

Freedom Through Metamorphosis

When a butterfly leaves its chrysalis,
it abandons its former way of life.

The transition takes time as the
newly formed butterfly waits for its
wings to dry. Once ready, it takes
flight, leaving old ways behind as it
soars freely.

Like the butterfly, I may find that my
freedom from a former way of life
takes time. I cocoon myself in
silence and meditation. I consciously
let go of old thoughts, ideas, and
habits that keep me from the full
expression of who I am.

I let go of the past and live in the
present. I am no longer held back by
fear of failure or defeat. By living in
the present, I am free to soar through
the garden of life.