

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 His healing action and grace within.

Amen.