

December 15, 2015

Take Back Your Power!



Jennifer Hadley
your daily shot of spiritual espresso

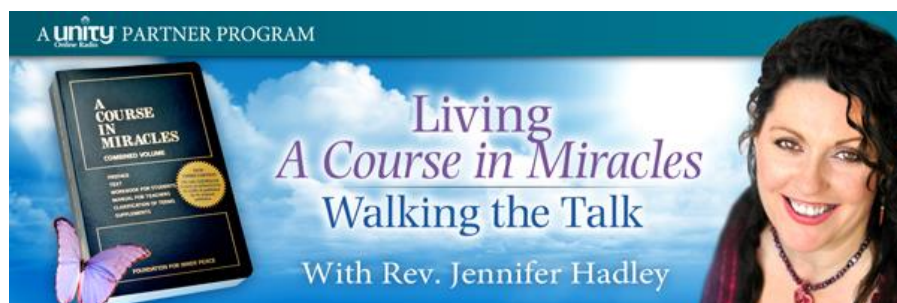
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December 15, 2018

Take Back Your Power

Thank you for tuning in for this Unity Partner Program. Unity Online Radio partners with spiritual leaders from organizations whose mission and messages compliment Unity's. We are pleased to bring you this program on Unity Online Radio, the voice of an awakening world.

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! Welcome! Welcome! I'm Jennifer Hadley, and I love to pray. So, let us begin with a blessing.

We take a breath of gratitude together, a breath of Love. So grateful and so thankful to open ourselves to the power of Love. So grateful and so thankful to join together for a holy purpose, remembering our true identity **is** perfect Love.

Taking this breath of Love and gratitude together, we place our hand on our heart because we're wholeheartedly available to know the truth that sets us free. Partnering UP with the Holy Spirit, we put the Holy Spirit in charge. Yes! We take back our power from the ego. We give it to the Holy Spirit, and we **choose** to be fully aligned with that power of Love, living our life aligned in the power of Love.

We are grateful and thankful to decide, right **now**, to place the Holy Spirit in charge. We're grateful and thankful that there is **no** sacrifice involved. We're opening ourselves to the unlimited, unprecedented flow of Prosperity, and Joy, and Freedom, and Wholeness, healing and Harmony, Wisdom and Clarity, Joy and Purity-- all of the Gifts of God are ours to receive **this** day, because we are willing to live as we truly are-- perfect Love.

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

Choosing to Feel Empowered

Yes! Mm-hmm! Our theme today, our topic today, “Take Back Your Power!” Whenever we are unhappy, whenever we’re suffering, whenever we feel afraid, we’ve given our power to a thought that’s not true. You could say you’ve given your power to the ego. But I feel it’s really important to understand that the ego is “no thing”. It’s **nothing**. The ego **has** no power. The only power that it can **seem** like the ego has is when we are identified with a small self, a selfish self. When we’re identified with the self that is in lack and limitation, then it **seems** like the ego has all the power, and it **seems** like we’re lost.

The truth is, the only way we can **feel** “not lost”, the only way we can feel empowered, is when we **choose** to line up with our Higher Self. It’s the **only** way. There is no **other** way. It’s just **that** way.

And, this is what *A Course in Miracles* is fundamentally all about. It’s all about the application, and that’s why *A Course in Miracles* is about forgiveness. It’s about applying forgiveness, living in forgiveness, every moment of every day. For some people it seems burdensome. But the fact of the matter is, once you get in the swing of it, you find it’s not burdensome anymore.

New Year Intentions

Here we are. It’s the middle of December, as this broadcast is taking place, and so we’ve got a couple weeks left to the end of the year. End of the year, beginning of the New Year, people turn their minds towards New Year’s resolutions. I teach a class called *New Year’s Intentions*, which you can definitely participate in. And, my *Masterful Living* class, my yearlong class, starts.

One of the things that happens for many people at the end of one year and the beginning of the New Year, setting those intentions, those resolutions, is people decide “I’m going to get in shape. This is the year I’m going to get in shape, physical shape.”

