Living lightly to labels.
Rachel Noël

What does it mean to be present to your presence?
Here now.
To accept life, in all its fullness.

Am I willing to sit lightly to the labels?
Labels from others.
Labels from myself.

There has been so much life in labels, routes to health and wellbeing, gifts of breath, opening doors of insight and realisation, of acceptance and light.

And yet, there are limits and limitations too.
Lenses that can blinker and blind, threads that hold me back, that restrict what I am even willing to consider possible.

I long for the familiar, for others to give me the labels, the structure, the sense of achievement and acceptance, for them to tell me who I am.

And yet, here, now present to Your presence. Accepting Your light. Am I brave enough to live wholeheartedly present?

Present to myself, present to Your presence. To accept the gifts of passion and creativity, of insight and connection, of enthusiasm and energy. To allow those gifts to flourish, unfettered, unrestrained.

What would it mean to live lightly to my labels?
To let go of their power, to discover more of who You have made me to be?

Grant me the courage to accept the fullness of the life You have given to me,

To accept the gift of who I am, to live wholeheartedly, here, now. Present to Your presence, I am.