

SPREADING YOUR WINGS

In the beginning, a beautiful butterfly starts its life as an unexceptional caterpillar. Day after day, it feeds on leaves and flowers as it grows and matures. Soon enough, the day arrives when it is ready to enter the cocoon stage for some rest and renewal. If the conditions are right, in good time, amazing transformations begin to occur within its sanctuary.

Prior to the emergence of a beautiful flying adult, there will be an unavoidable, albeit necessary struggle the creature must endure in order to pump fluid to its wings to break free from the cocoon. This is also the stage that it must complete on its own. Although it may not feel valuable at the time, the ultimate freedom will be well worth it. In faithfully embracing the challenge, the transformation phase will progress as planned and a beautiful butterfly will be ready to don its wings and soar.

In the story of the emperor moth, a young boy finds a cocoon and sees the movement and struggle and proceeds to help things along by cutting open the cocoon. Unfortunately, what seemed like a kind gesture in the moment was not beneficial in the long run. As a result of the young boy's enabling and doing for the creature what it needed to do for itself, the moth remained small with shriveled wings, unable to uncurl its wings and fly. The struggle was necessary to pump blood to the wings in order build strength and fortitude to carry out the divine creator's plan for its life.

Like the butterfly, we too are meant to unearth our wings and soar. Thus, we also must engage in times and places of rest and solitude in order to draw on our creator's grace and strength as we learn to connect to our true selves and potential. A quote by Christie Golden states, that "Clarity is often found in stillness". We must also practice accepting that for personal spiritual transformation to occur, we will need to map out and commit to specific goals along the way and, at times, be willing to struggle a bit to pump fluid to our spirit within and figurative wings.

Throughout our lives, if we practice mindfulness and self-awareness, we may begin to notice cycles. There will be times for rest and renewal and times for action and growth. If approached properly, there will be a steady ebb and flow of work and play, giving and receiving, sowing and reaping. Of course, this cyclic process requires intention, patience, and a harmonized balance of work and recovery.

It is important for us to take the necessary actions when we need to, cultivate healthy expectations for ourselves, establish realistic timelines to achieve our goals, and stay dedicated to the long-term process. And we must be wise and not expect too much too soon, nor expect too little of ourselves because both could inhibit or delay our progress and growth.

We were meant to fly, to soar, to prosper, and to ultimately become our best selves. As small children, we relied on our mother or father or guardian for care, encouragement, and nourishment. For some, the conditions were favorable and unfortunately for others they were inattentive or unkind. However, once we reach adulthood, it is time that we begin to step out on our own. Our divine creator has a plan for good for our lives. And since it is our journey, nobody can do the work for us. Not surprisingly, this takes courage, resolve, and commitment to the process. We must choose to adopt a willing posture and be dedicated and willing to feel some things that at times may be out of our comfort zone. And despite what our minds may say, the risk and perseverance will be worth it in the end. Have faith, not fear. Faith is the true key to victory. Faith in ourselves and our divine creator will lead us toward the powerful transformation intended for our lives. And then one day, we will without a doubt fly.