



Prayer for Today

with Jennifer Hadley

Prayer for Lightness of Being

Hello, beautiful. This is Jennifer Hadley, and our prayer for today is for lightness of being.

Yes, now and remember the truth about ourselves. Yes, yes, yes.



So we begin by placing our hand upon our heart to signify that we are wholehearted and declaring our willingness to experience the lightness of our being, to learn through love and joy rather than hardship and difficulty.

We are so grateful to turn this ship around and head to God's infinite glory and goodness, the land of milk and honey, the land of peace and beauty.

We are grateful and thankful to allow ourselves to truly sail into new waters, new territory, and have a completely different experience of life.

We're no longer interested in living from lack and attack.

We're opening our mind to the infinite possibilities and the truth of our being, which is light.

We are light beings, and we are grateful to recognize the light within us and to recognize it in our brothers and sisters.



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We're truly calling forth a revelation and a realization of light—light in our heart, in our mind, in our life.

We are so, so grateful that we can share and extend this light, God's light, to our brothers and sisters.

So we're doing that right here, right now, and allowing ourselves to be lifted and shifted, to have, give all to all.

So we're extending from our heart to everyone's heart.

So grateful to be lifted up and to share the benefits with everyone everywhere because we are one. We share the same mind.

So we're extending love to all.

In gratitude, we let it be, and so it is.

Amen. Amen. Amen.

Yes! Ha ha ha ha!

Oh my goodness, that's a good one.

Thank you for praying with me today. Thank you for your willingness to rise up and be the lightness of being.

Yes!

All right, what's coming up?



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I've got a couple of busy days here.

So today is my free forgiveness workshop at 12:00 p.m. Eastern. All you have to do is register and come join me for free.

And then on Sunday, we begin the End My Self-Sabotage program.

So this is a six-week program to really eliminate obsessive-compulsive behavior, drinking, smoking, all the things that we do that really make us feel guilty, bad, and ashamed.

We're stepping up instead to a whole new lightness of being.

If you'd like to come with us, check out the details for any of these programs at powerofloveministry.net.

I love you. Have a beautiful day today experiencing the fullness of the lightness of our being.



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