



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Letting Go of Painful Patterns



Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for letting go of painful patterns - letting them go forever.

Yes, the crucifixion is over. We are ready for the resurrection.

We're letting go of the painful patterns that we have succumbed to, that we've been driven by, that we have experienced in our life.

So we're grateful to place our hand upon our heart and take a breath of Love and gratitude, opening ourselves to the wisdom and the intelligence, beauty that is available to us each and every day.

We're opening ourselves to new insight and clarity. Inspiration - divine downloads - are available, and we welcome them.

We're so grateful to trade the painful patterns for divine insight and setting ourselves free from the blocks to Love.



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So grateful to say yes, right now, to the full relinquishment of the painful patterns - the ones we're aware of and the ones that seem hidden.

All of it - we're letting it go right here, right now.

We declare that we are willing to live a life where we do not get sidelined by painful patterns anymore.

We are clearing them in our ancestry. We are clearing them in the future.

We are clearing them by healing them back to the root cause so we never experience them again.

We are welcoming the insights and the inspiration.

We're so, so grateful to relinquish any and all causes of pain.

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

We allow it to be.

And so it is.

Amen. Amen. Amen.

Yes, yes - a whole new world. That's what we're claiming. Whole new experience. Love this loving life.

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

Sometimes I just get into that prayerful zone and I like to stay there.



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So what is going on?

A couple of things.

My Prayer Power class starts on Monday. Prayer completely changed my life - obviously. I've been recording daily prayers for 20 years. Twenty years.

And truly, prayer is so good.

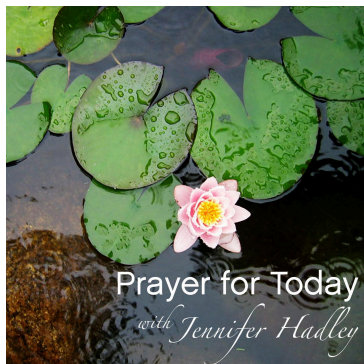
So I have my Prayer Power class. It's a four-part class, and it starts on Monday.

Also on Monday I'm doing a free Forgiveness Workshop, so please come and join me. It's totally free.

And I'll be at Sundays with Spirit on Sunday for Easter, so I hope to see you soon.

I love you.

Have a powerful, beautiful day letting go of painful patterns.



Read my blog related to this prayer [HERE](#)

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