



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Cultivating the Guiltless

### Mind

Hello beautiful this is Jennifer Hadley and our prayer for today is for cultivating the guiltless mind, the guiltless mind that does not suffer.



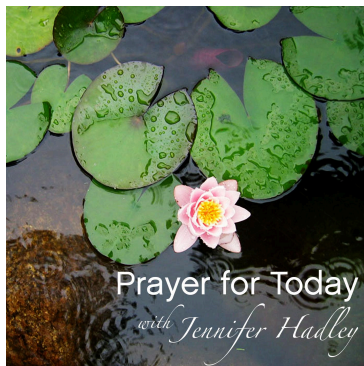
That's what we're choosing so we place our hand upon our heart and we are grateful to recognize that love is what we are. We are grateful that God is and we are part of God the power of love is within us because love is what we are. We are grateful to open our mind our heart to know and remember what the truth is that we are not guilty. We are innocent, we are innocent now and forever, so we're surrendering any attachments we i have to be believing that we are guilty or bad or wrong or unlovable in any way shape or form. We are grateful to surrender all attachments to those kinds of stories, any belief that we are guilty or someone else is we're letting that go. We are relinquishing it to the healing of the higher holy spirit self and we do not have to understand how the healing occurs how it could ever be possible that we are not guilty. We are grateful to remember that we are innocent and we are already free so we're consciously surrendering the habit of feeling guilty the habit of a shame, these negative habits, dissolve, and resolve permanently back to the root cause so we never experienced them again. We are grateful to remember, our beauty and magnificent are real. Our wholeness is real. The guilt is not real we are grateful to know and remember that we are not sinners and nor is anyone else we are grateful to rise up and share the benefits of our healing with everyone everywhere because we eternally when we let it be and so it is amen a man a man surrendering the guilt



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thank you for choosing liberation with me thank you for being my partner today so good all right, what is coming up? We have a few things coming up. One is saturday is the workshop on healing religious guilt that's the deep dive for may and the deep tie for June will be family liberation list. That's what it seems like right now next forgiveness workshop is on Memorial Day May 25 and pretty soon in the next day or two I'm going to be announcing a program. I'm really excited about it called change your mind about the world it's with Alan Cohen, James, Twyman, and Michael Murda, and myself and one other teacher and we are going to share with you how we have cultivated that peaceful mind and we are able to be in the experience of the world and still be peaceful so we've changed our mind about the world we're seeing it correctly and we'd love to share with you how we've done that so you can do me too, so if you're bothered by the world that is something that can go away. Yay and I love do you have an amazing day cultivating that guiltless mind?



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