



Living A Course in Miracles

Week 2 Homework

Trust and Faith

With Reverend Jennifer Hadley



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

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Week 2

Trust and Faith Homework

With Reverend Jennifer Hadley

October 7, 2011

Opening Prayer

Rev. Jennifer We begin with a breath of gratitude. And I invite you to place your hand on your heart as I am doing. Take that breath again. Gratitude literally is the vibration that multiplies the good in it, assists us in lifting our ability to perceive up above the resentments and the regrets and the unforgiveness, the doubts, the worry, the blame and the shame.

And as we take another breath of gratitude we're consciously partnering up with the Holy Spirit, the higher self, the holy self. We're opening our hearts and minds to our divinity, consciously communing with the I AM Presence and releasing any sense of separation.

We're awake and available to the download, to the insight, to the clarity. We're declaring ourselves all in for love. We're making ourselves available to have a profound understanding of faith and trust.

We invoke divine grace into every nook and cranny of our awareness. Like a beam of light dissolving the darkness. We remember that we are beings of love and light.

This is our true identity. And right now we're cultivating the willingness to see that in ourselves and to see it in our brothers and sisters and to share the benefit of our healing with everyone because we're one with them.

We're so grateful and so thankful to gather together in this way and to say yes to love, to say yes to peace, to say yes to joy that is unconditional and unprecedented.

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Love is the healer and we are available for our healing. We're allowing it. We're accepting it right now. And we give thanks to ourselves. We give thanks to the Holy Spirit, to the presence of love, the Christ presence, all here right now one.

In gratitude we accept the healing and we let it be. And so it is. Amen.

Trust and Faith

And these two classes each week are always a companion set and the intention is to make the Thursday class, the first class of the week really a class on the principle and then the Friday class, the morning class a class in how to apply it in your life where the rubber meets the road because we all know that reading a book does not heal our life. It does not change our minds. They're words on a page. How could they change our minds?

And how many of us have read page after page of *A Course in Miracles* and we don't have a clue to what we just read? And many, many spiritual seekers will read a book and say that they've read it but they have no idea what it means.

And it doesn't mean that there's something wrong with them. It doesn't mean they're a bad person and it doesn't mean that they're spiritually stupid.

All it means is that they are not yet in the space where they're realizing the answer is within them. Seek first the kingdom which is within and all else will be added unto you.

One of the things that I can share with you that I've learned to do is before I open the book, I sit with the book in my hand. I sit with the book in my hand. I can connect to the mind that wrote the book because there is only the one. Connect to the river of wisdom from which the book emerged.

We can connect to the original insight that the author had. And sometimes we can feel that the person who wrote the book wasn't actually tapped into the river themselves. They were going off of



something they had read and something they thought and something they believed but not something that they knew.

And there's a difference, a real difference between something you know and something you believe. There's a real difference. Many people believe things. They believe that it's better to give than receive. But that's not true. But that is a very strong belief for many people.

I think that that comes from you get brownie points if you give but you don't get brownie points if you're a good receiver. Sometimes if you're a good receiver people think you're selfish.

One of the things that happened to me when I was a little girl was my grandmother who loved me, loved me, loved me, loved me. She just adored me but she thought it was her job to control and manipulate me to be a good little girl versus inspiring and motivating me to be a good little girl. But that's only because that's how she was raised and she was a good little girl.

I was very independent and very rebellious and wild and I hated to be controlled and manipulated. I was born into the perfect family because my family really thought that the smartest people were the most controlling and manipulating. I don't think that they knew that that's what they thought. I don't think that that was their intention but that's what they have been taught, to control and to manipulate.

“... when you’re controlling and manipulating you’re not trusting.”

So when you're controlling and manipulating you're not trusting. Your faith is in your own ability to perceive. You're not partnered up. And I come from really good loving people. I mean my parents and my grandparents, all of them, I watched them my whole life and still to this day my dad... They live a life of service. I mean hours and hours and hours every week of community service.

