

Unconditional

By Jennifer Welwood ¹

Willing to experience aloneness,
I discover connection everywhere;
Turning to face my fear,
I meet the warrior who lives within;
Opening to my loss,
I gain the embrace of the universe;
Surrendering into emptiness,
I find fullness without end.

Each condition I flee from pursues me,
Each condition I welcome transforms me
And becomes itself transformed
Into its radiant jewel-like essence.
I bow to the one who has made it so,
Who has crafted this Master Game.
To play it is purest delight;
To honor its form — true devotion.

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1) When reading “Unconditional,” what word or phrases resonate with you.**
- 2) “Each condition I flee from pursues me, Each condition I welcome transforms me” Do these words stir up anything from your life’s journey; of fleeing or welcoming?**
- 3) What are you being called to welcome or embrace in the year(s) ahead? Say more.**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹ <https://jenniferwelwood.com/poetry/unconditional/> (accessed January 11, 2026).