

***BUTTERFLY MEDICINE***  
***METAMORPHOSIS FROM***  
***CATERPILLAR TO BUTTERFLY***  
***WOMAN TO GODDESS***

---

***FLOWERBIRD***

© 2001, 2003 by Lily Finch, (aka Flowerbird) All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the author.

ISBN: 0-7596-3667-2 (e-book)  
ISBN: 0-7596-3668-0 (Paperback)  
ISBN: 0-7596-3669-9 (Hardcover)  
ISBN: 0-7596-3670-2 (Rocket Book)

This book is printed on acid free paper.

For more information on Butterfly Medicine or to schedule Flowerbird for public speaking, musical performances and personal, group or business transformation consultation go online to [www.butterflymedicine.com](http://www.butterflymedicine.com). For ordering information for the Butterfly Medicine book and combination Musical Metamorphosis go to [www.springbound.com](http://www.springbound.com) or contact Flowerbird, c/o 1stBooks Library Publishing, 2595 Vernal Pike, Bloomington, IN 47404.

\*\*\*\*\*

*“For centuries, most cultures  
have been ignoring or devaluing the feminine.  
Today, everyone is reaping the effects on  
countless levels....  
From planetary to personal to political.  
Of a world sadly out of touch  
with the qualities of the  
deep feminine.*

*We do still own those qualities.  
It is just that they went into hiding long ago.  
The power, though, is ready  
to be reclaimed.*

*It is time that we reawaken our memory  
of this ancient wisdom.”*

*(Author unknown)*

\*\*\*\*\*

*To my mother, my grandmothers and  
my grandmother's mothers and grandmothers...  
and on back to Mary, to Eve, to Mother Earth,  
to the remarkable, magnificent goddess within myself  
and to the goddess within every woman on this planet.*

*To those of us who have struggled with  
the belief and fear that we 'are' the broken or blemished  
scripts we have chosen to read at times  
instead of the perfect, beautiful actor behind the script.  
May we be re-remembered, re-claimed, re-owned and celebrated;  
changing our world from one of fear to  
**LOVE.***



## **CONTENTS**

---

### **INTRODUCTION**

DESTINY ..... xvi

### **CHAPTER ONE**

ONLY ONE TRUTH! ..... 1

### **CHAPTER TWO**

LARVAE MEDICINE ..... 13

### **CHAPTER THREE**

CATERPILLAR MEDICINE

LEVEL ONE 'AMNESIA' ..... 18

### **CHAPTER FOUR**

CATERPILLAR MEDICINE

LEVEL TWO CREATING DO! DO! ..... 27

### **CHAPTER FIVE**

CATERPILLAR MEDICINE

LEVEL THREE: PAIN! ..... 43

### **CHAPTER SIX**

COCOON MEDICINE

LEVEL FOUR: ..... 51

### **CHAPTER SEVEN**

BUTTERFLY MEDICINE

LEVEL FIVE: THE AWAKENING! ..... 62

### **CHAPTER EIGHT**

BUTTERFLY MEDICINE

LEVEL SIX: DISCOVERING HOLY GROUND ..... 70

### **CHAPTER NINE**

BUTTERFLY MEDICINE

LEVEL SEVEN: GOING WITHIN THE DIAMOND ..... 89

<i>CHAPTER FOOTNOTES</i> .....	99
<i>AKNOWLEDGMENTS</i> .....	102
<i>BUTTERFLY MEDICINE; THE MUSICAL METAMORPHOSIS CD</i> .....	103
<i>FLOWERBIRD'S RECOMMENDED READING LIST</i> .....	107



# **INTRODUCTION**

## **IN THE BEGINNING**



## INTRODUCTION

---

I feel like my whole life has been in preparation for sharing this work. In reality, my greatest education did not come from any training in the traditional sense, but from the school of hard knocks. And I've received several PHD's that way! I learned what does work by learning first what does not work! I have begun to learn who I am; first by learning who I am not. It has taken a desire and passion for learning that hard knocks could not kill. It took looking in the mirror and becoming 100% accountable for everything I had experienced and created in my life! Little did I know (in the beginning) that accountability was and is the door to freedom and to a string of events that continue to be most miraculous and spontaneous and was the source of the unfolding of **BUTTERFLY MEDICINE**.

First, having kept an important agreement I made to myself, to finish writing my memoirs called "**Awakening in the Millennial Morning**," containing some of the lessons I had learned, I then simply tossed that book over my shoulder. I did this with a great sigh of relief. With that task now behind me, I could empty my cup of all the information that was furiously swimming there, and could now go on to learn something new. I had seen first hand as a mental health counselor, relationship development facilitator and consultant, the miracles that take place in even the most painful, dysfunctional lives. I had risked using some very non traditional therapy to focus on **who** an individual really is underneath all the coping mechanisms we all use to hide from, and in doing so, saw how perfectly our world and our lives are designed to teach us the lessons we all came here to get.

I was ready for some major changes in the traditional therapeutic methods practitioners use to heal with and sources we all have at our disposal to seek the source and the answers for why we go through what we do and the level of efficacy of what is possible for everyone who is struggling to find personal fulfillment and peace. I was committed to emptying my cup and only looking forward. I could never have dreamed what was about to take place when I sent out a prayer into the universe asking to have an idea of which path to take next. "What was my perfect self expression?" I asked, "using the talents and abilities given me, the wisdom I had gained from my life experiences and the need that is present in the universe?" **WHAM!** I must have asked the all aligning question for that stage of my life! What occurred was almost an instantaneous unfolding of all three of these components in one beautiful package; **BUTTERFLY MEDICINE!** It was as though it all spontaneously and effortlessly fell from the sky, coming together like a million puzzle pieces into a perfectly beautiful pattern that was a woven tapestry of music and script- for **WOMEN!** The

inspiration came in a way that caused the impurities and the distortions to wash away and the principles of science and religion to unite, like refined gold.

I had been singing professionally since I was a young girl and since have been jokingly referred to as the “singing shrink” on more than one occasion as an adult and yet, I was actually singing very little putting most of my passion for healing into traditional therapy. I had never before dreamed that it would be possible to integrate the two in a such a powerful and beautiful form. Since writing **BUTTERFLY MEDICINE** the actual method and content has empowered changes beyond even my wildest imagination. I am acutely aware that this work comes through me and not from me and that when you begin to tap into the power of even a single woman who knows and loves herself, the effects are immeasurable. This has truly been, for all those who have been assisting me in this co-creating process with the music and production, a labor of love.

Directly after seeing the entire picture of how ‘**BUTTERFLY MEDICINE**,’ brings together many different cultural, philosophical, therapeutic and religious perspectives into one great whole, I was reminded of a dream I had many years earlier. The puzzle pieces begin to come together now and make more sense to me. In my dream I saw a great church which had control of the whole world. The head or the leader of this huge ‘religion’ was but a mere boy of only about 6 or 7 years old! This little boy was raised, prepared and programmed to lead by the men who were his caretakers. They were in control of what the little boy said and did. Fast approaching, was the great 7 day ceremony that the mighty church facilitated. A few leaders of another much smaller church had been given permission (for the first time and with some hesitancy) to observe with a back stage view this great event and to follow the small boy leader through his days officiating in this historic event. Those allowed to be there were warned to only observe and were not allowed to tape or film what they saw. They followed this tiny boy around and watched as he ‘parroted’ his memorized lines for each day’s ceremony. They watched him wake each morning a normal, adorable, playful little boy as he would romp and play in his room while the guards and leaders watched vigilantly. It did not take long for all who were observing to feel a deep love and compassion for this little boy. They sorrowed without judgment or interference while they watched him carry his heavy burden and fulfill his weighty assignment. It was very apparent that he was a mere puppet for those with other political and worldly motives and those allowed to observe and myself, observing it all from the hawk’s view of my dream, recognized the perfection of even this as we displayed respect for those who were overseeing him. Our hearts broke as we watched each day as the heavy demands and burdens were placed upon him began to wear him down. He would be placed in gothic, ornate robes; a crown-like hat was placed on his small head and he was given a scepter to hold. He would then stand at the end of a great hall and recite the words of the ceremonies he had been drilled with and had memorized. Each

day (days one through six) the little boy completed his assigned role. Each day he became more and more weary and we worried so much for his welfare. He was, after all, doing the very best that a small boy could do. On the climactic 7<sup>th</sup> day the announcement was made that plans had changed (due to the trust that had been developed through the visitors' unconditional love and respect) and that permission had been granted to the visitors to broadcast the ending ceremony on world-wide television. At the beginning of the final day and before the ending ceremony, the small boy was dressed again in a different, yet very opulent, colorful robe. He was then handed a golden scepter while a crown, even more ornate than before, was placed on his head. He was lifted to stand at the end of a very long table in a mighty hall to begin the greatest of all ceremonies- that of the 7th day. He began to recite and to chant and then from complete exhaustion he collapsed onto the floor! His mentors were frantic and hysterical because after all- the eyes of the entire world were on them. As the small boy was carried out of the room they became even more distressed and did not know what to do. Those few who had been invited to observe during the week stepped up to comfort and console the leaders of the great church. These few observers, in a very peaceful and unconditionally loving manner, offered to have a child of their own faith come in to officiate and finish the climactic finale to the ceremony. The great church's leaders were shocked and abhorred! How could they? Their small boy had, after all, been prepared from birth and knew exactly what to do and say. How could anyone possibly replace him? Especially an untrained, unprepared child who was not even a part of them. With the cameras still rolling, the pressure was so great that the caretakers of the small boy finally relented, when once again, they were offered a child to be brought in to take the small boy's place, by the few who had been observing them for several days. They had, after all, been able to feel the genuine concern and love that this small group had given them, their church and especially the small boy leader. They had no other choice. They agreed to allow a small child from an entirely different 'church' who had before now been refused admittance into their internal world to finish the world's historical event. This small child, dressed in a simple white robe with head and face covered, came forward and was lifted to stand and officiate where the small boy was who had collapsed. This young replacement, with no formal training or preparation and totally from inspired intuition and inspiration completed the important ceremony. The ceremony was completed perfectly and had an element of heartfelt inspiration and love that was not present before. The world sighed a great sigh of relief! At the conclusion of the ceremony, the entire crowd and the world at large, gasped as the hood of the robe was drawn back and there revealed was a tiny, dark haired girl!

Now, I know that dreams are significant and that there can be multiple layers of meaning hidden within them. I also know that our dreams are a message to ourselves and all the actors in a dream have reference directly to different parts of

the dreamer. There are other more global meanings that are significant for the work of restoring to women the goddess power in this dream that I would like to point out. First, I grew up in a very small town in a farm/ranch atmosphere. I spent my childhood climbing trees, canning fruit grown from our orchard and vegetables from our garden, making homemade bread and butter, following my father around and helping to drive his tractor while he and my brothers bucked hay. I never heard of or knew the meaning of the 'age of Aquarius' until long after I had the dream and had even written this book. I recognize the depth of this dream's significance for my own life and the integration of the 'feminine' into owning accountability and leadership for myself. And I want to point out other meanings that I believe are significant in the context of women's healing. I know now that the 'church' in my dream, does not refer to any specific church, religion or organization. In fact, I believe this to be a dangerous ego perception and a better-than, less-than game that most in the world has been or are still participating in. This will be explained in greater detail in Chapter 1.

The meaning of the churches on one level is about our collective motivation. For the 6 days or past 6 thousand years of human history, the collective motivation has been fear based and has created pseudo masculine leadership which controls, dominates, coerces and destroys in order to gain. The little girl in the dream does not indicate that women will take control of the world but that those forgotten feminine traits (if enough women and men re-remember them) will not only restore the peace and harmony essential to our planet but will re-remember, empower and integrate with the authentic masculine (something that we have rarely, if ever known). The feeling of concern and empathy for the little boy who was doing the best he could do brings about the empathy and forgiveness necessary to create a healing of the anger and pain for centuries of abuse, dishonor, death and torture that mankind, government, religion and churches (all in the name of God and superiority) have inflicted, not only on women, but on entire cultures who did not have the ability or chose not to defend themselves. And this healing is absolutely required in order to re-own the goddess.

Many have jumped on the band wagon to bring about world peace, spiritual enlightenment, etc., without doing or teaching about the personal cleansing necessary to manifest those changes on a permanent basis and uniting with others. "What is within, is without," is simple and yet so very profound. We will NEVER manifest something external to ourselves (and that means even in our physical bodies) that we do not know and own (as a deeply held belief) within ourselves and in our belief system. We can seek the mysteries of space, changing DNA, the collective power of prayer and the way to overcome time and gravity, yet, the **KEY** to getting there is not discussed or known. Like Christopher Reeve's role in the movie, 'Somewhere in Time,' who meditated into a beautiful, new reality only to be painfully ripped back to where he had begun when he

pulled an old familiar coin from his pocket reminding him of his other reality and life. There will be no sustained unity, peace or global change until we, individually, face and rid ourselves of the coins we have in our pockets.

The 7 stage process of transformation of “**BUTTERFLY MEDICINE**,” describes what these coins are and the stages of life’s lessons for those who want and are ready to begin to wake up to the process and perfection of everything they experience in life and to quickly and simply manifest wholeness and subsequent fulfillment. This work empowers an individual along with the Master Physician(s) to become their own physician and healer, harvesting the lessons from the relationship we have with everything in our lives: our finances, our mental and physical health, our relationships and our environment. And, what is unique and different about ‘**BUTTERFLY MEDICINE**’ is that it simply and clearly defines that **motive is more important than method.** (No matter what external method we use to bring about personal or global change, the motive, whether it be fear or love, will determine whether the results will be wheat or chaff, fruit or garbage, old painfully repeated lessons or a whole new peaceful reality.)

Women are at the source of all creation- all that is beautiful, gentle, intuitive, nurturing and sweet- all are attributes that seem to be missing from the decisions that have dominated the world for thousands of years. It is time to restore the power of the feminine while understanding and integrating the **authentic** masculine to our planet- not from the motive of fear as is manifested by pain, chaos, illness, poverty and devastation, but instead by the motive of love which can only bring about peace and harmony. It was time that I added my voice to the voices of others that **LOVE** truly is the only thing that has power to change everything; **LOVE as an authentic power; LOVE as a literal energy; LOVE AS A SCIENCE!**

\*\*\*\*\*

When you heal a woman, you heal a family and then a community and then a nation. Women on our planet have a destiny. Our destiny is to rise and reclaim WHO we are. And when we do, we will fly with the eagles and sing with the angels.

## **DESTINY**

**To reach every dream. To see beauty in all things  
That is my destiny! It is my destiny!  
To fly with the eagles. To sing with the angels  
That is my destiny! It is my destiny!**

**I embrace the guiding light, that paves the way so hope's in sight  
sharing a vision burning bright and touch all hearts with shining light.**

**When man sees only good, the seed becomes the redwood  
That is my destiny! It is my destiny!  
With love you can't deny, you emerge a butterfly  
That is my destiny! It is my destiny!**

**I will sail through time and space, flowing to my rightful place  
Sorrows leave without a trace, and my soul fills with love and grace  
That is my destiny! It is my destiny!  
That is my destiny! It is my destiny!  
To fly with the eagles.....to sing with the angels...  
Music and lyrics by Kelley Eisenhour ©1999**

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis that includes this song as well as 9 others available on CD and Audio/book/CD at the end of the book.)



## **CHAPTER ONE**

### **Only One Truth!**

I have a message of great significance and importance to share with you. This message is by far, the simplest, the most powerful and the purest I have ever felt and has the ability to impact our individual lives and even the world as we know it, in a greater and more profound way than has ever been before.

In fact, this message is the only one you will ever need to know to create loving, lasting, fulfilling relationships; physical and mental health and wholeness, abundance, prosperity and beautiful, peaceful environments. There is, in truth only one truth. Only one thing you need to know, do or believe. Can you imagine that? In a world full of rules, regulations and guidelines, that all along, (because I did not make this up just now) there has only been one thing to know. Within this one principle, in fact, is the answer to EVERY question, the remedy for EVERY malady, the unveiling of every mystery, the door to discovering the vast universe and the key to our own personal secret garden!

This one treasure has the simplest life application and is the key to every fulfillment in every area of our lives. Again, this is the most powerful and all encompassing truth; and in truth the ONLY one you will ever need to know...EVER! It has been passed over or missed by most who are seekers or explorers of philosophical, religious, spiritual and scientific truths, and yet... all philosophical, religious, spiritual and scientific truths are subsequently unfolded when we know this single principle.

Later we will find application and integrate this principle through sacred Native American medicine and traditions. Yet, for now, since Christian thought and philosophy is my primary background and one of the languages I have a small understanding of, I will begin by sharing how this principle is subliminally taught and yet for the most part misunderstood in even that context.

One ancient text- the Bible, teaches the principle like this; we are told to “Love the Lord, God, with all our heart, might, mind and strength.” This is the first directive and the second is like it. We are to “love our neighbor AS OURSELF.”(1) Now listen very carefully to this again, because, THIS IS THE KEY AND THE SOURCE OF THIS ONE TRUTH IN ITS ENTIRETY “Love God and others AS WE LOVE OURSELVES!”

Listen with your heart to this. Do not miss it, for it is so simple. We have been taught that things must be hard and complex. “Love God and others...as we love ourselves!” And then the scriptures go on to say (as I said, there is only one thing for us to know,) “there is none other commandment greater than this for all the law is fulfilled in one word, even in this; Thou shall love thy neighbor

**AS THYSELF. And upon these two laws, hang ALL the laws and the prophets!” (2)**

In other words, there is nothing else we need to know except this! There is NO NEED for any other law, truth or principle than this! In fact, creating peace and unity on any and every level by any other method or means but this one, is a waste of our time and will fail!

Why have we missed it before? We as human beings usually have to make things very difficult. We have believed that if it is not HARD then it is not real; that anything worth having must be difficult, yet the truth is that if it is worth having at all, it is worth doing poorly at first! No matter how many times we are told to not make the mistakes others have made, the key is to learn how to not beat ourselves up when we do and to realize that we learn best what DOES work by learning first what does not work! We are the ones who make it all difficult. God said, “what will ye have that I give to you; the rod or love and mercy?” (3) In other words, we get to choose how hard it all is!

Think about this! I want to propose that we have been taught this principle backwards many times, if we have been taught it at all. To love God or anyone else for that matter, we must first, love ourselves. We cannot love God or any other ANY **MORE** THAN WE LOVE OURSELVES. It is simply impossible! We cannot fill another’s cup if our own is empty! To allow someone to use and abuse me because “I love them” is ludicrous. If I can only love them as much as I love myself, then allowing dishonor to me is really not love at all. It is no wonder then that there is so much greed, so many wars, killings, divorces, poor relationships, etc. There are so few on this planet who authentically love themselves! And I use the word ‘authentic’ very purposefully because there are a lot of counterfeits of love that become very apparent and easy to see when we understand the principles I will talk about later. I will show you how to tell the difference in yourself and in others. It is very simple.

