



Prayer for Today

with Jennifer Hadley

Prayer for Letting Go of Upset

Hello beautiful, this is Jennifer Hadley, and our prayer for today is for letting go of upset.

Yes. Oh, I know this prayer well.



We are grateful and thankful to place our hands upon our heart and to relinquish all attachment to upset.

We are grateful that it is our nature to love and be loved, and it is our nature to be loving.

We are grateful to surrender any and all attachments we have to the root causes of upset. We are handing over to the Holy Spirit all the root causes of upset for healing.

We're no longer interested in trying to manage them or cope with them or simply exist with them. We're no longer interested in sabotaging ourselves for any reason whatsoever.

We're letting go of all the upset - the fresh ones, the new ones, the recent ones, and every ancient one. Whether we can remember them or not does not matter.

We are grateful to surrender any cause of upset, any belief that is causing upset, any habit or pattern of thinking and believing that is causing upset. We are surrendering it all to the Holy Spirit right now.



Prayer for Today

with Jennifer Hadley

We're ready to fly free.

We're interested in being free of the past, free of limited thoughts and ideas that only cause our suffering.

So, so grateful to consciously relinquish them.

We are fully and freely letting go of upset.

So grateful that we don't have to figure it out. So grateful that we don't have to reason it out. So grateful that we have that Higher Holy Spirit Self on our side, and always this is true.

So we're grateful to share the benefits with everyone everywhere. Yes, we are eternally one with them.

We're done with the upset. We're letting it go, and we are becoming a healing revolution and sharing the benefits with all.

So grateful for this healing. So grateful for this awakening.

We allow it to unfold with ease and with grace.

We let it be, and so it is.

Amen.

Amen.

Oh man, yes.

So grateful to let go of any and all upset for any reason whatsoever.



Prayer for Today

with Jennifer Hadley

We truly are rising up, and we let it be.

And so it is.

Amen. Amen. Amen.

Oh, that's good.

Thank you for praying with me today.

Thank you for your willingness to let go of whatever upset from any time whatsoever.

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

Yes, and what's coming up is this weekend, Father's Day weekend. I have free Forgiveness Workshops Saturday and Sunday.

And then the next weekend begins my End My Self-Sabotage program.

So if you know you're upsetting yourself with any kind of behavior, if you know you're sabotaging yourself with your thoughts, your beliefs, your actions, this is a program that is designed for you.

So check it out. All the details are at poweroflovestministry.net.

If you'd like to come in person and do some extraordinary and deep healing, come to the Quantum Counseling Intensive in Asheville in July, July 12th to the 18th.

We are going to have a magnificent time together.

This is going to be a deeply healing time. It always is at the Intensive.



Prayer for Today

with Jennifer Hadley

Make some friends for life and have some extraordinary healing while you're building your skills as a compassionate listener and opening your intuition and so much more.

And it's so great - Michael Mehrdad is joining us online. So is John Mundy, Alan Cohen, Lisa Natoli, and Marc Anthony Lord and I will be there in person.

So this is a powerhouse group of people who have been counselors for a very long time, and we are excited to share with you.

I hope you'll come join us.

And all the details are at powerofloveministry.net.

I love you.

Have an amazing day letting go of upset.



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

Like us on Facebook!

(<https://www.facebook.com/YourPrayerforToday/>)

Subscribe now to the Prayer for Today podcast!

iTunes:

<https://podcasts.apple.com/us/podcast/prayer-for-today-with-jennifer-hadley/id1127411975>

Spotify:

<https://open.spotify.com/show/35xcz4F0AQYjDohauxpVn6?si=bd0e2a9ec7224791>