

THE WELCOME PRAYER

Gently become aware of your body and your interior state.

Welcome, welcome, welcome.

I welcome everything that comes to me in this moment,
because I know it is for my healing.

I welcome all thoughts, feelings, emotions,
persons, situations, and conditions.

I let go of my desire for security.

I let go of my desire for approval.

I let go of my desire for control.

I let go of my desire to change any situation,
condition, person, or myself.

I open to the love and presence of God
and the healing action and grace within.