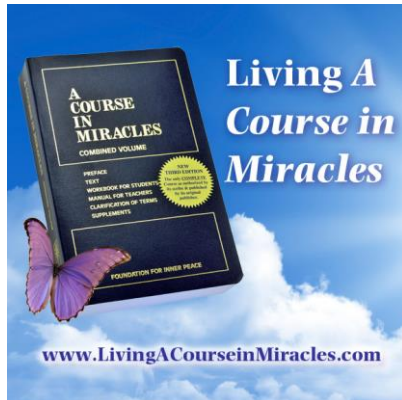


June 18, 2019



When Healers Play Small



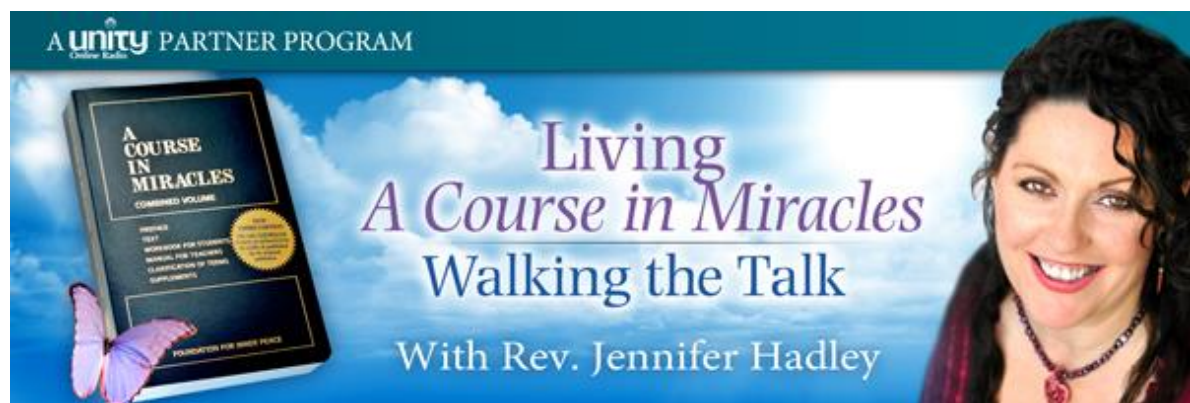
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June 18, 2019

When Healers Play Small

Welcome to *A Course in Miracles: Living the Love, Walking the Talk* with Reverend Jennifer Hadley. Get ready to focus on your intent to be the Love, be the Peace, through practical application.

Here is your host, Reverend Jennifer Hadley.

Jennifer Ah, bonjour! Bonjour! I'm excited for our time today, transcending time and space by joining together by means of this technology. It's so wonderful!

I'm still in California, and next week I'll be in Vermont. Yes! I'm a traveler.
[laughs]

I am grateful to say a blessing for us here as we begin.

Opening Prayer

So grateful and so thankful to open our hearts to the highest possibility of Love. We are grateful and thankful to join together, to open our hearts, to open our minds, to the power and the presence of Love shining in our awareness.

We are grateful and thankful to Partner UP with that Higher Holy Spirit Self, to remember and recognize the fullness of Love is what we are and what we always will be.

We are grateful, grateful to take this breath together and dedicate this time to perfect Love, perfect Peace, recognizing our true identity and seeing that in our brothers and sisters.

We are truly grateful and thankful to open to the healing, to let it be. And so, it is. Amen. Amen. Amen.

Ah, yes! We are blessed!

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Love is the Healer

Boy! I was so invigorated last week in the topic of healers, and very inspired. I got a clear directive to do another episode in support of healers, and talking about something I know a lot about, and so our topic this week is “When Healers Play Small”.

Now I believe I said, last week, that I do consider myself a healer, but the only one I can heal is me. [laughs] *A Course in Miracles* is a **Self**-study, **Self**-healing *Course*, and actually it’s the Higher Self, it’s that Mighty I AM Presence, Holy Spirit Self that **is** the healer. **Love** is the healer. **Love** is what we are. Love is our true identity. So when we choose to extend Love, express Love, share Love, then that’s when the healing is on, it’s happening. Yeah! Such a great realization, because many people long for healing.

