



Prayer for Today

with Jennifer Hadley

Prayer for Getting Rid of Shame



Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for getting rid of shame - healing it back to the root cause, the core.

Letting all of the effects of the shame that we have experienced in our entire lifetime or lifetimes - we're letting all of it be dissolved and resolved permanently back to the root cause so there are no effects.

We are truly grateful to relinquish all effects of shame.

We're getting rid of shame. We're eliminating it - healing it, dissolving it, resolving it - from our entire system, from every part of our being.

So grateful to allow ourselves to truly let go of the past and all the moments of despair generated from the shame that we have experienced.

So grateful and thankful that experiencing shame, it's not a sin or a crime. It's an experience, and we are no longer interested in having that experience.

So we are letting go of the root causes of shame, which are the judgments and the complaints against ourselves.

So grateful to live without those judgments so that no one can trigger them because they are no longer there.

So grateful to heal our heart, our mind, our life, and our entire experience of shame in all its expressions and forms.

We're setting ourselves free. Freedom is what we are about.

So grateful to claim our destiny of perfection and wholeness and beauty and magnificence.

We share the benefits with everyone everywhere.



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Getting rid of shame is happening now.

We let it be. We let the healing happen. We know it's done.

And so it is.

Amen. Amen. Amen.

Yes, so good.

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

And what is going on?

We have more Forgiveness Workshops - just keep having more of them.

And my Deep Dive topic for April - I'll be sending that out soon - it is about letting go of the sense of feeling betrayed and healing that, because those cuts can seem to run very deep and really affect us. I know a lot about that, and it is so good to release all of that and to invest our energy in something more productive - far more productive.

That is what is going on.

And yes, at the end of the month I'll be doing a four-part - a four-day program, *Living A Course in Miracles* - cultivating the peaceful mind and doing that with some wonderful friends like Jon Mundy and Rev. Myron Jones, Lisa Natoli - yay - Mark Anthony Lord, and we're gonna go deep. It's gonna be good.

And it's free, so look forward to that, and all the details coming out soon.

I love you.

Have an amazing day letting go of shame, releasing it forever.



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