

# Butterfly Beatitudes



Source of Inspiration  
Volume 1





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**blurb**





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Today I am a caterpillar,  
too many legs,  
confined to leaves.  
How I long to fly.  
Why can't I be beautiful  
like a butterfly?

Oh, impatient caterpillar,  
be who you are today;  
be a joyful caterpillar.



Every day's a holiday  
when filled with love.



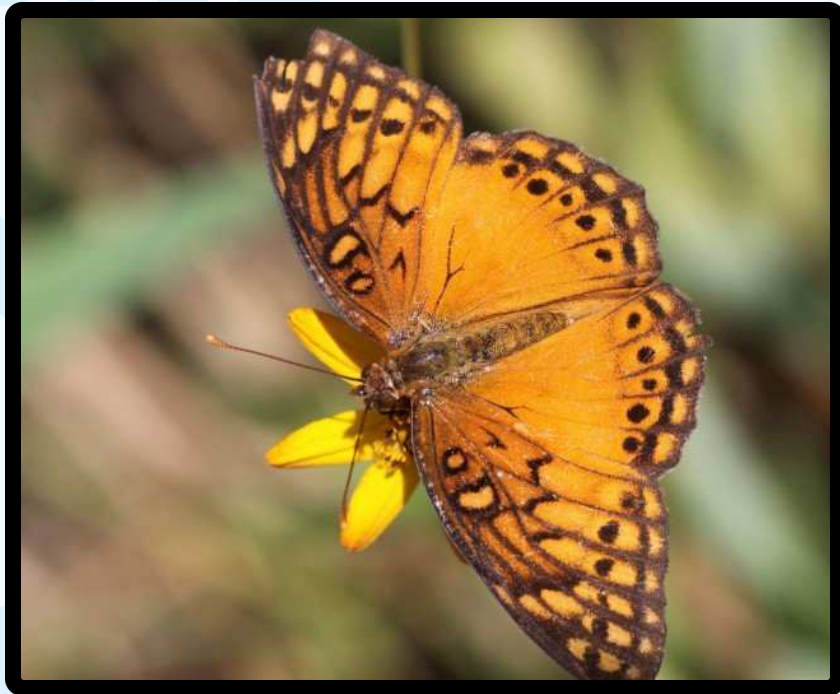


Where are You?

everywhere  
tiny breeze  
sweet puppy breath  
clouds rolling in  
bringing a summer storm  
I AM in  
crows and butterflies  
angry hearts  
tearful eyes  
but most of all  
I am in laughter  
joy, quiet moments  
of peace when  
all is right  
with the world







Do not chase the  
butterfly of illusion  
which flits, flies, and  
leads you on a merry chase.  
Go within to finally know the  
truth, to find the serenity,  
which has escaped you for so long.  
It is yours, waiting to be claimed.



Cycles, rituals, habits,  
cows walk in lines, ants  
do, too. Salmon, butterflies,  
sparrows migrate year after  
year, moons wax and wane,  
seasons come and go, babies  
are born, grow up, and die.  
Why is it that we resist change  
with life ever spiraling into  
eternity? Some things just are.

Life is what it is. A certain  
amount of surrender smooths the way.



Sip nectar and leave joyous love everywhere.





Say “yes”  
to love  
compassion  
truth  
words filled  
with power  
and light  
if we  
so choose







All around me I see change.  
Why do I feel surprised,  
disappointed, even angry  
or afraid when faced  
with change?

Like the caterpillar,  
I must welcome the  
metamorphosis that  
carries me through my  
stages of development  
'til I emerge a beautiful  
Being of Light, who  
knows how to give and  
receive unconditional  
love, the perfection of  
our Creator.



pass through each  
stage of your life  
with attention



*Be a gentle butterfly  
There is an art to being subtle  
Don't use a hammer when a feather will do*