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Now, there's nothing wrong with that, of course, even though *A Course in Miracles* teaches us, "I am not a body. The body is not real. How we do anything, is how we do everything." So, if we are neglecting our body, and treating our body as though it's unloved, bad and wrong, well, that's an indication, probably, of how we're treating our Spirit Self-- because "the way you do anything is the way you do everything" -- because there's only One. Right? So, we have **one** way of approaching our life.

When you start working out, if you have fallen out of shape-- if you're physically not in shape, if you start working out it can feel painful, it can feel hard, and it feels uncomfortable. But anyone who's ever had a dedicated exercise program and given it six or eight weeks-- really, you know, two, three months-- then you realize, oh! Really being in shape, really taking **good** care of your body, feels **great**! It feels wonderful! But, in the beginning it feels hard, it feels burdensome, it feels painful and difficult.

Focus on Forgiveness

And, it's the same thing with the practice of forgiveness. That's why in my classes-- my [*Finding Freedom*](#) class, my yearlong [*Masterful Living Class*](#) that starts in January-- we **focus** on forgiveness. We focus on truly living *A Course in Miracles*, and practicing the teachings, because without that practice of forgiveness on a daily basis, we lose track of things, and we get out of spiritual shape. We become spiritually unfit.

The basic thing to comprehend, is that forgiveness is, in its essence, non-judgment. Think of the early lessons of *A Course in Miracles*, "I've given everything in this room the meaning that it has for me." That's judgment. "I'm never upset for the reason I think. I'm upset **because** the meaning I have made of things, I believe is true. My **interpretation** is what is upsetting me."

Forgiveness is being willing to step back and release attachment to that interpretation. As long as **we** are the one who's deciding who's good and who's bad, who's wrong and who's right, what's good and what's bad, what's wrong and what's right, we're going to feel ashamed. We're going to feel stupid. We're going to feel wrong and bad, and we're **not** going to feel powerful. In fact, we'll start to look for negative ways to feel powerful.

And I'm an expert at this! I know what I'm talking about here! I know this better than anything! I used to feel **powerful** by being upset and

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manipulating and controlling people with my “upset-ness” or with withholding Love. This is a very common thing. When a person is not in tune with the power of Love, **then** they're going to move into a negative use of power. They're going to use emotions, and words, and actions, and things of this world-- things of the world of form to try and **feel** powerful.

Many people will actually go to this place that I used to go to, was "I am so powerful I can destroy myself. I can self-medicate. I can do things that harm my body. I can **not** listen to the Voice of Spirit, the Voice of the Holy Spirit. I **can** ignore the Holy Spirit." "In your face, Holy Spirit!" Right? This is the negative use of our power. Worry, anxiety, fear and doubt are indications that we **are** in the negative use of our power, because anxiety and worry saying are the **result** of disconnecting from the power of Love and giving our interpretations of things the power.

Practice Transforms Your Life

Forgiveness is **releasing** that. Forgiveness is taking back your power. The most destructive thing you can do to yourself is to judge another person. Did you know that? It's **not** anything else. You think that the things that you do to your body-- the overeating, the overindulging, the smoking, all these kinds of things, taking drugs, whatever you might be doing-- no. The **most** destructive thing that **you** can do to yourself is to judge another being, because it starts a magnetic chain of energy, and we start spiraling down when that's what we're doing.

This is why the most fundamental teaching of *A Course in Miracles* is to lift us up and **return** to the power of Love, is saying to the Holy Spirit, day in and day out, "**You** decide for me."

So, any time that you feel upset, you know **you** have **decided** to let the ego decide. You're letting your small self decide instead of your Higher Self, your Holy Self, your Holy Spirit Self.

Now, this is **so** fundamental here. Practicing kindness at all times is the **most** empowering way to begin to literally transform that habit of judging, and complaining, and criticizing, and thinking thoughts of lack and attack. Just practicing kindness at all times. It's **so** empowering because **it is** loving, fundamentally.