Now, it is difficult if not impossible to love someone unless we KNOW them. Think about this. You may have felt a sense of compassion and concern for someone you’ve heard about, yet the kind of love I am talking about is a very personal and intimate one.

Many of us say we believe in Christ (or another deity) and yet we really do not **believe** Him. We know of Christ and yet to know Him is an entirely different thing. It is impossible to have an intimate relationship with someone you do not KNOW especially yourself. Think of someone who is close to you. You know their idiosyncrasies, their unique characteristics: you feel their emotions, their desires, their dreams and if you see only things that are real about them, you come to deeply LOVE THEM (which, by the way, may not mean you live with them). We have a relationship with everyone and everything in our reality. How wonderfully fulfilling our relationship is with everything and everyone external to us depends on how wonderfully fulfilling our relationship is with ourselves.

And yet, as a relationship development consultant, the most painful, bitter tears I have ever seen (including myself) have been shed by people, when in the moment of emotional nakedness, they discover that they have no idea WHO THEY ARE! In fact, all pain and suffering come from a lack of personal intimacy with self. Tolerance, compassion and peaceful co-existence with others cannot and will not happen until personal intimacy with self occurs first.

We run from, hide, deny, defend, convince, avoid, numb, medicate, divorce and surgically remove (just to name a few) what we believe is causing us problems, to only have the pain return with an increased vengeance. This is the source of all addiction. I want you to keep in the back of your mind the word **know** and ponder what it means to know someone and how we come to know them. To **know** someone far surpasses a logical understanding or explanation about them. We will go into this on a deeper level later in this work. There is just no way around it, we must know ourselves before we can love ourselves. And this must occur before we will ever have the capacity in this life, in this body and on this planet to feel sustained, genuine love and compassion for anyone else or our creator.

Let me make a note here before we go any further. I will refer to the creator or the 'Higher Power' as God, in male form for the most part. Don't let semantics or issues with the opposite sex trip you up. We can call Him or Her whatever we wish. "The Great Spirit, Heavenly Father, Heavenly Mother, Buddha, Allah," it really does not matter. Because being offended is a fearful ego response, the GODS are not offended regardless of the name or sex we use to describe them.

We do a lot of marrying and entering into marriage in our world, mostly with no idea that the one-ness we seek so hungrily has nothing to do with the other person at all. We will never **know** lasting peace and fulfillment, personally, in our relationships, in our families, in our communities, nationally or globally until enough of us begin to know and love ourselves. We are literally incapable of creating a better world until we get this! It is NOW time to meet, know, fall in love and marry ourselves.

\*\*\*\*\*

At this point it is very important for me to define or to redefine what the role of ego is in the context of this work. This is very, very important information for you to know and to remember. I will start by laying the foundation, the egg or the larvae of native American butterfly medicine. If there is only one thing you can remember I would have it be this one.

There are only two basic emotions- Emotions meaning: **ENERGY IN MOTION**. In other words, our emotions are the energy or power behind all that is manifested in our lives. Because there are only two basic emotions, all

thoughts, actions, beliefs and ALL other emotions fall under these two emotions. These two emotions, these two powers are **LOVE and FEAR**. Please remember this, because in THIS is the key to knowing your true self and eliminating all pain in your life. There is nothing else, only love and fear. In fact, there are really only two churches (4)(theoretically) the churches of love and fear. At any given moment, if we teach or believe more in fear than in the loving perfection that comes from a God(dess) perception, then we belong, at that moment, to the church of fear, and not the church of love. Look around you; test this theory; test this truth. Because fear comes from mis-perception, it is actually powerlessness. And in the end, there is only one power, one truth, and that is **Love**.

The ego's role is to perpetuate fear. While love is the fruit of the spirit and "Perfect love casteth out all fear." (5) Remember that what we do, or the energy source we come from, whether it is motivated by love or fear, speaks so loudly our words cannot be heard and mean nothing, regardless of whether they are true or not. We will consistently fumble, damage our relationships, lose our ability to lead and our effectiveness with those we desire to teach, **BECAUSE FEAR, BEING AN ILLUSION, NEVER, EVER, MOTIVATES A PERSON TO PERMANENT CHANGE.** Any position of power, whether it be a minister, parent or teacher that is motivated by fear and uses fear tactics will fail.

The truth sets us free. (6) It does not overload us to the brink of despair as shame, guilt and blame do. Now the ego will tell us that if we are not motivated by a hell-fire-and-damnation-fear- of-failure thinking that we will adopt an eat-drink-and-be-merry- mardigras-mentality. But this is another ego lie, for fear, guilt and shame are actually the source of so judged 'evil' behaviors. In truth, fear (which is False Evidence Appearing Real) is an illusion. Therefore, love is all there is. For now, I want you to test and see that everything we think, feel, believe or do comes from only two sources- love or fear. And because these are very real energies or powers, they can be discerned and even measured scientifically. Why does fear NEVER work? Because the emotion of fear creates a distortion in the energy vibration that effects and creates a disturbance or imbalance in some area of our life. You will know it is love because love always works to create a higher vibration of energy that effects a harmonious, peaceful and miraculous result.

Just because we think it is love, or someone says it is love, does not mean it is love. You will know it- (the motive) by it's fruit- outcome or result. If something is not bringing about your desired result or outcome, then regardless of how hard you work or how 'good' your actions are, your motive is distorted and that you are doing what you are doing from fear instead of love.. Learning to tell the difference is what makes all the difference in our reality.

\*\*\*\*\*

Ego was born in a garden long ago when that nasty old serpent named Satan lied to Adam and Eve and introduced shame, fear and guilt by telling them, “look what you did! Look at you! Your going to be caught! Go hide! You are broken! You are NAKED!” (7) Like there was something horrible and evil about nakedness! Like God had not already seen them running around in the buff! ENTER FEAR!

Our ego is commander in chief of our fears and servant to the master liar and creator of FEAR. Our ego (no other thing and **NO ONE ELSE**) is our only problem! There is no power that has power over us, except that which we voluntarily give, through our fear of it. There is nothing to fear (nothing which keeps us stuck) except fear itself! Our fears!

I love it that my little sister better refers to the ego as EGOR! Fits, doesn't it? A little un-goddess like wouldn't you say? Our ego is completely unlike the goddess within us. Egor's job then, is to convince us not only that all our fears are real, but that our fears are bigger and more powerful than we are and ego even tells us that **we are our fears!** The ego always tells us **THE OPPOSITE OF WHAT IS TRUE**. It tells us that we are worthless, stupid, dumb and that we have to DO something to be something; we have to DO more to be enough; we have to have more to be more. Ego takes a picture of truth and then just slightly distorts it and sells it to us, making the end result a thousand miles off course. Where we stand, the ego picture is a counterfeit and though it may look exactly like the truth, the fruit that is born of ego is rotten and worm infested. Remember this as we go along and be brave enough to take a look inside yourself for your own personal application.

The ego **THINKS** in terms of **right OR wrong, win OR lose, better than OR less than**. Ego only sees **either/or**. Ego has no comprehension of multiple choices or the moderate and balanced choice of AND! The language or verbiage that the ego uses is **SHOULD HAVE, COULD HAVE, HAVE TO, OUGHT TO, WOULD HAVE, IF ONLY AND TRY**. If you listen carefully to your own language, you will be amazed at how many fears exist and how many energy and joy sucking coins we carry in our pocket. Listening to the verbiage that we use is one way to discern the motives. Because there are no secrets, we tell more about ourselves than we realize! It's important to do this without judgement and to remember that we only hear and see what we believe about ourselves!

Ego's core fears are of **SEPARATION** (because we got kicked out of the garden and believe we are separate from God), **ABANDONMENT** (because death came as a result of getting kicked out and believing we are separate) and **THE FEAR OF NOT BEING ENOUGH** (which in reality is the source of the other two.) All these fears are impossibly, completely untrue in the perception of love. Yet, we have believed them for eons and in doing so, have created a reality that supports and perpetuates their rotten, worm infested outcome! Now, the

mechanisms ego uses are **to defend, convince, justify, deny, check out, numb, avoid, dominate, manipulate, cover up and control.** When we see, feel, hear or recognize any of these words, actions, beliefs or mechanisms, then we have opportunity to search their undercurrent, discovering that all of them source their **ILLUSIONARY** power and strength from FEAR.

When we uncover and discover who we really are, we will be shocked because who we really are is completely connected to God, is whole and complete and is totally fearless. The simple phrase, “God is love” (8) has deep, profound significance here: **‘GOD IS LOVE.’** God is love and love is all that comes from Him. Any thing that God thinks, feels, believes or does, comes only from love...because THAT is what He is and what His power is entirely sourced from! He would cease to be God, if this were not so. We cease to be and own the Goddess and to be a powerless caterpillar when we come from anything but love.

So many of us have been taught that we are divine; we are children of God, only to have that thought followed by years of dominating, manipulating and controlling means to get all of us ‘little children of God’ to live the way we ‘should’ or we will go to hell; or condemning to hell all those who do not DO what they ‘SHOULD’ do. Do you see how contradictory this is? This is the perfect fertilizer for the seed bed of youthful rebellion. All dominating, manipulating and controlling behaviors and methods come from VERY, VERY, FEARFUL PEOPLE! All the fears of not being enough, of being rejected, of being abandoned, that have ever led a person to dominate, manipulate or control another, speak so loudly, that whatever was said, (and certainly the things professed to be believed about our being children of God) are never even heard. It is the belief of those who come from fear that if we do not live good lives (from fear) that we will not live them at all! I know because I have been there before. The real message we put out when we defend, convince, justify or control is that **WE DO NOT OURSELVES BELIEVE WHAT WE SAY WE BELIEVE AT ALL!** Please understand that our core motives, whether they be love or fear, will be the message heard and absorbed by others above and beyond what is actually said. This is so important to realize if we are healers, teachers, converters or an influence on others. Most, just by seeking to do any of these are automatically giving the message to those they ‘help’ that they are broken! Our core motives can be more important than anything we say or do. And make no mistake about it, our core motive and emotions are unmistakably passed on through the energy emitted in our very body, whether they are only felt subconsciously. It is no wonder then, that so many youth (and those adults who are very sensitive) rebel against the control and domination of fearful parents and leaders. They have received the message loud and clear that **they** are bad and cannot be trusted to figure out for themselves what does and does not work. Forget the importance of oil in each of our lamps! What we expect, we get! If

we're too anxious to have someone believe that our way is the only way, then we give them the message that they are 'less than' and are broken. We will only be effective teachers, parents, partners and leaders when we unconditionally love and accept a person just where they are and even become a student who will listen with a loving perception to the wisdom that they have to teach us! It is when one feels this total acceptance and love, while we focus on our one-ness and not our differences, that the windows open for true learning. Fear, on the other hand, only perpetuates doubt, disbelief and even more fear.

If God IS love, and we are His children, then love and goodness will be the ONLY thing that can come from knowing and loving the real thing! Any thing less than that, comes from fear. I invite you to know for yourself that you are valuable and good at the very core. Do not just believe what I say, for this is not enough. You must uncover and know the goodness THAT YOU ARE, and by doing so, allow the loving, spontaneous, miracle creating Goddess to emerge.

I won't try to convince anyone that they are valuable or good. To defend, justify or convince is FEAR not love. Truth does not need little 'ole' me or anyone else for that matter, to defend it, ever. It can stand on its own. I only invite you to test it. Follow the awareness of this path I will outline for you to know who you are. Then, you can begin to know for yourself. Fear teaches us to behave, feel and believe a certain way. Love only gives us an opportunity to find out for ourselves that we are only love and trusts that through the perfection of our lessons, no matter how painful they are, we will get it! In fact, love knows that we will get the lessons over and over again until we **DO GET IT!** Therefore, there is no need to justify, convince or defend anything or anyone. Love knows that when any thing less than goodness and love comes from us, it is only in those moments when we have forgotten who we are! And love knows that when anything less than love comes from us, it will always, always, always cause pain! It was designed to do so! We can relax with others and with ourselves, because it always works!

\*\*\*\*\*

Imagine, that you have just been handed a script and asked to go center stage to perform a particular role. What you are is a very large, very beautiful, very valuable, multi- faceted, multi-dimensional DIAMOND! Yet, you are all covered with mud and clay and presently have no idea of what lies within you. Another assigned role that will interact with you on stage is that of "Egor." "Egor's" role is to irritate and annoy you and act in opposition to the light within the diamond, which will assist you in gaining wisdom and strength in the end. "Egor," in fact, goes to great lengths (because you have given it so much power by believing it) to cause you sheer terror at the prospect of searching the depths of your own stone. "Egor" spends most of your life, trying to convince you that

the answer to self esteem or happiness is always something outside of you: the 'right' person, the 'right' credentials, fame, the coveted title, a great body, more money and on and on and on. "Egor" is creator and defender of your human illusion of FEAR!

One religious reformer centuries ago once said, " If we could say that God had formed us from the stars or other heavenly bodies, that we could hope that our beginning was honorable, but, in fact, we are made of mud and clay; it is not just on the hem of our gown or on our boots but we are nothing but filthy mud and clay, inside and out!" Most people (including myself) have been scared to death (and I think this qualifies as fear) that if we go within ourselves that what we will find is worse than mud and clay and that we are probably **COAL** to the core! We have had a lot of reinforcement of this belief all coming from our experience, history and centuries of idiotic dogma. It is humorous to note that scientists now know that we ARE made of the same matter as heavenly bodies which have the same elements, although different combinations, found within mud and clay! Nothing seems to be more base and filthy than coal, yet it is the stuff from which the precious, valuable diamond is made. This appears just as improbable and miraculous as a hairy worm transforming into a beautiful, magnificent butterfly. A knowledge of the diamond of the self is absolutely required and will always, always open the floodgates of love for self and all others.

The greatest indicator of our level of fear and the things we fear is pain-emotional, mental, physical, financial, relationship and environmental pain. Our emotions (remember that emotion is energy in motion) are godly gifts given to us to tell us or indicate to us what is going on within our perception or our misperception if we are having fear and subsequent pain. Our emotions and their results are the indicator lights of this physical vehicle we travel in and on. We know the motive or the source (whether it be love or fear) by the fruit or the results (the indicator lights) that are manifested in our lives. The fruit of the spirit, which is love and who we really are, is always love and always effective. Every emotion we feel is sent out like an electrical current to fulfill the motive of the sender.

Emotions are thoughts combined with feelings and are the prayers we are always praying. **IN FACT, WE ARE NEVER NOT PRAYING!** Whatever we fear, we give power to; therefore, our fears are the false gods we pray to every time we give them more weight than love. I do not care how much we say we believe in and worship a God. Where our hearts are, there is our treasure. What ever we give the most power to is our god for the day.

The way may not be easy, yet it is all so very simple. The Gods are the grand architects of the universe and our physical world. This was all set up for us to work perfectly peaceful and wonderful or perfectly painful and chaotic based upon our choices that either align with who we are or with our choices that



are out of integrity or incongruent with who we are. Since God IS love and as His children that is what we really and truly are, anything that is not love, will cause pain and chaos in our lives. This is where all science and religion come together. I am not referring to just emotional or spiritual pain. I am referring to what takes place on every level: physically or physiologically, mentally, spiritually, emotionally, financially, socially and environmentally. Fear or love are the causes that effect all that we get in life.

There is no such thing as a mistake (despite egor's nagging.) There are only lessons. To sin is an archers term for missing the target, the mark or the bulls eye. The bulls eye is the point of total integrity to the goddess within. God or a Higher Power, has no judgment for our chosen lessons. He just allows them to teach us, once again, that we are not fear, but love. The God's set up this physical experience for us to learn that we are the creator of our own reality and to overcome every fear we have.

Our ego and the egos of others have told us our whole lives that it is evil and self centered to even think to love ourselves. We have been taught to forget self and only think of and serve others. Coming from fear this is an ego distortion, because what we create from this belief is just one more addiction; another very temporary way to run from, medicate, hide from and cover the pain of not knowing and loving ourselves. Do you see how the ego distorts this picture? Do not complicate how to tell the difference however. It is very simple. Remember, fear has never been and can never be love. Our ego has told us that if we do not serve from fear, then we will be completely self indulgent. And, there could be no bigger lie! When we understand that love is not fear and never has been and that authentic service is not service unless it comes from a love of self first, then our serving will come from a spontaneous, effortless, unparalleled giving that will go far beyond just feeding a person fish for one day, but will instruct us and others how to fish everyday for an eternity.

This is the key: know the truth (**of who you are**) and this truth will set you free!

\*\*\*\*\*

Who am I then? Most of us introduce ourselves as though we are our chosen profession or career. "Hi, I am Doctor so and so." Or when asked, what we do, we say, "I am a counselor, or an attorney or a painter; I AM this or that." Some of us even introduce ourselves as our weaknesses or physical or mental health impairment. "Hi, I am an alcoholic." "I am bi-polar." Those who are creative and artistic will say, "I am an artist; I am a dancer; I am a singer." I have met and worked with some who have been plagued with wealth, fame and esteemed positions, (without first knowing who they truly are) and are scared to death to look underneath any of the mud and clay. They are terrified that who they are

inside will not compare to what they and the world have made of them. When, in truth, no matter how grand they appear or important the world has 'made them,' who they **THINK** they are, pales in comparison to **WHO THEY REALLY ARE!** It is amazing how many masks a human can wear, perpetuating **an illusion of who they** are while running away from who they **fear they are** without ever understanding or being willing to risk uncovering the illusion to find out who they **really are!** Most avoid venturing into the final frontier, the great mystery or the vast universe- the one within. They choose instead to hold to an empty cup until they spiritually, emotionally and physically thirst to death.

None of us are our talents, abilities, titles, names, positions, fame, wealth, work, illnesses, diagnosis or weaknesses. Even though there is a way to begin to describe the characteristics of who we are, there is no description for who we are (at least in any crude language available) just as there is no description for God, who describes Himself only as "I am (what and who) that I am." (9) And this is who we are as well. We are what we are, despite the ego's tremendous efforts and energy to define God and ourselves in terrifically distorted terms. There is no description for the magnificence of who we are. There is only feeling, knowing and owning it. This is why God does not care what we call Him. He has no ego attachment to what we call Him. He is what He is. Wouldn't it be wonderful to be free of what others think of us and even more so, how little we think of ourselves? We can. But before we can feel, know and own the god within us, we must first re-remember her!