This morning I was contemplating people asking Jesus for healing, and then holding onto unloving thoughts. When we hold onto unloving thoughts -- which I certainly have been an expert at, definitely could teach PhD level courses in holding onto resentment, and regret, and hurt, and blame, and shame, and blocking the flow of Love and playing small -- when we’re praying, and praying, and praying, for healing, and we’re saying, “Well, why doesn’t God help me? Why doesn’t Jesus help me?” and we’re blocking the flow of all that assistance when we’re holding onto anger, resentment, regret, all the things unforgiveness brings. Yes, indeed!

*Love is the
healer.*

*Love is what
we are.*

*Love is our
true identity.*

Playing Small Through Unforgiveness

I am such a proponent of forgiveness because I know how powerful and how healing it is, and it’s just hard to conceive how healing forgiveness can be, true forgiveness. It’s so important, and helpful, and valuable to be **willing** to turn our attention to what true forgiveness is.

I know I talk about it frequently. I don’t feel like I’ve talked about it in this radio broadcast recently, but true forgiveness is when we let go of the meaning we made of things, we let go of our interpretation, and we’re willing to see new meaning or interpretation in the things that have occurred, and we’re willing to recognize that all resentment, regret, all the

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unforgiveness comes from holding onto our judgments and opinions about what occurred, whether we're blaming our self or someone else. That's where the pain, and the suffering, and the debilitating effects come from -- it's holding onto that meaning and that interpretation, and being unwilling to allow it to resolve and dissolve.

We're the ones that keep it alive, and as far as I can tell, our belief system, which our beliefs are false -- truth is true, beliefs are false -- our beliefs all come from unforgiveness, meaning we made, interpretations of the past, whether it was this lifetime or any other.

So this is where we can forgive now, and we can forgive for the past. We can let the past go now. We can let lifetimes of resentment, and regret, and hurt, and pain, and shame go **now**. **That** is the amazing, cool thing! And indeed, this is our function, this is our purpose and our directive, and this is what we have so, so much support for.

*We can let lifetimes
of resentment,
and regret, and hurt,
and pain, and shame
go now.*

But I do find that even those who appear to be **very** dedicated spiritual students do not do this forgiveness work. They delay and delay and delay, and I know that's why I was called to create my [Finding Freedom From Fear](#) Boot Camp, and also my yearlong [Masterful Living Course](#), and even my [Sacred Circle](#).

Right now, [Finding Freedom](#) is not open for registration. *Masterful Living* will be open, I anticipate that we'll have another go-round, next year. I love it so much! But you could jump into my [Sacred Circle](#), which is my weekly spiritual counseling program, and it's also a part of the [Finding Freedom From Fear](#) program. I give it as a bonus gift with that, but you can jump in right now to my Sacred Circle. It's my weekly spiritual counseling call, and I, in a group format, take any question people have.

O.M.G.! It is a great, **great** program, and you can check it out. I offer to the radio show listeners the first month free. When you sign up, you use the code "SACREDGIFT", all one word. "SACREDGIFT" and that gets you the first month free of my [Sacred Circle](#).

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Doing the Forgiveness Work

The thing here with healers who are playing small is, that they're not doing that forgiveness work, without a doubt. There's **no** question they're holding onto regrets, and resentment, and guilt, and blame, and shame, **and** I find that also those who are in healing professions -- so, just because we can only heal ourselves, we can't heal anyone else, we could still be in a healing supportive profession. I'm a minister, so I certainly am in a healing profession, and as a Spiritual Counselor I'm in a healing profession. As a teacher I'm in a healing profession.

I know many spiritual students in class with me -- doctors, nurses, all kinds of healing professions, teachers and counselors and therapists, and so when we are feeling that we're playing small it's, I have found, it's always because we're **not** doing the forgiveness work, which is rigorous!

It really is rigorous. That's why I'm so dedicated to teaching about it, because most people don't understand it and they avoid it because they don't want to look at the past, they don't want to look at what occurred.

Well, it's a little bit -- this is what I'm getting right now to share -- it's a little bit like you have an infection or something, a wound, that's developing into an infection, and because you don't want to look at it, or think

about it, or deal with it, it just gets worse. It just gets worse. We've all done that. We've **all** done that with something, with many things.

I know [laughs] good lord! I have done it with so many things! Conversations I don't want to have, things I don't want to deal with, so I **don't**, and it just festers and ferments, and turns into a bigger problem. So by the Grace of God I have learned to try to deal with things directly, quickly, before they fester and ferment and turn into a much bigger deal.