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Three basic practices that anyone can engage in-- you don't have to be *A Course in Miracles* expert, you don't have to have any special equipment, and you don't have to have studied the teachings of truth at all-- but just to basically practice kindness, gratitude and Love all day long. **That** is going to transform your life, and it will bring you back your power. Kindness, gratitude and Love.

So, when you're feeling irritable, how can you be kind? Can you be kind to yourself in that

Forgiveness is taking back your power.

moment? Can you speak to yourself kindly? Can you say, "Sweetheart. Darling. Let's take a breath, and let's move into gratitude. Somehow, some way, even though it might be difficult to see right now, there's **good** in this. All things work together for my good, so I'm going to see the good in this. And, I'm going to be grateful for the good that's encoded **into** this experience, even though I can't yet see it, because I had to put my trust and Faith in the Holy Spirit, in the Higher Self, instead of in the ego, instead of the opinions and judgments.

You see? Right there, you moved into forgiveness. And **how** did you do it? You started with kindness, you move to gratitude, and now you're in Love, you're in compassion. Simple practice will move you-- boom! Right out of the upset, **if you're willing**. And, if you feel unwilling, give it to the Higher Holy Spirit Self. Say to your Holy Spirit Self, "Right now, in this moment, I feel this tremendous unwillingness. However, I'm **willing** to be willing. Or, "I'm willing to be **willing** to be willing."

Whatever minute amount and willingness that you have to give up your **attachment** to your judgment, which is the unforgiveness, will transform your life, because it gives you back the power of Love, which is the **only** power in this world. And, an active practice of being kind, and patient, and loving, and compassionate will lift you out of the darkest, **darkest** moments of your life. I know! I know, because I used to be suicidal.

To apply these teachings **is** to have miraculous healing and live a miraculous life. Remember, we're **entitled** to miracles. **This** is how we're **designed**. We're designed to live a miraculous life, and that's **why** we feel so upset when we're making choices that aren't in alignment with the miraculous life. As Jesus tells us in the *Fear and Conflict* section in Chapter 2

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of the *Text*, we would not **wish** to have the distress, and the upset, and all of that taken away from us, because without it there is **no** indicator that the thinking that were **choosing** to believe, and energize, and invest in, and place the power of our attention in is making us upset. We wouldn't **know**, if we didn't feel the upset. We wouldn't know that we're **harming** ourselves with this thinking. We're putting our self in a place of lack and limitation.

Spiritual Practice

One of the most important things to understand, as we're closing out this year, getting ready to start a new one-- in my mind, one of the most important things to understand is that just **listening** to classes, to this radio show, to watching videos, and reading books-- even *A Course in Miracles*-- just listening, and reading, and watching is about as effective as trying to transform a once-gorgeous garden that's fallen into just mess and disharmony, and being choked with weeds, and destroyed by vermin, and trying to **transform** a garden by listening to classes, by watching videos, and reading books. There's **no way** that's ever going to heal a garden! It can't! It really can't!

You've got to pull up the weeds, and plant new seeds. You've got to fertilize the flowers of **Beauty** and keep out the vermin. You must nurture the seeds, so that they flourish and grow, and water them actively, and love them, and take down any structures that have been built to block the light.

We're entitled to miracles.

That's what a spiritual practice **does**. It assists you in pulling up the weeds, planting new seeds-- seeds of truth-- and fertilizing the Beauty that's already there, pre-installed within you. The "treasure" as *A Course in Miracles* calls it.

A spiritual practice will **support** your right mind, your right-mindedness, in flourishing and growing. Remember *A Course in Miracles* tells "An unhealed, an untrained, mind can accomplish nothing."

So, getting in spiritual shape is **not** going to happen by reading a book. Could you ever get in shape by reading a book? Could you ever get in shape by watching videos? Could you ever get in shape by listening to someone

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else who's talking about how **they** got into shape? No! You can't get in shape that way! You're not going to become physically fit by reading, listening or watching.

You have to put something into practice. And many, many, many spiritual students that I talked to feel discouraged and upset because they have invested **so** many years and decades, as I did, in studying, studying, studying, studying, thinking that the studying would set me free. But it doesn't! It's really 1% study and 99% practice. That's the **key** of it.