And yet, you can't control what you don't know. I want to share with you about this friend of mine who'd been an interpreter in a group of pedophiles for several years. He was an interpreter in this group and he listened to the stories of these men for several years.

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In the course of that time he discovered that every single one of the men in this group had been abused as a child. So he developed this tremendous compassion for them where he had none before, none, especially because he raised a little girl. He had a little girl.

The learning in that is so powerful and what we can do is we can open our hearts and minds to that which we don't even know, compassion for strangers.

My microphone is tangled, so I'm going to take one-minute break here and just get comfortable because it's too distracting. When you love yourself that's what you do. Really it's true. You don't have to suffer. If people are frustrated sometimes you can say, "Oh, you see this is about patience." You don't develop patience because you take a weekend workshop or you listen to a CD or something like that. It's not how it works. If it were I could make a gold mine. If I could invent a book that you could read that would make you patient or I could create a CD set that would make you patient I would be the richest person on the planet. That's not within my power but my intention here is to inspire everyone to understand the workings of trust and faith.

We're learning to trust love. We're learning to trust spirit to lead us and guide us. And I was sharing that my friend learned that where he had judged the pedophile so harshly, once he got to know that underneath their behavior was an innocent child who had been abused and was still afraid and was still seeking... They were seeking their innocence back. They were seeking that connection with their childhood back.

They were seeking the purity back as though... Sometimes you think if you can eat something it would restore you when really what it is very often is it's kind of like if you have food poisoning. It's not about keeping it down, keeping it down. No it's about getting it up and out of you so that then you can feel your true self and be restored.

This is the thing we're doing. We're letting go of that which is not our true identity so that our true identity can be revealed. Part of that healing is understanding that our divinity, our true identity is the light. It is the love.



What we've done is we've literally coated, covered over the light and the love with all these thoughts, these opinions, these judgments, these false beliefs, these things that aren't true.

So as I was saying in the class yesterday, underneath all of that is access to true wisdom which is the fountain of faith. The true wisdom is the knowledge that is divine knowledge. And it is the ability to really perceive the truth through all directions of time and space unsullied by human opinions, unsullied by the events of human history.

Because when you can see clearly you can see that everything throughout human history merely proves God, merely proves the Law of Cause and Effect, that all thoughts produce form at some level, that it is done unto you as you believe.

“On an intellectual level we already know...”

That's what all of human history proves. So here's the thing. On an intellectual level we already know that. We already know that. How many times have you sat in a room where the spiritual teacher, a speaker read a book and said, "I knew that. I knew that." Maybe with your arms crossed across and your legs crossed, "I knew that. They're not so spiritual. They're not so great. I know that."

Well there's one thing to understand it intellectually and there's a whole other thing to live it and to walk your talk. And you cannot stop playing small until you walk your talk. I know that 100% because what you will find is there are so many impediments that get in your way and those impediments that get in your way are frustrating and irritating.

Here we are at Unity Village and I'm recording this in front of a live audience and they have seen that we've had technical difficulties last night and today because we're doing it in a different environment with a different system.

And they've seen that I haven't been frustrated or irritated and that I've just gone with the flow and we're doing the best we can. We're working with it.

That's evidence that I walk my talk you see? And when you can meet someone... I have a teacher who really walks her talk and no one has

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ever seen her really be upset or angry or irritated or frustrated with anyone.

And people have studied with her 20 years and spent weeks with her living in the same house working together. And they've never seen that. And I'm so grateful that she is my teacher because as soon as I met her I thought, "That's what I'd like to model. I'd like to be like that. I'd like to be like that."

Because sometimes people see a spiritual teacher who is upset and they're angry and they're frustrated and what that does with the student is they think, "Hmm, maybe there's a disconnect there."

And maybe they're just human because I want to say if you see me yelling at anyone of the staff... No I'm just kidding. It wouldn't happen but sometimes I get frustrated and irritated and that for me is a sign. That's a divine alarm clock going off in my body reminding me, "Ah, there is something you're thinking that's not true. Will you surrender it to the higher self? Will you surrender it to the Holy Spirit or will you continue to think that you're right?"