In my programs, we really give **so much** support that people are inspired by others, and by the possibilities of miraculous healings and transformations in their body, in their relationships, in their mental and emotional states, to really dig in and do the inner work.

*When we are feeling
that we're
playing small,
it's always because
we're not doing
the forgiveness work.*

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Moving Mountains Versus Creating Mountains

And it is much easier when we go as a group than if we go on our own. If we go on our own, sometimes there's just **so much** fear that it's easy to say, "Oh, I'll do this tomorrow!" or "Oh, I'll do this -- this is not a good time. I've got a lot going on at work," and never thinking that if we do our inner forgiveness work that, actually, our work in the world will get easier.

We don't think that, "Oh, this is not a good --" We'll think instead, we'll think, "Oh, this is not a good time. I have so much going on in my family. It's not a good time." Well, it actually can bring much ease and grace in the family.

It's **so** shocking and surprising how many benefits doing this inner work brings, and here's why -- it is done unto us as we believe. It is! Life is done unto us as we believe. **We're** the movie projector, and the thoughts we hold in our mind and in our heart, the beliefs and the thoughts, they combine into a **power**. *A Course in Miracles* says they combine into a power that can literally move mountains.

*We channel the
power of Love
into our experience,
and then we're
no longer
playing small.*

But they can also combine into a power that **creates** a mountain -- a mountain of obstacles, a mountain of pain and suffering, a mountain of just slowing down the pace of our growth, a mountain of self-sabotage.

Our thoughts and beliefs can combine into a power that can literally **move** a mountain of suffering, but it can also **create** a mountain of suffering.

So when we're avoiding, that's a **sure** sign that we're identified with the small, selfish self that does **not** have the power to move mountains.

So, in a sense, it's you could say it's not that we **have** the power, it's that we **access** the power, we tune into it. We channel the power of Love into our experience, and then we're no longer playing small.

Stepping Into Qualified & Confident

What I see is so many people who aspire to healing, spiritual professions but feel **unqualified**, and so they **don't** move forward. I see so many people who aspire, would really **love** to step up and step out into some kind

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of a healing profession as a teacher, a spiritual teacher, a spiritual leader, a Spiritual Counselor, all these different beautiful, beautiful professions, and they **don't** because they simply do not **feel** confident, and the reason they don't feel confident is because they don't feel **qualified**, and they don't feel qualified because they're still playing small by holding onto resentments, and regrets, and judgments, and attack thoughts, and they're not yet inspired to be rigorous with their spiritual work, it **seems** too hard.

And you know what? This is the thing that just, for years and years and years, was -- [laughs] It's funny. I'll give it the label of a "bugaboo". That's what I'm getting. So that it really was -- I don't know where "bugaboo" comes from, maybe somebody will tell me, but it feels like bugaboo is some kind of a trap or mess that's easy to get caught up in.

And I certainly did, because I had this false belief that, in order for me to **really**, truly be a dedicated student, I had to spend a lot of time in prayer, and meditation, and studying books, hours and hours a day, and that I couldn't do that, and so therefore I was not going to be able to be successful. So, I was playing small in that way.

And then I shifted things in my life. I had a period of unemployment, and I decided to really steep myself in my spiritual practice and **focus** on that, and so I was doing that six hours a day, my spiritual practice, and I got very, very rigorous with it. It was tremendous, because I really -- what I was doing was, I was doing the forgiveness work. That's what I was doing, and so much healing occurred. It totally changed my life.

*It's not that you need
six hours a day,
or two hours a day,
or an hour a day.
It's really about
being mindful
throughout the day.*

And then, through that experience, I **really** came to understand that it's not that you **need** six hours a day, or two hours a day, or an hour a day. It's really about being **mindful throughout** the day, and for me, that did feel rigorous.

People say, "Ugh! I can't do that! It's too much. It's **too** much! I can't!" and I used to think, all the time, "I can't **be** that good. I can't be that good! I'm not **that** good a person." Such judgment of myself, and I was really convinced of that. That was my belief about myself, "I can't be that good, therefore I cannot be what I aspire to be because I can't be that good."

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And I am **so** glad that I was willing to drill down into that and see what was really going on. What was that about, “I can’t be that good.”?

The Fundamental Goodness of All

And so underneath **that**, I realized, “Oh! Okay! You know what? I **do** have a belief that I am fundamentally bad, fundamentally, inextricably, unfixably, fundamentally bad. I can’t do anything about it. Just bad, bad to the bone.”

