



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Forgiving Ourselves

Hello beautiful this is Jennifer Hadley and our prayer for today is for forgiving ourselves releasing all self judgment, letting ourselves off the hook yes, guilt and shame are not helpful so we're grateful to know that love is helpful and we are loving ourselves free of limiting thoughts and ideas we're opening ourselves to clear, insight, inspiration divine downloads we're opening ourselves to the awakening that is happening all in through and around yes, and forgiving ourselves accelerates that awakening. We are grateful to rise up. We are grateful to recognize that we're not born to suffer. We're not born in shame we're not born in any kind of need for subjecting ourselves to all manner of guilt and shame, we are grateful to forgive ourselves for the ways that we have treated ourselves and thought of ourselves that were unloving and unhelpful. We're grateful now to recognize that we are fully and completely lovable our being this is lovable when maybe our habits are not we are willing to love ourselves, our true self and surrender attachments to our false identity. We're no longer interested in presenting a false self we're no longer interested in presenting a self that is less than and not enough we are interested in standing in the truth of our being in our magnificent and sharing the benefits with everyone everywhere we allow this unfoldment to really live in our heart in our mind, we're so grateful that we can extend and share love and forgive ourselves for any self judgment we are grateful to share the benefits with everyone we let it be and so it is amen i'm in a man oh so good ha ha thank you for being my prayer partner thank you for praying this prayer with me.





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Thank you for your willingness to forgive so good so liberating yes just did another free forgiveness workshop yesterday and it's such a blessing. The next one is April 6 the day after Easter feels like a good thing to also, if you were in the letting go of person workshop, I'm pretty sure I'm gonna offer a part two and I'm thinking of doing that mid April so stay tuned for that also, what's coming up? Is tomorrow Sundays with spirit? I will be there and those are the things that are going on. I love and appreciate you have an amazing day



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