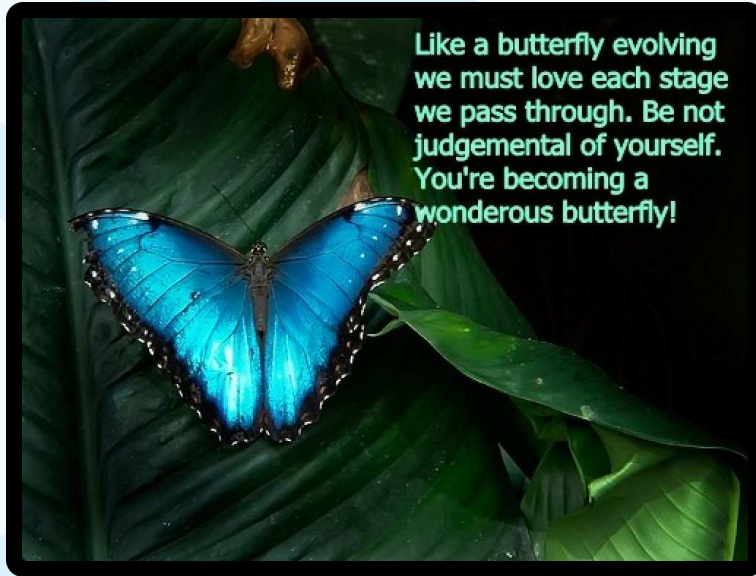




What if life is simpler than we realize? At times, it seems complex but, if we observe other life forms, we see patterns beautifully designed working with elegant simplicity. So what is the key to having our lives work smoothly within this plan?

The answer really is not complex to understand. It is that we must all work together in loving, compassionate ways to have a life of harmony. Just this. So simple.





Like a butterfly evolving  
we must love each stage  
we pass through. Be not  
judgemental of yourself.  
You're becoming a  
wonderous butterfly!







My dog has smelly feet,  
yet I love him so.  
When he comes to be  
petted, I hold my breath  
or breathe through my  
nose. He always gives me  
wet kisses after I  
pet him. I figure his  
smelly feet is a small  
lesson in unconditional love.





The butterfly sips the nectar of my skin; my finger tingles with its touch.  
Our hearts connect; he flies away spreading my joy across the garden.





**Are you living your life or just existing?** eT. Barry





Butterfly beautiful lights upon a flower  
Bombs explode, killing exists every hour  
Flowers emerge and hide war's scars  
People live in cages of hate  
Never looking beyond the bars

Mother Earth, once so beautiful  
Now lies ravaged, but not beyond repair  
Please, my brothers and sisters  
Let's stop fighting and treat  
our Mother and each other  
with greater love.

It is absurd that we live  
In a paradise, yet do not respect  
each other or the land  
Joined together, this can change  
Each doing what he can