Practice with Others

That's why my classes are all about providing inspiration and motivation to **actually practice**. That's how you take your power back, by **actually practicing**. The practice is in *A Course in Miracles* Workbook. It's right there!

Let me just say, if you're not really having success, consider getting a Prayer Partner, working with a Prayer Partner. Consider getting into a Study Group where people are actually practicing. If you'd like to join my classes, you're tired of doing it alone, come join *Masterful Living*. We start in January. Yes, we do! We start, I think, January 11th.

This week, I am having a class called [***2016: Your Path of Healing and Spiritual Expansion***](#), and it's all about my *Masterful Living* class. If you're interested, "Oh! What is this *Masterful Living* class?" you can come and listen to this class, and you can ask questions of other *Masterful Living* students who have done the work, and you can see and feel, is it right for you, would you like to try it out? So, there's no commitment, no obligation.

But the thing here is to take back your power-- **practicing** forgiveness, **practicing** nonjudgment, **practicing** patience, kindness, Love, gratitude, and compassion. **This** is how we take back our power.

Got a whole lot more here to share with you. It's time for me to take a break. I'm Jennifer Hadley. You can sign up for that *2016: Path* class right now at [**JenniferHadley.com**](http://JenniferHadley.com).

You're listening to *A Course in Miracles* on Unity Online Radio, where we're living the Love, we're walking the talk, and I'll be right back!

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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*.

The Value of Momentum

Jennifer Welcome back! I'm Jennifer Hadley, and our topic this week is, "Take Back Your Power!" Yes!

It's amazing if you're willing to do this, and practice it, how you start to build momentum. That momentum is **so valuable**. That's the thing is, many people, their spiritual practice doesn't seem to be **effective** because they don't build momentum, and the momentum comes from--you have a spiritual practice, let's say, in your morning. Even if it's only two minutes, 60 seconds. Then you really are in that connection with God. And then, throughout the day, you have an active practice of kindness, gratitude, Love, patience, compassion, generosity, and placing your attention on **being** generous, **being** kind, **being** patient, **being** loving, **being** grateful. **This** is the thing that is the **true** spiritual practice.

And, if you pay attention to the *Workbook* and you really look at it, you'll notice that **that's** what it's inviting you to do, is not to forget **this** practice.

Remember, I said before that the **most** destructive thing you can do to yourself is to judge another. This is the **foundation** of *A Course in Miracles*, that your brothers and sisters are your salvation. Why? Because if you can have patience, and kindness, and Love, and compassion, and generosity with **them**, you will heal your mind.

But when you choose to **judge** your brother, your sister, that is **the most** harmful thing, because it starts, literally, a magnetic chain of energy, a magnetic chain of what **seems** like events. It takes you into a place of lack and limitation **so fast!** So fast, and the next thing you know, you're complaining, you're criticizing, you're taking offense. The next thing you know after that, you're experiencing lack and limitation in the world of form. You're having a bad day.

I can't remember. It's been **decades**, I think, since I had a bad day! I don't have bad days, anymore! Why would I have a bad day? If something seems to go wrong, I Partner UP. I know better! I don't **need** to have **any** bad days! I've had some **difficult** days, I've had some **challenging** days, and

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what I have learned is that the **more** challenging it is, the more **benefit** there is **to me**. There's more healing possibility for my mind. **This** is what I have learned.

The Ripple of the Miracle

You know Chapter 12, Section 7, it's called *Looking Within*. This is the whole practice of *A Course in Miracles. Looking Within*." It starts right off, and it says,

"Miracles demonstrate that learning has occurred under the right guidance for learning is invisible and what has been learned can be recognized only by its results."

I did an episode a couple months ago about being "miracle-minded", and understanding that the miracle happens in your **thought**, in your mind, when you relinquish a false belief and

***That the most destructive thing
you can do to yourself
is to judge another.***

you stand now in the truth. **That's** the miracle. It happens in your **mind**. Then, once that shift happens in your mind, you begin to **see** it in your experience. You begin to **recognize** it in your mind, that your thinking starts to shift even **more**. It ripples out like dominoes, or like the ripples on a lake when you throw something into a lake and it ripples out. Every **thought** is like throwing a stone, or a pebble or whatever you--a petal, a flower, onto the surface of a clear, pristine lake and it ripples out.

