

## Returning Home To Innocence

I am presence and I am humanity  
Presence is alive and full  
It has its own intelligence  
Presence is warm and tender  
It is love in its purest form.

What does my humanity long for?  
To be met with Presence  
To be loved exactly the way It is

It longs to be received and adored  
Heard and cherished  
Expressed and seen  
Acknowledged and appreciated  
And above all  
It longs to be nurtured with curiosity in its messy untamed ways.

It delights when it is touched with a sense of awe and wonder  
Slowing down time.....  
So it can feel the magic  
Of what it's like to be loved Unconditionally  
So it can finally feel safe to Relax  
As it Returns Home again to its Innocence of Being

That's what my Humanity longs for... To be met with Presence.