Looking at that, and really, really feeling that the teachings that “God is Good” and “God is in All” are true -- that “God is Love”, and “Love is good”, and “Love is All”, that these teachings are true -- I had to start to look at this idea that I’m bad, something’s wrong with me, I’m not good, fundamentally evil,” all these thoughts that I had.

I had to be really -- or I **was** really willing, finally, to say, “Maybe they’re **not** true. **Maybe** what’s **true** is that we’re **all** fundamentally good, **all** of us, without exception.” And that felt true to me, and I decided to put all my eggs in **that** basket, that we’re all fundamentally good.

I’ll be honest with you, I know I wouldn’t have gotten there without my counseling clients, because I had **such** a commitment to see everyone that came to me for counseling as perfect, whole, complete, beautiful, and I **did**!

These folks who were coming to me, still, the folks that I’m doing counseling with now, I see them and they are **so** perfect and so beautiful, and all the appearances to the contrary that they’re grappling with, and struggling with, and challenged by, I can **really** see that those are the appearances and **not** who they are, and that every single person has this fundamental goodness about them, and it can be tapped into, it can be accessed, and it is a powerful force.

We play small when we’re judging others, and when we’re judging others, it’s just a sign that we judge ourselves, and that we don’t think **we’re** good enough. You know, it’s definitely one of those situations where “I’m rubber and you’re glue, [laughs] and what you say to me bounces off of me and sticks to you!”

*We play small
when we’re
judging others,
and when we’re
judging others,
it’s just a sign that
we judge ourselves*

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And so it's the only thing is, I'm glue. I'm glue, and the most difficult thing I have ever done in my whole life was to focus on giving up the habit of attack thoughts and judgment thoughts against myself and others. The hardest thing I've ever done is to be willing to stick to the truth.

A Course in Miracles calls this the second characteristic of God's Teachers "consistency", being willing to be consistently loving. It calls it "honesty" actually. Honesty is consistency, and I have learned that that consistency is a great skill to have, and for most people it's quite challenging to **acquire**. But we **can** acquire it. We really can, and it's our natural state to Love and be loved, and this is our Divine Opportunity to shift everything.

I see many teachers, and counselors, and healers, and folks like that who are playing small, and they don't even **recognize** or **realize** what the causes are. I'm going to get a bit more into this as we go deeper into this program.

Upcoming Training & Retreat

I am going to make a couple of announcements here before I go to the break.

In case you don't know, I have three events, in-person events, coming up in the Fall. One is a healing retreat for those who are recovering from sexual abuse, and it's a small group, so we have a limited number of slots. I believe we have five left, so you can go to JenniferHadley.com to the [Events](#) page, or you can go to JenniferHadley.com/recovery.

That's in September. It's an in-person, very nurturing, healing retreat. I've learned a lot working with people who have been sexually abused and molested, sometimes for years, as children, as adults, all different kinds of situations. So let's do some healing and some forgiveness, and really let that go.

And then for those who are interested in **developing** their communication skills, their intuition skills, my [Spiritual Counseling Training Intensive](#), it is part of a larger program, but people can do **just** the intensive training. It's about a weeklong training, and that's in October. It's open to anyone, so business professionals, all kinds of people are interested in that.

And then, there's my ["Teacher Training"](#), and I'll tell you more about that a bit later.

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Ah! I'm Jennifer Hadley, and you are listening to *A Course in Miracles* on Unity Online Radio, where we're living the Love, we're walking the talk, and I will be right back!

Thank you for tuning in for *A Course in Miracles: Living the Love, Walking the Talk*.

"Problems" In Our Thoughts

We're back! Yes! We're talking about healing the healers, when healers are playing small, something I know so **very**, very much about. That's what inspires me, because we can **change** that. We can shift everything through the practices of *A Course in Miracles*. They **really**, truly work, and that is miraculous and amazing to me.

I searched, for so long, for a way, a method, that would really work, and I started to actually do the practices of *A Course in Miracles* before I found *A Course in Miracles*. And so, when I **found** the *Course*, I was ecstatic, really. Once I realized how I could use these Lessons, these teachings, when actually **applied** and **lived** to change and transform my life, and I am so, so grateful for that. Very, very grateful.