Ok, I know what you are asking now, because it is always the number one question I hear. "So tell me, how do I know myself? What do I do? Quick, tell me?" It is as though everyone is so anxious to get a hold of the very key they have been in possession of all along. We are a quick fix society. We want a pill to fix it NOW. The question **IS** the problem. There is **NOTHING** we can **DO**. But there is a very simple, sweet way to begin to know and love ourselves. It is called, **WAKE UP! PAY ATTENTION!** You see, life is the training. All along, you have been turning away the messengers that were sent to your door on a daily basis to give you a clue about who you are- the messengers of pain and suffering. All it takes is an awareness of the process of uncovering the diamond. All it takes to uncover the diamond, one facet at a time and to be free of the coins hidden deep in our pocket that will pull us down into a chaotic, painful reality, is to face each and every fear as it surfaces and walk through it to find the truth on the other side. All that it takes is to wake up to what you keep getting stuck in. Fear is our prison door. And all personal, professional, governmental and global chaos and confusion comes first from each individual and then collective fear that we are not enough! What does it take to heal a planet? Facing and healing each individual fear and heart-one at a time **AND** then all together!

The question of "What do I have to do to know who I really am?" actually comes from the predominant thinking that is the source of the problem to begin

with. That we have to DO something to be someone. All that is required is to become conscious of the processes of larvae to caterpillar, caterpillar to cocoon and cocoon to butterfly that we are already experiencing in our everyday lives is to very quickly, simply and effectively wake up, re-remember, feel, know, reclaim, re-own and love ourselves and thereby transform our lives and our world. You will not add information, rules, etc. to your already overburdened pack. Instead, you will take off all that you thought you had to carry, had to do, had to know and begin to uncover, rediscover and BE WHO YOU ARE and have always been. In this knowing comes everything you have ever wanted and more than you have ever dreamed of.

\*\*\*\*\*

### **ANIMAL MEDICINE/WISDOM**

This is how it all works. In sacred native American medicine and tradition, we are taught that we are all inter-related. We are all family. All life is sacred and when an animal (or other form of nature) enters our life, our consciousness, our dreams or crosses our path in some way, then it is here to give us a message of wisdom and enlightenment about OURSELVES AND OUR LIFE. The message is actually embodied in that creature's characteristics and being-ness. Some believe that certain animals (we typically have an affinity to) have been assigned as lifelong totems and that others come to assist us at specific times on our sacred path and journey.

The diamond of a woman is likened very much to that of the butterfly. I will be showing you the stages, (for your awareness) of the transformational process you are going through even as we speak. The metamorphosis from caterpillar to butterfly, from woman to goddess. This is what is referred to as sacred butterfly medicine. This process is something you have already chosen; it is no longer an option. How long it takes and how painful it is, is entirely up to you!

\*\*\*\*\*

If a butterfly crosses your path, then it is here to tell you that it is time to wake up; stop crawling around on the ground and begin to transform. Wake up to your own deity and take up the wings of godliness that you already possess and be who you really are, floating effortlessly from flower to flower, from beauty to beauty, truth to truth, love to love and leave all the fearful, noxious, poisonous weeds, the darkness and chaos behind. Remember this: love, light and truth are synonymous.

**HEART CHANGING QUESTIONS**  
**AND ASSIGNMENTS**

1. Observe for just a day, how many times YOU said any of the following; “should have, would have, could have, have to, ought to, if only” and “try.” Pay particular attention to the feelings in your body and the emotions that come with using these words or phrases.
2. Elicit friends or family members to eliminate these words from your vocabulary. Start by setting up a charity bank and pay a small amount each time you use the words. Notice how empowering and energy enhancing you feel when you start using, “choose to, get to, want to” and “I will.”
3. Observe what happens to your relationships when you feel the need to defend, justify, prove, convince, check out, numb, avoid, dominate, manipulate, cover up and control anyone or allow anyone else to do these to you. Just observe without judgement what you feel in your body and emotions. What is the source? What is it that you are afraid of?
4. Based on the first two commandments to love God and to love others as we love ourselves, why is not loving and accepting ourselves truly the greatest ‘sin’ or missed target there is?
5. To ‘sin’ is to miss the goddess target either by dishonoring, not loving or respecting ourselves and/or allowing others to do the same in some way or another. The result of missing this mark is our ‘arrow’ falls to the ground. How does shame, fear and guilt serve to keep our arrows on the ground and our lives cycling in dishonor, non loving and disrespectful patterns? What would serve to restore us to honor, cherish and self respect?

## **CHAPTER TWO**

### **LARVAE MEDICINE**

Did you know that beautiful, loving, lasting, fulfilling relationships are created first by a woman who knows and loves herself? No kidding! Now, I know what most of you just heard, having filtered what I said through the ego's perception. We live in a world of shame, blame, fear and guilt, so some may have thought that I said that women are to blame for the world's problems or are responsible for fixing all of them. It is amazing how powerfully distorted the message gets when fear is the interpreter. What I said is that women have the power, if they authentically know and love themselves, to create fulfillment in all areas of their lives and to subsequently heal and transform this planet. While men certainly have the power to effect a healthy relationship outcome as well, women, do so as the very source, foundation and nurturer of all life. We cannot begin to change the world, even for our children, until we first begin with the one who chooses their fathers, gives them life and then shapes their entire perception. While men may be the bread of life, women are the very breath. One cannot survive without the other, yet, woman shape and determine, for the most part, the quality of our existence.

I am thrilled and excited to be directing this message, this globally, even universally transformational work to women. Even though I consult with men as often as women and men often sit in on my lectures and are more than welcome (because it applies to us all) women are my primary focus. Why? I have been asked this question many times. Why do I direct women with this most vital message? I will tell you why.

#1: Women have the power to change the world. It was once said that the world is no stronger or more loving than the nations that it is comprised of and that a nation is no stronger or more loving than its homes. Who is the heart, even the heart beat of the home? A woman. A famous Cheyenne proverb sums it up like this: "A nation is not conquered until the hearts of its women and mothers are on the ground. Then it is finished, no matter how brave its warriors or how strong their weapons."

#2: Women have the ability to miraculously shape and transform every heart and life through authentic ownership of their own being. In truth, the greatest love we can ever give to another is to model the personal power and peace that comes from knowing, loving, honoring, respecting, protecting and cherishing ourselves. The peace and love that come from this is so contagious, because it is the deepest longing that each person, who has ever been born or will ever be born

*Flowerbird*

on this planet, carries with them. A woman is the first God that every human being knows.

#3: Men will rise to the level of expectation that a woman (who truly knows and loves herself) has for herself. Listen to this one more time, because a lot of you heard that I said that men will give us the demands that we expect of them. This is another ego distortion. I am not referring to a demanding, prima-donna syndrome. I am talking about a sacred, soulful self love. No one ever changes permanently from expectations or demands; these come from fear and will actually kill us. Expectations and demands are born of fear, shame and guilt. So, let me say this again, in another way. Men will rise to whatever level a woman lives on. When a woman knows her value and owns it, all those around her are elevated. And men (along with human kind in general) are starving for this! The context for human growth, development and healing is set by **WOMEN!**

What a woman believes to be her value, she personifies and manifests. She does this from peaceful yet courageous personal power. We learned this from the account of the garden of Eden. Adam refused to eat the fruit because he was thinking on a logical level. Eve intuitively knew that there was only one way to live the higher, more fulfilling and promising law and to fulfill the greater good for all and that was to break the lesser law; to eat the fruit. What a set up! And how perfect it all was. She **KNEW** (and there is that word again) what had to be done. Adam then followed her lead and not from a demand or an expectation, but from a trust in her godly intuition! This is how we all came to have this incredible physical opportunity called life! Without this occurrence and Eve's powerful, courageous choice to decide for herself (without seeking permission, approval, convincing, justifying or defending) there would have been no progress for any of us. Now, whether you believe this story is literal or figurative, the symbolism is universal and is full of very wise messages and lessons, especially for women.

#4: It was a woman who led us out of that paradise garden and it will be women who will lead us back!

#5: The attributes that come natural to a woman, when coming from pure intent and authentic love will be what transforms our world, because authentic feminine power lies not in a loud, external, aggressive one, but in an internal power that manifests the miracle of life for all beautiful, creative things- all from within! Which is where it must begin in order to work and be permanent. What are we waiting for?

Feminine does not necessarily mean female. The world's distorted perceptions of masculine and feminine have been the cause of much of the misery of mankind. It is when we believe that we must choose between being masculine or feminine, whether we are male or female, that we choose neither one in their purity and authenticity. The distortions have been believed and perpetuated for thousands of years. In fact, most problems we experience, have the seeds of our distorted beliefs about what masculine and feminine look like. Women may embody the feminine more readily, yet, some of my dearest, most beloved male friends have discovered, as well, that it is the authentic feminine power that must be embraced, even by men, and balanced with the authentic masculine, to effectively change our sick and dying world. I will paint the picture, in the process of caterpillar to butterfly, of what authentic masculine and authentic feminine look like, showing you how we must reclaim and own both in order for us to be whole and complete and to make of this world a heavenly garden!

Lets recap the important things to remember before we begin to travel the path from caterpillar to butterfly. First: there is only one thing you need to know and that is **YOU!** You cannot truly know and love any one if you do not know and love yourself. If you do not see clearly who you are, then you can only see others through the muddy glasses and mis-perceptions of your own ego. You cannot give anything to anyone that you do not already own. Until you know and love yourself, your search for fulfillment and peace will never happen, for it cannot. Remember, if it is not love for you, it is not love at all. Do you understand this? There is no need for any other rules, laws, or secrets to attaining your heart's desires than this one. Because, when you get it, and only by getting it, do you have the key to all of your heart's desires. In fact, the real you already owns all and more of what you really want. All you need to do is to know the real you and become one with her. All that will ever come from knowing, owning and loving the real you is goodness, miracles and love, because that is **WHAT YOU ARE!** You will deeply love everyone, just as God does, because you will see them and yourself clearly, the way that He does. Your only desire will be to love! This is the truth that will set you and our sickly planet free!

Second: It is so simple, yet vital to understand (because ego is so good at complicating things) that there IS only love and fear. When we experience pain of any kind, on any level, then we are fearing something. Ego is master of fear. And all fears come from the ego's distorted thinking. All suffering and pain (physically, mentally, emotionally, financially, environmentally and in our relationships) come from believing more in fear than in love. The energy vibration or power that comes from fear is distorted and incongruent with the goddess energy and in turn distorts our reality making our life more hell than heaven. Our core purpose for being on this planet is to overcome all fears and BE the love that we are. Atonement or at-one-ment with who **WE** are and with

*Flowerbird*

our creator (who desires more than anything to be one with us) is what we are here to do. Within this is the key to all other miracles and desires.

\*\*\*\*\*

There is an incredibly simple and wonderful way for you to SEE the process of uncovering, knowing, loving and reclaiming the diamond you are. You have always been a diamond. You are being sent these clues and messages on a daily basis, but in your 'sleeping' state, you are unaware of them. In the moments of pain and anguish, we always feel lost and confused. We don't know where to go or even which way is up. In becoming familiar with this process and choosing to be aware and to watch (somewhat as a detached bystander) we can stop getting stuck; stop believing that it has to be hard. Recognize that this path is actually a wonderfully exhilarating, exciting, challenging journey- for you are after the **HOLY GRAIL!**

### **THE KEY TO CHANGE**

Do you want to change your life? Then **change your mind!** A change in perception is all that is needed to change your life and your world. And when we can be open, teachable, willing to learn and to be still (thus allowing the muddy waters to clear enough) then the truth surfaces to be acknowledged, embraced and acted upon.

There is a seven stage process that is repeated, much like a circling, spiraling ribbon, to refine each and every area of our perception, each time cleaning more mud and clay off of the facets of the diamond of who we really are. All there is to **DO** to know who we really are, is observe, pay attention, wake up to the process! All we have to do is to re-remember! Remember what we have all forgotten. You've heard of the eagle who didn't know he was an eagle? He spent most of his life scratching in the chicken pen, trying to prove he was the best chicken there was. Until he remembered; and that is exactly what we do! Life is our training and our trainer and as we understand the process, listen and re-remember, new pieces of the puzzle of who we are is revealed.

Each time we go through this process, we allow more and more light in and our light grows to reflect that of the goodness of God and all others. Our awareness of why we think, feel and do what we do, can actually speed up the process of refinement much, much quicker.

Human beings are very interesting. Most of the time, we would rather be right than happy. This is why some choose to stay stuck (sometimes a whole lifetime) in one painful area. This can change instantly when we change our



minds; change our perception and go beyond enduring life, to love and celebrate the process of the cleansing and refinement of the diamond and the gradual death of the ego. One sacred script says, “that which is of God is light; and he (or she) that receives light and continues in God, receives more light and that light will grow brighter and brighter until the perfect day.” (1) And remember again, that light, love, energy and truth are synonymous (spiritually, emotionally, physically and scientifically.)

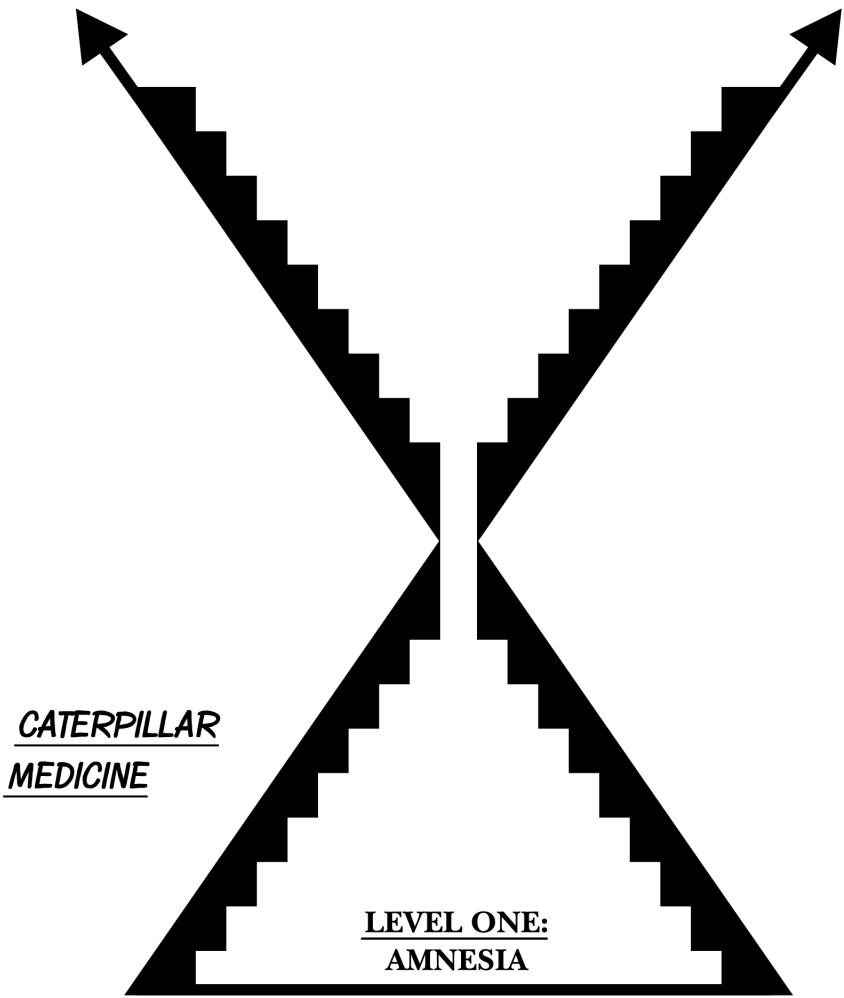
\*\*\*\*\*

### **HEART CHANGING QUESTIONS** **AND ASSIGNMENTS**

1. Begin to watch and write down the things you are discovering about areas of your life where you are NOT loving, honoring, respecting, protecting, cherishing and providing for yourself as though you were a very large, valuable, multifaceted diamond.
2. Begin to identify the masks you wear and who you act out to be for the world. Complete this sentence on a piece of paper or in your journal.  
“What I want the world to believe about me is \_\_\_\_\_.  
What I believe I am is \_\_\_\_\_.
3. Write down the things you feel a need or strong emotion to prove, convince, avoid, defend, justify, control, dominate, hide, cover up or manipulate, whether you believe that they are ‘good’ or ‘bad.’

*Flowerbird*

**CHAPTER THREE**  
**Level One**  
**Caterpillar Medicine Begins**  
**Or**  
**'AMNESIA'**



I will paint the picture of butterfly medicine now that the larvae has been prepared for you. Imagine that there is this large hourglass that has no top. Level one begins in the bottom of the hourglass where we are all caterpillars crawling around (as if some child had picked us up and dropped us in a bottle!) Level one is referred to as AMNESIA! In the bottom of the hourglass (because the shades have been drawn) we have forgotten who we are. This is all a perfect part of the process and yet can be very frustrating to realize. We all started out in life forgetting who we were. And then we choose to stay stuck in a hypnotic sleep even though life is shaking the tar out of us, forgetting over and over again. And yet, there is something calling (much like a very soft, beckoning song within us.) It is our higher self which never forgets and is ever waiting for us to remember. And this is where the painful incongruence comes from. In our amnesia, we are not one with the goddess within.

In our forgetting, we began to be shaped in the first few years of our lives by our parents and our primary care takers. We were actually shaped more by their fears, because even if we supposed our childhood was truly wonderful, none of us seem to get stuck in joy and bliss very often or for very long. Now this does not mean that we have to go to the other extreme and believe that all things were bad. We can still love and appreciate our childhood and care givers while getting honest about even the small details that did not work. What shapes our lives and our choices for the most part, was the fears and insecurities of those we looked up to (at least until we wake up). It is vital again, to understand that no matter how mild or how horribly traumatic a childhood event was, the events of our childhood are **NOT OUR CURRENT PROBLEM! IT IS OUR PERCEPTION OF OUR VALUE, BASED ON THOSE EVENTS, THAT IS OUR PROBLEM NOW**, whether those beliefs are conscious or subconscious.

We form our opinion about our value based on the deep beliefs that our caretakers had (mostly of themselves) then of the world and of us. As women, this is incredibly important to understand. We were implanted with a perception of our value as a woman, more from how our mother or feminine caretaker **FELT ABOUT HERSELF** and how our father or masculine caretaker perceived women and their value, than anything they said or did for or to us. What we pass on to others will come less from what we say and think than what we deeply believe and have strong emotions about and how we subsequently model the authentic, peaceful love we have for ourselves or the lack thereof. In truth, whatever we feel, say or do to or for others comes directly from how we feel about ourselves. Now, again, ego will tell us that we **SHOULD** be feeling guilt and blame about this or that more laws, rules and should's- 'should' enter in. Yet, we cannot model authentic self love, if we are living in fear, shame, blame and guilt. These fear based lies are what keep us stuck in even more undesirable and ineffective, less than loving behaviors.

