

The Welcoming Prayer

(by Father Thomas Keating)

Welcome, welcome, welcome.
I welcome everything that comes to me today
because I know it's for my healing.
I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.
I let go of my desire for power and control.
I let go of my desire for affection, esteem,
approval and pleasure.
I let go of my desire for survival and security.
I let go of my desire to change any situation,
condition, person or myself.
I open to the love and presence of God and
God's action within. Amen

