

The Welcoming Prayer

Practice

*A contemplative practice of letting go
in the ordinary routines of daily life*

MOVEMENTS

Focus and **sink** into the body sensation;
Do not resist, simply experience the sensation.

Welcome

(the sacred symbol of intention
to consent to the presence and action
of the Indwelling Spirit).
Remaining in the body sensation, gently
say the word 'welcome' interiorly,
embracing the Holy Spirit in and
through the body sensation.

Let Go

While continuing to experience and rest in the body sensation,
repeat the letting go sentences to open to the healing action of the Holy Spirit within.

I let go of my desire for
security/survival

Welcome

I let go of my desire for
approval/affection

Welcome

I let go of my desire for
power/control

Welcome

I let go of my desire to **change**
(any situation, person, event,
Feeling, emotion)

Welcome

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