



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Giving Up Self-Punishment

Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for giving up self-punishment.



Giving it up to that Higher Holy Spirit Self - giving it up, turning it over.

We are grateful to relinquish the need to punish ourselves for anything. We are grateful to give that up.

So we place our hand upon our heart, and we take that breath of Love and gratitude - Love and gratitude, Love and gratitude, Love and gratitude.

Grateful for spiritual teachings that are transformative.

We're grateful for the truth that heals our mind.

We're grateful for the perfect Love that we already are.

Grateful for infinite intelligence loving us so fully, so completely.

We are grateful that we can change our mind and go the other way.

We are grateful for so much good, grateful to say yes to infinite wisdom in our awareness.



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So we're recognizing that there's no need, no benefit, no upside whatsoever to self-punishment.

We don't need to punish ourselves or anyone else for any reason whatsoever.

We don't need to take our feelings out on another person.

We don't need to punish ourselves for the errors of the past.

We're relinquishing all attachments to grievances, grudges, complaints, resentments, regrets.

All self-attack dissolves and resolves permanently back to the root cause so we never experience it again.

We are grateful to relinquish all of that and to open our heart to our self with compassion, with kindness, with patience, with a generosity.

We are grateful to cultivate the generous heart for ourselves and everyone else.

So grateful to allow ourselves to truly know the peace of God and live the peace of God.

So grateful to say yes to permanent healing transformation.

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

In gratitude, we allow it to be.

And so it is.

Amen. Amen.

Yes, yes - mighty, mighty prayers.



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Thank you for praying with me. Ha ha.

Thank you for being my partner today. I appreciate you.

And what's going on, what's coming up?

On Saturday, the equinox, my workshop - it's my March Deep Dive Workshop - and the topic is Letting Go of a Person.

So we're letting go of obsessive-compulsive thinking, codependency.

We don't have to give up the relationship, but we do have to give up the attachments.

And sometimes we do wish to let go of the connection right here, right now. It's too much for us, so we're gonna take a break.

So there's all aspects of letting go of a person, but it's really letting go of the attachment.

It could be a needing, wanting, craving attachment. It could be an aversion.

We're going to release it, so come and join on Saturday if that sounds like it would be helpful.

And don't forget, there's always another Forgiveness Workshop for free coming up, so you can always sign up for those at [powerofloveministry.net](http://powerofloveministry.net).

I love you.

Have a powerful, beautiful, really clear and dynamic day giving up self-punishment.



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