This is the thing that I was saying is many people have come to me over the years as I've worked as a counselor and they have felt they needed to confess their sins to me in a certain way.

Imagine if all of the years in churches where people confessed their sins that if every single one of them could confess it to someone who had compassion for them, who didn't judge them as a sinner but instead could say, "So, are you willing to let that go? How can you love yourself even so?"

What a difference it would have made in humanity if that practice had begun thousands of years ago. And of course in some cultures and some faiths that is how it goes.

I have learned that when I wasn't judging the people who were coming to me to make their confession... Of course I didn't hang out a shingle saying, "Make your confession here."

But that's what happens when you're counseling people, especially as a spiritual counselor. People want to relieve themselves because they feel



guilty and they want to know can someone still love me if they know that I did this, if they know that this is how I live, if they know I have this secret label, this secret habit.

Well there have been times in my life when I was a secret smoker. There have been times in my life when I was a secret one too many glass of wines, or one too many whatever.

“... ways that we place our faith in the judgments of the world...”

And so I have compassion for that because I remember why I did it in secret because I thought it wasn't very spiritual. But you see all of that is the way that... Those are the ways that we place our faith in the judgments of the world instead of in God.

It means we don't trust God. It also means that we don't think we're good enough. We don't think we're good enough. And very often as we've seen played out on the major stages of religion and politics over and over and over again, very often people who righteously say one thing are secretly doing the opposite. Craziness, right? That's exactly what craziness is it's a split in the mind.

And what it is is a self-hatred. It's self-loathing that people cannot accept themselves. You know it's true particularly around people's sexuality.

I've said many times I've hardly ever met a person in my life that at some point they haven't felt that they were deviant or crazy or there's something wrong with them, particularly if it comes to their sexuality.

Because sometimes when the body gets all heated up or all shut down or whatever, their sexuality is so driving them or compelling them or in some way limiting them that they feel crazy.

They feel out of control or so controlled that they can't stand it. And the response is almost never to go into compassion. It's to go into judgment. And again that's placing our faith in the judgments of the world and not trusting in the divine.

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So life is very challenging. And this is why for me I began the habit many years ago of turning everything over to God at the beginning of the day.

And that's one of the tenets of *A Course in Miracles* and that's why we have the workbook. It's so that we learn not to rely on our own judgments and not to rely on our own perceptions but to partner up and to really become interested in what we hear and see from divine inspiration.

Lesson 135

One of the sections that I think is very helpful I want to point people to, those who are really interested in *A Course in Miracles*. It's Lesson 135 in the workbook. And for me the part that I love starts with Paragraph 11. This is I think the longest lesson that there is. Paragraph 11 starts with, "A healed mind does not plan." A healed mind does not plan.

Now I remember when I first read that I thought, "Oh, this is going to be good because that doesn't make sense to me, a healed mind doesn't plan. A healed mind doesn't plan, because you know I love to plan what I'm going to have for lunch and I don't want to think that there's something wrong with me if I like to plan what I'm going to have for lunch."

What does that mean a healed mind does not plan? And it goes on to say here at the bottom of my Page 253, "A healed mind does not depend on itself for anything except its adequacy to fulfill the plans assigned to it."

In other words everything that you need will be given to you. The insight and the guidance you need will be given to you if you're willing to accept it. There is the rub. You have to be willing to accept it.

So that's what it means by judging righteous judgment and not your own judgment. That's why I say to make it clear for people and make it plain for them, the judge always feels judged. The judge always feels judged and the lover always feels beloved. The lover always feels beloved.



When we're listening we will hear. And when our mind bounces back and forth between judgments and opinions and thinking that we're the ones in charge of controlling and manipulating and deciding who's good and who's like we're Santa's little helpers, then what happens is we become entrenched by our own thought and we start to think we're right. But we're not, sadly no.

And for me this was such a goldmine when I realized, "Oh, I never need any of my opinions anymore. No, I don't need any of them." And I started looking around in my mind.

