

## *The Big Welcome*

I am so honored to welcome you all here. To the Wellbeing Lab.

Take a moment right now to allow yourself to fully arrive. Allow the dust to settle in your mind. Bring your attention to your body, your breath, this present moment. You have arrived! Welcome.

We welcome your excitement and your trepidation. Your clear inquiries and your big question mark faces. We welcome your wide eyes and open hearts right alongside your side eyes and cynicism/skepticism.

You are welcome here.

Your culture is welcome. Your ethnic origin is welcome. Your race, your skin hue, accent, food preferences, and all of the complexities that make up your cultural identity are welcome here. The histories, herstories, and experiences of your ancestors are honored and welcomed.

We welcome you with all of the connections you bring in with you to the children in your lives, your partners, siblings, parents, the animals in your lives, and other loved ones in your communities.

You are welcome here.

We welcome your spiritual practice, your religious affiliation, your spiritual walk. However you hold that aspect of your life is welcomed.

Your love is welcome here. How you love, who you love, and your understanding of what love is are all welcome.

We welcome you in all of the ways your sexuality has and is unfolding.

We welcome you in all of the ways your gender has and is unfolding.

We welcome you in your ignorance. We welcome you in your privilege. We welcome you in your grief. We welcome you in your guilt and shame.

You are welcome here.

Your quirks and ambiguities are welcome. We welcome your humor and we welcome your silent contemplation.

We welcome the parts of yourself that you're still figuring out.

We welcome you in your roles as changemakers, social entrepreneurs, community activists, healers, feelers, intuitives, parents, caretakers, students, artists, magicians, educators, and warriors.

We welcome you at whatever level of mental and physical wellness you are currently functioning. We welcome your introversion and your extroversion. We welcome all of the experiences that led you to this moment. Thank you for being alive! We welcome your wounds and scars.

Your emotions, ALL of them, are welcome as well.

You are welcome here.

We welcome your sacred connections to the lands on which you were conceived, the lands that hosted your births, and the lands of your ancestors. The lands that we are standing upon and all the life that came before us - the animals, the indigenous peoples

We welcome you to this space here, where we have prepared the soil for you to sow the seeds of your leadership visions. Let your roots sink into this nutrient dense soil, intertwining with the roots of everyone else here, and connecting to the root systems of all of the other living things around us as we collectively build our capacity to be well individually and collectively, as we lead and do good in the world.

Settle in.

Welcome.

*Resource: Art of hosting community of practice*