As children we picked up and even now, as women, carry a lot of fears that distort our lives, causing us and others much pain. One of those distortions is of sexual shame, fear and guilt. You can tell the level of shame by those who are embarrassed and having strong emotions to this statement. If it is uncomfortable for you to talk about, then you have some personal misperceptions about this subject and you have just uncovered an area that is out of harmony, balance and congruency. Not a single one of us gets out of childhood without sex abuse, if it was nothing more than an 'ogling, perverted' eye coming from the fear, shame and guilt of another. We have become greatly confused about our value based on our desirability or lack thereof, sexually. Then we were given a contradictory message that we are to blame for another's lustful thoughts for us. Because of our need for love and our distortion and confusion that sex and love are synonymous, we have often times allowed ourselves to become the victim of use and abuse in order to feel temporary validation. Then we feel even more worthless. Or, we go to the opposite extreme and shut out all love and affection to protect ourselves. To make matters worse, we are greatly feared by those who desire us sexually; and fear brings about their control of us. In caterpillar medicine we believe we are bad, evil or dirty, etc. by merely being the object of another's bad, evil, dirty projected thoughts. Religion, for the most part, throughout all time, has perpetuated this gross mis-perception as well. We must heal our distorted mis-perception and restore love's perception of the sacredness and godliness of sexuality in order to re-own the goddess. We are not to blame for another's shame and guilt, yet we will continue to attract and perpetuate this problem if we have shame and guilt ourselves. This is just one of the fears we carry as women that prevents us from being one with who we are.

Another area of distorted thinking that must be healed is the religious and spiritual damage perpetuated from the ego's perception that women (perhaps because of Eve's choice) are evil by nature and therefore are to be feared, looked down on, suppressed or controlled. Knowing the truth about our inherent value and that of Eve's choice will also set us free.

\*\*\*\*\*

To begin this path requires that you begin to think about and go back to your childhood and recall your parents or your primary caretakers, male and female; writing down all of the things that you remember that they exhibited in a single word or phrase (things that you thought and perceived as a child) such as, "My mother was always TIRED, SAD AND DEPRESSED"; My father was always MEAN, MAD or ANGRY." Be sure to add to those all terms that apply, such as absent, unavailable, etc. Then think of how these characteristics or attributes affected and shaped how you saw yourself. Now come to the present moment and look at how you still perpetuate that feeling or belief. It is amazing for us to

realize that it is not the trauma and pain that occurs in our childhood that is our problem as adults. **It is our perception of our value, based on what has happened to us and how we continue to perpetuate that belief that is our only problem.**

So in this state of Amnesia or forgetting who we are, we formed the beliefs and opinions about our value based upon the insecurities, fears, beliefs and actions stemming from the fears and insecurities of our caretakers. Even if 99% of what we got from our parents was wonderful, the fearful 1% will effect our lives in ways that are debilitating. We carry these same fears, regardless of whether we have grown up to be like our caretakers. We may believe that we are the opposite to avoid being like them, but we continue to carry these fears and manifest them in many areas of our lives, as long as we hold deep to these mis-perceptions.

Now, many say “I no longer believe what my parents feared,” and yet there are indicators that manifest otherwise. For, “what we bury, is bound to rise again.” We operate (as caterpillars) on 95-97% subconscious. We are actually living in a hypnotic sleep! This 95-97% is programmed the first few years of our lives and then added to as we perpetuate any mis-perceptions. When I ask someone what they think will have the greatest impact on their lives, the 97% subconscious or the 3% conscious, they are frustrated to admit that they are not even conscious or feel in control of why they are getting less than what they think they want. Playing the victim, as many of us do so well, we ask, “Well, how am I supposed to even know what is making my decisions then?” What we are getting in our lives IS what we want, no matter how unpleasant it is. It is what the majority of our conscious and subconscious is voting for. The more conscious we become, the more unified we will be with our highest self and the more effortlessly we can manifest our desires. To desire or love someone or something with all our heart, might, mind and strength, is to reach at-one-ment and to become a miracle worker. Desire that comes from this space will be spontaneously manifested. I will tell you how to increase your level of consciousness in this and the coming levels.

I have never seen ANYONE who did not have some adverse effects from their past. Some are just more conscious of them. We could see this as horribly sad, yet, it is a perfect part of the process. We often ask, “How can God allow suffering and pain, if He loves us?” Our questions come from an ego perception and distortions of not knowing who we or God is. There is a joke that “God created man in His own image and man returned the favor!” We are silly enough to believe at times, that we can define God from our own limiting beliefs and our fearful mis-perceptions.

Every experience we have teaches us about love. Whether the experience is positive or negative, right side up or upside down, in harmony with or contrary to love, all experiences teach us about love, if we will only pay attention. There are

no accidents and there are no 'bad' experiences if we see through the eyes of authentic love. For instance, a little baby enters this world with a tremendous capacity to teach us about love by showing us that babies do not have to do anything to be loved (and neither do we!). If we miss the message, then the baby grows into a teenager who will rebel at our efforts to control him, giving us a contrary message that control is not love! Either way, waking up to love is all that matters.

Parental regret can get us down here! Lets face it. Children do not come with a handbook. I tell my children when they get stuck in their pain and anything bad that they remember from their childhood, "Hey, look at the bright side. I taught you a lot of things that do not work!" Now they have the opportunity to go out and figure out what does. The problem is when we bought the cow pies that others sold us as children (because we all did; we knew no better), and then we go through out our whole lives overlooking everything but cow pies. And that is exactly what we do. It is so very valuable when a parent can be courageous enough to face their fears and regrets and allow their children to openly discuss what the parent did or said that did not work or caused damage to the children. It is not a necessary component to our healing and growth, but can be a wonderful, empowering process that accelerates healing for all. Providing this can heal countless generations, while creating a new and extremely fulfilling context for family relationships, as long as this caretaker is coming from the freedom that this honesty provides and not guilt and shame.

The fears of our parents and caretakers, that they were not good enough, that they had to do something to be someone, to have something to be enough, their fears of separation, abandonment, etc. spoke so loudly, that we did not hear the words they said. Operating from the large majority of subconscious, this weighted part of us, makes most of our decisions, regardless of our intent to do things differently. Charged with what we are determined to do differently or what we are determined to resolve for our parents (consciously or subconsciously), we either create the same problems or we go to the opposite extreme and create the very same problems (two sides of the very same coin, because, opposites are the same). For instance, if I had a parent who raged without warning, I might be the child who grows up to be a perfectionist, demanding that everything be orderly due to my childhood fear of never knowing when my security would be shattered by violence. Or, I may be the passive child who, growing up in this situation, avoids any and all confrontation to prevent making anyone angry. The result is the same (poor relationships as well as multiple health problems), even though the response to the fear was the opposite.

So, now that you have completed your list of primary caretakers, their attributes and the effects on your belief system and your perceived value based on them, you can see where you picked up all of the mud and clay that covers the diamond of who you are. The most effective and in the end, the only real way to

determine our subconscious fears, is to pay attention to the fruit of those fears (outlined in level two).

We ONLY see our world and ourselves through our mud and clay covered glasses. Fears and judgments (because judgments **ARE** fear) make up the mud and clay that covers the diamond of who we are. The reoccurring fears we have are evident in our vocabulary. In this way, we give away tons of information ABOUT OURSELVES. For instance; “I don’t trust men. Men are all snakes. I am afraid of being lied to.” etc. The woman who speaks this way is telling us that she cannot trust herself or to be honest with herself; to make good choices about who she allows into her life. She does not trust, love and respect herself and wonders why others do not trust, love and respect her. Do you understand why we cannot see clearly to love anyone else when we think that we are only unlovable mud and clay ourselves? You do not have to believe me that there is more than mud and clay underneath. Just follow this process. Life is the training!

Now, it is important to understand that any shame, blame, fear, guilt, fear of abandonment, separation, mistrust or judgment of not being enough that our parents or caretakers had was passed onto us not only emotionally and spiritually but physiologically through genetic and cellular memory. We are made up of the cells (the sperm and the ovum) of our parents and our parents parents which are made up of the traditions of their fathers and mothers. Our thought processes, fears and beliefs are what program the health, clarity, light and vibration of our cells and in turn are passed on to our children. When we think, the RNA in our brain, sends a message to the DNA in our cells that correspond with the thoughts we have. If these are fear based, then the actual cells get distorted and give the message of disease (or dis-ease). Disease is a lack of peace. Peace is love, which is who we really are. Yet, do not listen to those who say that if you inherit some illness or disease etc. that it is fixed and unchangeable- for the cycle can be broken. We can be freed of the fears of our genealogy. We can let go of the limiting beliefs and false traditions of our fathers and mothers. And, when we do, we open the way, creating the context for those who came **before and after us**, to do the same.

So, we, as caterpillars, in level one, get to crawl around looking down and seeing only dirt. We do not yet have eyes to see, ears to hear or hearts that understand and we have no awareness of what understanding is. In fact, caterpillars do not need eyes, ears, or hearts for that matter, because dirt is all there is.

\*\*\*\*\*

Most of us remember what we’d like so much to forget. Those shadow aspects of our past, that no matter how much we resist and bury them, they

*Flowerbird*

persistently rise to cloud and muddy our reality. And even worse, the more we bury them inside, the more those muddy waters destroy our hope for a brighter and clearer future. The more we try to forget, the more the truth rises from our memories (mostly on a subconscious level) and what we so much want to remember seems to be ever elusive. What is hidden underneath those buried memories is WHO WE REALLY ARE. Yet, there is a deep melody within us, playing the strains of that deepest hidden knowing- the truth, who we really are. This song... within us... remembers.



**THE SONG REMEMBERS WHEN**

I was standing at the counter; I was waiting for the change  
When I heard that old familiar music start.  
It was like a lighted match, had been tossed into my soul,  
It was like a dam had broken in my heart.  
After taking every detour, getting lost and losing track  
So that even if I wanted, I could not find my way back.  
After driving out the memory, of the way things might have been  
After I'd forgotten all about it, the song remembers when.

We were rolling through the Rockies; we were up above the clouds  
When a station out of Jackson played that song.  
And it seemed to fit the moment, and the moment seemed to freeze, when we  
turned the music up and sang along.  
And there was a God in heaven and the world made perfect sense.  
We were young and were in love and we were easy to convince.  
We were headed straight for Eden, it was just around the bend.  
And though I had forgotten all about it; the song remembers when.

I guess something must have happened and we must have said good bye.  
And my heart must have been broken, though I can't recall just why, the  
song remembers when.  
Well for all the miles between us, and for all the time that's passed, you  
would think I haven't gotten very far.  
And I hope my hasty heart, will forgive me just this once if I stopped to  
wonder how on earth you are.  
But that's just a lot of water, underneath the bridge I've burned and there's  
no use in back tracking around corners I have turned.  
Still I guess something's we bury are just bound to rise again,  
For even if the whole world has forgotten, the song remembers when.  
Yes, even if the whole world has forgotten, the song remembers when.

Song written by Hugh Prestwood; BMG Music

(Ordering information for BUTTERFLY MEDICINE; Musical  
Metamorphosis that includes this song as well as 9 others available on CD and  
Audio/book/CD at the end of the book.)

\*\*\*\*\*

**HEART CHANGING QUESTIONS**  
**AND EXERCISES**

1. What are the happiest memories of your childhood?
2. What did you feel and believe about yourself because of these memories?
3. What are the most painful memories of your childhood?
4. What were the messages you believed about you, your potential and your value based on those events?
5. What are the emotions you experience every time you think about those events, even as you write them? What happens to your mood and feelings about yourself, even now?
6. Just become aware and begin to wake up to what it is like to re-remember. Notice what it would be have a caterpillar existence. We would crawl around and notice only the ground below us or those programmed experiences of our childhood.

Now we will move forward discovering more and more about caterpillar. Remember the things you listed in question #4. Become aware of how many times you have felt these things throughout your life.

*Flowerbird*

## CHAPTER FOUR

### **Level Two**

**Creating Do! Do!**

*Or*

**SOLD!**

*(The Caterpillar Medicine Continues)*

**CATERPILLAR  
MEDICINE**

**LEVEL TWO:**  
The World Of Human  
Doing & Addiction

**LEVEL ONE:**  
**AMNESIA**

---

What a strange name for level two! But as you will soon see, there is good reason for it. We spend most of our time as sleepwalking caterpillars in level two.

The greatest thing we will ever accomplish or do in this life is to just **BE WHO WE ARE** and yet, while we are still in the bottom of the dark hourglass, we have forgotten who we are. We have picked up and believed the misperceptions of others and in doing so we have become **human doings!** We no longer know what it means to just BE, so we go about doing, doing, doing, and creating a lot of DO, DO for ourselves! Our parents' and other primary caretakers' fears become our own. From the state of Amnesia, we bought into others limiting beliefs and believe **WE HAVE TO DO SOMETHING IN ORDER TO BE SOMEONE!**

This is manifested in many ways which we will begin to look at. If we were neglected, abused or abandoned in any way, then we'll perpetuate this (in one way or another) because we believed initially (or subconsciously) that these things happened because **WE LACKED VALUE!** Then we go about neglecting, abusing and abandoning ourselves in some form or another or choosing others who will do so. How do we know if this is occurring? The indicators we will discuss will tell us this.

Remember Egor? Well, she is the one who is in charge in level two. Ego actually has a hay day in level two! In level two, you live and breathe your fears of not being enough. No matter what you say, there are many indicator lights that let you and the world know what you, on a subconscious level, really believe about your value. These indicators are:

**PHYSICAL HEALTH, MENTAL HEALTH, FINANCES, INTERPERSONAL RELATIONSHIPS and ENVIRONMENT.**

When all of these are working to bring about more fulfillment, harmony, peace and joy in our lives, then we know that we are beginning to know and love ourselves more. When they bring about pain, then we know that things are working great! That is, the universe and physical reality is working perfectly to give us the message of what does not work! This is difficult for many to understand or accept because most of us, needing to be right about how we are victims, do not want to acknowledge how truly powerful we are in creating our reality. The ego will do anything to be right and it loves to blame someone or something else.

Remember earlier, I mentioned that every emotion has an energy vibration, a power to create it's fulfillment? If our emotions, which come from our thoughts and our beliefs (and are always our choice) are fear based, then the energy sent out creates an electromagnetic effect that attracts to us the fulfillment of the fear and a distorted response in our reality. If our emotions are authentic and love

based, then what we attract to us is a loving, fulfilling reality. We will be allowed to fulfill our fears and to be right about whatever it is we insist upon being right about!

There is a law or set principle for every desired blessing. (1) When we unlock the principle, what we desire is ours- that simple! This, however, is not about manipulation. It is not about a set prescription for whatever success you want, like all the intellectual A to Z ways to riches for instance that you find out there. Manipulation is born of fear and is a very temporary, external remedy, and, its all about work and effort! Love, on the other hand, is the prevailing truth behind the effortless fulfillment of every soulful desire. The real us already knows how to create miracles. We have just forgotten!

Many people are shocked when reporting the symptoms of physical, mental and relationship dysfunction and illness to be answered with a “GREAT!” Because the truth is, that any problem we may be having is telling us to WAKE UP! PAY ATTENTION! Life is teaching us what does not work! I told one adolescent who was bitter and angry at her parents for abusing and then abandoning her, “You are so lucky to have had parents who taught you so much about what does not work and were such a good example of a bad example!” Remember that only the ego judges things to be good or bad. We can learn from whatever side of the coin exposes and expresses itself.

Our lives and our physical reality are **NOW** the indicators of our personal beliefs about who we are and what we believe to be our value. Because we have a relationship with everything and everyone, everything and everyone become our mirrors or indicators. Lets look at the areas of indicators from the caterpillar medicine of Do! Do!

**PHYSICAL HEALTH:** Our body is a message center. And because our cellular health is made up of ours and our family’s thinking patterns, when there is disease (DIS- EASE, LACK OF PEACE, BALANCE AND WHOLE-NESS) we are being given a message to wake up to the limiting beliefs and the traditions of our genealogy that we are holding onto and let go of and change those beliefs.

**MENTAL HEALTH:** Depression (just one of these mental maladies), is one of the fastest growing illnesses in our nation. Mentally ill people are very brilliant in many respects. On a subconscious level, they have chosen seemingly ‘safe’ coping mechanisms in order to live in what they perceive is a very unsafe world.

**ENVIRONMENT:** In all the indicator areas, what is within is without. Our bodies, our homes, our communities, and our world will always mirror to us the peace and order or the chaos and confusion that still lives inside of us. I can tell a great deal about an individual by looking around just one of their

environments- their home. When a person's perception of their value becomes clearer, their environment almost effortlessly improves as well. Our environment on a global scale is the reflection and manifestation of the collective consciousness. If we want to heal the environment (and we will certainly want to if we want the mother that gives us life to continue to provide sustenance) then we must first begin to heal and unite each and every individual heart.

**FINANCES:** Money is never about money. Nor are any of the other indicators about what they appear to be, for that matter. Yet, the more physical and tangible an indicator is, the more power we give it to dictate our happiness. Money is a perfect indicator to let us know what we believe we are worthy of, how much scarcity (vs. manna) mentality we have and how quickly the law of "what we focus on expands." The attitude of gratitude is most quickly and apparently evident in the area of finances. The keys that manifest abundance are very simple. Gratitude is one of these keys. What we believe in deeply is manifested very quickly in the financial area. Many of us who profess faith, even having been told that the "world is full and there is plenty to spare" (2) or "consider the lilies of the field,"(3) still live in great fear and will justify that there is only so much. After all, they can prove it by the bounced checks! Money only indicates to us, some of the limiting beliefs we have, on a subconscious level, about ourselves. And many who have wealth will be tested as to what they truly believe is the source of their security and stability- as with the parable of the rich man. (4) He believed he was a true follower of Christ, until Christ asked him to give all he had to the poor and to follow Him. Had he followed that directive, his abundance would have been multiplied "an hundred fold." No matter how together we try to appear to be, our fears (whether they are conscious or subconscious) exude an unmistakable distorted energy and will manifest and create the fulfillment of our fearful insecurities. Our fears are discernable and will be tested in the refiners fire. And, in this indicator, money, again, is never actually about money.

