



Prayer for Today

with Jennifer Hadley

Prayer for Dissolving the Habit of Self-Attack



Hello, beautiful. This is Jennifer Hadley, and our prayer for today is for dissolving the habit of self-attack.

Yes, self-criticism, self-blame, and shame. We're dissolving that habit because we've explored it all that we need to or want to, and it's over now.

So we are grateful to open our heart and mind to self-love, self-appreciation, and self-recognition.

We place our hand upon our heart, and we are grateful to remember that we are innocent.

No matter how much we have attacked ourselves in the past, still innocent.

We are grateful to remember not just our innocence, but also that there is a perfection that's within us always and forever.

We are not our personality. We are not our body. We are not our finances. We are not our perceptions and projections.

We are none of that.

We are the pure love of God.



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We are pure light, and no self-criticism or attack can stick to us.

We are unlimited, unprecedented love and intelligence, and we are willing to accept that this is the truth of our being and forget the stories we've made up.

We don't have to undo them.

We don't have to figure out how to get out from under them.

Our holiness knows the way.

So we are grateful and thankful to give ourselves over to the healing action of the Holy Spirit, the healing action of our own holiness.

We are grateful and thankful to allow ourselves to live without self-attack.

The habit is dissolved.

We are grateful to turn it over and to share the benefits with everyone everywhere because we are forever one with them.

We allow this healing to fully be made manifest.

We let the past go.

We know it's done.

And so it is.

Amen. Amen.



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Amen.

Freedom. Freedom. Freedom.

Liberation. Yes!

We are letting our joy come back.

So good.

Thank you for praying with me.

Thank you for being my prayer partner.

These prayers are so valuable to the whole world.

Our willingness is something we share with everyone everywhere.

Everyone is benefited.

I love that we get to do that, bring benefit to everyone.

So thank you.

And what is coming up?

This Saturday, my Deep Dive Workshop for August is **"Why Am I So Hard on Myself?"** as a topic.

We are undoing that habit, that pattern.

What else?



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August 29 is the forgiveness workshop.

Also, a forgiveness workshop on Monday, Labor Day, the first Monday in September.

And what else is going on?

Oh! My Finding Freedom Boot Camp.

If you've been waiting all year for it, because I'm only doing it once a year, it's in September.

Yes!

And I invite you to check out all the details for everything at powerofloveministry.net.

I do hope to see you soon.

I love you.

Have a precious, beautiful, uplifting, inspiring day.

Let go of that habit of self-attack.

It's dissolving.



Read my blog related to this prayer [HERE](#)

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