



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Ending Self-Betrayal

Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for ending self-betrayal in all its forms.



So we place our hand upon our heart, and we rise up with gratitude, with Love.

We have a great willingness to let go of any and all self-betrayal - all the hidden ways that we've betrayed ourselves.

We are letting them go.

We are offering them up to that Higher Holy Spirit Self.

And hand on our heart, we are practicing Love and gratitude, lifting our vibration high.

We're grateful that we can relinquish the habits of self-betrayal and the wounds of self-betrayal.

We're allowing all of that healing to take place.

We're opening our mind so that we can liberate from the repeating patterns of self-betrayal in our relationships, in our finances, health, and our wealth.



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We're eliminating all avenues of self-betrayal, and we are replacing those habits, those actions, those beliefs, those thoughts with thoughts of Love and kindness, actions of Love and support, actions of being truly helpful for ourselves, with ourselves.

Knowing that we are precious, and that we deserve the highest and best care, the most loving care.

So grateful to open ourselves to this clear and powerful truth.

We are no longer interested in attacking or harming ourselves in any ways.

We consciously share the benefits with everyone everywhere because we are eternally one with them.

In gratitude, we allow it to be. We let it be.

And so it is.

Amen. Amen. Amen.

Yes, so good.

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

I have a new podcast episode out.

And what's coming up is self-forgiveness always happening, and in particular this weekend - on Sunday - I'm doing a free Forgiveness Workshop.

So if you feel like you've been betraying yourself, maybe come to that Forgiveness Workshop.



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And then in two weeks - well, 10 days or so - I am doing my Deep Dive Workshop for March on the equinox, and the topic is Letting Go of a Person.

So it's letting go of the attachment. It's letting go of agreements, grudges, the attachments of complaints, the obsessive-compulsive thinking - all these aspects.

We're letting them go, and we're gonna do the work in the workshop, and I will give you tools to keep going.

So that is happening on March 21.

And those are the things I've got for you this month.

I love you.

Have an amazing day giving up self-betrayal.



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