You can throw trash in the lake, or you can throw Ho'oponopono thoughts-- "I love you. I'm sorry. Please forgive me. Thank you." You can place **blessings** on the surface of that lake and watch them ripple out. That's up to you.

The Higher Power **is** your Higher Self. The Higher Power **is** your Higher Self, and you can --and that's the Holy Spirit. And when you put the Holy Spirit in charge of your learning, **then** you're going to start to experience a miraculous life.

So, your spiritual practice is about **not** giving the power to the ego but continuing to keep handing it over to the Holy Spirit, and handing it over, and handing it over.

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Now, when people first start doing this work in my classes with me, they will often ask the question that **I** used to ask, is “Will it ever get easier? Good Lord! Will it ever get **easier**, Wilbur? Oh!”

Well, yeah, it **does** get a whole lot easier, and it gets easier **faster** the more vigilant **you are** for putting the Holy Spirit in charge. “You decide for me.” This is the guidance that Jesus gives us. And He would know, because that's what He did! “You decide for me.” This is how the transformation happens.

Then you start living a miraculous life, because the shift happens in your thinking, and it continues to **reverberate** in your thinking. And, you begin to experience it in your emotional body. You start to feel more happy, more joyful, more balanced, more harmonious and less upset.

What could disturb your Harmony more than judgment? Nothing! Nothing! Nothing can disturb your sense of balance and Harmony **more** than judgment. Why would you do that to yourself? Because it's habit! That's why. We've let the garden become choked with weeds. That's what judgments are, effectively. It's like we've become really grossly overweight and lazy in our spiritual practice.

The thing is, we can **learn** from that! I know I've had **tremendous** learning from it, because I used to be **so** intensely judgmental! I didn't know **how** I would ever change. But I **decided** to change. I **decided** to put the Holy Spirit in charge of my life, and I continue that decision again, and again, and again.

Seeing What We Seek

In this same Chapter 12, Section 7, *Looking Within*, Paragraph 8, it says,
“When you want only love you will see nothing else.”

If we look out in the world today, we see all kinds of violence and displays of glorifying the body, and glorifying sexuality, and glorifying seeking after pleasure, and all kinds of things. Right? But when you **want** only Love, you will **see** that **all of this** is working together for our good. **All** of it! Because that which is unhealed is coming up to be healed, and that's the detox period.

It's like if you're weeding your garden, that's like a detox period. If you're getting in shape, in a sense, it's like a detox period. It says here in Paragraph 6 of the Section,

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"I am the manifestation of the Holy Spirit, and when you see me it will be because you have invited Him. For He will send you His witnesses if you will but look upon them. Remember always that you see what you seek, for what you seek you will find."

"You see what you seek--"

So, if use **see** things that are bad, and wrong, and despicable, and tragic, you're **seeing** what you **seek**. You can change your point of view by saying to the Holy Spirit, "Let me see with Your eyes. Let me see with God's Eyes. Let me see with the eyes of Love and let me see the Love in everything! Let me see the perfection and the Beauty in everything!" Right?

We've got Paragraph 18 in Lesson 135 that tells us everything is--

"...gently planned by One Whose only purpose is your good."

We've got the *Development of Trust* section in Chapter 4 of the *Manual for Teachers* telling us it takes great **learning** to understand that **everything** is truly helpful.

When we are **willing** to **see** with the eyes of Love, and to **seek** only Love, **then** we will **see** it in everything. It says,

"The ego finds what it seeks, and only that."

So, if you're **disturbed** by what you **see**, you're looking with the ego's eyes, and you can change your mind in that **moment**. You can say, "Holy Spirit, help me see you with Your eyes. I would like to see **only** Love. I **want** only Love, and I'm willing to see **nothing else!**"

Seeking Two Goals, Recognizing None

"The ego finds what it seeks, and only that. It does not find love, for that is not what it is seeking. Yet seeking and finding are the same, and if you seek for two goals you will find them, but you will recognize neither."

