



Prayer for Today

with Jennifer Hadley

Prayer for Forgiving Myself

Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for forgiving myself.



Yes, let us all forgive ourselves.

Let's stop holding judgments and grievances and grudges against our own self, our own personality, our own version of our identity.

Oh my goodness, we're setting ourselves free, and it's beautiful.

So let's place our hand upon our heart.

And yes, you can hear my voice - allergies are bothering me - and I am so grateful to pray this prayer today.

So grateful to forgive myself all the debts and all the trespasses, all the grievances and grudges and complaints.

So grateful to open our hearts and minds to true self-forgiveness, to setting ourselves free from condemnation, free from limitation.

So grateful to open ourselves to a new vision of our true identity.



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We are cultivating a pure awareness of our true nature and our true identity, recognizing our wholeness is intact, recognizing our innocence is intact.

Recognizing that we've never been a victim, never will be a victim, even if we don't understand it.

We have great willingness in this moment to forgive ourselves for believing we were a victim, that we could be a victim.

Forgiving ourselves for thinking we're less than or not enough.

We're forgiving ourselves for thinking that we don't have what it takes to be our true Self.

We are grateful to give up all the misperceptions and projections and to truly allow for the peace, the Love, the joy, the compassion, the harmony to be present in our awareness.

We are giving ourselves a gift of self-forgiveness.

So grateful to share the benefits with everyone everywhere because we are eternally one.

In gratitude, we let it be.

And so it is.

Amen. Amen. Amen.

Yes, yes, yes, yes.

If we don't judge, there's nothing to forgive, so let's just forgive ourselves for judging ourselves and leave it, and move forward.



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

Oh my goodness, it's a good thing. Yes.

All right, so what's going on?

The Deep Dive Workshop in March is called Letting Go of a Person.

So in whatever way we feel attached to somebody, and we recognize that it's unhealthy and we'd like to let go of that person, or just not feel attached - not feel a craving, needing, wanting - the person can be alive or not alive on this planet.

We are letting go of these attachments so that everybody can have better relationships and feel more free.

Workshop is Saturday, March 14.

And the weekend before I have a free Forgiveness Workshop on Sunday - I think the date is the 8th.

And this Sunday, I am the speaker at Sundays with Spirit, so I'll see you there if you're there.

Have a beautiful, blessed, powerful day forgiving yourself.

I love you.



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