Are there any opinions that I need? No, no. And I realized I could have my preferences. I have a lot of preferences. But I learned that I could have my preferences without opinions.

I have a preference for planning my lunch because I have a preference for eating the foods that I like and I really like to have nutritious food. And I like to have cooked food. My body doesn't like a lot of raw foods so I have to be able to prepare it.

I work at home so I cook a lot of my own meals so I have to shop ahead of time so I need to be prepared. In a sense you could say I plan ahead but here's the thing. I really do tune in at the grocery store and ask my body what would serve. What would be good for me? I might buy the food that's on sale unless I feel yeah, that's going to be good for me.

But I couldn't even perceive any of that when I was caught up in my judgments and opinions. That is the thing. When we're caught up in our judgments and opinions we're not interested in perceiving clearly. We're interested in projecting our judgments out into the world.

"... the world lines up with our judgments..."

And that's what we're going to see. We're going to see how the world lines up with our judgments and we're not going to be happy about it. And that's why we're going to feel compelled to control and manipulate because we think we're right. We think we know best.

And it's all of that behavior that is going to create so much tension in all of our relationships. Is there anybody here who likes to be controlled and manipulated? No one is raising their hand, no.

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I will go out of my way to let you know I do not like to be controlled and manipulated. And I used to do it like I said before, in a way that was unpleasant and now I can just say, “Oh, Honey, no. Oh, you’re trying to control me. Oh, I get it. But what did you really want? Why did you want to feel like you need to control me? Can you just ask me for what you want? Oh, we can do that. You don’t have to manipulate me.”

Next time you feel somebody’s trying to control you and manipulate you remember they don’t trust God because they don’t feel worthy, because they’re not trustworthy so you’re not trustworthy so they’re trying to control you because they trust their judgments because that’s what they’ve learned.

So if you could just ask them what is it they’d really like from you that could put you in your heart. And sometimes the ego will say, “Don’t you dare. Don’t you dare go along with them. Don’t you make them feel better. You have to punish them. Look, they’re trying to control and manipulate you. You have to get them back for that. That’s how you’re going to teach them not to do that. You have to stick the fire on it and burn them, poke them with it. Throw something at them. Slam the door in their face. Slam the phone down then they’ll get the message you cannot be controlled and manipulated.”

But what if instead of that you decided to just reach your hand out to them in a loving way? Put your hand on their shoulder, their arm and say if only in your mind, “Sweetheart is there something that I can do that you would like? Is there something you would like from me? I can feel there’s something. Would you just tell me what it is so I can see if it’s something I’d like to do?”

When you feel that impulse to control and manipulate them, you can say, “Ah, I’m going to step into my heart. I’m going to partner up with the higher self, with the holy self. I am not going to go this one alone. I’ve done that too many times. I know what comes with that and so I am going to try a better way, give the heavy lifting to the Holy Spirit.”

Just tune into your heart. Say, “I need a minute here.” Tune into your heart. Put your hand on your heart and say, “What is it that I’m really wanting here? Am I wanting approval? Am I wanting a steak



sandwich? What am I wanting? Am I wanting them to pay attention to me? What is it that I'm wanting?"

And then recognize, "Oh, there's a neediness here. There's a little child neediness here with the wanting, wanting, wanting. There's a craving here."

And that's the hook that I was speaking about yesterday in the class, the hook with the barb on it. The wanting, the craving, that's the hook. Because when that energy comes up there's a sense of, "My needs won't be met unless I control and manipulate. I can't trust God. I can't have faith that my needs will be met. Nobody in my family ever listened to me. I was the middle child. I was the baby. Nobody treated me like a baby. I need people to respect me now."

Whatever it is there's something that's not healed there. Love is the healer so we have to approach ourselves with compassion and love. It's worth taking a couple of minutes for and first you might find that people around you will be, "What? You need a minute?"

