

# WELCOMING PRAYER

wholeness takes practice

## *Welcoming What Is*

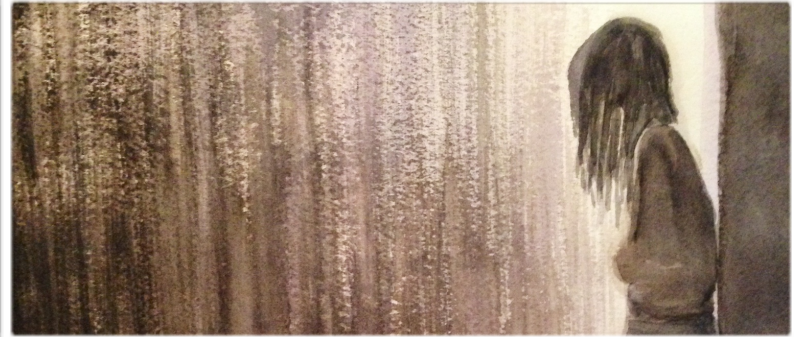
I welcome everything as it comes to me today. I welcome the fear, worry, anger, and confusion. I welcome the thoughts that come to me that I do not control. I welcome the people, the situations, and the outcomes. I let go of my hope to control or change any of these feelings, people, conditions, or even myself. I release all of these. I open to what is with me right here in this moment. I open to the presence and love of God around and within. Amen.

## *Cure for Pain*

So many of us think "something is wrong with me" when feeling fear, worry, envy, or anger. Rumi says *"the cure for the pain is in the pain."*

We may deny, repress or avoid these feelings but because they are not being processed, they show up in the ways we don't recognize or manage.

Richard Rohr says *"if we do not transform our pain, we will most assuredly transmit it."*



## Welcoming Prayer Basics

*Guidelines by Cynthia Bourgeault and ContemplativeOutreach.org*

**Focus and Sink In.** Pay attention to what is present for you, in your body. What are the sensations you are currently experiencing? Resist the urge to change anything or figure it out. Stay present with it. What are your physical reactions to worry, fear, envy? Connect with the signals your body is giving you in this moment.

**Welcome.** Welcome the feelings and sensations. Open yourself to them. Resist the urge to reject, suppress or deny them. When we welcome these, reduce their power to fuel our false self. Do not rush through this step. Repeat step one and step two until you can honestly and openly welcome the fear, worry, anger, jealousy, and body sensations.

**Let Go.** Name the feeling and sensations and let them go. This is not a one and done type of exercise. You will have many opportunities to let go. To the best of your ability, acknowledge, welcome, and let go of your present experience with the feelings and sensations. Name them and find a phrase of release, "I let go of my fear." Or, "I give my fear over to God."