

What we are “welcoming” is the Indwelling Spirit’s Presence
amongst the ALL of life

The Welcoming Prayer

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.

Mary Mrozowski 1925-1993 The creator and spiritual mother of the welcoming prayer practice (colleague of Fr. Thomas Keating.)