

THE WELCOMING PRAYER

...consent on the go...

Movement One:

Feel and Sink into what you are experiencing this moment in your body.

Movement Two:

"WELCOME" what you are experiencing this moment in your body as an opportunity to consent to the Divine Indwelling.

Movement Three:

LET GO by saying the following sentence:

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