

The will of God is what is left
after you try and try to change what is.

- Joan Chittister, *The Rule of Benedict: Insights for the Ages*

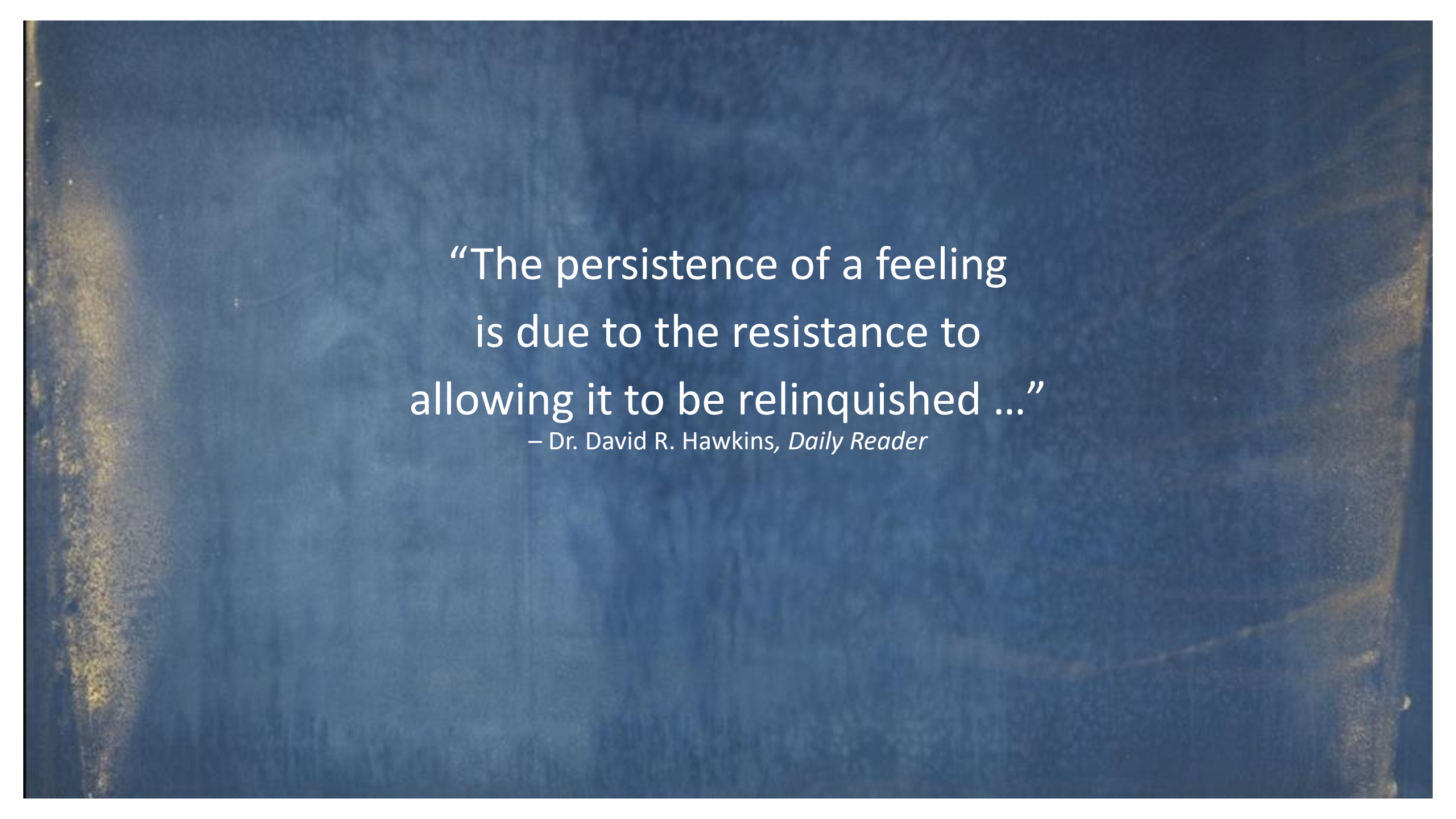
“The basic disposition in the spiritual journey is the capacity to accept all reality, God, ourselves, other people, and all creation, as they are.

“The whole of the kingdom is ours for the accepting.”

- Thomas Keating, *Invitation from God* film and *Manifesting God*

“Acceptance is the answer to all my problems today.”

- *The Big Book of Alcoholics Anonymous*, Fourth Edition, p. 417



“The persistence of a feeling
is due to the resistance to
allowing it to be relinquished ...”

– Dr. David R. Hawkins, *Daily Reader*

“Until you practice surrender, the spiritual dimension is something you read about, talk about, get excited about, write books about, think about, believe in – or don’t, as the case may be. Not until you surrender does it become a living reality in your life.”

- Eckhart Tolle

The Welcoming Prayer

1. Feel and sink into what you are experiencing this moment in your body.
2. Welcome what you are experiencing this moment in your body as an opportunity to consent to the Divine Indwelling.
3. Let go by repeating the letting go sentence:
“I let go of my desire for security, affection, control and embrace this moment as it is.”

“What is the surrendered state? It means to be free of negative feelings in a given area so that creativity and spontaneity can manifest without opposition or the interference of inner conflicts. To be free of inner conflict and expectations is to give others in our life the greatest freedom. It allows us to experience the basic nature of the universe, which, it will be discovered, is to manifest the greatest good possible in a situation. This may sound philosophical, but, when done, it is experientially true.”

- *Daily Reflections from Dr. David R. Hawkins*, pg. 142