**INTERPERSONAL RELATIONSHIPS:** Relationships are the biggest, most powerful indicator light we have. All the other indicators are an integral part of this one, because in reality, we have a relationship with everything and everyone. We are all interconnected. What we do to or for others; whether it be a human being or a form of nature, we do to and for ourselves. We often overlook the most important relationship we have- the one we have with ourselves! The indicators we have to let us know what our relationship is to ourselves are our health, money, all other people and our environment. Because we do not see the world or any aspect of it as it is, but as we currently see ourselves, our world and all aspects of it mirror to us who we **think** we are and

therefore will only give to us what we believe we deserve. Therefore, as long as we do not understand and own our full value, the mirrors in our world will always be painful. The more we risk to know our true value, the more we rise to own a piece of holy ground in the top of the hourglass, which is where we find the mirrors of our Godly self. Then nothing less than streets paved in gold within the highways of our very own heart exist.

We find that women, for instance, in the world of “do, do” often dream of their knight in shining armor and just can not figure out why they keep getting the town bum or worse they play weak and helpless believing that they need to be rescued by someone stronger and more capable. We call this skunk medicine!

We, as human beings, are electromagnetic by nature and physiology. This is where the adorable little skunk enters with skunk medicine. In level two, skunk medicine is of course a contrary message, by nature of the fears we give power to. Skunk medicine is all about the laws of attracting and repelling. We attract to us those people, situations and circumstances that mirror to us (painfully at first, in the bottom of the hourglass and later, when we choose, in a wonderfully, magnificent way at the top) **WHO WE BELIEVE WE ARE AND WHAT WE BELIEVE TO BE OUR VALUE**. It is so apparent to us when we wake up, how and why we became human doings. It is not always a fun thing to look at, but is so vital, if we want to be free of our limiting beliefs. We not only attract to us those who will use, abuse and control us, but we train them to do so, and then we blame then later for doing it!

All disharmony, illness or imbalance in any of the indicator areas let us know that we are most likely thinking in ego terms of **EITHER/OR** and believe that there are only two choices; it has to be either **THIS WAY OR THAT WAY**. There is no in between, no balance, no moderation, no holy ground. For instance, there are many women who believe that they are either:

\*in a relationship, cared and provided for, feeling wanted, yet used or abused, (thinking, “I must give up my power or control to be loved”)

\***OR** be alone, not used and abused, yet unloved, unwanted, not cared or provided for (thinking, “The only way I can have control and power is to give up love”).

Many believe that they are:

\*either kind and sweet, always saying yes and not saying how they really feel

\***OR** they must be harsh, cruel and heartless.

There is no in between, no balance, no moderation, no holy ground in the fearful ego thinking of caterpillar.

Other ego thinking that contributes to the extreme roles that we as women have chosen to play based on mis-perception are:

either feminine OR masculine,  
weakness and helplessness OR strength and courage,  
inferiority OR superiority,  
better than OR less than,  
passivity and subservience OR aggressiveness and control,  
dependency OR independence,  
being incapable OR all powerful,  
dominate OR give others our power,  
never say no OR always say no,  
we have to make it work/ force it OR give up and be apathetic.

If you listen carefully to each of these ego extremes, know that there is another choice when we get off automatic and are willing to learn the truth. There is something unlike either and far greater than both: something in the center, in the middle. Something more balanced, pure and beautiful than the thinking that created these extremes can even comprehend. And this truth is found when the fear is faced and then dismissed. It is the natural knowing found deep in the soul of the goddess within. And when you find it, feel it and own it, you will know more of who you are and what authentic love is. This love will always work! If it is not working then it is not love. And, remember that love does not seek its own. If we give with an ulterior motive then it is not love.

We allow, enable and teach others to support us in our buying into these mis-perceptions and the poor opinion we hold of ourselves by saying that we would do just about anything for anyone because we “love them.” We sell ourselves into a form of prostitution for fear of being alone and we then call it love. When this doesn’t work and we get hurt, we then retreat to the other extreme, exhibiting a distortion of the masculine, touting independence and harshness; overcompensating for our perceived lack of; believing that if we prove we are as good as men or other more ‘superior’ women, then we will be enough.

Women’s liberation, sexual revolution and feminism are all defenses against centuries of abuse that women have had. Yet, many times, they come from a defensive posture and a need to prove, which is only fear. And they can further strip us of authentic feminine power, the power that will heal and change this world.

These are just a few of the ways we have sold ourselves, as women, for a mess of pottage: We sell ourselves out (in level two) to the opinions of others, seeking and believing we need their acceptance and approval. We sell out when we believe that men dictate the value of a woman by their approval and



acceptance or by their rejection. We sell ourselves when in not being accepted or not fitting into others perception of what is valued, we believe that we are unworthy or undesirable. We sell out when we believe that anyone is responsible for or will love, honor, respect, protect, reverence and cherish us until we first love, honor, respect, protect, reverence, and cherish ourselves. We sell ourselves whenever we dominate, manipulate, control, defend, need to convince, prove, justify, check out and use denial with ourselves or anyone else. We sell out if we believe it is ok for anyone to cross our boundaries and use or abuse us physically, emotionally, verbally, sexually or spiritually. We sell out when we blame others for crossing our boundaries when we have not told them what our boundaries are. We sell out when having informed others of our boundaries, we give them mixed messages by not enforcing those boundaries. We allow them to break them, letting them back into our homes and our lives. We go from passivity to aggression to punish them and maintain control. We sell out when we believe that love is keeping peace at all cost; giving someone what they want; never saying no; pleasing others when it's out of integrity with us. We sell out when we believe that to be valuable, we have to be desirable sexually to those male caterpillars we crawl around with in levels 1, 2 and 3. We sell out when we believe that sex is love and in turn love is sex. We sell out when we believe we are nothing and we treat our bodies as nothing. We sell out when we didn't understand that what we felt about ourselves would speak so loudly that no one would ever hear what we said or what we said we wanted. We sell out when we believe that we aren't strong and capable enough to do whatever it takes to be in integrity with ourselves. We sell out when we pretend not to see the truth about our accountability to create our own happiness or misery. We sell out when we believe that we cannot take care of ourselves so we settle for lovers, spouses, jobs and friends that use and abuse us. We sell out whenever we fail to see that all of our pain comes not from failures but lessons. We sell out when we are more afraid of saying NO than of the consequences of not saying NO! We sell out when we buy into anyone else's fear, shame and guilt, and do not choose to put our own soulful interests first above all else. We sell out when we believe that to love anyone else, we must forget ourselves. We sell out when we believe that fear is love or use the excuse of love to justify our poor choices. We sell out when we pretend not to know that the one who ALLOWS control is actually the one IN control. And we sell out when we run the show by remote control and then point the finger at others for controlling us. We sell out when we believe our fears are bigger than we are or that what we have suffered gives us justification to feel sorry for ourselves and be the victim for life. We sell out when we believe that the opinions and the advice of anyone else is to always be believed instead of shattered and risen above when our heart tells us something different. We sell out when we believe that once we have made our bed, that we must settle for and lie in it. We sell out when looking at the problems in our

lives, we believe our value is based on those problems. We sell out when we believe we are to rise, ever, to the expectations and demands of any other human being. We sell out when we believe that someone else has a better answer for our problems than we do. We sell out when we play weak, helpless, crippled, stupid, ugly, dependent, subservient or passive. We sell out when we believe that there is anything that we want and desire that the real us, does not already own. We sell out whenever we believe that we are less than or better than men, or feel less than honor, love and respect for the opposite sex. We sell out when we blame them for 'making' us choose between them and our own personal integrity. We sell out when in believing that we are less than men, we choose to compete with them (to prove we are as good) in the thousands of things that they can do, to walk away, give up and deny the power to do what they can never do. We sell out when we believe that fame, titles, wealth, degrees, credentials or positions will ever compensate or replace the role of shaping divine destiny in the godly eyes of a child who counts on us. We sell out when we ever make green paper and silver coins our god (which by the way always comes from fear). We sell out when in seeking to be a great influence we forget that the 'hand that rocks the cradle, has always ruled the world.'

We sell out when we believe our value depends on the level and quality of secular education, credentials, titles, clout, affluence or prestige. We sell out when we join the world's intellectually controlling opinion that degrees, titles and credentials are valued more than competency, intuition and wisdom and that there is only one way to gain an education. We sell out when we hide or deny our deep intuitive ability, because it cannot be explained in an intellectual world. We sell out when we think that we have to have another's permission or acceptance or approval to be who we are. We sell out when we do not understand that the greatest thing we will EVER do is simply to **BE**. And, the list goes on and on, yet, again, do not confuse this. There are only two motives: love and fear. We just live in fear of not being enough and of being rejected, abandoned and/or of not trusting someone and are very creative in manifesting it. All of the human doing-ness we live the majority of our lives in (that is manifested in our physical, mental, financial, relationship and environmental world) all come from only being afraid. That is it.

\*\*\*\*\*

With these painfully chaotic situations we keep creating in level two, we also create a plethora of addictions to cover up the source of and the effects of them. There are a 'gazillion' addictions. We always think of the more overt ones: drugs, alcohol, sex, gambling, etc. Yet, it is the ones that are not so apparent that cause even greater problems. We all have our 'drug of choice' until we face and overcome our fears. We are either addicted to overcompensating for our

perceived lack of value and trying to prove in some ways we are enough or going to great lengths to prove that we are not enough by blowing out of rules and expectations others have for us. For instance, let me point out to you what one brother's drug of choice was. He had a brother who left home, became really wild, drugged, drank, was sexually promiscuous and squandered his inheritance. When the prodigal hit rock bottom, he returned home, begging for his father's forgiveness. God loves a broken man or woman, because then, they are ready to be taught. Now the 'good' brother who stayed home and lived all the rules was bitter and angry because the father readily forgave the sinful, 'bad' brother and threw a major party to welcome him home. This infuriated the so called 'faithful' brother who had spent years helping his father doing everything he could to do to live the rules and be enough. Now this story (5) has a lot of significant symbolism in it. Both roles in this story are played out in great detail in the bottom of the hourglass, not only in our relationships with each other, but our relationship with ourselves.

The purpose of relationships in caterpillar medicine is to create pain first. And, if you look around us in today's world, they are doing a great job of this. Yet, putting two rocks in a tumbler and having them bump and crash into each other, although painful, is what polishes and refines us. It creates a perfect opportunity to peel and rub away the mud and clay, revealing the diamonds within. Relationships created from fear always cause a lot of pain, because they are working to give us a message about ourselves. All relationships are perfect. It is our choice if we choose to listen to the messages.

We often choose an opposite, believing that the wonderful attributes the other person has, we do not ourselves possess and therefore need in order to be whole and complete. And then, after crawling around a bit in the bottom of the hourglass, those same attributes start really irritating us, because they are mirrors of our own perceived lack of. For instance, what we judge and criticize in others are things we ourselves actually do or are things that we are extra hard on ourselves for doing. Then we get divorces, quit the job, etc, only to repeat the lessons over and over again.

Now the faithful son and the prodigal son live within each one of us. And until we can reconcile and heal the problem within and cease thinking and responding from the ego's either/or mentality, we will never know what relationships look and feel like at the top of the hourglass. The prodigal's drug of choice was, "If I have to prove that I am enough, then forget it. As a matter of fact, I will prove to others that they are right; I am absolutely worthless." The 'good' brother was called 'faithful' and yet, this was his own illusion as well, because faith is being able to stand and say, "I am worthy, "Not because of anything I have done or will ever do, but because of what God has done for me." Faith is accepting God's gift, RIGHT NOW, and knowing that the prodigal inside us and in others is 'covered' by this same love as well. Over-achieving to be

*Flowerbird*

enough, pleasing, living all the rules from should's, have to's, ought to's is not faith but fear. The so called 'faithful' son's drug of choice is in many respects even more painful, because having run the treadmill of perfection, he or she is just usually too proud to admit that the laws and rules will never work to bring about the peace and joy that is desired so much. "The letter killeth, but the spirit giveth life!" (6)

I have imagined creating a humorous book and calling it, "How to be perfect in thirty days or less." I can see now, the hilarious pictures depicting how we run ourselves into the ground trying to be 'better, bigger and bolder' always hoping for and yet, refusing to believe that there's a better way. It is like watching someone try to run away from their tail. No matter where you go, there you are! Playing the games of the prodigal and the faithful by either having to be perfect to be ok or giving up and breaking all the rules because we feel worthless will both end in the same "broken heart and contrite spirit!" (7) Both extremes are like the endless treadmill that wears us to the brink of exhaustion while getting us absolutely no where. But hey, if you want to keep getting what you have always gotten, then keep doing what you've always done!

**GOTTA BE**

**Listen as your day unfolds, challenge what the future holds  
Try and keep your head up to the sky  
Lover's they may cause you tears, go ahead release your fears  
Stand up and be counted, don't be ashamed to cry.**

**You gotta be; you gotta be bad,  
You gotta be bold, you gotta be wiser,  
You gotta be hard, you gotta be tough,  
You gotta be stronger; you gotta be cool,  
You gotta be calm, you gotta stay together.  
All I know, All I know, love will save the day.**

**Herald what your mother said, read the books your father read,  
Try to solve the puzzles in your own sweet time.  
Some may have more cash than you, others take a different view.  
My, oh my, hey, hey, hey**

**You gotta be bad, you gotta be bold,  
You gotta be wiser... You gotta be hard,  
You gotta be tough, you gotta be stronger,  
You gotta be cool, you gotta be calm,  
You gotta stay together.  
All I know, All I know, love will save the day.**

**Don't ask no questions, it goes on without you,  
Leaving you behind if you can't stand the pace.  
World keeps on spinning can't stop it, if you try to.  
Best part is danger staring you in the face.**

**Listen as your day unfolds, challenge what the future holds,  
Try to keep your head up to the sky.  
Lovers they may cause your tears, go ahead release your fears.  
My, oh my, hey, hey, hey**

**You gotta be bad, you gotta be bold,  
You gotta be wiser, you gotta be hard,  
You gotta be tough, you gotta be stronger,  
You gotta be cool, you gotta be calm, you gotta stay together.  
All I know, All I know, love will save the day.**

*Flowerbird*

**You gotta be bad, you gotta be bold,  
You gotta be wiser. You gotta be hard,  
You gotta be tough, you gotta be stronger,  
You gotta be cool, you gotta be calm, you gotta stick together,  
All I know, all I know, love will save the day.**

Music and lyrics by: Des'ree A. Ingram; Sony/Epic Music

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis which includes this song as well as 9 others available on CD and Audio/book/CD at the end of the book.)

\*\*\*\*\*

The prodigal and faithful paths are both perfect, because they create the broken-ness necessary to let in the love that God is so desirous for us to receive. Whether we are in prison or in church, our lessons are the same. Those of us who go to church don't usually like to hear this. One incredibly, beautiful man, named Randy Brown, while spending time in prison and who was waking up to his own value, profoundly said, "You do not have to be incarcerated to be in prison." And I might add, you do not have to have a favored life, to be free to be all that you truly are. At least the prodigal in us and in others is more honest and will admit that he or she is broken! One quote I could really relate to is, "Blessed are the cracked, for they shall let in the light!" Furthermore, the faithful son is addicted to looking like the good guy. He is addicted to 'silent superiority' and now that the bad guy has come home and is so readily forgiven and embraced, he doesn't know WHO he is anymore. His game is over. His motives, (even though they are most definitely subconscious) have been exposed! Resentment is a clear indicator of impure motives that come from fear; of doing what we have done or given what we have for the wrong reason. Remember, our motive is more important than our method. What's a good guy to do when there is no longer a bad guy to compare himself to and when DOING gets you no where?

When we believe that our value comes from anything we 'have to' do, achieve or acquire, then we, (from the source of that belief, which is fear) will always crawl around in darkness, eating dirt, no matter how much defending, justifying, proving, denying, judging, condemning or checking out we do. No matter what worldly station we attain to, we will always live in fear of its loss, when we have acquired from fear of not being enough, instead of the peace of knowing, without defense without justification, without proof that WE ARE ALREADY ENOUGH. Remember that addictions are symptoms of the problem and never the source of the problem.

What is the greatest addiction? These are the clues. It is the one addiction that we all have and the one which all other addictions fall under. Our greatest addiction as human doings in the bottom of the hourglass is that of **HAVING TO BE RIGHT**- Right about not being enough; right that someone will reject, hurt or abandon us; right about being worthless. We are human doings who would rather be right than happy! Those who have worked with criminal adolescents know how this works. Show unconditional love and regard to a child who has experienced great pain and believe they are worthless by being criminal and delinquent and they will become very uncomfortable and will go out of their way to do something very unacceptable which they believe will push you away. As adults, we do the same thing every day. How long will you have to be right about being only a chicken, when you are actually an eagle?

If we do not know who we are, life is going to beat us up!, usually through other people and vigilant, rule based systems. Paradoxically, knowing who we are is a process and not an event. We may not know the answer while we are crawling around, eating dirt in level two, yet, any of our either/or thinking only creates further misery, addiction and trouble. Just remember- we learn what DOES work, first by learning what DOESN'T! And this is all perfect.

\*\*\*\*\*

Life is only as painful as we make it. Our insistence to holding on and our resistance to letting go of the need to be right creates and determines the level and extent of the pain present in our lives. The source of all pride (which is having to be right) is a fear of not being enough. Human doings will ride a dead horse until the eleventh hour and the sun no longer shines because they would rather be right than happy!

*Flowerbird*

## **BLACK HORSES**

Life can be like a beast to tame. It gets out of control.  
We learn to draw in the ranks, and the lessons unfold.  
What should we be saying? Can't be disobeying.  
Don't want to be misread; just trying to get ahead.  
Maybe we're misled; too many things unsaid.

So we ride the black horses, through the wind and dark forces,  
As we struggle for power, he watches from his watch tower.  
So we ride the black horses, through the wind and dark forces,  
With the truths ever louder, to the eleventh hour.

We ride on ribbons of time, with wind in our hair,  
Trying to work it all out with ribbons to spare.  
Don't want to look back now; I made it here somehow;  
There's always a reason; with every season,  
And then there is something we start to believe in.

So we ride the black horses, through the wind and dark forces,  
As we struggle for power, she watches from her watch tower.  
So we ride the black horses, through the wind and dark forces,  
With the truths ever louder to the eleventh hour.

Don't want to look back now. I made it here somehow;  
There's always a reason; with every season,  
And then there is something we start to believe in.

