



The Welcoming Prayer

Gently become aware of your body and your interior state.

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 the healing action and grace within. –

— Mary Mrozowski 1925-1993

The creator and spiritual mother of the welcoming prayer practice

“I am where I need to be.

Everything around me includes and hides the sacred.”

— Mary Mrozowski