**The Welcoming Prayer Method**

There are three movements to this prayer:

Feel and sink into

what you are experiencing this

moment in your body

‘Welcome’ what you are experiencing

this moment in your body as an opportunity

to consent to the Divine Indwelling

Let go by saying

‘I let go of my desire for security, affection, control and embrace this moment as it is’

*{From: www.contemplativeoutreach.org}*