

# Welcoming Prayer Practice

*An Enneagram-informed Contemplative Practice*

*To welcome and to let go  
is one of the most  
radically loving, faith-filled  
gestures we can make  
in each moment of each day.  
It is an open-hearted embrace  
of all that is in ourselves  
and in the world.*

— Mary Mrozowski, creator of the original Welcoming Prayer

## What is Welcoming Prayer?

The Welcoming Prayer is a contemplative practice of letting go of the thoughts and feelings that sustain the false self—our habitual patterns, including those shaped by our Enneagram type.

It is not about accepting external circumstances, but allowing our inner reactions to move through us rather than becoming stuck.

At its core, the practice is simple:  
*notice → welcome → let go*

## Purpose & Benefits

To deepen our relationship with Spirit (God, Divine Love, Higher Power) by consenting to its healing presence in the ordinary moments of daily life.

The Welcoming Prayer gently loosens the patterns of the false self and supports the healing of emotional wounds held in the body.

Over time, it creates space for greater freedom—so we can respond with presence, rather than react from habit.



## Enneagram Centers of Intelligence & Type-based Triggers

Welcoming Prayer invites us to embrace the gift of all life experiences—not only those the ego prefers—gently allowing even our most difficult moments to be received, processed, and transformed.

### Body Types (8-9-1) *Instinct • Action • Presence*

The body is our center of instinct and action—how we sense our environment, take up space, and move into life. This center is attuned to issues of power, autonomy, and control—including boundaries and impact: *Can I be? Can I act? Where do I have an effect?*

Common sensitivities:

8 → Injustice; feeling powerless to protect others; being limited or controlled

9 → Conflict; being overridden or told what to do; loss of inner direction

1 → Disorder; errors; feeling imperfect or out of control

### Heart Types (2-3-4) - *Feeling • Connection • Image*

The heart is our center of feeling and connection—how we experience ourselves in relationship, and how we feel seen, valued, and met. This center is attuned to questions of identity and worth: *Who am I? Am I loved? Am I valued? How am I received?*

Common sensitivities:

2 → Feeling unappreciated, rejected, or unloved; having good intentions misunderstood

3 → Feeling ineffective, inadequate, or like a failure; not standing out or achieving

4 → Not feeling seen or understood as you experience yourself; lack of depth or authenticity in others

### Head Types (5-6-7) - *Thinking • Certainty • Strategy*

The mind is our center of thinking and anticipation—how we make sense of the world, imagine possibilities, and prepare for what's ahead. This center is oriented around questions of safety and certainty: *What's going to happen? What do I need to be ready for? How do I stay safe or certain?*

Common sensitivities:

5 → Feeling incompetent, exposed, or not knowing; being unprepared

6 → Threats to safety or security; lack of support or guidance

7 → Painful or limiting emotions; feeling confined or without options

When you have a triggering emotional experience in daily life,  
take a moment to be still and silent and follow these  
**3 Steps of Presence & Release—**  
a form of **Welcoming Prayer Practice:**

### 1. FOCUS (Sink In)

Bring your attention into the body. *Where do you feel this?*

Feel the sensation—without judgment. No analyzing, explaining, or fixing. Just feel.

As you observe without resisting or justifying, the energy can begin to soften.

### 2. WELCOME

Become aware of the presence of Spirit (God, Love, Light, Presence). Then inwardly say: “Welcome.”

Welcome the sensation—not the situation. Allow what is here, without pushing it away.

Repeat Steps 1 and 2 until you can truly welcome your experience.

### 3. LET GO (Surrender)

Stay with the sensation—observing and welcoming. Gently release the need to fix, control, or interpret.

Let the wave pass in its own time. You might pray:

*I release the need for power & control.*

*I release the need for approval & esteem.*

*I release the need for safety & security.*

*I release the need to change anything—  
about this experience... or about myself.*

*And so it is. Amen.*

*The 3 Centers of Intelligence: This prayer releases the core patterns of each center:*

*Body (8-9-1) → power & control*

*Heart (2-3-4) → approval & esteem*

*Head (5-6-7) → safety & security*

*As these soften, we return to presence—  
and from presence, more skillful action can arise.*