

WELCOMING PRAYER *Steps*

When you have triggering emotional experience in daily life, take a moment to be still and silent and follow these steps.



step one:

FOCUS OR SINK IN, Feel the Feeling as a Sensation

When the first indications of an emotion or physical upset arise, focus on the sensation in the body. Where in the body is the emotion felt? Feel it without judgment. Don't think about why the emotion is there or what it means, don't tell stories about it or analyze it- just feel it. *NOTE: When we can stop and observe the emotion without repressing or justifying it, we can more easily dissipate the energy in it. There is no need to do anything - just notice.*



step two:

WELCOME, Welcoming Spirit, Welcoming the Feeling

Welcome in the presence (or the awareness of the presence) of Spirit (by whatever name you use to refer to your Higher Power, e.g., God, Divine Love, Light, the Universe). Then, whatever the sensation is, welcome it by saying internally, "Welcome, pain" or "Welcome, frustration." It is the sensation that is being welcomed, *not* the situation that brought it on. By doing this, an inner hospitality is developed. *NOTE: Welcoming the feelings and sensations means opening yourself fully to them and resisting any urge to reject or suppress them. When we welcome our feelings we limit their power to fuel our False Self (our Ennea-Type's passions & fixations). Don't rush through this step. Repeat steps one and two until you can honestly and openly welcome your experience.*

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step three

LETTING GO, Surrendering Your Personal Agenda

This step incorporates the attitude of unconditional acceptance of life as it is, rather than as we think it *should* be. Surrender requires us to leave behind our personal agenda in order to experience the peace and bliss of knowing our oneness with the Divine.

In this step, you need not rush to let go. Rather, stay with the physical sensation, alternating between observing and welcoming. Then gently release the need to fix anything, to attach stories to the feeling, and wait until the emotional spike has passed.

Do not become attached to a happy outcome of your prayer. Just do your part by surrendering. The spontaneous dissipation of the emotion will naturally make space for heart-centered awareness--the foundation for skillful right action rather than unconscious reactivity based on the compulsions of our Ennea-Type.

Let go by repeating the following prayer in your mind:

*I release the need for power & control over this feeling or situation.
I release the need for approval & esteem around this feeling or situation.
I release the need for safety & security around this feeling or situation.*

*I release the need to change anything about this feeling or situation.
"I release the need to change anything about myself.*

AND SO IT IS.

AMEN