Now, just **reading** *A Course in Miracles*, that isn't **doing** the Lessons. I know this. So doing the Lessons is the day-to-day, moment-by-moment practice of them, and that is deeply healing and transformative.

Healers are playing small when their spiritual practice is intellectual and it's not brought into the heart. I know, for myself, for a very long time, the ego was driving my spiritual practice. It absolutely was, and I didn't know it. I really didn't **know** it. I just **knew** that I felt like I was up against some kind of a wall, that was an impediment, an invisible impediment and I couldn't figure out how to get around it, and I felt like, "Ugh! **I** am the problem!" Now I know, "No! It wasn't that **I** was the problem. It was my **thinking** that was the problem."

Trust or Constant Conflict?

Before the break, I was talking about the characteristics of the teachers of God from the *Manual For Teachers*, and the second one is honesty. The first one, of course, is trust. In the honesty section, which is just a couple paragraphs, it says -- so this is following trust. It says,

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“All other traits of God's teachers rest on trust. Once that has been achieved, the others cannot fail to follow.” [M-4.II.1]

This I can testify to. The more I trust, place my trust and my faith in Spirit, rather in my opinions and judgments, **everything** that I desire is being added unto me.

What I truly desire is to be free of ego thoughts and patterns, and to live the very highest possibility for my life and to be truly helpful, be a beneficial presence in this world, to awaken from the dream of separation, and to know and remember my true identity, and support others who wish to do the exact same thing. This is my goal.

And so it says,

“All other traits of God's teachers rest on trust. Once that has been achieved, the others cannot fail to follow.”

I really feel that that's **so much** in alignment with “Seek first the Kingdom, which is within, and all will be added unto you.” It says here,

“Only the trusting can afford honesty, for only they can see its value. Honesty does not apply only to what you say. The term

actually means consistency. There is nothing you say that contradicts what you think or do; no thought opposes any other thought; no act belies your word; and no word lacks agreement with another. Such are the truly honest. At no level are they in conflict with themselves. Therefore it is impossible for them to be in conflict with anyone or anything.”

This is the thing that I can **really** feel is breaking out all over my heart, my mind, and my life, is that I'm not in conflict with myself like I used to be, in **constant** conflict with myself.

Remember, k.d. lang had that song, *Constant Craving*? It's such a gorgeous song. “Constant conflict.” [laughs] That was the story of my life. Oh, my gosh! If I were going to be in a rock band, it would be called “Constant Conflict.” [laughs] Because the conflict was within, of **course** I saw it everywhere on the screen of my life, in all of my relationships and activities.

*The more I trust, place
my trust and my faith
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rather in my
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The conflict comes, *A Course in Miracles* tells us that conflict comes from when we are saying we want something but we're doing something in contradiction to it. So we **say** we want the Peace of God, but that's not what we're choosing. We're choosing judgment, we're choosing condemnation, we're choosing agitation, we're choosing all the -- we're choosing to take **offense**, right? We're choosing to attack people with our little guilt daggers, you know, the little -- "Well, I **would** have been okay if you had just done what you **said** you were going to do. But then when you didn't, it became not my fault that everything fell to pieces. "It's your fault but you know, I'm doing the best I can here, given that you're unreliable."

The Unhealed Healer

You know, we have these conversations with people, even if it's only in our mind, you see. This is the thing that I have found, this is what *A Course in Miracles* is talking about, this is what Jesus is talking about when He talks about the "unhealed healer". Right?

We've all grown up with a world where people say one thing and do another. People **say** they love you, but they **clearly** don't know what Love is. "I'm just doing this because I love you." "Umm, I don't think so. No. No. I don't **feel** that love. I think you're doing it because this is what you **want**, and this is what you feel you **need**."

And, of course, we are now living in an awareness of this tremendous betrayal by religious organizations. I'm not going to go into it in depth, but I just see many, many people who are really disturbed, understandably, by the continuing news about the Catholic church and the sexual abuse and molestation of children -- children!

It's quite an intense dichotomy that you would have an organization that supposedly is to **defend** and protect children, to support the poor, to follow the teachings of Jesus, and the people who have supposedly taken vows to commit their life to that would then abuse children.

But of course, they, themselves, are in some way really challenged, and I can have compassion for all beings. I really can. I've developed that capacity, because I want to have compassion for myself. I'd like to have compassion for myself no matter what, and this is how I'm choosing to live my life, without judgment.

