

# The Butterfly Experience

*By Virginia Ede*



Ever wondered why life can be so damned difficult?

Why people argue, fight and hurt each other, and even more often they hurt themselves? Why the world seems to be constantly experiencing unrest and turmoil, always pushing against barriers.

Well maybe this will help you understand as I now understand.

It started with a butterfly. A beautiful big black butterfly that was continually hovering around a potted tree outside my therapy rooms, seemingly investigating each and every leaf determining which was the better position. Thoroughly Intrigued I went outside to get a closer look at this beauty and see what it was doing.

Now this particular day was a very windy day, and this lovely creature was having quite a great battle flying against the wind with its lovely but delicate wings. Each time it approached the potted tree, a gust of wind would push it backwards. But it didn't give up. Backwards and forwards this gorgeous butterfly flew, forcing its body to overcome this obstacle until finally it softly alighted on a leaf and deposited its precious cargo. An egg!

Twice more this battle was played out and two more eggs were safely deposited onto a leaf. Satisfied that her goal had been reached, mother butterfly flew off, without a backward glance, this time with the wind.

The following week, with great anticipation, I inspected the tree and sure enough, found the presence of three beautiful large caterpillars munching happily on their particular leaf.

Now have a think. What would your reaction be if you saw a big fat caterpillar munching away on the leaves of your favourite plant? Next time you see this particular circumstance, think twice before picking off that caterpillar and throwing it away, which I do admit I have done in the past.

Just take a moment to remember just how those particular fat caterpillars got to be there on those leaves. One stunningly beautiful butterfly fought to lay those precious items so that they would develop and grow into similar stunning creatures.

The next stage that I noticed was the disappearance of the caterpillars and the appearance of tiny golden chrysalis hanging from the branches where the caterpillars had snuggled.



My first reaction was, 'how did those fat caterpillars fit themselves into these tiny and lovely hanging decorations'? They are so much smaller in dimensions than the actual size of the caterpillar.

Thinking on this, have you ever wondered how certain situations, certain circumstances can arise out of small, insignificant thoughts, actions and emotions? Everything and anything is possible if the intention, the thought and the emotion are in harmony with each other. This caterpillar's whole need and instinct is to metamorphose. Every thought, intention is to become what it was born to be!

Fascinated I continued to monitor the development of this ordinary but oh so important phase of the butterfly life cycle.

The following week, all chrysalises were open and clear, and two of the three butterflies were still hanging on to their branch of the tree, drying out their gorgeous wings. The very next time I looked, approximately an hour later, all lovely creatures had left their birth place, departing on their own individual butterfly adventure, leaving only their transformation home as evidence of their ever having been there.

So when life becomes way too hard, too small and difficult, and so much more than you think that you can possibly bear, realize that this is exactly the experience that is for your metamorphosis. For you to become precisely what you were born to be!

This to me is the butterfly experience!

The caterpillar DOES NOT stop until it is firmly ensconced in its chrysalis. It doesn't give up because it's too hard or too small. Once in its own chrysalis, the caterpillar's metamorphosis can commence to take place. But it doesn't stop there. The metamorphosis has to be completed. The butterfly must leave its place of safety and climb out into the big, wide world and continue its living.

Through perseverance, determination, willpower and a new way of thinking (– the caterpillar no longer exists, so actions have to change to suit the transformation) the transformed must go through the further process of squeezing out of its narrow world into a bigger and brighter one. And once out of its former smaller world, the butterfly then takes the necessary time to adjust to its new way of life by allowing its wings dry before flying off onto its next adventure.

So when the wind is blowing especially strong in your life, **DO NOT** give up! This is the time to keep on forging forward, even if it is, in your perception, 2 steps forward 1 step back. Know that you are still succeeding and making headway even when everything seems to be against you.



And then, once you have reached your goal, it doesn't stop there, take time to rest, take nourishment before the next leg of your journey. This is a very important and necessary transformational stage. What seems to be impossible is not when you make the required effort.

On the larger scale, when the world around seems to be absolutely crazy and impossible, know in your being that this is just another part of a phase.....**GROWTH**. Life is about movement, not standing still, and there is always movement, sometimes a traumatic one, before there is a shift. Whether it is war, a catastrophic shift in nature, or the murdering of life in the name of religion, power or greed. And these things must move from the shadow into the light before a change can come about.

It may not seem to be fair to have to fit what is you into something that is different, and is obviously going to be a tight squeeze. It will always be a part of that life cycle that everything and everyone must experience before change can happen.

But once you realize that all that is happening to you is a metamorphosis, a transformation, the growth of one way into another, then the beauty of this then becomes so simple and yet so stunning.

Of course, it does sometimes take what seems to be stupendous courage, amazing determination and undeniable fortitude for the ultimate beauty to come climbing out of its chrysalis back into the world for all to see. Perfection!

And know this, there is no such thing as imperfection! All things in creation are absolutely perfect in its individuality and form.

No matter what horrors occur in our world, the end result will always be transformation and perfection.

**ALL YOU HAVE TO DO IS BELIEVE!**



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