



Prayer for Today

with Jennifer Hadley

Prayer for Choosing Happiness Instead of Sacrifice



Hello beautiful, this is Jennifer Hadley, and our prayer for today is for **choosing happiness instead of sacrifice**. What a good choice.

We take a breath of love and gratitude. Gratitude lifts us high. We are raising our vibration so that we can be a vibrational match for all things good.

We are choosing happiness. We are choosing to allow ourselves to experience happiness, and we are relinquishing any attachments we have to thinking that we need to make sacrifices. No. We are making choices, not sacrifices.

We are grateful that we do not have to make any sacrifices whatsoever in order to live a loving life, a joyful life. We do not have to make sacrifices.

We are so grateful that it is not a sacrifice to give up complaining. It is not a sacrifice to give up opinions, judgments, grievances, grudges, and everything that blocks the flow of love and happiness in our awareness.

We are grateful to surrender any idea that we should be making some kind of sacrifice, that this is just the way life is. We are not interested in repeating those patterns anymore. We are not interested in teaching those patterns to our brothers and sisters. We are not interested in justifying them anymore.



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We are setting ourselves free and allowing ourselves to experience true happiness.

So grateful that we are entitled to miracles. Miracles of happiness. God's Will for us is perfect happiness. God's intention for us is perfect happiness. We are allowing that to become our intention for ourselves.

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

We let it be.

And so it is.

Amen.

Amen.

Amen.

Oh my, yes! Thank you for praying with me today. It feels so powerful. Yes, let's just give up any sense of needing to make sacrifices. We don't need that old pattern anymore. It's not helpful. It's not useful.

Yay! Thank you for praying with me. Thank you for being my prayer partner.

What's Coming Up

This Saturday, my Deep Dive Workshop is **How to Stop Absorbing Other People's Pain and Suffering.**



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We don't need to suffer over other people's suffering, but when you're highly empathic, you may not realize that's what you're doing. It took me a while to learn how to stop doing that, and what a wonderful thing it has been to learn. I'm so grateful I don't get matched in other people's emotions anymore.

This is something we can all learn. It isn't super complicated. It's simply something we need to become aware of and practice. So if that speaks to your heart, come and join me this Saturday for the July Deep Dive Workshop.

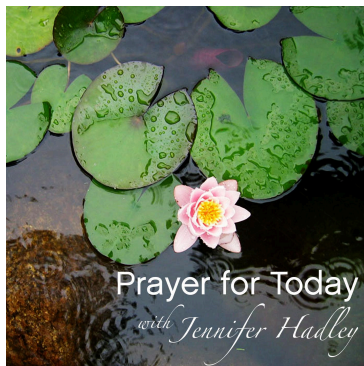
Then on Sunday begins the **Quantum Counseling Training Intensive** in Asheville. It's not too late to register. People often sign up at the last minute. Maybe that's you!

Come spend a week of healing with us in the mountains. It's going to be powerful.

I'd love to see you. I'd love to be with you in person.

Have a beautiful and blessed day choosing **happiness instead of sacrifice**.

I love you.



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