

THE WELCOMING PRAYER 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.

THE THREE MOVEMENTS OF THE WELCOMING PRAYER

MOVEMENT 1

FEEL AND SINK
INTO WHAT YOU
ARE EXPERIENCING
THIS MOMENT IN
YOUR BODY.

MOVEMENT 2

“WELCOME”
WHAT YOU ARE
EXPERIENCING
THIS MOMENT IN
YOUR BODY AS
AN OPPORTUNITY
TO CONSENT
TO THE DIVINE
INDWELLING.

MOVEMENT 3

LET GO BY SAYING
THE FOLLOWING
SENTENCE:

“I LET GO OF
MY DESIRE
FOR SECURITY,
AFFECTION,
CONTROL AND
EMBRACE THIS
MOMENT AS IT IS.”