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It doesn't mean that I don't **have** judgment. What it means is that I am not willing to **invest** in the judgment. So the judgment comes into my awareness, I feel the agitation that it brings and the disturbance of my Peace, and then I can choose again. I can choose to go to Love, to compassion, to kindness, to gentleness. And so, this is the thing that I'm learning.

We can see in our lifetimes that many, many different progressions of healing -- mentally emotionally and physically -- that things are speeding up. We had the "me" generation back in the 70s. People started to become more introspective on the heels of the women's movement, and the peace movement, the Civil Rights movement. We had the "me" generation, and then that turned into a very kind of a decadent focus on money, and fame, and drugs, and beauty, and power, all the surface things. You know, the pendulum swings back and forth, and so that was happening in the 80s.

*I can choose to
go to Love,
to compassion,
to kindness,
to gentleness.*

Now here we are where we've got the "me too" movement, and we're starting to see that we can care for each other and ourselves on another level.

In order for us to move on from the intensity of this experience in the Catholic church, and other kinds of betrayals, so the ego would perceive them in order to move on, forgiveness is **required**, and it's **so** perfectly timed out that the unhealed healers would now be **required** to do their **own** inner forgiveness work, and to stop playing small, so that they can lead the way, and be an example and a demonstration for others.

Forgiveness -- Our Golden Opportunity

This is our golden opportunity. This is what we've prayed for, is this opportunity to look within, and to be so kind and so gentle and so compassionate. You know, the words "fearless" and "rigorous" also come up, but **can** we do this inner healing work? Can the healers who have been playing small and, instead of figuring out how to **be** the Light of the World and **express** the Light of the World -- because we already **are** the Light of the World, but to **express** it -- to get out from under the bushel basket, to

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get out from under the blocks to Love that we have grabbed onto, and to be **willing** to feel confident and qualified to shine the Light of the World?

Jesus tells us that **all** are called, but few choose to answer. I know when I was studying to be a minister at the Agape International Spiritual Center, Reverend Michael Beckwith would say to us, “All are called, and few choose to answer,” and he would say, “God qualifies the called. God will qualify us,” and that is what I learned.

I went to ministerial school in order to get **qualified**. It didn’t quite work for me, but it laid the foundation for me to stop playing small and to really move into a dedicated commitment to trust, faith, honesty, these characteristics of the teachers of God, and that’s when I discovered *A Course in Miracles*. So everything was perfectly timed for me, as it is for each and every one of us, and all of the healing and the awakening, the Joy, the Prosperity, the Wholeness, the Freedom, everything we desire is ours when we are willing to give up everything that’s blocking it.

And we won’t **know** what’s blocking that healing, that Prosperity, that -- we won’t know what’s **causing** us to play small until we’re willing to give it up. At least, that has been **my** experience, so that’s an odd, frustrating kind of a -- maybe it’s a dichotomy that exists for us, that the blocks to Love, we won’t be able to see precisely what they are until we’re willing to give them up.

*Everything we desire
is ours
when we are
willing to give up
everything that’s
blocking it.*

It’s about activating our free will and **freely** choosing to Love, wholeheartedly, and no longer just pay lip service to our spiritual practice and our spiritual life.

One of the things that I have learned in counseling people for nearly 20 years, now -- and particularly counseling the healers, the leaders, the teachers, the ministers, the Prayer Practitioners, the counselors and the therapists, those that serve and counsel others -- counseling those folks, what I have learned consistently, is we’re so much **alike**.

We oftentimes, we went down this road because we felt wounded and desperate. I certainly did, and I also craved to be special -- especially good -- because I felt so especially bad that I thought if the world thought I was

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especially good, it would balance out what **I** knew to be true, or **thought** I knew to be true, which was that I was especially, fundamentally bad. I can now see, “Oh, that’s how everybody is.” It was not unique to me at all, that t’s very, very common.

In the World, Not Of It

And people -- I mean, we want to enjoy the things of this world, and the things of this world are no where near as enjoyable as the things **not** of this world. It’s a crazy situation, and as long as we’re intent on making the things of this world the gods of this world, we’re always searching and not finding.

The thing is, truly, to be in the world but not **of** it, and to recognize we’re not of this world, we’re of another reality, and that this is our training ground. This is like a video game that we’re playing, and instead of playing it to beat out other people, and to fight our way through the crowd, to survive, and to have the most points, instead, if we can see, no -- the way to be successful in this world is to realize that this world is an illusion, and to give up all attachment to it, and to give up attachment to the things in this world, including our relationships, including our body. That’s **crazy!** That’s so **crazy!** So crazy to the ego.

