



Prayer for Today

with Jennifer Hadley

Prayer for Demonstrating Love and Kindness



Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for demonstrating Love and kindness.

Yes, that's what we're about.

So we're grateful, we're thankful to place our hand upon our heart and to consciously choose to demonstrate Love and kindness.

Grateful to be grateful. Grateful to be willing.

Grateful that the demonstration of Love and kindness that we offer is deeply healing and nourishing. It brings benefit to all beings.

Grateful to open ourselves to that flow of Love and to relax into being kind - being kind to ourselves, and letting other people see us be kind to ourselves.

Grateful that we can extend kindness to our brothers and sisters, even when other people might think they don't deserve it.

We know that we are demonstrating Love and kindness to inspire more Love and kindness.



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We are grateful that we can recognize the opportunities to extend Love and kindness, and that we never need to withhold Love, that we never need to withhold kindness.

We can always extend, and in doing so we remember more who we truly are, who sent us, and what our purpose is.

We're grateful that every day gives us opportunities to express Love and kindness in ways that are deeply healing to ourselves and to others.

We are grateful that everywhere we go we are welcome because we bring the Love and kindness. God is working in a miraculous way through us, shifting our consciousness because we are willing to be a living, loving demonstration.

Sharing the benefits with all because we are eternally one with them.

We let it be.

And so it is.

Amen. Amen. Amen.

Yes, yes to extending Love and kindness, demonstrating them, so all can recognize and discover the benefits of loving kindness.

Yes.

And part of my expression of Love and kindness is to make these prayers, and thank you for being my prayer partner and praying with me.

What's coming up?

Saturday: Forgiveness Workshop. It's totally free.

I'm inviting you to come and join me. We're doing the deep work. We truly are, and it's beautiful.



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So Saturday - free Forgiveness Workshop. Come one, come all.

I love you.

Have a powerful healing day, extending Love and kindness, demonstrating Love and kindness.



Read my blog related to this prayer **HERE**

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