**I am shy  
I am afraid  
Who am I  
so weak and foolish?**

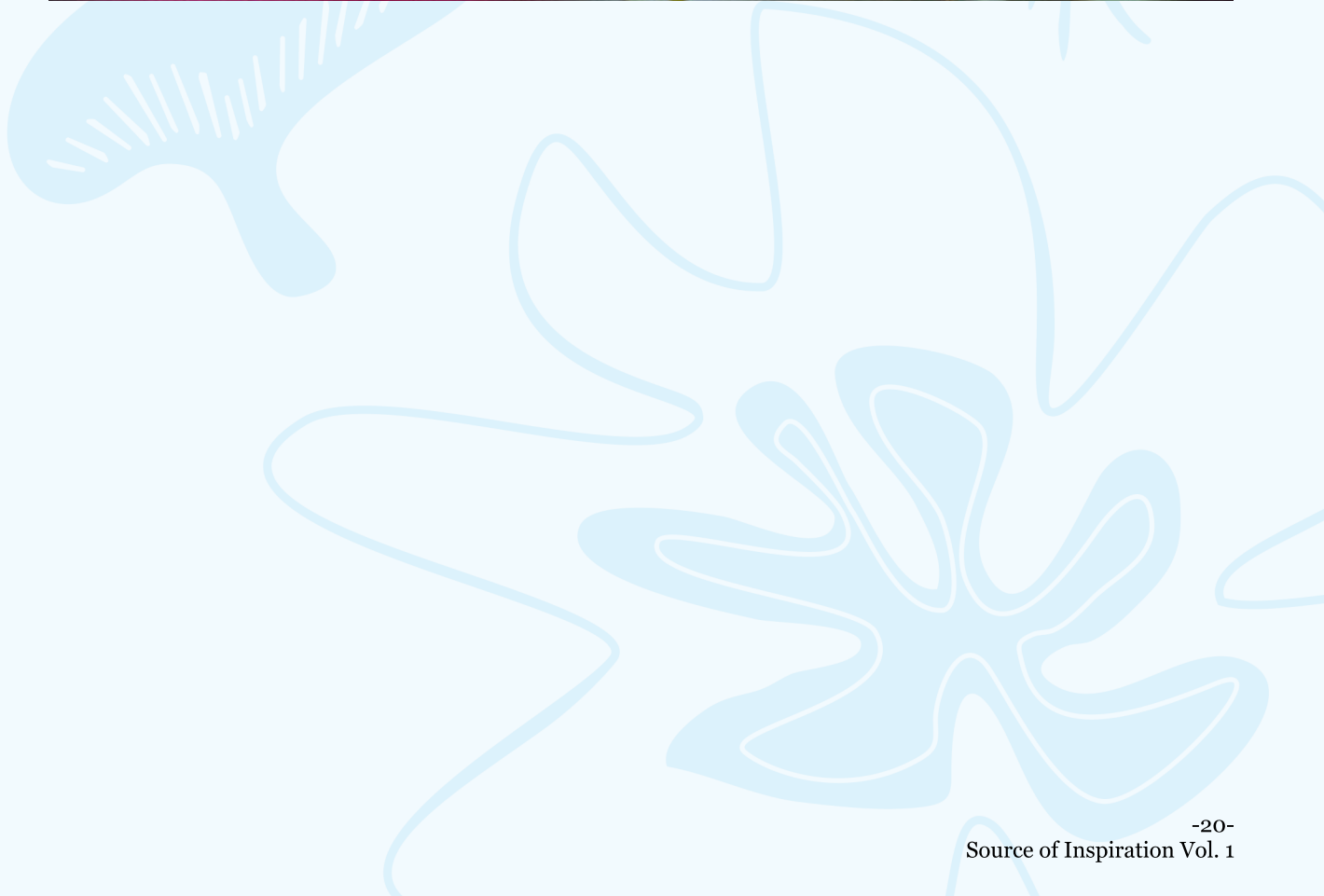
**Does a caterpillar  
feel ugly as he  
walks the path  
of transformation?**







**Butterfly, butterfly, so beautiful  
and free, you spread the pollen  
of love from flower to flower  
teaching us how to be.**



**Be brave, be true  
to me, to you.  
Integrity begins within.**





Say "yes"  
to love  
compassion  
truth  
words filled  
with power  
and light  
if we  
so choose



**Bring back chivalry; good manners never go out of vogue. A smile and "thank-you," can brighten any day.**







If I were to go to the  
furthest land, what  
riches could I find?  
How is it that we do  
not mine the gold and  
diamonds found within  
instead of wandering  
afar looking for treasure  
we already have?



I find I need rituals,  
reminders of what I  
value in life. Cycles  
give me structure and  
comfort me.