If you've got two goals--you want the Peace of God **and** you want to hold onto your ego identification, your judgments, your opinions, the blame, the shame, the regret, the resentment, the hurt, the doubt, the fear, the depression, all of that--if you'd like to hold on to your opinions **and** you'd like to have the Peace of God, it's not **possible**.

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“...if you seek for two goals you will find them, but you will recognize neither. You will think they are the same because you want both of them.”

You'll think that having it **your** way will make you **happy**. No! No! No, no, no, no! Having it your **way** will only make you happy when **your way is** the way of Love. When your way is God's Way, you'll already **be** happy! You'll already be harmonious, and you'll be a beneficial presence in this world. And, that comes from **practicing** it. It comes from weeding the garden. It comes from getting into spiritual shape.

And, when you get into spiritual shape, getting into physical shape is **much** easier. This is the thing I've seen. A lot of people like to quit smoking at the beginning of the year. I quit smoking a few times before I finally was done, and when I was finally done with smoking, quitting was easy. It was just a [snaps fingers] decision of the mind. “Oh! I'm not interested in polluting myself in that way anymore. I'm done!” The decision was made.

There was no pain and suffering through withdrawal, like there was the first few times that I quit smoking, I was done! It was **easy**! Addiction is **not** of the body. It **seems** like it is, but it's of the mind.

*When we are willing to see
with the eyes of Love,
and to seek only Love,
then we will see it in everything.*

“The mind always strives for integration, and if it is split and wants to keep the split, it will still believe it has one goal by making it seem to be one.”

“I said before that what you project or extend is up to you, but you must do one or the other, for that is a law of mind, and you must look in before you look out. As you look in, you choose the guide for seeing. And then you look out and behold his witnesses. This is why you find what you seek. What you want in yourself you will make manifest, and you will accept it from the world because you put it there by wanting it.”

Taking Back Our Power

This is again A Course in Miracles 101. It's the “Law of Cause and Effect 101”. What you project or extend is up to **you**. So, we can **either** extend

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Love **or** we can project our false beliefs, our opinions and judgments. That's it! *"Perception is projection."*

So, when our perception is "This is bad" "This is not good" "This is wrong" "This is disaster" we're projecting our **beliefs** by energizing them, thinking them, believing them, **rather** than extending Love.

Do you see how forgiveness is nonjudgment, and forgiveness is how we **literally** wake up from the illusion of separation? **That's** how we take back our power! **That's it, right there.**

"The power of decision is your one remaining freedom as a prisoner of this world. You can decide to see it right. What you made of it is not its reality, for its reality is only what you give it."

A-ha! You see? You **can** decide to see the world rightly. When you want **only** Love, you will see nothing **else**.

"The power of decision is your one remaining freedom as a prisoner of this world."

So how do you stop feeling like a prisoner of your life and of the world? You take back your power by **choosing** to see only Love. It's just that willingness. "Holy Spirit, **You** decide for me! I'm going to give up my meaning, my interpretation."

The Higher Power, the Holy Spirit, **is** your Higher Self. **Why** would you manage and cope with unpleasant circumstances unless you thought you **had** to?

You see, this is what my classes are all about, helping you to stay awake in the higher choices. This is what **practicing** and living *A Course in Miracles* is **all** about, because **you** are the determiner of your experience. Negativity, judging, opinions, it's a **habit** that literally can be replaced with Love, gratitude, kindness, generosity, compassion. This is the moment-by-moment practice that **we** do that releases **all**-- and I do mean **all**!-- of our pain, suffering and unworthiness.

"When you want only love you will see nothing else."

"You cannot really give anything but love to anyone or anything, nor can you really receive anything but love from them."

Yes!

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A Year of Practice

Let's see. Right now, if you're interested in **considering** joining me in my yearlong class, it starts in January. I think January 11th is our start date, though we do have a bonus class on January 1st. I always love to do a January 1st class.

