



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Actively Choosing Peace

Hello beautiful this is Jennifer Hadley and our prayer for today is for actively choosing peace we're all about it so let's get to it so grateful to place my hand upon my heart and take a deep breath of love and gratitude, actively choosing peace, actively willing to lead a peaceful life to have a peaceful mind so grateful to surrender the attachments to the thoughts and the beliefs, the habits and the patterns that block the flow of love where relinquishing all the interest that we have invested in shame and blame and guilt so grateful to turn away from the thoughts and the beliefs and guilt and shame we we are grateful to allow ourselves to truly lift up and let those low vibrational thoughts and beliefs, Dissolve and resolve permanently back to the root cause so we never experienced them again. We're truly grateful to open ourselves to clear insight and inspiration in the true recognition of our innocence, our wholeness are perfection so grateful to be willing to let go of looking at ourselves and everyone else as a sinner to be blamed and shamed and to feel guilty. We're grateful to give up these nasty habits so grateful to harvest all the learning from our experiences and to consciously open ourselves to a healing so we're having a healing insight right now we're allowing ourselves to be lifted and shifted right now we are grateful to share the benefits of our healing and expansion our awakening awareness is something we share with everyone everywhere because we are eternally one with them attitude we allow it to be and so it is amen amen. Amen. So good to bless the world with our holiness yes thank you for praying with me today thank you for being my prayer partner and





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what's coming up is my healing i'm religious guilt that recovery from religious guilt that is a wonderful thing to bring into our mind and that's what my deep dive workshop is for today so I do a deep dive workshop every month next month, it's family liberation this month. It is this healing from religious guilt so I invite if it's a topic that interests you I gotta say I don't have a huge amount of religious guilt but boy I i wouldn't call it that, but I have struggled for many years not anymore, but I used to really struggle with feeling like a sinner so that's religious guilt right there for sure all right well I hope to see you later and have a beautiful blessed day, actively choosing peace



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