



Prayer for Today

with Jennifer Hadley

Prayer for Loving Ourselves Free

Hello beautiful, this is Jennifer Hadley, and our prayer for today is for loving ourselves free.

Free of victimhood. Free of any sense of despair. We are consciously allowing ourselves to rise up.

We are grateful to place our hand upon our heart and declare our willingness - our willingness to love ourselves free, to love our Self, our True Self. Not the false self, not the body, though we can certainly love the body.

We're grateful to love ourselves free of limiting thoughts and beliefs and ideas. We're setting ourselves free from lack and limitation.

We are grateful to place our hand upon our heart and to take these breaths of love and gratitude. We are so, so willing to allow ourselves to remember the truth of our being, to remember our fullness, our perfection, our beauty.

We are simply willing, and that is all that is required.

So we are grateful to open ourselves to the infinite intelligence that lives through us and as us.

We are grateful to allow ourselves to truly remember our perfection and our wholeness. It is intact. It's available. It's right where we are.





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So we're giving up the self-sabotage. We're giving up the complaining and the judging and the attacking ourselves and everyone else, because there is only One.

We are grateful to know and remember the truth of our being as perfect wholeness, perfect love. The truth of our being is that we are already free, and we are willing to remember that.

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

In gratitude, happy and free, we let it be. And so it is.

Amen, amen, amen.

Oh yes. Oh yes. So good. Ha ha.

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

And what is coming up? This weekend, Father's Day weekend, two Forgiveness Workshops - one on Saturday and one on Sunday.

And then the following weekend, oh, I forget the date, I think it's the 28th, the last Sunday of June, we're starting my End My Self-Sabotage six-week program. So if you are aware that you self-medicate, self-sabotage, you get in your own way, this is a great program designed just for you.

This was a major problem in my life, and I'm so glad it's not anymore.



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And, oh, the Counseling Intensive - July 12th to the 18th. Now is the time to sign up. The hotel is only holding our rooms until this weekend, so if you'd like to get the great rate and if you would like to come and join us, please do now and book your hotel room.

July 12th to the 18th in Asheville, North Carolina. It's wonderful when we get to be together. This is a deeply healing event.

Yes, it's a professional training, but I would say half the people come just to have a healing, and they do.

So consider that.

And Michael Mehrdad has just joined us as one of the online teachers. Now we have Alan Cohen, John Mundy, Lisa Natoli, Michael Mehrdad, and Marc Anthony Lord is with me in person in Asheville.

So come. We'll have lots of fun. It's a beautiful time to be in the Blue Ridge Mountains. It's just - I think it's going to be heaven.

So come and join us. It's a lot of fun.

And I think that's everything I can think of right now.

I love you.

Have an amazing day loving yourself free.



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