



Prayer for Today

with Jennifer Hadley

Prayer for Living in the Light

Hello beautiful, this is Jennifer Hadley, and our prayer for today is for living in the light.

Yes, living in the light of the Christ, living in the light of God, living in the light of our own being.



We are grateful and thankful to recognize that there is light within us. We're self-luminous beings. We are the very light of God, and so we're opening ourselves to recognize that light is what we are.

Light is the truth of our being, and we are willing to stand in the light, to live in the light, and to share that light, to spread it and share it with our brothers and sisters everywhere.

We are grateful and thankful that it is our nature to be light in all its meanings, to be high vibrational.

So we're lifting our vibration with love and gratitude.

Hand on our heart, we are grateful to allow ourselves to truly remember the truth of our being.

We are light.

We have no burdens.



Prayer for Today

with Jennifer Hadley

We are held in the heart and the mind of God, and anything that feels like a burden is something we can relinquish to the Holy Spirit.

We can allow all burdens to be lifted and shifted right here and right now, in this very holy instant.

We are saying yes to living a life that is light-filled and to being bringers of light in all of our relationships, in all of our connections.

So bringing the light into every conversation that we have, bringing our light into every meeting that we have and into every activity that we have.

We are grateful. We are thankful to allow ourselves to truly be lifted into the light and to bask in the light as the light.

It's a fountain of blessings, a fountain of light that we are living.

We are sharing the benefits with everyone everywhere because we are eternally and forever one with them.

In gratitude, we allow it to be, and so it is.

Amen, amen.

Amen.

So good.

Yes, yes, yes, yes.



Prayer for Today

with Jennifer Hadley

All right, what is going on is the End My Self-Sabotage program is beginning on Sunday.

So if you feel like you're messing around with self-sabotage, that's the program right there.

It's a six-week program, and it's deeply healing. It's beautiful, and it's very low cost as well.

There's a lot to it. You get a lot for it, so check it out.

And then the Quantum Counseling Training Intensive in July is coming right up.

This is an extraordinary program. This is going to be the best one I've ever done, for sure, and we've added so much to it.

We are doing the Intensive in person in Asheville, North Carolina, so this is a profoundly healing weeklong experience that's open to anyone.

Anyone can come.

We have people come from all walks of life, all professions, and for all reasons.

Many people come just for their own personal deep healing, not because they would like a professional training, and people come to increase their skills as a professional.

So whatever your reason for coming, I look forward to being with you in July.

It's such a treat when we can be together.

You will make friends for life.

And so those are the things that are coming up.



Prayer for Today

with Jennifer Hadley

And I love you.

Thank you for being my prayer partner today.

I really appreciate you, and I'm grateful we're on this journey together, living in the light together.



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>