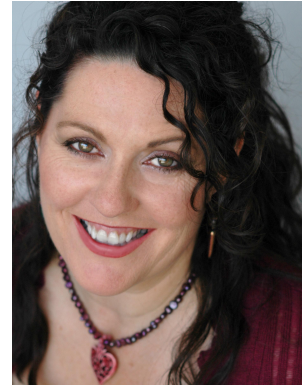




# Prayer for Today

*with Jennifer Hadley*



## Prayer for Healing the Worried Mind

Hello, beautiful. This is Jennifer Hadley, and our prayer for today is for healing the worried mind.

So we take that breath of love and gratitude, place our hand upon our heart, and wholeheartedly declare our willingness to be peaceful, our willingness to be harmonious, our willingness to relinquish all thoughts of lack, attack, limitation, and separation.

We let go of our judgments and our opinions, and we are choosing peace. We're choosing to let go of the thoughts and the beliefs that generate a worried mind.

We are grateful to cultivate a habit of choosing patience and kindness, generosity of heart, willingness to know and remember the truth.

We are grateful to be at that turning point where we are deciding to let go of the habits of the worried mind.

We are grateful to cultivate a peaceful mind, a mind that is focused on what's good, what's happening now, the opportunities to love and be truly helpful.

We are grateful to place our attention on what's real.

We're choosing Heaven today. We're no longer interested in lack and attack as our motivator.

We are choosing to be unbothered, choosing to let go of feeding the worried mind.



# Prayer for Today

*with Jennifer Hadley*

We're opening ourselves to a true peace of mind.

So grateful. So grateful to allow ourselves to relax into harmony, peace, and grace.

Oh, we are sharing the benefits of our willingness to live a peaceful life, a harmonious life, a beautiful life, and we are grateful that all beings benefit from our willingness to share and to be in that state of peace.

In gratitude, we allow it to unfold.

We let it be, and so it is.

Amen. Amen. Amen.

Yes.

Thank you for being my prayer partner. Thank you for praying with me. Thank you for being willing to let go of the habits of the worried mind.

Yes, relaxing into peace. That's what we're doing. So good.

OK, what's coming up?

We have three more days of free classes with the *Living A Course in Miracles* series, and then next Saturday, the 19th, we have a free forgiveness workshop.

On the 21st, that's the beginning of my Finding Freedom from Fear Spiritual Boot Camp program.

That's really good things this month, especially if you'd like to let go of worry and fear.



# Prayer for Today

*with Jennifer Hadley*

Yes, right? I love you.

Have an amazing and beautiful day, letting go of worries and healing the worried mind.



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