You can register now for [Masterful Living 2016](#), and you can just register for my free class about it this week. You can actually bring your own questions and ask other students who have done this work in *Masterful Living* with me. It's yearlong *Course* where we **practice** the teachings of *A Course in Miracles*. We **practice** the Love. You can sign up for that free class. It's on the Home page of

***You are the determiner
of your experience.***

[JenniferHadley.com](#), [2016: Your Path of Healing and Spiritual Expansion](#). It's free, so check it out. If it's right for you you'll know it, you'll feel it.

Right now, I'm going to go to a break. I'm Jennifer Hadley. You're listening to *A Course in Miracles*, where we're living the love, we're walking the talk on Unity Online Radio, and I'll be right back!

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

Judgment and Depression

Jennifer You may or may not know anything about me, or my history, but I'm a minister and a Science of Mind Practitioner. My training comes from the Agape Community and the Ernest Holmes Institute. Way before I did any of that practitioner training, or pre-practitioner, training or ministerial training, my first experience with prayer taught me so much. Because I wasn't raised in any religion. My parents were not, in any way, religious and so I had no spiritual training or religious training, really.

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I often will say, if people ask me how did I learn about God, I learned it from the trees and walking in the forest as a child and talking with the trees. Even as a little girl, when I was 5 years old, walking to school-- I used to walk by myself, believe it or not, at 5 years old, to my first-grade class. It was about half a mile-- and I started talking with the trees. At least that's the earliest I remember talking with the trees and hearing the trees talk back. That's what I remember, is the trees teaching me about the Unity of all life, and understanding the power of patience, and kindness, and generosity.

But I lost track of a lot of that, and would, when I was a teenager, go to the woods when I felt lost, and frightened, and afraid, and worried, and things like that, as I frequently did because I was **very, very** judgmental and very, very angry a lot of the time. Of course, anyone who **is** very judgmental has a tendency to **be** very angry and feel sad. I used to feel sad a lot.

For anyone who feels depression, let me just say that I know **many** people who have healed chronic depression. I think it's one of the great benefits of many people who have taken my *Masterful Living Class* with me, is they **practice** these teachings that I'm telling you about here today, in this "Take Back Your Power" episode, and the practice of **that**, exactly what we're talking about here-- which is the true **living** of *A Course in Miracles*--it **eliminates** depression!

Because *A Course of Miracles* tells us that depression comes from believing that you're deprived of something that you **want**, and that someone else can deprive you of it. But that's **not** even possible! So, the whole experience of depression is **all** based on perception and projection, as we were talking about in the last part.

Surrendering our Perceptions

There was a point back in the 90s when I felt, I had a moment where I felt **really, really** mind-crushingly afraid, **desperately** afraid, and I didn't know what to do. It came into my mind, as God would have it, "Pray." But I didn't know **how** to pray. I didn't know how to pray! But what I did was, because I had seen this plaque on my grandparent's--in the guest bedroom where I would stay in my grandparent's house. It was actually my father's bedroom. Him and his brothers shared it when they were kids growing up, and then, as grandchildren, I would sleep in there-- and this plaque on the

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wall that showed this little child kneeling at the foot of their bed, and their hands in prayer, and it said, "Now I lay me down to sleep. I pray the Lord my soul to keep."

And so, I thought, "Okay, I'm going to get down at the foot of my bed." I put my head on the bed and I stretched my arms out over the bed, because I was really signifying "I'm in total supplication here. I'm in **surrender!** I **do not know**. I'm in total fear. I do not know what to do."

What I said in my prayer was, "**Help me now!** I don't know what to do. But if I'm guided, I **will do** whatever I'm guided to do. But I **will not** live in fear! I **will not live in fear!** Show me what to do, I will do it. But I will not live in fear!"

Now, that was a life changer for me. That was a game changer. It was a beginning of something for me, because what happened was, an hour later, I--within an hour, I got an insight of what to do, and I started moving in action towards it. I don't even remember what I was afraid about, or what I did. I have no memory of that. But what I **do** remember is the feeling of Peace that came over me, and the fear dissolved.

