



Prayer for Today

with Jennifer Hadley

Prayer for Self-Forgiveness

Hello beautiful this is Jennifer Hadley and our prayer for today is for self forgiveness yes, we are forgiving ourselves for thinking that we're not good enough. We're forgiving ourselves for thinking that something's wrong with yes, and on and on until we're done so we place our hand upon our heart so grateful to rise up and recognize that we are already perfect already pristine we are perfect love we always have been and we always will be. This is how we were created we are created out of love and we are love so we are willing to remember that and forgive ourselves for thinking otherwise, so grateful to recognize that every misadventure that we've ever add every diving into the darkness, every belief in despair and betrayal, all of it was simply an adventure, a spiritual adventure in darkness, a spiritual adventure in separation it's not a sin and we have made no mistakes. We are explorers and that's what we've been doing exploring so grateful to journey together back to our right mind, remembering the truth and feeling the liberation that truth brings the truth is always there for us and right now in this very moment we're willing to accept the truth and Value the truth so grateful to forgive ourselves of any judgments any complaints any attack thoughts that we've been holding onto and punishing ourselves with we're giving it up and over we're moving out of self betrayal, and we're allowing ourselves to truly know the love of God is our life, and we share the benefits with everyone everywhere because we are eternally one in gratitude we allow it to be and so it yes, I'm in amen amen. Yes, so good so so good thank you for being my prayer partner. Thank you for





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praying with me. I appreciate you. Oh my God i'm so glad we're doing this self forgiveness together. Yes self forgiveness on my mind because of the free forgiveness workshop I'm doing tomorrow and it's always on my mind to let go of the punishing thoughts so that's what's coming up also, Sunday's with spirit tomorrow and then next Saturday a week from today is my letting go of a person workshop so letting go of attachments to people in our lives whether they're still walking around on the Earth or not, we're letting go of the attachments we don't have to let go of the relationships with the person in the sense of never being with them again, but we do have to let go of the attachments so we're going to practice that in this workshop deep healing is what we're going for and may you have a deep healing day of a self forgiveness I love you



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