Energetic Partners

But you'll be surprised at how very quickly they'll be like, "Oh, yeah, take a minute." It's because energetically they're partners with you. Energetically they can feel that what you're doing is you're learning to be loving and compassionate.

As you can do that you can model it for them. If they can see it they can learn it and they too can have a healing. So if one is lifted all are lifted.

This is why trust is so important. It's so important that we be willing to develop these ways. Just stopping and taking a moment rather than riding the energy of the ego and those patterns.

It's so important to think of that ego thought system as a series of patterns like a spider web. Oh, what a tangled web we weave when first we practice to deceive, right? I always remembered that and it's so true. It's so true.

So we're un-weaving that spider web. But the great news is we don't have to figure out how to un-weave it. But we do have to decide that's

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what we're interested in and that's what we're partnering up for, that un-weaving. It's un-weaving every thought of separation.

And sometimes when people will come to me for counseling literally, energetically I can see that it's like... Sometimes they're like in a prison cell. It's literally like they're walking around in a prison cell. I can feel the bars like they're in a cage.

It's actually not even a prison cell. It's more like a cage a lot of the time. And then sometimes all those spider web ropes, if you will, are so tightly wound around them it's like they're like one of those balls of rubber bands. It's just so tight around them.

But the thing is all of that energy, all of that restriction and constriction is an illusion too. We're here to dissolve it. And since time is an illusion it does not take time to dissolve.

One of my favorite quotes from Ernest Holmes the founder of Science of Mind is there is no time in healing. Healing does not take time. The only time that it takes to have a healing... And this is the quote, "The only time that it takes to have a healing is the time that it takes to have a realization." And the realization is simply of love. That's truth. Love is truth. Truth sets us free.

So in this Lesson 135, Paragraph 11 at the bottom here it says, "It is secure in certainty..." The healed mind, "... is secure in certainty that obstacles cannot impede its progress to accomplishment of any goal serves the greater plan established for the good of everyone."

Do you hear that? Obstacles cannot impede your progress in the accomplishment of any goal that serves the greater plan established for the good of everyone.

Now those of you who were paying attention you will notice that in each and everyone of the prayers that I do I always say, "And we share the benefits with everyone because we're one with them." Because that's the part of the prayer where we all remember that really we cannot have anything we're not willing to share.

We cannot have anything we're not willing to share. So if you would like to have your good but deny it to others you'll never have it. And



here's the thing. It's in here anyway. It's in the kingdom. It's installed within you.

“... giving to get is totally futile.”

It's not outside of you. There's nothing for you to get. That's why giving to get is totally futile. The goldmine is here. It's in your heart. You have a heart of gold and it is a light unto the world. And the great thing is if you walk into a dark room, it's completely dark and you turn on the light you don't have to cajole the darkness to go. You don't have to warn the darkness you're coming in, “Darkness, I'm going to turn on the light now. Get ready to leave. Get your coat on. Here I come with my light.”

And you don't turn on the light and the dark kind of fights and slowly withers and goes. No, it's instantaneous. The same is true for us. The light is in our heart. We have to flip the light switch on.

If you're looking for the light outside of you you're not looking in the right place. We're drawn to the light outside of us. We're drawn to spiritual teachers. We're drawn to spiritual teachings because they are evidence of the light, that it exists.

And we can be inspired and motivated by the light that we perceive but the healing is when we recognize that the full load has been preinstalled within us. And that can happen at any moment.

And this is why it's so important when we see people in the world who seem to be enmeshed in the darkness, that we know only good for them and not contribute to that prison, cell, to that cage, to those rubber bands constricting them by adding our judgments and our opinions and our attack thoughts onto them.

Now the other thing is that whenever we do that attack it's like a boomerang. It's going to come right back and it's going to hit us harder than we ever intended it to hit anyone else.

And in the last eight week tele-class I did a two-part series. It was the last two classes of the sixteen that was called Freedom From Fear. I really laid out all of this on how when we give ourselves permission to attack we will never feel safe.

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“... we’re creating a world that is not safe.”

