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

**The 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 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*

“I am where I need to be.  
Everything around me includes and hides the sacred.”

— Mary Mrozowski

*My personal closing prayer that follows my morning welcoming prayer -*

. . . so that Your Love, Your Light and Your Spirit may be manifested in the ALL of my life; the motives and desires of my heart, the choices I make and the steps I take.

— Ann Starrette

(over please)
The welcoming prayer is a practice of ‘letting go’ in the present moment in the ordinary routines of daily life.
“... the ordinary events of daily life become our practice . . .
The routine of daily life is the path to holiness for lay folks. Contemplative prayer is aimed at transforming daily life with its never-ending round of ordinary activities.”

Father Thomas Keating, *Open Mind, Open Heart*, p. 125

The reason for paying attention to your body and your interior state is that
The mind deceives.
The body never lies.
Listen to the wisdom of your body.
Hear its truth.

*There is never a thought, feeling or emotion that does not have a corresponding body sensation.*
*Each experience is imprinted in every cell of our body.*
*Every thought, feeling and emotion has a location in the body, its own ‘zip code’.*
*Sometimes it may move to a new zip code.*
*Follow it.*

from *Contemplative Outreach: THE CONTEMPLATIVE LIFE PROGRAM 40 DAY PRACTICE*

Story has it that Martha Graham, founder of modern dance, once said “Dance (the body) is the one language that cannot lie.”

I pray the welcoming prayer every morning. During the day when I hit a snag of any kind, I pray ”Welcome“.
The word ”welcome“ means that I intentionally consent to God’s healing action and transformational grace in the ALL of my life.
I embrace and consent to sitting at the feet of my own life and be taught by it that I may be molded and shaped into the image of Christ and live a simple abundant life. One over flowing with peace and joy in the moment.
I once heard someone of influence say, the true expression of spiritual growth comes from the strong (sometimes desperate) desire to live into the gospel promise of an abundant life . . . one of unhurried peace and power.
One that is radiant, solid, simple and serene.
I want to model those words! Radiant, solid, simple and serene. So be it.

— Ann Starrett