



Prayer for Today

with Jennifer Hadley

Prayer for Healing the Triggers

Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for healing the triggers.



A lotta triggers happen lately - being triggered left and right. Most people are.

And we can heal those triggers. We can heal them permanently.

Let's do it.

So we place our hand upon our heart, and we are grateful.

We take a breath - Love and gratitude lifts us high above the battlefield.

Take that breath of Love and gratitude, and we lighten our load with a higher vibration.

So grateful to open ourselves to truly be willing to let go of the meaning we made of the past, and to release and relinquish forever the triggers of the upsets, of the unhealed hurts, of the fear and the worry.

We are grateful to relinquish whatever triggers. They are like land mines that are being dug up and disposed.

We are willing to let go of those triggers.

We're willing to forgive ourselves for the meaning we made of things in the past that's making us miserable in the present.



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We are grateful to live a life of Love. This is our free will choice, and we are grateful to choose that.

We are grateful to extend that Love, that compassion, that caring to everyone everywhere because we are eternally one with them.

So grateful to allow ourselves to experience true and lasting healing.

We are sharing the benefits of this healing with everyone everywhere because we are one with them.

In gratitude and gratitude, to let go of the past, we simply allow it to be.

And so it is.

Amen. Amen. Amen.

Yes, powerful. Thank you.

Oh my goodness, everybody's getting triggered now - well, most people, not everybody.

Thank you for praying with me. Thank you for being my partner.

And what's going on is this morning I'm doing a 10 AM Eastern Forgiveness Workshop. People said they'd like me to do some at this time. I'm doing it, and I'm excited for that, so bring your coffee. We'll have coffee together and do our forgiveness work - deep spiritual practice. That's what we're about.

And I'm really excited about this workshop on Saturday: accountability with self-love. And I just did a podcast, Accountability as My Power Tool, and it really is, so I encourage you to come and join if it calls to you.

And then Sunday we have the last session for Mother Daughter Sister, and we have a free Forgiveness Workshop at 3 PM Eastern, Sundays with Spirit also at 3 PM Eastern.

And Monday is the last session of A Life Led by Love. You can jump into that. People are loving it, and you can get the replay and join me live for the last session.



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All right, and of course, Masterful Living registration is open, and the accountability workshop is a bonus if you're already registered for Masterful Living.

Masterful Living starts on the 26th, Monday the 26th, so we're counting down the days.

I love a new year. Thank you for being a part of mine.

I love you. Have a beautiful, powerful, trigger-free day.



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