



TRANSFORMATION

"You can transcend all negativity when you realize that the only power it has over you is your belief in it. As you experience this truth about yourself you are set free."

Eileen Caddy

The Butterfly stays as a symbol for transformation, asking us to accept the changes in our life. He sends us the message to keep up our faith as we undergo the turning tides and transitions in our lives as they are part of us growing into our full beauty.

Transformation can hurt - it can shake our very foundation that we have built our secure and sheltered life on. Transformation can throw us into fear and despair. But then one day when we look back - we realize the growing point of the experience. It is like your first heart break - you think you will never heal from it but then one day you know why the breakup had to be

During this creative process you might want to listen to your inner butterfly. Does he want to come out and fly ? Is there something that needs to be transformed ? Something that needs to be started ? Something that needs to be finished ? Where do you need to set yourself free ? What does it take ?

Enjoy !

With Love

Marion I. Maenner