But it doesn’t mean we have to give up **caring**, and it doesn’t mean we have to give up making it important.

Releasing Attachments

For me, one of the things right now is I’ve been getting for months this idea to spend the summer doing a cleanse and a bit of a retreat. I love to go to Vermont in the summer, and to be with my teacher, and to do teachings with my teacher, that Native American teachings. I go to the Sunray Peace Village. You can go to Sunray.org and learn about that, and learn about my teacher there. Her name is Venerable Dhyani Ywahoo. She’s a Cherokee chief, and she’s also a Buddhist teacher, and I love to go and be there.

I also know this summer I feel called to -- I’m probably going to be vegan, eating vegan all summer and doing a cleanse, internally and externally, and maybe a little bit of strawberry shortcake [laughs] a little bit of some of the delicious things there, but mostly -- and not because I **need** to, or

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because I'm ill or anything like that, but it's a wonderful practice to give up **attachments**.

If you know me, you know how **much** I love coffee. I just love it, and I love coffee with cream in it. I really do love my espresso with cream, my Americano. But I think I'm going to give it up for the summer, not for any other reason than my intuition is saying, "Just give it up for a while. You don't have to give it up forever." It's about giving up the **attachment** to it, all the attachments to the things of this world.

I see that's why, for the last three years now, I've not had a home. I looked to buy a home in New Jersey, did not find one. I bid on a few, but I didn't get any of them, and I really got, "Okay! I'm really giving up attachments big time here." I've been traveling for most of the last five years, except for the year that I was in Kauai, for ten months I had the same home in Kauai.

A lot of you listening to the radio show, you've come on this journey with me of giving up attachments. We don't **have** to give up our relationships. We don't **have** to give up our home. We don't **have** to give up coffee. We don't **have** to give up the things we enjoy, but we **do** have to give up the attachments to them in order to stop playing small.

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It's like right now in the political news for the last couple years, it's been about this idea of colluding with the Russians. I'm not going to get into a political thing, but one of the things that people seem to miss and don't understand, although it's right there in plain sight and it's being talked about all the time, that when people take money, goods, favors, whatever, from a foreign government, then they're compromised, and then they can be manipulated and blackmailed because -- and this is the thing that is so dangerous for politicians and government workers, is that they can then become spies and turned and all that.

That's the big worry, is that people then will be manipulated to betray their country because they've done something illegal, taking favors or whatever from a foreign government.

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So those -- it's when we have attachments -- it's funny, I don't know, this is what Spirit led me to say about that political thing [laughs] -- when we have attachments we can be compromised. When we have an addiction to or an attachment to, "I **need** that glass of wine at the end of the day." "I **need** that cigarette." "I **need** that sugar." "I **need** that person." "I **need** my dog." "I **need** -- this. I **need** -- that," these are all attachments.

We don't have to give up the dog, the person, the wine, the sugar. We don't have to, but the attachment -- the needing the wanting, the craving, because then these become the gods of this world, and it's just one of the many ways that we end up playing small. There are many more. I do try and talk about them as I discover them, and I've learned so much by just my **willingness** to give up attachments.

Support to Feel Confident

I feel so committed to supporting those who would like to stop playing small, who would like to feel confident and qualified. One of the programs that I'm offering in the Fall is the ["Teacher Training"](#). There are so many wonderful teachers who don't feel confident and qualified, so how to lead a workshop, ["How to Lead and Create a Workshop"](#) and I'm certifying people to teach my forgiveness workshop. It's **so** valuable, and I'm so inspired by the people who took this training with me last year and are now teaching forgiveness.

If you have any interest in doing this, I hope that you will connect with me. That's my October ["How to Lead and Create a Workshop"](#). It's about a week-long seminar, five days, and it's going to be **powerful!**

It's time for us to say a blessing.

Closing Prayer

I am grateful and thankful for the power of Love operating in our hearts and in our minds. I am grateful and thankful that our life is a life of Love.

We live in partnership with the Higher Holy Spirit Self, and we share the benefits of our healing and our expansion with everyone.

In gratitude, we let it be. We know it's done. And so, it is. Amen. Amen. Amen. Have a great rest of your week! Mwah!