I realized, in **that** moment, that to take back my power is to Partner UP, to surrender what I **think** is true, or what I **think** I know, to surrender the perception and the judgment.

"The power of decision is your one remaining freedom as a prisoner of this world. You can decide to see it right. What you made of it is not its reality--"

So, your judgments **are not** the reality.

"...for its reality is only what you give it. You cannot really give anything but love to anyone or anything, nor can you really receive anything but love from them."

Why is this? Because everything else isn't **real!** Everything else is an illusion, so only Love is real! That's the **only** thing you can really give to anyone, and that's the only thing you can receive from anyone.

Building Your Spiritual Muscle

As we're coming into the holidays here, this is what you can give to yourself, this is what you can give to everyone in your life, is **Love**.

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You know, it's the end of my yearlong class *Masterful Living*, and people are sharing the stories of their healing more than ever, because after a year of deep practice, they are recognizing, "Oh, my God! I thought, at the beginning of this year, that I was helpless and hopeless. And now I recognize 'Wow! I **can do this!**'"

This is why *A Course in Miracles* is so life changing for people, because when you put it into an active practice, you **discover** that you don't have to suffer anymore, that suffering is an **option**. It's not a given, it's an option. No matter what is going on in your life, only **you** choose your destiny, because only **you** choose what you think.

This is the moment to practice, moment by moment, and **all** the suffering, the pain, the unworthiness **will** fall away, because it has no **power**! It only has the power that you give it by **believing** in it. And you know what? If you won't take the minion over your feelings when you feel mildly irritated, when you feel frustrated, then you won't be able to be peaceful when the big challenges, or **seemingly** big challenges, happen.

The truth is, the way you do anything **is** the way you do everything, and the way you do **anything** is the way you live your life. Rather than despair about whether you **can** do it,

*Only you choose your destiny,
because only you choose
what you think.*

decide to just **practice** it. Maximize every opportunity to practice Love, gratitude, patience, kindness, generosity, and compassion. Release the judgment. Replace it with kindness. You **will** get stronger. You **will** build that spiritual muscle. Encourage yourself. Praise yourself. Practice with friends and family. Call attention to **their** practice, encourage them.

Stop collecting information and deepen your moment-by-moment spiritual practice. Collecting spiritual information will **not** heal your mind. Ask your own Higher Holy Spirit Self, the Holy Spirit, to help you **find** the time, to **find** the willingness, to discover the Joy and practice!

Yes! You know why spiritual students who study **without** applying feel bad? Because they **know**, deep down, they've been given **so much** teaching, more than **ever before** in human history, and **still** they don't apply it, and that's why they feel bad.

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Without the application, the teaching-- which is the greatest treasure we could have-- becomes clutter and confusion in the mind, and the energetic effect is often one of depression, and despair, and feeling lost and disheartened. The person often then begins to think there's something **really** desperately wrong with them, and they feel ashamed.

Shame is the most debilitating of **all** emotions. **All** shame is based in a false belief that can be **so easily** healed when the student is willing to practice and say to the Holy Spirit, "**You** decide for me."

"When you want only love you will see nothing else."

Yes! Yeah, so we can extend Love instead of projecting judgment. This is our practice of forgiveness.

Closing Prayer

I invite to you to place your hand on your heart right now and join with me. We join with the Holy Spirit to **know** we have what it takes, because we are One with the Holy Spirit, and we are grateful and thankful to practice, this day. We practice Love, patience, kindness, compassion, generosity.

We are grateful and thankful for **every** opportunity to practice, to change our mind, and to know the truth that sets us free.

In grace and gratitude, we share the benefits with **all**, because we're One with them. In gratitude, we let it be. And so, it is. Amen. Amen. Amen. Amen.

If you enjoy this radio show, won't you please consider making a contribution to make it possible and support the show? You can make a tax-deductible contribution at JenniferHadley.com on the tithe page.

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

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While there, we invite you to visit Jennifer's blog where you can join with a 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 Miracle* every day, in every way.