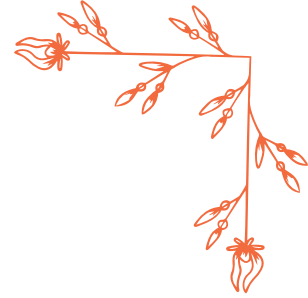


Welcoming Prayer

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.