Why? It's because we are creating a world that's not safe. We're not interested in safety. We're interested in attack. We have to give up attack in order to feel safe in the world. It's not about changing the world. It's about changing our perceptions of the world.

When we think it's okay to attack we will never, ever feel safe. We will always, always feel afraid. And very often people blame it on others. They don't feel safe because somebody's going to do a job on them. Or somebody's going to blow up the building. That's why it's an orange alert day or they don't feel safe. They would like to attribute that to someone else but it's never someone else.

So if you have a goal in your life... And I want to tell you. This is something we work with very tightly in Masterful Living. I have a year long course called Masterful Living and we have a class every week and there's homework.

In that we really work on getting to the goals that really are our life's purpose and living our destiny. And I really believe that everyone's life purpose is to love, to love full out, to love out loud all the time. LOL.

You know how people write that on e-mails, LOL? For the longest time I thought that's what it meant, love out loud. And then I found, oh no. They mean laugh out loud. I like love out loud better.

A healed mind realizes that there's no obstruction to you manifesting your goal, none, none. It doesn't say anything about struggling or difficulty or overcoming. There will be no impediments if your goal serves the greater plan established for the good of everyone.

And those are the most joyful goals anyway so why not pick one of those? Why not just decide that you're going to begin to contemplate on a regular basis? What is the greatest good that you could bring in your life?

And every time you feel the ego saying, “Oh, I could be the most generous little girl in the whole world.” Or, whatever. Say, “Oh, Ego, get thee behind me.”



Or as Ken Wapnick told me last week, he says... I say I'm not interested in that anymore. Many of you have heard me say that. So when I hear the ego voice I just say, "I'm not interested in that anymore."

Sometimes I say, "Get thee behind me." It just depends. But most of the time I say, "Oh, no. I'm definitely not interested in that anymore."

Because it's a declaration of really I'm clear I'm not interested in that anymore. Whereas get thee behind me is more of, "No, you're an annoyance." It's a lower scale of ego thought that I would say, "Get thee behind me," too.

And Ken Wapnick I asked him. I said, "What do you say to that ego mind, Ken?" And he said he quotes King Lear who said, "That way madness lies." I put that in my blog this week I think it was or last week. That way madness lies, the whole passage from King Lear.

And I love that because it's so true. I mean that's what ego is, crazy thinking. And the biblical scholars have told me that actually that's what the true translation would have been for the words Satan when Jesus said, "Get thee behind me, Satan." That really the devil Satan was crazy thinking, ego thinking.

Paragraph 12

This is Paragraph 12 now. "A healed mind is relieved of the belief it must plan. Although it cannot know the outcome which is best, the means by which it is achieved, nor how to recognize the problem that the plan is made to solve. It must misuse the body in its plans until it recognizes this is so. But when it has accepted this as true, then is it healed, and lets the body go."

Now this takes time to accept. You have to have real trust and faith to accept that you don't need to make plans. And what it really means is this. It's not that you can't plan what you're going to have for lunch or where you're going to go on vacation or plan your wedding or your retirement.

It's have no attachment to it. Be open. Ernest Holmes used to say, "Open at the top." Be open minded. Have no attachment. Have no hook. And when you notice you feel an attachment to your plan and you think you know what's best and how it should be and you feel irritation rising

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from your belly, that feeling of that irritation rising from your belly, that's a clear indication that you're hooked with an attachment.

And here's to me what a wise spiritual seeker does, the true student does. The true student says, "Oh, how wonderful. I can release another attachment and be that much more free. Oh, how wonderful. Today is my independence day. Oh, let me share the benefits with everyone and anyone else who has this hook. Let them too be free. Let me unhook it for everyone everywhere in all directions of time and space. Let freedom ring throughout eternity."

And sometimes it's very challenging because I have done that screaming, lying on the floor with tears running out of my eyes and into my ears because I felt so hooked. I was like a fish flopping on the floor.

I'm not kidding you. I felt so hooked by my opinions and judgments, by my plans. But that's how we train the mind to let go. It's like if you're quitting smoking and you want a cigarette so much you practically would gnaw off your hand to get one. You know?

