



Prayer for Today

with Jennifer Hadley

Prayer for Being Defenseless

Hello beautiful this is Jennifer Hadley and our prayer for today is for being defenseless it is our nature to be defenseless in a positive way nothing to defend we are not defending ourselves cause we're not being attacked. We are grateful to rest in our innocence to rest in our perfection nothing to defend nothing to attack so grateful to recognize that we do not need to defend ourselves against anyone or anything we're opening ourselves to change our mind about ourselves change our mind out this world about our life and to live in the light of the truth, remembering the truth that liberates us from despair and fear and worry and lack and limitation we're opening ourselves to a flow of abundance and prosperity of flow of love and harmony of flow of wisdom and Clarity so grateful to recognize that we are in this flow it's ever present omnipresent and we are innocent yes so there's nothing to defend we're grateful to give up the idea that we're being attacked and that we need to protect ourselves against at attack, so grateful to allow ourselves to rest in spirit and to surrender any need to attack and any sense of being attacked we are choosing to be defenseless. We are grateful and thankful to share the benefits with everyone everywhere because we are eternally one and so it is amen amen. Amen. Yes, in these difficult times it's good to remember that we are defenseless and so we can change our mind about the world and no longer need to defend ourselves. Yay, all right what what I would like to say is thank you for being my prayer partner. Thank you for praying with me today and what's coming up? Is this weekend to forgiveness workshops, one on Friday and one on Sunday and then the following weekend Valentine's Day weekend I'm doing a workshop entitled healing with self love people loved the accountability with self-love workshop so now I'm doing

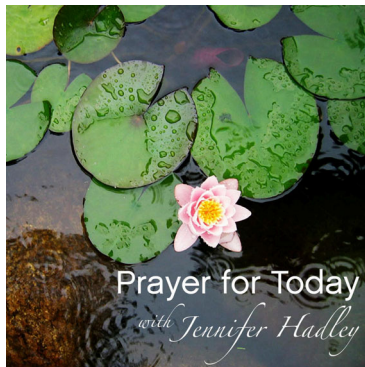




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healing with self-love in honor Of Valentine's Day I hope you'll join me somewhere along the way and please invite your friends two hour free forgiveness workshops I love you have an amazing and powerful day truly recognizing and being defenseless.



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