoe to **fly**! Right? Because most of us--to your point, you start recalibrating, and things start going well, and things are like, “Oh, my God! Things are happening! Things are moving! This is incredible!”

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### *Remembering What You Know*

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And there is some stupid part of our brain that, you know--and, by the way, it’s scientific. It’s the lizard brain. It’s the evolutionary brain that, literally, we think, “Okay, it’s too good to be true. It’s going to stop now. Reality is going to kick in. I’m waiting for that other shoe to drop. This is too good.”

And I think we are all being asked to open up to this Infinite Love, and to allow ourselves to be loved, and to allow ourselves to **have** that Love and demonstrate that Love. And, ideally, to help other people have that Love, too, and demonstrate it. Because when we see each other succeeding this way, it gives you hope and faith. Right? Like, “Oh, my God! There’s something amazing here!”

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But, again, we have such ingrained thoughts and such ingrained--it's cultural. It's in our DNA to start being negative, to start doubting it, to start believing more in the fear and the pain than we do in the Love.

And so, I'm always asking people to remember, "What do you **know** when you're inspired? When you're inspired, what did you **know** about yourself? What did you **believe**? What did you **feel**? What did you **experience**?" **That's** the truth about you. **That's** when you hit your note. That's **real**! Everything else is fear, and everything else is burning away. That's what we're practicing.

Jennifer Oh! I can listen to you share forever. I really can! And there's so much more in this book. We don't have very much time left, just a few minutes.

### *Tama's Events & Gifts*

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I would like to ask you to share with folks, what programs do you have coming up? Where can people--I know they can all go to [TamaKieves.com](http://TamaKieves.com), but how can people do this work with you? What do you recommend?

Tama So, first thing, absolutely, is go to the website, [TamaKieves.com](http://TamaKieves.com) and you can sign up for some free gifts that you get immediately, on getting out of fear. And then that way you also get my newsletter, so you'll know different events that are coming up.

But you can take--I'll have-- another *A Course in Miracles* group will be starting really soon. It starts in early June, so you can sign up for that with me, which I would love to have you!

If you want to see me live, I have all kinds of events all over, depending on what part of the world or country you're in. I'm traveling a lot right now. I'm on tour, showing a lot of different cities. I'll be in Dallas. I'll be in Chicago. I'll be in New York City. There's all kinds of events.

I'm also doing a retreat on this book. If you're really interested in this topic, which I hope you are, *Thriving Through Uncertainty*, I'm doing a weekend retreat. You can sign up now, and you should, to save your space. It will be at Omega in upstate New York. It's 90 minutes from New York City. It's an amazing, gorgeous place. It's holistic. And we are going to spend the whole weekend just creating inspired time together, and starting all over, to uncover your inspired roadmap, to **really** get in touch with where is life calling you right now? What's your next step right now? That retreat is

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August 10<sup>th</sup> through the 12<sup>th</sup>, so you can check it out and hopefully sign up for the experience of your lifetime!

Like I said, there's all kinds of events and retreats I have on my website. But make sure you get the newsletter. Make sure you sign up for the newsletter, and tell me where you're located, and then that way we can keep you informed about where I'll be.

I'm also on Facebook every day, so join me there. I do Facebook live and Twitter, and all kinds of good stuff.

Jennifer Yes! Beautiful! I highly recommend you take Tama Kieves up on her offer. At least go and get her free stuff on fear, because you're going to get inspired. You're going to get motivated to make that shift, that paradigm shift, that she's talking about. And every single one of her books is about that, in different ways. Tons and tons of practical tools, and things you can do.

And the thing is, is like Tama was saying, **yes**, we have to open up to Spirit, be contemplative, but we also have to **do new things**, and to shift our vibration, and to experience life in a different way, look at it in a different way. "*Pain is a wrong perspective.*" Tama helps us shift our perspective, and **that is** what changes our lives.

So, I'm looking at the clock. It's time for us to go. I want to thank you **so much**, Tama, for joining me today.

Tama Grateful sharing here! Grateful! May I just share one quickie thing?

Jennifer Yeah!

Tama Just a quick tip of, I **really** just want people to know that your dreams and your ideas are **not** frivolous if something is whispering to you or a desire, it's **not** frivolous. It's **imperative**, and we need your gifts on this planet, now more than we **ever** have. We need your Light more than we ever have. We need your connection more than we ever have.

So, if you're feeling that whisper, please don't let that Voice tell you it's frivolous. It's the most important thing you will ever do for yourself, and for all of us. I'm so grateful for all of you who are tuning in, and listening, and receiving this, and really daring to live from Love instead of fear in your life time.

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And I'm so grateful for Jennifer for creating resources like this, and avenues like this, that promote these messages. So, thank you!

Jennifer      Yes! Beautiful!

And, I'd like to thank everyone who contributes to making this radio show possible. Everyone! There's so many people behind the scenes that make it possible. That transcriber, Cary, she does such a beautiful job. And all the different people on the team. And all the people who contribute, make donations, small and large, **you** are what make it possible, and I'm so grateful for you.

So, I'm speaking this word of prayer for all of us.

Also, don't forget we've got Jon Mundy's class coming up on [\*Practicing the Principles of A Course in Miracles\*](#) and you can learn more about that at [JenniferHadley.com](http://JenniferHadley.com).

### *Closing Prayer*

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Let's take that breath of Love and gratitude, so grateful and so thankful for Tama's precious life and for our own precious life, and for the Holy Spirit guiding us all.

We're grateful and thankful to become good listeners, and to raise our vibration, to shift that paradigm, and to truly shine the Light of Love.

In gratitude, we let it be. We share the benefits with all. We know it's done. And so, it is. Amen. Amen. Amen. Amen.

God bless you! Have a great rest of your week! Mwah!