

The Welcoming Prayer Practice "Consent on the Go"

Acknowledge, feel and sense

what you experience in this moment (feeling, emotion, thought or commentary) as a sensation in your body.
Taking time to describe it rather than naming it.

"WELCOME"

Turn towards what you experience in this moment in your body with interested curiosity, without wishing to change, fix or judge it—allowing it to be as it is.

Let go by saying:

"I acknowledge my desire for security, affection, control and embrace this moment as it is."

Note: We are not welcoming the circumstances causing upset or reaction. But our response to it. We are not welcoming the illness, but the feeling of fear, sadness or anger or tension that may arise in our body in response.

Points you may find useful

- to begin with, we can simply be aware of how our responses to the environment manifest in the body. How emotions manifest will be different for everyone. So, when we connect with what has come into our awareness, describing the experience rather than naming it helps us stay with it and find out more. Naming fixes it. A good example; what might seem angry is, in fact, worried. So, we may experience tension, a shortage of breath, rising or flashes of heat or energy; just being with it helps us understand and connect with how our body manifests reactions and emotions.
- We are welcoming what we are experiencing in the moment and being with it as it is. In doing so, we can disidentify from the experience as we experience "it" and become a compassionate presence to ourselves and ultimately to others. HIN 5/2021