So we ride the black horses, through the wind and dark forces,  
as we struggle for power, They watch from their watch tower.  
So we ride the black horses, through the wind and dark forces,  
with the truths ever louder, to the eleventh hour.

music and lyrics by Kelly Eisenhower © 1999



**HEART CHANGING QUESTIONS**  
**AND EXERCISES**

1. What are the most painful experiences of your adult life?
2. How are these experiences causing you to feel the very same things about yourself that you listed in question #4 of the previous chapter?
3. What are the addictions you have? What are the things you HAVE TO be right about?
4. What do you believe about your value when you think about the painful experiences of your life?
5. How do these feeling and beliefs resemble the ones you listed in #4 of the previous chapter?
6. How are these beliefs and feelings basically the same? How is the most damaging addiction your have (that of being right about not being enough) the cause of the choices and other addictions that bring about more misery and pain despite what you know consciously or intellectually? How is the abuse you create to punish yourself much worse than what others have caused?
7. What warning signs along the way do you or did you ignore that could have saved you from painful experiences?
8. Notice how in not valuing yourself, you are blind to obvious warning signs along the way.
9. How are you addicted to making things hard? How willing would you be to accept that things can be simple or effortless?
10. What do you believe you have to do or have in order to be of value?  
How do these relate to how your parents/ care takers had of seeking validation?
11. What is it you like about yourself? What is it you dislike most?  
What is it you feel fear, shame and guilt about?

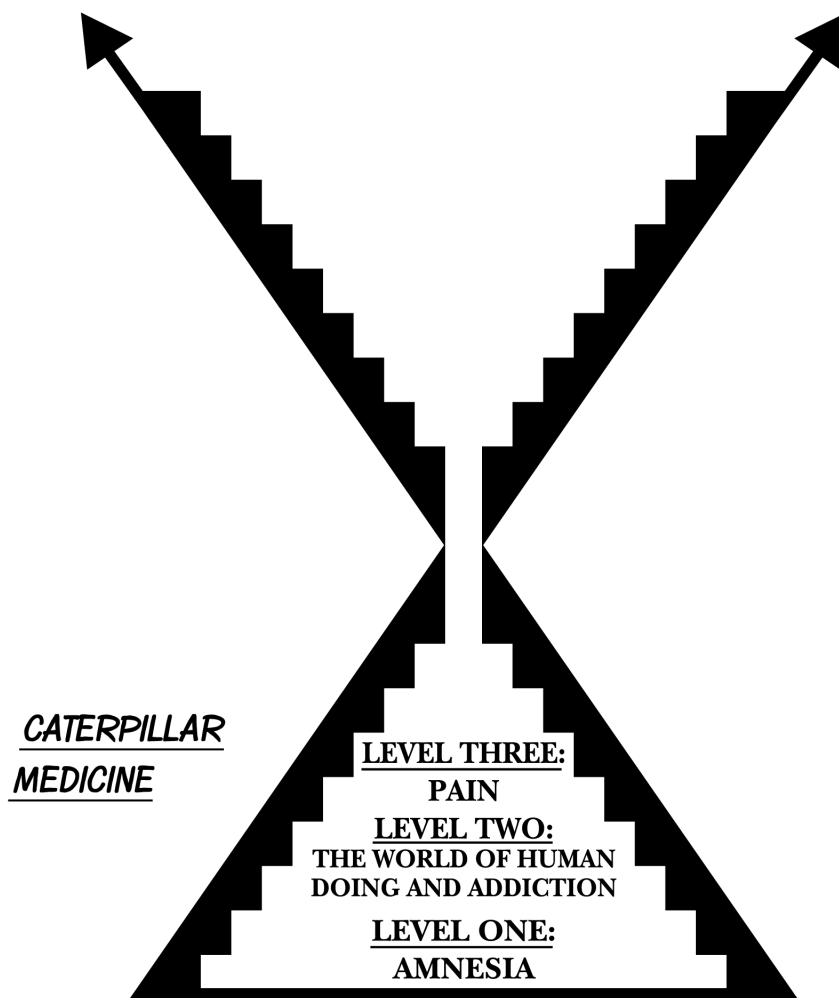
*Flowerbird*

12. What and who do you judge the most in your life? Who or what is it that irritates you and brings up the most emotion in you?
13. How do you feel around babies, small children and animals? Can you openly show love, compassion and concern?
14. What is that a tiny baby has to do to be loved? What do you have to do or have to be loved and enough?
15. What are your beliefs about what you have to do or be to 'be successful' and enough in life?
16. How is not loving, honoring, protecting, respecting, providing and caring for yourself the greatest 'sin' or injustice? How is your judgement of others just a reflection of the judgement you have for yourself?
17. Notice how all these feelings and beliefs about yourself shape the experiences you have with all your relationships; those with your health, environment, your money or lack thereof, and those relationships you have with all other people; both personally and professionally.
18. How do you seek out or train other people you are in relationships with to create the pain and suffering you hate but are so comfortable with based upon what you have believed about your value?

Just notice how powerful you are in creating your reality and take heart! If you can create all this misery, just think of what you can create when you change your perception of who you are to the TRUTH!

*Flowerbird*

CHAPTER FIVE  
Level Three  
**PAIN!**



As long as we do not know who we are and we believe that our value depends and is based upon the fears, illusions and opinions of others, we will go to great lengths to create a lot of things that will never work. This is perfect because it creates pain! We are creatures of habit, which means that we usually keep on doing the same old things over and over again, while expecting different results. We will do most anything to protect our comfort zones and our reputations, thinking that change is just too hard. While all along, the truth waiting to be discovered is that change (which occurs when we change our mind and are willing to let go of being right) is actually much simpler and painless than our choice of having to be right. What is truly hard and painful is staying stuck!

Now we have been taught to avoid at all cost, pain in the bottom of the hourglass. Ego is in charge of us as caterpillars in the bottom of the hourglass. Ego perpetuates and operates from rules, rules and more rules, laws, expectations and demands or from the extreme obstinate- disobedience. We have been taught to rush to medicate, hide, therapize, deny, run from, divorce, declare bankruptcy on, numb and even surgically remove our pain instead of LISTENING TO IT! Now, I am not saying that pain should be enjoyable, but when we run from and medicate it, it is like putting a Band-Aid on the 'low fuel' indicator light of our automobile in order to not have to see it blinking.

Some have felt that the posture of pain being perfect is non sympathetic and a little heartless. When someone is in deep pain, they want sympathy, right? I want to explain to you, that in the bottom of the hourglass we only live in what we believe is love, while wondering why it never brings about what we want. There is a very big difference between sympathy, pity and authentic empathy, which is love. Living in the bottom of the hourglass, you cannot tell the difference. Sympathy and pity are enabling and enmeshing emotions that feel sorrow for the situation a person has gotten themselves into, and yet it never really understands, no matter how hard it tries, how the other person is feeling. It sees that we are just victims of a life filled with accidental mishaps and misfortunes. And, sympathy and pity actually help keep the person stuck in a 'victim' mode, cycling and recycling in the bottom of the hourglass (lessons unlearned repeat themselves). Empathy, on the other hand, feels deeply and sensitively, the actual pain within the heart of another person, while at the very same time, seeing or trusting the perfection of the lessons the pain is bringing to that individual. I have spent many hours holding and comforting those in pain, feeling as if my would heart break, and at the very same time, getting a hawk's view of how perfectly loving the pain is in order for them to wake up to their value!

**THE PURPOSE OF PAIN (and listen very, very carefully to this) IS TO DELIVER A MESSAGE TO US THAT WHAT WE ARE THINKING, FEELING, BELIEVING, SETTLING FOR AND ACCEPTING IS LESS**

**THAN WHO WE ARE!** It is that simple. What pain is actually telling us is that we are settling for a tent when there is a palace waiting for us with our name on it. This message is not about what we are doing (although there may be some 'doing' that is out of integrity) but more so about what we believe is our value that is the source of any less than desirable doing. If we rush to cover or get rid of the pain before we get the message then we will just get more pain. In fact, there are no secrets- only truths we are pretending not to know by staying asleep. The only way out is through. There is no other way! We will keep getting the lessons over and over and over again until we get them!

The Grand Architect of this physical reality made all of our indicator lights to perfectly synchronize with universal truths to teach and remind us WHO we are, by serving us pain when we are incongruent and out of integrity with the goddess. And this process always, always works. This is why pain is perfect.

I remember the look on my son's face when I told him, as he was leaving with some friends for the evening, "I trust that you will make good choices and I trust that if you do not make good choices, it's gonna hurt, so I don't need to worry." The teachings of some, that it will be a HUGE mistake to do certain things that bring us pain, is taught backwards. Instead of saying, "You should never, ever make that mistake," we could say, "That is one choice that we know does not work, yet, if you choose to go there, you are certainly capable and responsible for cleaning up any mess that choice may create." AND, "No matter what choices you make, your value will never, ever be diminished." No one really wants to hurt, and yet, we all will (thank God). For, we would never progress without it. Just think about it. There is only one way to not make what most call mistakes. And that is to stop breathing. Stop walking forward. Make no decisions at all.

Sometimes, in feeling sympathy for others' suffering, I have wished for a pill to fix their problems, only to remember how grateful I am that a pill will not fix any of our problems. If God gave us a quick fix or reached in to rescue us or control our choices then He would be contributing to our being weak, dependent and crippled. And His message, by doing this, would be saying that we are too stupid and incapable of figuring things out ourselves. He would be telling us that we do not actually have the light within us, the capability or the intelligence to figure out anything. He made us with the same capacity that He has, and as His children, we are here to learn this. We are already gods, we just create a lot of crap for ourselves in the bottom of the hourglass. How wonderful this plan is! As long as it hurts, then we are out of integrity with who we are- that simple!

We would do well to remember this point, because when we seek to fix anything for anyone, bail anyone out of their problems or control another's choice in any way, while supposing that it is love, we are sadly mistaken and confused about what love is. We are actually (when rushing in to control or rescue) giving others the message that they are too dumb and broken to figure

things out themselves. On our path to discovering who we really are, we learn that most of what we do (thinking it is love) actually creates just the opposite of what we want. That is because the motive is not love, but fear.

In truth, no one is broken, we only believe we are, in the bottom of the hourglass. When we seek to rescue others, we are coming from fear and seeking validation through being a fixer, ourselves. We rob those we feel we need to rescue of dignity, confidence and self respect. We create more weakness which creates more repeat cycles of ineffective, undesirable behavior and more crawling around in level one, two and three. Our fear based motive is the source of their anger and rebellion and the stumbling block that keeps them from going forward and claiming their own goodness and power.

Therefore, we are at a moment of choice, when we are experiencing pain in level three. We can choose to go into more fear, beat-up, blame, shame and guilt. We can insist on our need to be right, believing in the illusion that rules and guilt are what keep us on the straight and narrow or we can wake up to the realization that **GUILT IS WHAT KEEPS US STUCK AND IS ACTUALLY THE METHOD OF PAYMENT WE USE TO KEEP DOING WHAT WE KNOW WILL NOT WORK.** We can choose to recycle back down through level one, creating more and more amnesia and then creating more “do, do” on level two, selling ourselves for more pottage and experiencing even more pain (and remember when we do this, the ante always gets upped) OR we can change our perception and choose to enter level four, in the ‘dreaded’ narrow neck of the hourglass, hoping that there is another way. We can keep doing what we have always done, but we will keep getting what we’ve always gotten. Our circumstances, relationships, finances, health and environment will ALWAYS support us in our belief about ourselves.

At this point, we have two choices: **SHORT TERM GAIN FOR LONG TERM PAIN OR SHORT TERM PAIN FOR LONG TERM GAIN.** What is required is our willingness to risk the reasons we have to stay in our comfort zones for a better, though unknown possibility. It is a faith that life can be better than what we have seen. It is a growing understanding of the universal principles of **WHAT WE FOCUS ON EXPANDS! WHAT WE BELIEVE WE RECEIVE! WHAT WE RESIST PERSISTS.** When we are willing to let go of our need to be right, become totally accountable and are willing to risk being wrong, something miraculous happens. We learn then, that the truth of who we are will stand and reveal itself without our own effort to defend it. And when it does, we find that it is more glorious than we can comprehend. Now again, what would you rather be: right or happy?

\*\*\*\*\*

The avoidance of pain or ignoring and denying it's message brings repeated pain. Honoring pain means allowing ourselves to feel it; acknowledge it's purpose and open ourselves up to hear it's message. And, when we are truly ready to change our lives and face our fears, the teacher, in whatever form that is perfect for us, will **ALWAYS** appear. This is a universal truth! Just like dead and dying compost and manure becomes the food for new life and rejuvenation, so can pain bring about the necessary cleansing that living water, even in the form of rain brings to our souls. When we are ready and have a desire greater than our need for air to breathe, we will discover just how wide and deep the living water of love runs!

\*\*\*\*\*

*Flowerbird*

**ARIZONA RAIN**

**My heart is like the desert, gone too long without rain.  
And your love is like the water, that makes the river run again.  
I'm burning like the Tucson sand,  
Broken as the parched dry ground.  
I need to feel you, raining down.**

**I want to feel your love, like the Arizona rain,  
Pouring down like a hurricane.  
I want to drown my soul and let it wash away the pain,  
In the Arizona rain.**

**Well, it feels like forever, since last time I looked into your eyes.  
And I need to be reminded, and I need to be revived.  
So love me like a long lost friend;  
Caress me like the desert wind;  
Make a parched heart, bloom again.**

**I want to feel your love like the Arizona rain,  
Pouring down like a hurricane.  
I want to drown my soul and let it wash away the pain.  
In the Arizona rain.**

**I want to feel your love like the Arizona rain.  
Pouring down, like a hurricane.  
I want to drown my soul and let it wash away the pain in the Arizona rain**

**I need to feel you in the Arizona rain.  
I want to feel your love.**

lyrics and music by Vicki Banks

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis which includes this song as well as 9 others available on CD and Audio/book/CD at the end of the book.)

\*\*\*\*\*



**HEART CHANGING QUESTIONS**  
**AND EXERCISES**

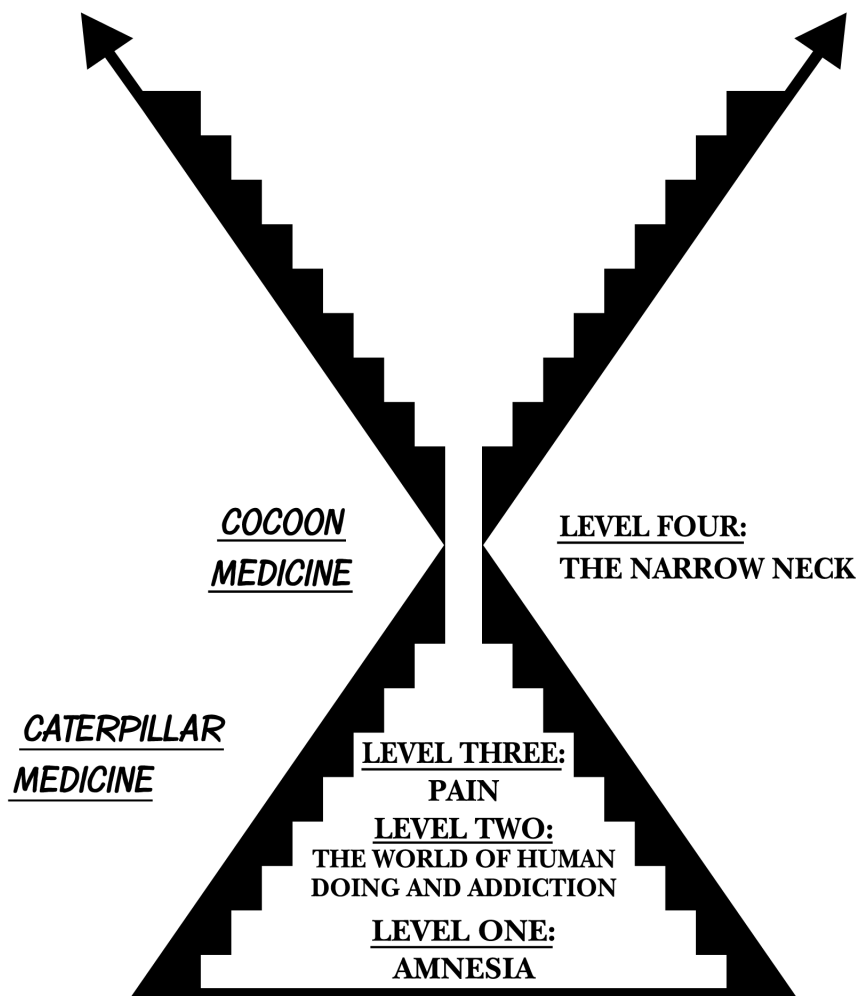
1. Who do you pretend to be? List all the images and roles you portray to the world.
2. Who are you afraid you are? List all the things you fear you really are.
3. How close are the things you fear you are to the beliefs and feelings you have about yourself based on the painful experiences of your life?
4. While running away from, covering up or denying the fears you have about not being enough, how do you make sure that you get to be right about those over and over again?
5. While running from your fears of not being enough, how do you try to act bigger than life and overcompensate for not feeling enough to try to prove that you are enough? Or how do you play the prodigal, showing others and the world that they are right about your being not enough and worthless?
6. What is it you really want?
7. What are you getting out of life that is different than what you say you want?
8. Because we get what we really want, how is it that you are more comfortable with and want pain more than peace; to be right more than to be happy? If you are not happy right now with your life, what is it you are having to be right about? How close is the answer to this last question to the answers to question #4 from chapter 1?
9. What are you willing to do to get what you now say you want? What are you willing to give up? How comfortable would you be at this moment having and living the life you say you want?
10. Make a list of the people you feel have hurt, used, abused or wronged you. Add to that list the individuals you are most resentful and angry at in your life.
11. Summarize what you believe were these individuals shortcomings. What did they do that made you so angry and hurt. Were they insensitive dishonest, uncaring? Did they cheat on you, abandon you?

12. Now take the description of what each of these individuals did to hurt you and finish this question for each. How I am \_\_\_\_\_ to/with myself is \_\_\_\_\_. Fill in the blank. For instance: How I am insensitive with myself is, I feel I am weak when I show my emotions. How I am dishonest with myself is I have said that my problems exist because my mom didn't show me love and respect, but now I see that no one shows me less love and respect than me. Finish with all the descriptions and then ask yourself how you are these things with others as well.
13. What are the payoffs I get for staying stuck? How much more do I want to be right vs. How much do I want to be happy?
14. How are the things that you judge harshest in others a reflection of the things you do to yourself or others (in some form or another)? Remember opposites are the same issue. The prodigal and the faithful (who is trying to prove he/she is enough) are perfect mirrors.
15. How are the things you are experiencing, feeling and believing about yourself when you have pain actually there to serve you and give you a message about how to re-remember and love who you are?
16. Are you ready to stop hurting or would you rather cycle round and round again, repeating more and more pain in the caterpillars life? If you are ready to stop hurting then it's time to empty your cup of all you think you know and allow a new, more loving and gentle truth to fill your belief system. What is required for you to change your pain to peace is your willingness to CHANGE YOUR MIND!

