

## ***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.