

## Welcoming 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 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.