And in that moment you say, "And yet still I am not a smoker anymore and I do not smoke. Cigarettes have no power over me. My power is the only power and that's love. And I love myself enough to set myself free. Then in a minute or two you'll have forgotten about it and then it will come back again. But you do that a few times and then you don't have to do that anymore. You don't if you do it with some charity."

Paragraph 18

This is one of my favorite parts here in the whole book, Page 255 in mine. It's Lesson 135, Paragraph 18. "What could you not accept if you but knew that everything that happens, all events, past, present and to come, are gently planned by one who's only purpose is your good?"

What could you not accept if you knew that everything that happens, all events, past, present and to come, are gently planned by one who's only purpose is your good?



This is why we have to trust. We have to place our faith in God and know that what is happening is for our highest good and we cultivate the willingness to see the highest good in what is happening.

If we think we know what the highest good should be then we are not seeing the highest good. We have to keep opening our mind and opening our mind. It's like when you're watching something on the web you refresh the page. You have to refresh yourself.

And I know the best way to do that for me is place my hand on the heart and take a breath of gratitude and say, "I'm so grateful right now that I can remember to partner up. I'm so grateful not to rely on my own opinions and judgments anymore. And I am willing to learn to trust."

Now here's the rub. So many people are not trustworthy and that doesn't make them bad or wrong. It's just a habit. It's like a smoker. Being untrustworthy is just a habit. It just means you don't see the value of being trustworthy. That's all. It doesn't mean that you're not a good person because how many of us have said... I mean I have done this.

Have you ever done this? You say, "I am not having any of that cake." It's like a vow that you make to yourself, "I am not having any of that cake." And two hours later you've eaten half of the cake. And then you think, "I'm a bad, bad person. I cannot keep my word. I am not trustworthy. I'm a crazy animal."

And we start berating ourselves. Now what's more violent? Is it to deny yourself the right to have any of the cake, to eat the whole cake or to berate yourself for having any of the cake? Most people would say to berate yourself.

So you see this is what happens. You make a vow, "I'm not going to have any of that cake. I'm only going to have one piece or I'm not going to have any drinks. I'm never going to sleep with that person again." Whatever. We make these vows and then before we know it it's almost like a boomerang, right?

We have broken that vow and we have basically demonstrated to ourselves we are untrustworthy. Then we project that out into the world and we say, "The world is not trustworthy. The world is like us.

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God is like us. God is not trustworthy. I told the God that I would quit smoking if he would just come back to me and he didn't come back to me so I'm going to keep smoking. I don't have to quit smoking. I only quit smoking if he comes back to me so he didn't come back so at least I've got my cigarettes."

We make these crazy deals. And part of it comes from our upbringing in religions and things, you know? You make deals. You do the penance. You do this. You do that. You make a bargain with God. Would you trust a God that you could bargain with?

No because that's making God into a person that you bargain with. The Law of Cause and Effect cannot be bargained with. This is why I'd like to point you to the section on trust in the teacher's manual which is my favorite section in the teacher's manual.

Manual for Teachers Chapter 4

For those who are new to *A Course in Miracles* I encourage you to start with the teacher's manual. And I love what this Chapter 4, What are the characteristics of God's teachers? And the first one is Trust. "This is the foundation on which their ability to fulfill their function rests."

So your function is to save the world through opening your heart and being love, living your true identity. "This is the foundation on which their ability to fulfill that rests. Trust is the function, the foundation on which your ability to live your destiny rests.

So this section on trust I encourage you to read everyday for a week. Read it once a week for a month. Really study it. See yourself in it because what it describes is what I call a process of elimination on the way to illumination, a process of elimination on the way to illumination.

You've got to eliminate everything that is covering up that heart of gold which is the source of your illumination. You are a light being. So don't place your trust in your own opinions and judgments anymore unless you want to continue to be frustrated and disappointed.



