



Prayer for Today

with Jennifer Hadley

Prayer for Stress Relief

Hello, beautiful. This is Jennifer Hadley, and our prayer for today is for stress relief.

Yes! Oh my goodness, so good.



Let's place our hand upon our heart and be grateful and thankful that it is natural for us to be peaceful and harmonious.

We are grateful to reclaim our rightful place in the center of the universe, with all the peace, with all the love, with all the joy circulating in, through, and around us.

Our nature is peaceful and harmonious. Our nature is perfect love and perfect peace.

We are grateful and thankful to remind ourselves to be in that holy relationship with the Higher Holy Spirit Self and to relax into love, into God.

We're cultivating a life of great love and relieving all the pressure, whether we feel it's from the exterior or the interior.

We're allowing ourselves to experience the full dissolution of all the attachments, the dissolving of attachments, cravings, aversions, anything and everything that could be a cause of stress.

We are calling for complete relief.



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We are giving our mind rest from making a mess.

We are grateful to give ourselves over to that Higher Holy Spirit Self, retraining our awareness and choosing peace, retraining our awareness, choosing love instead of separation.

We are grateful and thankful to steep ourselves in an awareness that perfect love is the truth of our being.

We share the benefits with everyone everywhere because we are fully and completely one with them, now and forever.

We allow it to be, and so it is.

Amen. Amen. Amen.

Thank you. Thank you. Thank you.

Oh my goodness, we are so blessed.

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

All right, what's going on is the start of the End My Self-Sabotage program.

You can jump in right now and get the recording of the first group counseling session and join me this week at Sacred Circle. Jump right in and join us.

We are doing some deep healing work together.

And then this weekend, Saturday and Sunday, I am doing two forgiveness workshops, back to back, Saturday and Sunday.



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So come to one or both of those. This is a time for us to really put the pedal to the metal on self-forgiveness.

So, two different opportunities for us to do the work together, Saturday and Sunday.

All the details for all the programs that I am offering are at powerofloveministry.net. Check it out there.

And I feel like there's something else.

Oh! The Deep Dive Workshop in August. The topic is, "Why Am I So Hard on Myself?"

We are going to eliminate that as a belief, as a pattern. We are working on that, and we are willing to let it go.

So, "Why Am I So Hard on Myself?" is the topic for the August Deep Dive.

And in the meantime, I love you.

Have an amazing day just letting it all fall away.

I love you.

Read my blog related to this prayer **HERE**

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