**R**eminders to stop and recall

**I**nstances of connection

**T**eaching, filling

**U**pon wisdom does more wisdom grow

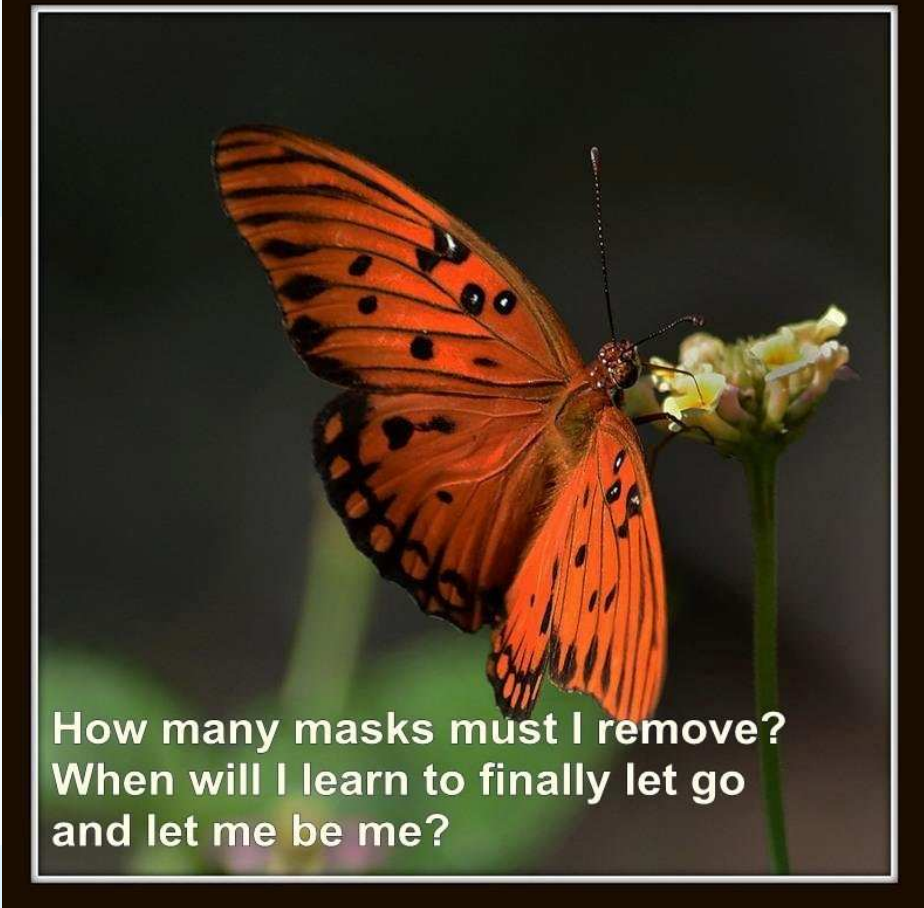
**A**lways honor integrity

**L**ove comes in many forms

**S**eek balance in all you do



My life is but a single breath,  
so fleeting, yet needed in the  
moment. Why do we feel that we  
must live forever, building  
monuments to our name? Am I  
but a pretty butterfly  
sipping nectar in the garden  
a short while, then gone, a  
star that fades with dawn?  
If all else ceases to be,  
then  
why  
not  
me?



How many masks must I remove?  
When will I learn to finally let go  
and let me be me?





Fairies sit on mushrooms,  
passing kisses to all;  
ants do line dances,  
butterflies give loop-de-loops,  
arias of bird song fill the air.

How magical is the floresta,  
sunbeams or starlight  
reveal a world made with  
enchantment. All who come  
learn how to love and  
live in harmony with all.



Go or stay?  
Shall I start my day,  
or snuggle in my  
blankets for a little  
more dreaming, pondering,  
cat-like stretching?  
These moments between  
sleep and awake are  
precious when savored.

I have learned to pay  
attention to the respites  
of life, to pause and watch  
a new butterfly unfurl, to  
smell the aroma of the tea  
before I take the first sip,  
to feel the silkiness of ears  
waiting to be rubbed--a gift  
to us both my beloved dog  
teaches me.

I have slowed my life down  
no multi-tasking for me  
parred away the superfluous  
goods, activities, even people  
who need to go their own way  
leaving me to do the same

