



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Dissolving Painful Patterns

Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for dissolving painful patterns.



We'd like to live a life without painful patterns, so that's what we're choosing.

We are opening our hearts and minds to the power of Love within us, placing our hand upon our heart, taking a breath.

Gratitude lifts us high.

We are grateful that we can live without the painful patterns.

We are grateful that we're making that choice right here, right now.

We're grateful for our willingness to relinquish whatever the root causes are of the painful patterns.

We are grateful for our willingness to partner up with that Higher Holy Spirit Self so that we can be free of the painful patterns.

Grateful that it is natural for us to live a miraculous life without painful patterns.



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So grateful that it is normal for us to be free of the past and not repeating it in our mind again and again and again.

It is normal for us to keep our attention focused in the present moment, where the Love is, where the Love is flowing, where the good is.

All that is good, all that is loving, all that is wonderful is right now.

So we're tuning into the present moment, and we are dissolving our attachments to the painful patterns of the past.

So grateful that we don't have to keep repeating them.

So grateful that we can be free. Grateful to choose it.

To align together right here, right now, and say yes to the life of freedom that we desire, the life of peace and harmony.

We're truly sharing the benefits with everyone everywhere because we are one with them always and forever.

We're sharing the benefits right now.

We let it be.

And so it is.

Amen. Amen. Amen.

We're blessed.

Yes, thank you so much for praying with me today, being my prayer partner. I appreciate you.



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And what's going on?

Today and tomorrow: free Forgiveness Workshops.

Also, tomorrow: Sundays with Spirit.

Monday is week two of A Life Led by Love.

And then on the 17th - a week from today - we have the workshop: accountability with self-love.

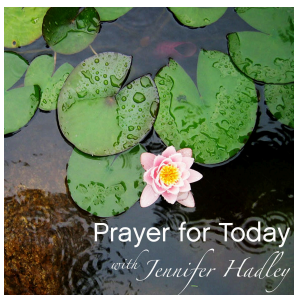
So grateful that we have these opportunities to gather together and do the work together.

Masterful Living registration is open. It starts on Monday the 27th, and A Life Led by Love and the accountability workshop are bonuses if you register now, so I encourage you to do that.

And you can book an exploratory call with one of the Quantum Counselors, and they can answer any questions that you have about any of our programs.

So if you're thinking about Masterful Living, but you're not sure, book a call, and they can just tell you all about it because they've done it.

And have a powerful, beautiful day, free of painful patterns.



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