When you feel that you are hooked, partner up. Invoke the higher self, the holy self to help you undo it. Do not rely on your own abilities. You don't need to. It's like, do you do your own dentistry? Would you do your own surgery? No.

And part of it is because you want that anesthetic, right? You want somebody to administer an anesthetic first before they cut you open and do the surgery.

Really truly this is what I have experienced. And I invite you to use this to the maximum. Give the heavy lifting to the Holy Spirit but you have to ask. So the teaching is ask and it is given.

It doesn't mean ask for chocolate and somebody will come give you chocolate though they might. It doesn't mean ask for somebody to love you so you feel good about yourself.

No, it's ask for support and it is given. Ask for insight and it is given. Ask for clarity and it is given. Ask for an awareness of the truth and it is given because you see you already have it. The only thing is, is that's what's obstructing everything, the full experience of the kingdom is what you are holding onto that stands in the way, your beliefs, your attitudes, your opinions, your judgments.

But you can ask the holy self, the higher self, the Holy Spirit, the angels, the ascended masters, Jesus, Buddha, Krishna, Quan Yen. You can ask the whole tribe to assist you every minute of everyday to release your judgments and opinions.

And this is why I give you the metaphor or the image of placing it on the altar. That's why in my home I have an altar in every room.

Everytime I see that altar, even if I don't recognize it, I'm seeing it. I'm reminded that if there's a difficulty I can place it on the altar.

I'm traveling. I'm staying in a hotel today at Unity Village here and I'll show the folks here at lunchtime I have a little altar that I travel with. I made us an altar for the class. Place it on the altar. Place it in Judas, Jesus' hands or Judas, whatever.

All the teachers are there to help us because time and space are an illusion. They're omnipresent. We're omnipresent. We're one with the

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one. This is the truth of our life. There is no reason to complain about anything. Partner up. Get some heavy lifting help. Don't do it alone.

“... and the way in is the way out.”

That's what *A Course in Miracles* is all about. There is a better way and the way in is the way out. The way into that heart is the way out. You have a heart of gold. Seek first the kingdom which is within and all else will be added unto you.

What part of that don't you understand? The part that you don't understand, ask and it is given. Be willing. Be trustworthy. When you get divine guidance follow it. Follow it. Train your mind to listen and follow.

Be obedient. Remember to whom much is given much is asked. If you would like to receive more honor what you've been given. Don't treat it like trash. Don't ignore it. That's how you apply it.

I'm going to pray out here in just a moment and I'd like to share with you that it makes such a difference to listen again and again. So I encourage you to pray for yourself before you listen again. If you're going to listen with your group, with your friends, pray for the group even before you hear my opening prayer.

Set your intention. And remember I talked about the goals. The goal that serves all, start to write that down. What is that goal that serves all? To me it's being the love in every moment. What greater gift could be?

Since I have worked with that I don't care where I'm going and what I'm doing that much as long as I get to be loving when I'm there. And I'm the only one that's in control of that. So I get to live my life's purpose all the time whether I'm at the gym or at the grocery store or driving in the car.

I love the subject of Trust and Faith because it has been my healer. I didn't know how untrustworthy I was until I started being willing to look at it. And when I discovered that I made the commitment to be trustworthy. It was like getting on a rocket, getting on a rocket to a



healed mind and I've been on that rocket ever since. And I invite you to join me.

Closing Prayer

So I invite you to take another breath of gratitude and place your hand on your heart and be so grateful and so thankful right now that you gave yourself this opportunity to really partner up.

And right now we're giving thanks that we have divine guidance and divine insight always available to us live streaming 24/7, that we're never left out in the cold, that we're always one with the one.

Divine grace is active. Divine will is active 24/7. And we can train our minds so that we have the eyes to see and the ears to hear. And we can share the benefits with everyone and live a life of devotion.

This is our intention right now. It's a holy intention. It's a divine goal and we're grateful to accept it and to allow it, to live as our very life. In gratitude we let it be our life and so it is our life. Amen. Amen, Amen, Amen.