



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Releasing Shame

Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for releasing shame - releasing any shame we've been holding onto very deep in our consciousness, whether we even recognize it's still there or not.



We are releasing any and all shame that we have held onto.

We are grateful to let it go.

We place our hand upon our heart, and we are grateful and thankful to surrender any attachments we have to shaming ourselves or participating in shame in any way, shape, or form.

Oh my gosh, we are grateful to let that go.

Grateful to relinquish the judgments that we beat ourselves up with and shame ourselves with.

We're grateful to release them now and forever.

We are grateful to call upon that Higher Holy Spirit Self to reach into our consciousness and to clean away, clear away, back to whatever the root cause is we believe in our being shameful.

So grateful to let that habit of shaming ourselves go.

So grateful to let the habit of agreeing with other people that we are guilty, that we're shameful, that we're bad or wrong, or in any way not lovable, not miraculous, not fully amazing, beautiful, magnificent beings.

We are grateful to give ourselves freedom from these thoughts of shame and not enough.



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Oh, so grateful to let it all go.

We are truly sharing the benefits of our amazing healing with everyone everywhere because we are eternally one with them.

So grateful to allow ourselves to lift out of the muck and the mire, out of the mud, and into the Light.

We are grateful to allow it to be.

And so it is.

Amen. Amen. Amen.

Thank you, thank you for being my prayer partner and praying this prayer with me today.

Oh my goodness. Oh, thank you.

What's coming up?

So much is good.

Friday: Forgiveness Workshop.

Saturday: accountability with self-love workshop.

Sunday: Forgiveness Workshop plus Sundays with Spirit.

And also, it's not too late to join us in A Life Led by Love.

And of course, Masterful Living registration is open.

We start on the 26th, Monday, and that's the day registration closes. If you register now, you get some bonuses, so get on it.

This is the cosmic alignment we have been waiting for. Let's maximize it, and this year in Masterful Living, we are going to do just that.

I love you.



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Have a powerful day. No more shame. We are setting ourselves free.



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