

## Welcoming Prayer

### Three Energy Centers

“We are born with at least three fundamental or biological needs:

- The need for security and survival
- The need for affection and esteem
- The need for power and control”

Much of what we do is motivated by our real or perceived lack in these areas. We try to get what we need. When we are not successful it often triggers responses in our emotions and our body (ex: tension in the neck, butterflies in the stomach, tears, panic, etc.).

When Jesus was tempted by Satan in the desert for 40 days, He was tempted in each one of these areas. Each time Jesus resisted temptation by allowing God to meet His need instead of taking the situation into His own hands.

### The prayer:

- When you become aware of any body sensations or emotions, “feel and sink into” what you are experiencing in this moment. Allow yourself to feel it, whether it is positive or negative. Do not try to fix it.
- Welcome Jesus – Take a moment to welcome Jesus into what you are feeling. Don’t rush it.
- “Letting Go” – “I let go of my desire for security, affection, control and embrace this moment as it is.”
  - Let go of each need ... one at a time. Don’t rush it. Pause after each one and pay attention.
    - I let go of my desire for safety and security OR I give You my desire for safety and security
    - I let go of my desire for affection and affirmation OR I give You my desire for affection and affirmation
    - I let go of my desire power and control OR I give You my desire for power and control
    - I let go of my desire to control the outcome of this situation or my relationship with this person.
- I do not try to analyze, fix, or judge during this prayer. I welcome ALL of me into the presence of Jesus and I welcome Jesus to see ALL of me as I am at this moment.
- Welcome Jesus!

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“We *consent* to being transformed which includes the dismantling of our emotional programs for happiness and the healing of our unconscious.”

Letting go is NOT ... running away or denial.

“As we surrender our attachments over time, we become freer and have greater clarity of our motivations, resulting in more conscious choices and decisions. We experience more freedom to choose, freedom to love.

“What I ‘welcome’ in the Welcoming Prayer practice is not the feeling, emotion, thought or body sensation, but God’s activity in them.” We are created with emotions and body sensations. While we do not let them dictate our every action there is wisdom in welcoming them at the table with Jesus so that they can speak to us in His presence. How are the three fundamental needs “motivating my behaviors and reactions?”

“It is the most difficult thing for us to let go. We have a mind that tells us that we’re always right; everybody else is wrong, but we are right. Then we have emotions and feelings that sort of validate those thoughts. And what we need to do is let go of whatever is happening on an interior level and surrender so that we can see reality and what is actually happening instead of perceiving through our thoughts and feelings.” Only Jesus can help us do this!!

(quoted & summarized from Welcoming Prayer: Consent on the Go from Contemplative Outreach)