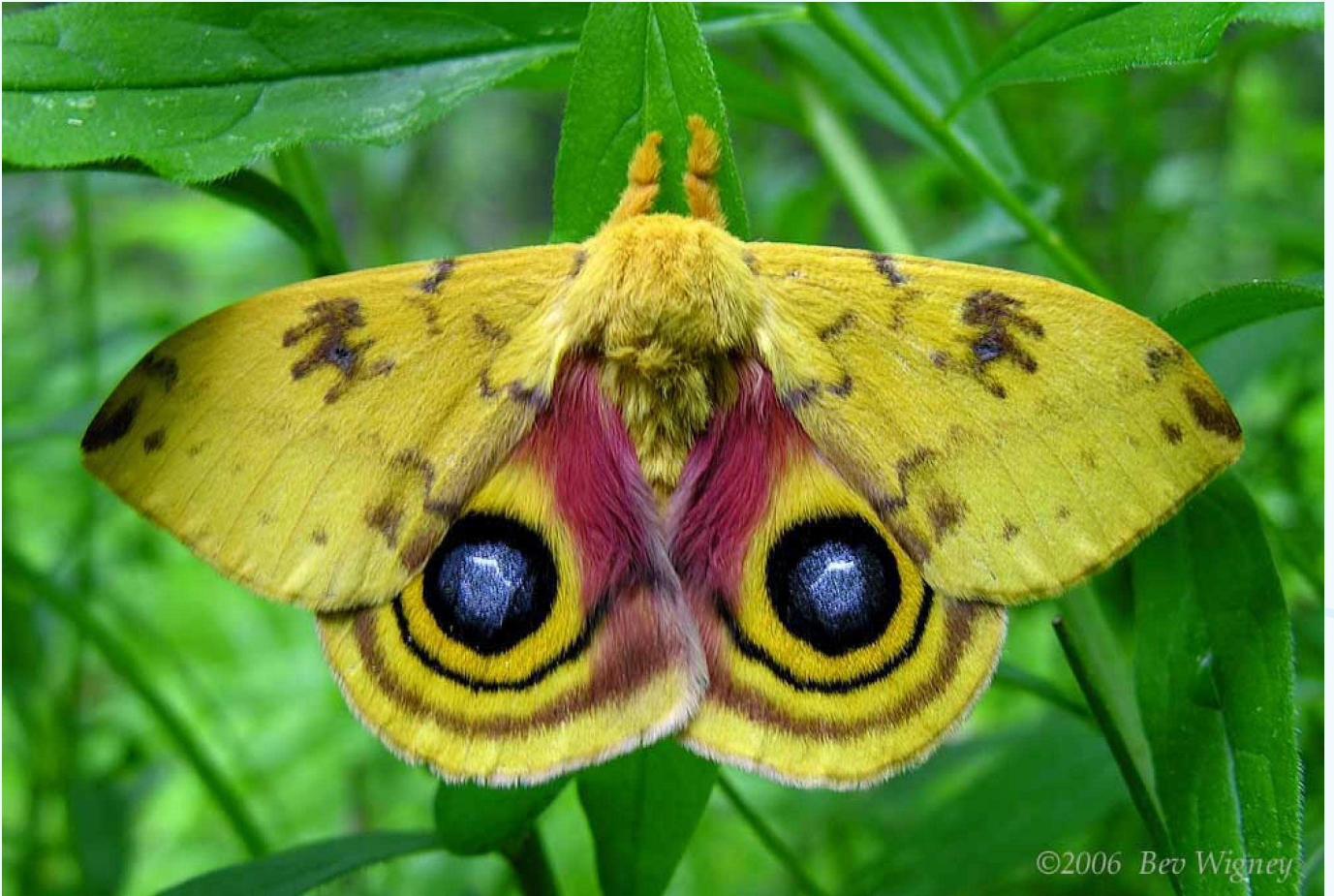
simple  
serene  
savored  
Life in its purest



Is it possible, even reasonable to love all of mankind? Must we maintain a position of complete neutrality where both good and evil are concerned? Does an unwillingness to take sides equate brotherly love? Can we "love humanity," but not endorse evil, aggression, cruelty, and the willingness to shackle the human soul?

All will someday follow the path of illumination, in the meantime, we must guard against that which seeks to destroy. We must work for the evolution of of man, both in a corporal way and in the spiritual where all true progress is made. Ultimately, compassion is the key.

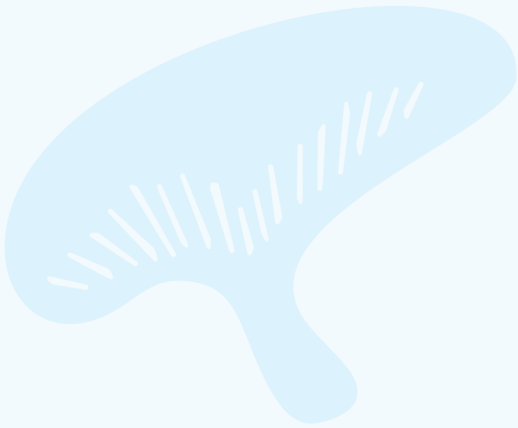




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