

THE WELCOMING PRAYER (most current)

People can do this on their own but really appreciate being led through it step by step with silence in-between parts.

Welcome: Become aware of what it is you are feeling. A great way to get in touch is to do the Examen of your day and stop at the different places you were to know if you had a sense of peace, joy, love, etc. or where you had a sense of being disturbed, confused, angry, envious, etc. Once you have a feeling, welcome its presence in your body. If the emotion can't be identified, go to step 2 and your body will help you – along with the Holy Spirit.

Become aware of where you are holding this emotion in your body: Does the emotion have a shape, a colour, density? Is it light or heavy? Usually, it will settle somewhere in your torso but can also find an expression through a tight throat, chest, neck, etc. Once you are aware of it in your body, let yourself stay here and feel it in your body. Sometimes other emotions present themselves here in addition to your first one. Choose the one that you sense is meant to be given space today.

Ask: What does this emotion/physical sense have to say to you about what is going on, where you are at, etc.? It might reveal something underneath, or a lie you have been believing or a need that you have, etc. Listen in silence. There may be times when you want to say something back. Remember kindness in every step. Nothing is silly, terrible, or attached to “shouldn't.”

Invite Jesus: Allow Jesus to come into this space through your imagination. Does Jesus have something to say to this emotion/physical sensation? Does He have something to say to you about it – an understanding, insight, comfort...even a simple, “It will be okay.”?

Release It to Jesus: This doesn't mean you are denying it or that it won't want space another time.

There is a release/letting go prayer that can help here:

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

Special Note: You are not letting go of these basic needs that we all have for security, affection, control. You are letting go of the false self way of trying to gain them and surrendering yourself to the Trinity to heal these and grant you the freedom of receiving how they are already yours in God.

You will notice that the constriction/blocking of the emotion will be loosened in you. We don't seek to get rid of our emotions – we seek to give them space, gain the insight, listen to ourselves and surrender to God so that we are not driven by them.