



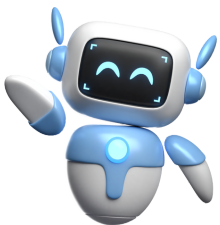
Gold Leaf Training

Rewrite Your Labels by Dante Harker

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Now, as you settle even more comfortably, allowing your body to feel deeply relaxed, your mind calm and receptive, I invite you to gently bring to mind some of the labels that you might sometimes feel are placed upon you.

These might be labels related to your age, your profession, your relationships, or even expectations from society.

There's no need to grasp at them, simply allow these words or phrases to gently float into your awareness, like leaves drifting on a still pond. Take a moment now to let these labels surface, whatever comes to mind is perfect.


As these labels become present in your awareness, imagine them as if they are written on small pieces of paper.

Perhaps some are neatly printed, others scrawled in haste. Notice the colours of these papers, are they bright and demanding, or pale and almost faded?

What is the texture of the paper? Is it smooth and glossy, or rough and coarse? Allow yourself to fully experience these imagined labels, noticing every detail without judgment.

Or perhaps, for you, these labels appear more like translucent stickers, gently resting on different parts of your being. Observe where these stickers seem to be placed. Are they on your forehead, visible to the world?

Are they on your shoulders, perhaps weighing you down? Or maybe they are subtly placed on your heart, influencing how you feel about yourself. Take your time to explore where these imagined labels reside on your inner landscape.



As you look at these labels, whether they are pieces of paper or translucent stickers, begin to recognise that these are often descriptions or expectations that have come from the outside world.

They are perspectives of others, reflections of societal norms, and while they might sometimes feel familiar, they are not the complete or definitive truth of who you are. Consider for a moment where each of these labels might have originated. Did someone say this to you directly?

Is it a general assumption that society holds?

Trace back the possible roots of these labels, understanding that they are external constructs, not intrinsic to your being.


Now, with a gentle breath out, a long, slow exhalation, imagine yourself beginning to loosen the grip of these labels.

Perhaps you see one of these paper labels gently lifting, the edges fluttering softly, as if caught by a light breeze.

Feel the almost imperceptible release as it detaches and floats away, carried by the currents of your breath, disappearing into the distance. Allow this to happen slowly, gently, at your own pace.

Or maybe, if your labels are like stickers, you see one of them beginning to peel away effortlessly. Imagine your fingers, or simply your intention, gently lifting a corner, and then slowly, smoothly, releasing its hold.

Notice the clear space that is revealed underneath, the unblemished surface of your true self. There is no struggle, no resistance, just a gentle letting go.



Take your time with this process. You might choose to release one label at a time, focusing on the sensation of lightness that follows.

Or perhaps you allow several to drift away together, creating a greater sense of spaciousness.

There is no right or wrong way, simply allow your inner wisdom to guide this gentle shedding.

As each label releases, notice the feeling of lightness that begins to emerge. It might be a subtle shift at first, a feeling of less weight, less constriction.

Or perhaps it's a more profound sense of liberation, as if a burden you didn't even realise you were carrying has been lifted. Sense the space that is created around you, a space that was always there, waiting to be uncovered.


This space is filled with possibility, with your own unique qualities and potential, unconstrained by external definitions.

In this label-free space, allow yourself to connect with the deeper essence of who you are.

What are the qualities that shine through when those external descriptions fade away? Perhaps you notice a sense of inner strength, a quiet resilience that has always been a part of you.

Maybe you discover a wellspring of creativity, a unique way of seeing and interacting with the world that has been waiting for expression.

Or perhaps you feel a deep sense of kindness and compassion, a natural empathy that extends outwards.



Allow these authentic qualities to emerge and to fill the space that was once occupied by those limiting labels. Notice how these inherent aspects of your being feel – they are warm, comforting, and undeniably you. They resonate with a deep truth within.

Feel the sense of freedom that comes with releasing these limitations. It's like stepping out of a familiar room, a room with defined walls and a low ceiling, into a vast and open landscape under a boundless sky. You are no longer confined by the walls of those labels; you are free to explore the horizon, to breathe the fresh air of possibility, to be all that you are capable of being.

Imagine yourself standing in this open space, feeling the sun on your skin, the gentle breeze on your face. Look around at the endless possibilities that stretch before you. There are no pre-defined paths, no expectations to follow, only the open invitation to create your own journey, guided by your own inner compass.


Take a moment to truly embody this feeling of freedom. Let it permeate every cell of your being. Feel the lightness in your step, the clarity in your mind, the openness in your heart. This is the space of your authentic self, unburdened and free.

Now, as you continue to relax deeply, I want you to imagine taking this feeling of freedom and authenticity with you as you move forward from this moment.

Picture yourself in different situations in your life – at work, with loved ones, pursuing your passions.

Notice how you might interact with the world, with others, without the weight of those old labels holding you back. You are empowered to define yourself, to embrace your multifaceted nature, and to live a life that is truly aligned with your inner self.

See yourself moving through your days with a newfound sense of ease and confidence, knowing that you are more than any label could ever define. You are a unique and complex individual, full of potential and inherent worth. This understanding will continue to grow stronger within you, becoming an integral part of how you see yourself and how you interact with the world.



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And as you gently begin to bring your awareness back to the present moment, carrying with you this profound sense of liberation and self-acceptance, know that this feeling is available to you whenever you choose to reconnect with it.

It is a part of you, your true essence, waiting to be embraced. In a moment, I will begin to bring you back fully, feeling refreshed, renewed, and deeply connected to your authentic self.