Flowerbird

## CHAPTER SIX **Level Four**

### ***COCOON MEDICINE***



Cocoon medicine is a very serious and heart wrenching phase. Those who choose to enter the cocoon are the bravest of the brave and those who choose to resist cocoon, choose to continue to suffer and make life increasingly more difficult. To enter into the squeeze of the narrow neck of the hourglass and the silence of the unknown is feared and ridiculed by the apathetic and controlling and only attempted by the most courageous of the 'warrioress'.

By choosing cocoon medicine, one risks BEING still to know the "I am" who they truly are. So very, very few people choose to go here, and yet, eventually all must! The narrow neck experience can be much easier if we choose to face our fears individually, now, rather than resisting and choosing instead, a catastrophic, global narrow neck experience. The 'ante' just increases the more we resist.

Having spent much time in the world of fear and the human rat race of human doing-ness, just BEING can feel as though it will drive you crazy. We don't know how to be still and just BE. We know how to run around and try to be enough and we know how to prove that we are not enough. Yet, to let go of our defenses, our justifications, our need to convince, prove and to be right, will probably be one the most difficult things that any of us will ever do because it requires just the opposite of doing. It requires silencing the ego's mind chatter (or screaming), facing our fears and entering the unknown. For most, it requires hitting rock bottom and reaching a place of finally being teachable. In the middle of this pain, we do not see the perfection of all that has occurred to bring us to this heart breaking.

What is required to enter cocoon is that **WE MUST BE WILLING TO FACE WHAT EVER WE ARE MOST AFRAID OF FACING AND WILLING TO RISK LOSING WHAT WE ARE MOST AFRAID OF LOSING, IN ORDER TO HAVE WHAT WE WANT THE MOST.** We have to give up something we've held onto so tightly and believed was good in order to have something that is much better. Now listen again, to what I said, because most egos heard that what I said was; "You must lose what you value most." So let me say this again. This is what is required for you to change your life and stop cycling in the bottom of the hourglass: **YOU MUST BE WILLING TO RISK LOSING WHAT YOU ARE MOST AFRAID OF LOSING AND FACE WHAT YOU ARE MOST AFRAID OF FACING, IN ORDER TO HAVE WHAT YOU TRULY WANT THE MOST!** Which means that we must give up all we think we are to find out who we really are. We must give up our need for all external forms of validation or non validation that we have built our identity on, in order to uncover and reveal the diamond. We must be willing to find what is truly valuable, while no longer placing power into all that we previously and incorrectly believed was valuable. This means being willing to cut the strings to those things we are addicted to and letting go of our need to be validated or invalidated by all titles, clout, prestige, the rules, degrees, positions of influence,

a great body, beauty, money, name, fame, career, reputation, etc- or their counterparts or contrary positions of being a screw up, a delinquent, a criminal, a loser, a prodigal, etc. We must cut our conscious attachment to the THINGS we think we are or what we believe gives us value or makes us less than valuable. And, this is the most difficult of all difficulties for human beings. Yet, until we do, we will never find ourselves, peace or our God.

I remember one of my narrow neck experiences beginning when a trusted friend and colleague asked me the all important question. She was always wonderful at giving me feedback about my 'stuff.' One day, after an all 'nighter' at the emergency room 'on call,' I dragged myself into the office with these dark circles under my eyes, and she said, "Haven't you wondered why all your on call time is riddled with one catastrophic emergency after another, while it seems to be so calm for others?" Wham! I sat down right then and asked myself what 'fix' I was getting from plane crashes and other's daily near death experiences! Now, I was good! I was damn good! When life was at it's worst for others (plane crashes, suicides, horrendous situations) that was when super Lily showed up! Now, was I willing to give up what I was using to feel validated by? Who am I, if I'm not saving lives? Who am I if I am not needed so much? Who am I if I'm not on stage? I WANTED TO KNOW! I immediately started to find out what I was running from. When I really listened to and got the message things changed! After that, before I went on call, I would begin to send out prayers of peace and I would sing, "Let there be peace on earth and let it begin with me." My crisis calls came to a complete halt. I am not kidding! No matter how torrential the 'climate' or energy was immediately proceeding or following my on call time, things calmed to a peaceful stillness during my on call. I found out that WHO I was running from was the ME who had to do NOTHING to be cherished, to be more than enough and to be extremely valuable. It was a WONDERFUL experience! And when we find that peace we will manifest more than the miraculous and it will be without effort! Yet, to enter the cocoon, really get accountable and listen to the message was painful.

In the cocoon, this is a paradoxical truth. Again, we have two choices here. Short term gain and comfort for long term pain or short term pain, for long term gain and peace. The word "willing" is the key. And believe me, it must be completely real and authentic. The god within us is never fooled. Until we are so tired of doing what we have always been doing we will keep getting what we have always been getting. The ego will continue to grab a hold and twist into another addiction, every single thing we know and do, until we become good at letting go, (of even the need to be 'good'). The ego is extremely good at attachment. In order to transform our lives we must learn to detach and let go. Detaching with unconditional love and a godly perception is the key to peace and fulfillment.

In truth, the pain and suffering on level one, two and three, is created by our fears. We think we cannot say how we feel, or say NO (to be in integrity with ourselves) for fear of looking bad, hurting others or having our spouse or lover walk out on us. We say it is because “we love them.” But it is not love at all, as you will see when you begin to discover holy ground, in levels five, six and seven. The circumstances in levels one, two, three and in the beginning of four, are created by fear and fear only. Fear is not and has never been love.

Now I must say, that when you are given the opportunity to enter the cocoon and experience what love really is and you choose instead to roll and crawl around in the dirt and cow pies as a caterpillar for a longer time then this is perfectly ok. And I am very serious about this. There is no judgment about how fast you get the lessons. Know this, that if I am your husband, wife, lover or friend, there will be no judgment for you. Yet, I will not choose to stay IN the suffering with you, either. Love is not supporting someone IN their crap. I would not support your need to be right about ‘not being enough’ which is what you would choose to be right about, by staying down there with you or joining you there. As long as you choose to be right, then you will have more pain and suffering. No amount of sympathy will convince someone that they are valuable and deserve happiness. We must each decide we want this for ourselves. To join you in your misery, would not be loving for me which can never be loving for you. Remember, that if it is not love for me, then it isn’t love for you, because **I CAN NOT GIVE TO YOU WHAT I AM NOT GIVING TO MYSELF!** Yet, your returning there, is perfectly ok, because you see, the ‘ante’ always, always gets upped. Lessons unlearned just repeat themselves. They repeat, getting harder and harder, creating even more pain. If I do not listen to the message my migraine headache is sending me, then maybe ulcers will get it to me and if that doesn’t work then maybe it will require my getting cancer or some other major wake up call. If I do not listen to the message that a mate is sending me in being unfaithful or abusive of me, then maybe I need another round of use and abuse. If you are not ready to stop hurting, then cycling through your fears, believing that your fears are real and that you do not have the capacity to believe in love, more than your belief in fear, then pain is the best teacher and wake up call that there is.

The ego fears failure and loss and yet, to the God’s, there’s no such thing. You cannot lose what you do not own and there is no such thing as ownership. There is no such thing as failure. My daughter learned this after experiencing a very stressful year at college. She was great at memorizing all the material for her courses, but when it was time to test, she would freeze. She was terrified of not being able to remember the material when it was testing time. And, she usually got to be right! She would stress to the point of illness about her failures and was extremely anxious about getting accepted to nursing school in the fall. I reassured her that there was no need to worry. She had completed, to the best of

her ability, all the entrance materials and the rest was left to the universe. If she did not get in, I told her, then she could just thank God for closing that door, she was not meant to enter. She couldn't accept this! As the weeks of waiting wore on, she made herself sick and everyone else crazy! Then, when the school contacted her with the news that she had been accepted into the program. She was elated and looked a little sheepish when she told me what her advisors then told her. They said that now that she was accepted into the course, that regardless of how long it took her to finish, (even if it was 30 years) that they would stick by her and assist her until she finished. Then they said, "You cannot fail!" And this is the way it is for all of us NOW! (Because there is nothing that we desire that we do not already have). To the higher self, everything that comes and goes from our lives, does so for one purpose- to assist us in waking up and in remembering who we are!

In the beginning of our cocoon experience, we all become a little schizophrenic. We hear voices, internally and externally, telling us that we are not enough, that we are stupid, incapable, can't change our lives, and don't deserve any better. For those who have experienced moments and times of insanity, this is all part of the path, the plan and is perfect, because no one who has traveled the path to enlightenment has not had their own moments of insanity. It is all part of the process! It just means that we are using brilliant ways to avoid and cope with what we perceive we are not strong enough to deal with. Having said this, remember it. It is not strength that gets you through the cocoon. Strength is what the ego tells you to muster, which is nothing more than more doing. **What gets you through the cocoon is SURRENDER with complete, 100% accountability.**

I have worked with many with schizophrenia (and other serious mental illnesses). When they realize that the voices they hear, that rob them of personal power are really no different than anyone's ego voice that undermines confidence, something amazing happens. Their diagnosis is dis-empowered! I have seen their illnesses shrink from dragon size to the size of a peanut! We all get the same lesson.

In cocoon medicine our fears are enormous. They are like the huge, giant, green, fire breathing, human eating, with-my-name- on-it dragon. They loom just over our head, roaring with the sound of a thousand freight trains. And the voices of those we know do not help either. They nag and yell at us to get out of the cocoon and in essence, come back down in the bottom of the hourglass. "Stop being stupid!" After all, they believe that the bottom of the hourglass is all that there is. And if we would just do more service, live a certain way, go to church, get the medication to fix the depression, get the divorce, hide, run, etc., that the pain will go away. Their and our egos tell us that the cocoon medicine is death. Remember that the ego tells us the opposite of what is true. Whenever it appears that there is going to be a 'death,' know also, that something is about to

*Flowerbird*

be born. Nothing will kill us faster or cause greater hell than choosing to stay in the bottom of the hourglass. Others may be scared to death, that if we change, then how do they act around us? You see, they have found their value and place in the world of caterpillars, by fitting, like a puzzle piece, with our pain, misery and dysfunction. (Remember the prodigal and faithful son scenario?) You see, you will not find a person who truly loves themselves in a close, intimate relationship with someone who doesn't. Many of those who claim to know what love is, would do just about anything to keep us sick and stuck.

And, when we begin to question our sanity and when the pressure and pain of being squeezed is just too much and when we surrender that we do not know the answer and when we feel completely painted into a corner with no way out and when the teeth of the dragon are just about to close in on our heads and when the stillness of our perceived emptiness feels as though it is just about to swallow us whole and when we have chosen to be still and not give in but to surrender, know and love ourselves and when we are willing to lose everything before we would ever return back to grab hold of the fear that is looming in our minds on level one, two and three and when we are willing to give up our need to be right and when we finally see that the only way out is through and when we plead for love to lift us up and out of this self imposed hell to see and feel clearly what love is, then we hear and remember the faint sound of the flutter of butterfly wings.



**LOVE LIFT US UP**

Who knows what tomorrow brings,  
In a world, few hearts survive.  
All I know is the way I feel,  
When its real, I keep it alive.  
The road is long. There are mountains in our way,  
But we climb a step every day.

Love lift us up where we belong,  
Where the eagles cry, on the mountain high.  
Love lift us up where we belong,  
Far from the world below, up where the clear winds blow.

Some hang on to used to be,  
Live their lives looking behind.  
All we have, is here and now-  
All our lives, out there to find.  
The road is long,  
There are mountains in our way, but we climb a step every day.

Love lift us up where we belong,  
Where the eagles cry, on a mountain high.  
Love lift us up where we belong,  
Far from the world we know, where the clear winds blow.

Time goes by, no time to cry. **LIFE!** You and I are alive!

Famous Music Corporation

*Flowerbird*

**I CAN SEE CLEARLY NOW**

**I can see clearly now, the rain is gone.  
I can see all obstacles in my way.  
Gone are the dark clouds that had me blind.  
Its gonna be a bright, bright, sun-shiny day!**

**I think I can make it now, the pain is gone.  
All of the bad feelings have disappeared.  
Here is the rainbow I've been praying for.  
Its gonna be a bright, bright, sun shiny day!**

**Look all around, there's nothing but blue skies;  
Look straight ahead, nothing but blue skies!**

Music and lyrics by Johnny Nash/ James L. Klein; Fountain Square Music Publishing

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis, including this as well as 9 other songs available on CD and Audio/book/CD at the end of the book.)

\*\*\*\*\*

**HEART CHANGING QUESTIONS**  
**AND EXERCISES**

1. Ask yourself, Am I willing to be wrong? Am I willing to let go of how I believe it has to look? Am I willing to forgive, ie; to allow or give (what I thought I had to work for but was always mine) as before?
2. Being willing to enter into the cocoon or the 'Bear' cave means being willing to BE STILL, sit still with yourself, do some major introspection and ask yourself some difficult questions when your ego is going crazy and wants to run away, turn to addictions, get busier than ever, lean on others, avoid, deny, defend, convince, etc. Your ego will tell you it is impossible to do things any other way, that there is no other world to transcend to, that there is no surviving the narrow neck, that the world and EVERYONE **HAS** to do things a set prescribed way to "survive" because that is just the way it is done. You are told that the answers lie OUT THERE; in finding a partner, getting more money, losing the weight, etc. etc. or that there are only two choices, 'DO or die.' There is no BEING for the ego. And yet the answers only come from the place of BEING. Our bodies and the entire universe is full of light and intelligence and has the answers to all our questions. With nothing but loving, positive intention (even though the mechanisms are sometimes more harmful than helpful; such as excess weight) they serve as feedback to us with pure positive intention of whether we are in- integrity with our highest selves. Remember that when there are major life changing decisions we are confused about, we do not have to make ANY decision until we have intuitive, inspired answers and feel confident that those answers are a win-win for all involved. Going into the cocoon or bear cave is important and highly advisable whenever we feel confused, manipulated, unsure of how to assert ourselves without hurting others and need to understand what loving self and others really look like or when we are feeling needy, dependant, etc and need wisdom, peace and love from the deepest source of these attributes.
3. Are you ready to face the dragon that will become your magic carpet into a whole new world? By being willing to do so, you are ready. When you enter the cocoon you do so because you are willing to ask, get answers and let go of being right about those important questions you have been avoiding. You can do the same old thing you've always done (and keep getting the same results) or you can face what fears are creating your less than desired reality. Fear is a real emotion and yet what we fear is always an illusion. It is time to begin to ask yourself, "What is it that I fear right now and now that

I know that this fear is an illusion, what is the truth?" Even if it is death that you fear, it's time to no longer allow this fear to imprison you any longer by knowing and owning the truth; that the part of you that is real can never die.

4. Identify the fear you have now while remembering that you are on the quest to discover the truth that will set YOU free. Recognize feelings of dread and dying at this time are very normal because even though your ego will tell you that you are 'on your way out' what is actually happening is that your ego fears are on their 'way out.' These very normal feelings have to do with the 'death' of your ego's hold and control over your life, little by little. Ego would have you continue to cycle in the bottom of the hourglass as a fearful, imprisoned caterpillar forever!
5. Admit that the fearful picture you have is just that, fear. Ask to see the picture the way your authentic self and God sees it. Remember that you will not see this truth as long as you remain cynical and closed, believing that it has to look a certain way. It doesn't matter whether our way is 'good' or 'bad,' or whether we were truly a victim and have been betrayed. We will all get to let go of our ego attachments either by being *willing* to be wrong or by being *compelled* to do so. It is just much easier and less painful to be *willing* to let go and be wrong. If what we believe is 'true' IS actually true, it will remain so, right? Then why are we so fearful of testing ALL truth? Why do we fear putting our 'wheat and chaff out to the testing wind? That is the role of the ego. I will tell you why. Because ego knows that the fear based motive of attachment to 'truth' has the same result in the end that fear based motives of lies do! If you don't believe me just look at thousands of years of war history with most of the motives to prove one religion or race had the truth and the other was wrong! Remember that motive is more important than method. Letting go does not mean giving up your values. It just means no longer using energy draining mechanisms such as defending, justifying, convincing, proving etc. It means going to church, being honest, not driving drunk, etc, because you *CHOOSE TO*, and because *IT WORKS* and is congruent with WHO YOU REALLY ARE, not because you *have to* in order to be enough while at the same time, letting all others choose for themselves, with our unconditional love. LET GO!
6. If it is difficult for you to see clearly where you are stuck, take a look at the people you judge most and the things you judge about them. We learn what does work first, by learning what does not. We learn WHO we are first, by learning WHO we are not. We judge things in others that we fear are in us. And remember that what we fear, we bring about. What we fear most we get to be right about. If you are not judging others, ask yourself who you look

down on or who you are afraid of ending up like. Ask yourself what mechanisms or things do you to feel validated with or the world judges you by? What masks do you wear? A lot of money? Prestige, degrees, titles, fame? After listing all the things you judge in others, all the things you fear you will end up like, all the things you use to feel validated or invalidated with, complete this sentence with each one of these things one at a time. I AM NOT \_\_\_\_\_. For instance, "I am not my dishonesty. I am not my church activity. I am not my addiction to cigarettes. I am not my divorce. I am not my money. I am not my name. I am not my relationships. I am not my Mercedes. I am not my fat. I am not my fame. I am not my disease." After you are complete with this, add to the end this question, "If I am not any of these, WHO AM I?" Now it is time to BE STILL AND KNOW the answer to this question, one facet at a time. Surrender, trust and be open and teachable. Practice this stillness and silence every day to reconnect to the truth and even more so at times when you are facing your fears.

