

Release the Butterfly

Awaken the slumbering beast!

People often choose comfort over growth and when we stop experiencing new ideas, we stop growing. Just because you have never tried something before, it doesn't mean that it's not for you. I view change or a challenging situation not really as a dilemma but rather as an opportunity to create space for something which is more rewarding and satisfying. One of my colleagues from a recent networking event remarked that you grow rich by growing yourself; this is a very profound statement. Innovation and creativity should part of your mantra and who knows maybe you will launch your million dollar idea, such as a unique clothing line which could earn you billions of dollars. The art of learning to flourish begins with you, if only the dominant part of your brain could unleash that creative genius!

Decoding the Butterfly DNA

There is a butterfly in each and every one of us; by decoding the “Butterfly language” in your DNA structure you will undergo metamorphosis from a caterpillar to a butterfly. A caterpillar's life span involves it crawling from leaf to leaf to eat and sleep and it does the same thing day in and day out. A butterfly, on the other hand, is an incredible creature that lives a glorious life by flying off to where ever it wants to go, and drinks from a variety of small mineral puddles and wet leaves and has nectar from a selection of flowers. Fortunately, the caterpillar is spared further monotony by becoming a cocoon and then transforming into a vibrant butterfly; this transformation is an automatic process for the butterfly.

Unfortunately for human beings it is not! Some individuals get stuck during the caterpillar stages of their life (and don't even realize it) and remain dormant for decades, while there is a minority that do elevate to the status of growing wings and achieving great things. A butterfly symbolizes new life, emergence of growth, beauty and freedom. The elixir to experiencing a fulfilled life with new beginnings and to awaken from that deep slumber lies within you. If the career/life barometer could read your career/life altitude, what would it say about you?

Reach in & reverse the old programming

Most adults go through the day in autopilot mode with no sense of embracing the moment. This zombie like status can be reversed by tapping into the power within. Flick that switch on to release your butterfly! The act of finding your wings and power produces a positive shift in the state of your thinking, increases levels of motivation and makes it possible to reach within the core structure of the DNA to uproot negative blocks. Advanced monopolizing of the decoding of your butterfly DNA allows emergence of your latent talents and strength. As children we borrow perceptions from the adults around us; perceptions which inevitably become deeply embedded into our subconscious without us even realizing it. In the process some of our core strengths disappear to the bottom of the iceberg. .

Change and metamorphosis occurs in stages, so the idea is to start from where you are and with what you have. For example, maybe you want to start teaching yoga in your community. Hence your starting point will be; I know yoga very well because I have been studying and practicing it for many years and I also know a group of people who are keen to learn yoga. So your next step would be to offer yoga lessons to these people and you could do this from the comfort of your garden.

Decoding your butterfly DNA will set the trend for a positive ripple effect. Those annoying pebbles which always seem to get stuck in your shoes will magically fall out; hence antiquated beliefs and practices no longer take a lead role. Loving what you do is the all time catalyst to magic. Cultivate your strength and create a daily mantra that works for you. There is no time like the present to turn your struggles and challenges into opportunities that spurt growth and the answers lie within you.