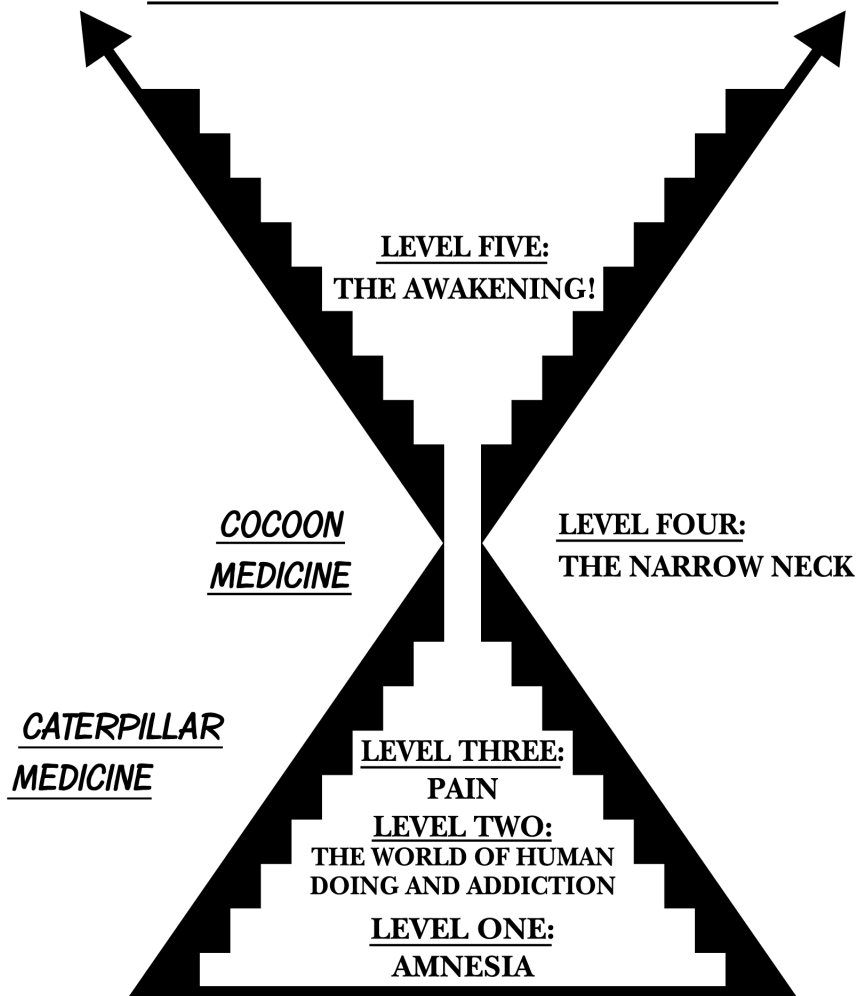
Flowerbird

## CHAPTER SEVEN

### **Level Five**

## **THE AWAKENING!**

### **BUTTERFLY MEDICINE**



---

Awaken from the sleep! Awake and Arise! Sleepwalking is not for the gods!  
Once we are willing to give all, we will be given all. Having reached the fork in  
the road, the choice to forgo simple acceptance of life and to choose instead to go  
the road less traveled to find and reclaim the truth gives us a soaring peace that is  
incomprehensible.

\*\*\*\*\*

### **NETHERLANDS**

**High on this mountain, the clouds down below,  
I'm feeling so strong and alive.  
From this rocky perch, I continue to search,  
For the wind and the snow and the sky.  
Oh, I want a lover and I want some friends,  
And I want to live in the sun,  
And I want to do all the things that I never have done.**

**Sunny bright mornings and pale moon-lit nights,  
Keep me from feeling alone.  
Now, I'm learning to fly and this freedom is like,  
Nothing that I've ever known.  
Oh, I've seen the bottom and I've been on top,  
But mostly I've lived in between,  
And, where do you go when you get to the end of your dream?**

**Off in the Netherlands, I hear the sound,  
Like the beating of heavenly wings,  
And, deep in my brain I can hear a refrain.  
of my soul as she rises and sings.  
Anthems to glory and Anthems to love and hymns filled with earthly delight,  
Like the songs that the darkness composes to worship the light.  
Once in a vision, I came on some woods and stood in a fork in the road.  
My choices were clear, yet, I froze with the fear of not knowing which way to  
go.  
One road was simple acceptance of life, the other road offered sweet peace.  
When I made my decision, my vision became my release.**

Song lyrics and music by Dan Fogleberg/ Hank Badings  
EMI April Music Inc. C/O EMI Music Publishing

*Flowerbird*

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis including this song as well as 9 others available on Cd and Audio/book/Cd is at the end of this book.)

\*\*\*\*\*

Emerging from the cocoon is the most wonderful experience! We feel free and new and having faced what felt like certain death, we, instead, have just given birth to a small but very brilliant piece of the real you. You begin to see, for the first time, that there is much, much more to you than you've ever dreamed possible. For the first time, having scratched the mud and clay off one small facet of the diamond, we see this incredible love, light and truth, that we realize is US! The brightness may hurt our eyes at first, yet, we emerge all wet, like a newborn and we begin to fall in love with ourselves! We experience for the first time, a new part of ourselves. In the area that is shining from within us, we see others clearer and with an increased sense of love and appreciation. We see a little more of who we are and are absolutely in awe (if not a bit afraid and uncomfortable) of it's magnificence. We have just had our comfort zones really stretched and we may begin to hope that the mud and clay we believed was us is only superficial and that there is much, much more.

Now we see that in truth, we are actually much more comfortable with not being enough than of this new light. We do not typically stay here for long, at first, because of how uncomfortable we are with the light and with how much more refinement there is to be accomplished- our ego will simply not let us, until it loses more and more power and control and the goddess is more and more in charge. At first, it is like taking someone who has lived on the streets and eaten out of trash cans their entire lives and giving them a palace filled with abundant banquet tables of food. It would drive them nuts.

We look ahead and see that the possibilities are endless, which can shake and scare our ego a bit. We are used to walls and structure, rules and being told what to do. We believe that in order to not fall our safety is reliant upon those walls, rules and structures. (And yet, our only safety against falling is in taking flight!) We are used to being dysfunctional, of eating out of the trash cans of life. We are addicted to being right.

We have just genuinely surrendered a piece of our life to God in the cocoon, and now, He hands it back to us and says, "Now that I know you will die for me, how will you live for me? What will **YOU** make of **YOUR** life, knowing a little more of who you are?" For some, this can be more difficult than the surrendering.

What we didn't know, while crawling around in the bottom of the hourglass, is that what we get in the top of the hourglass by risking to face our fear, is so much greater than what we were previously willing to settle for. In fact, the



news up here is always good! We actually had nothing to lose, even though our fearful ego would do anything to convince us otherwise. We learn this deep trust in the Divine and how to detach from 'neediness' we have of everyone and everything, saying, "This is what I want and I know that it will be this or something better!"

We turn back to look at the cocoon and are amazed to realize that the only thing we had to lose was a little more of the mud and clay, which was our ego addiction and need to be right. We are even more dismayed to realize that the giant green dragon was nothing more than a plastic and paper toy we had purchased and blown up ourselves!

In looking back, we realize that we only became a human doing because we believed we were not enough. In the beginning we will still have a lot of judgments about ourselves to let go of. The idea of trusting only the wind beneath our wings, is frightening, yet, we are looking forward to the flight. We feel an immense love from others, for others and especially for ourselves. The more we continue this path, the more our reverence for all life will grow. And yet, in the beginning, we do not understand it. We have just climbed up a mountain and are sitting on the edge of the plateau looking down and seeing a whole new world through all new eyes. The view is spectacular! If only we had known, we would have done this long ago! Some regret can enter in for not getting the lesson sooner and our ego will use this against us, if we let it.

The secret is to be ever loving, gentle and forgiving of ourselves, while remaining teachable, humble and fully accountable.

Our ego, scared to death of the light that is emerging from us, is afraid of our magnificence. It tells us, often very quickly after emerging from the cocoon, that this is just too good to be true or even more deceitfully, that now that we feel this incredible peace and joy, that we have 'arrived' and 'should' never hurt again. It lies to us, telling us that happiness is a destination and not the journey and does so to get us to become discouraged and quit. Ego will tell us anything to keep us on this plateau or get us to give up climbing and uncovering more and more of who we are. It uses every trick of it's trade (which seem to be endless until we discover holy ground and how to dis-empower it) even trying to get us to buy into the belief that each fear we face will be as difficult and take as long as the grueling, blinding first. But the truth is, that our growth is not proportionate. The more we face and walk through our fears, the more fun, easier and faster it can be. While two sides of the same mountain may be the same distance to the top, climbing up one side is much more difficult than sliding down the other side.

Also, the ego's method of operation is attachment. When we emerge from the hourglass, seeking to know and own greater truth, the ego will tell you that you will need to use the same methods of attachment that you used before (which are to defend, control, convince etc.) or you will lose the object of your new affection. Or the ego may try to convince us that if we have uncovered some

wonderful mystery, that we are the owner of this truth! Even as I received inspiration for this project and began writing, I remember thinking there was nothing quite like this! And, while this may be my small, unique, one of a kind light, the goddess within me, reminded me that truth is never owned and that in fact, many people are waking up and receiving the same truths at the same very time. They may be expressed differently. They may be in different languages and from different points of view, culture, conditioning, etc. This work is my perfect self expression and unlike anything anyone else would ever do, but the truths taught here are certainly not mine. Remember that we can get attached to anything and everything and regardless of whether it is something true or false, positive or negative, attachment means we have lost the surrender and returned to the fear based thinking in the bottom of the hour glass again. If we are learning anything here, it is that even if we have uncovered a treasure of truth, that the only way to continue to have fresh, living water poured into our glasses, we must empty our cups of whatever was previously received to receive more. If we do not want our water to become filthy and stagnant, we must detach from our desires and from whatever we think we are now, to continue to gain even more.

For a time, the joy and peace are immense. We feel more love than we have ever felt before. We may have the incredibly freeing opportunity to even look at our ego games and attachments and laugh at the way we held onto their illusions for so long. Laughing at our games truly can be the most powerful antidote for pain.

We may begin, the more we experience level five, to set out and begin to explore level six and of what integrity and love looks like.

In emerging from the cocoon or the narrow neck of the hourglass, we see, in the one area of fear that we have just faced, how we created all that has occurred. We are committed to NEVER going back there again or responding the way we have before (never say never!). Yet, when we make life changes, there is something very important to remember. Be prepared. The more we insist on how things will look, the more we will get to experience what we fear will never happen! There will be residual fear energy still clinging to us and the universe will always test us to make sure that we are sure. For instance, if you are quitting an addiction to a substance because you realize that to love yourself means not trashing your body, it is quite likely that you will experience some increased cravings and withdrawal symptoms or even friends or family members trying to pull you backwards. (Remember those signs that warn that if we back up our tires will be popped?) If you have decided to quit your addiction to seeking approval and acceptance of others, then know that you are going to have others target your deepest insecurities and say the worst things about you. When you understand the keys to great health and are ready to fully accept perfect health- wham! You get sick! The universe will always test us to be sure that we are sure!

We are here, feeling bliss and peace until our next fear floats to the surface and we find ourselves grounded, cycling through the process of doing and pain only to come back to the moment of choice to enter the narrow neck once again. When we begin to feel pain, again (for we surely will until all of the diamond is uncovered), it is another message that this plateau and other fears that we have given power to are still much, much less than who we are. The ego loves a war.

We often get to experience some coyote medicine here. Coyote medicine is trickery. Coyote crossed the road one day and was run over only to go back to make sure it was actually a truck that had run over him and he was run over again. Our ego is good at tricking us. It uses our insecurities and doubts to get us to begin to feel we should justify, defend, deny, judge, avoid, prove or get others to prove something. This is why sacred text advises us to “doubt not, fear not.” (1) All doubt and insecurity and all defense mechanisms built because of those doubts and insecurities will be targeted by the people and circumstances that those fears attract to us. We must face and overcome every fear we have, if we want to be free to fly. Coyote’s message is that though things may look the same in the beginning, when the motive is from fear, the end result is a million miles apart. Coyote is here to teach us, usually the hard way, to not complicate things or be deceived. Learn to feel, sense and discern the different energy that comes from fear and love. It is easily discerned. Peace cannot be counterfeited. Coyote teaches us to disbelieve others (even those who are very close to us) when they are uncomfortable with our growth, when they mock us and laugh at us, try to sabotage us and do all they can to get us to turn away from and deny the love we have experienced from risking the known to reclaim a long forgotten yet far greater truth- the truth of a godly, divine love.

We always fear what we do not understand. Do not turn away from the love of God that you will experience from knowing who you are and care more about the opinions of fearful people.

When we have thoughts that are not attached to the outcome, emotions and feelings that are not distorted and trigger some fear and insecurity in us, when we experience inner peace, regardless of external turmoil, then we know that we are coming from love.

Coyote tricks us and tells us that we have lost all that we have learned when pain resurfaces. He tells us that we have gone back down hill and all that was accomplished is for nothing if we feel any pain again. If this were true then to experience level five once, thinking that we will never hurt again, would be like settling for only uncovering one tiny facet of the diamond and leaving the mud and clay on the rest. It would be like discovering a whole trunk full of gold, to claim only one coin. It would be like jumping in a shower, completely covered with mud and washing off only one finger! In reality, the process may look like an hourglass to begin with, but becomes a circle much like a spiraling ribbon of

continual growth. Each time we complete another circle we discover new, breathtaking vistas within our souls.

In the beginning, having arrived on level five and doing only a tiny bit of discovery on level six, we usually do not stay here for long. Our ego still has too much power. There is a lot of refinement to go. A tiny portion of our ego may have died in the cocoon, yet, there is much to overcome. When our face was against the wall and we knew the only way out was through, then we chose to literally walk through the wall. We chose to jump off of the Grand Canyon, backwards, hoping to be caught. When we are caught, we realize that our faith in a better more fulfilling life was very small compared to the vista we now see. We realize that our fear was nothing more than a facade, an illusion. We begin to ask, "Are all of our fears the same? Why did I stay in the pain so long? Why did I believe a lie? Why did I not do this any earlier? Why did I believe that facing my fear and walking through it was more painful and difficult than staying, day after hellish day, imprisoned by it's illusive power?"

Now that we have experienced this freedom, however, the ego has less control. We will believe it a little less next time. Eventually, we can zip right through our illusions without a care and actually enjoy the process. "Pain?" we say, "Wonderful, what is the message from the pain? And now that I know that what I fear is a lie, what is the truth? What do I need to eliminate, change, or do to be in integrity with this truth? How fun! I am free falling again! I know now, having gone through the narrow neck, what is on the other side of my fear. All I need do is remember."

Forgiveness is very much a part of re-owning the goddess. Forgiveness means "to give as before"-before our amnesia. Without the willingness to give to ourselves and others, as we were "given before" by God, our ego will keep us stuck in regret and guilt. Know that the ego illusions will continue until we have faced and overcome every fear, find the truth that comes from love and uncover all of the diamond. We can become angry when pain surfaces again, saying that, "Life is just too hard. We shouldn't have to go through this again." This is the complaint of those who will also tell you that life has to be hard, success is about efforting, etc. And these are all ego illusions. It is only as hard as we make it. What is hard is settling for the caterpillar's life. A caterpillar in the bottom of the hourglass knows only about climbing, crawling, enduring and endless work and difficulty. If we believe it has to be hard, then we will get to be right.

We don't need to allow our ego to get in the way of the process and tell us that we need to quickly seek out and resolve the next issue, the next fear. We just allow them to surface naturally and pay attention to the process and the messages. Remember, we are not the trainer, life is. Each time we experience this new found freedom, allowing more and more of the diamond to be uncovered, we begin to love the pressure of the refiners fire that has made a diamond of coal. Agatha Christie once said, "I like living. I have sometimes

been wildly, despairingly, acutely miserable, racked with sorrow, but through it all, I still know quite certainly that just to be alive is a grand thing.”

In level five, we have emerged from the cocoon to see a bit of something far grander than we have ever conceived of as possible. And, we realize and feel deeply with a heart that understands, what Nelson Mandela said, **“Our deepest fear is not that we are inadequate” (we are comfortable with that!) “Our deepest fear is that we are powerful beyond measure! It is our light not our darkness, that frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? YOU ARE A CHILD OF GOD! Your being small doesn’t serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are born to make manifest the Glory of God that is within us. IT IS IN EVERYONE!!! And, as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fears, our presence automatically liberates others!”**

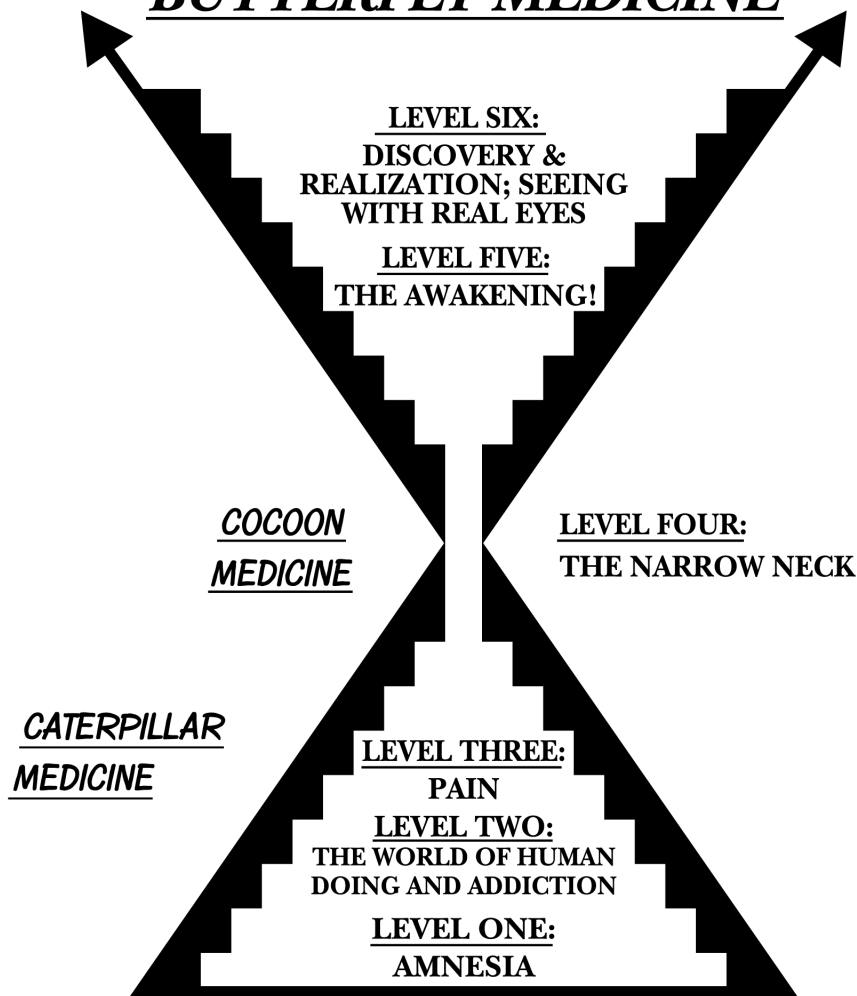
It is to recognize then, that there is a bright, beautiful, magnificent part of you that will not settle for only one, two or even a few facets shining through, but wants ALL OF YOU to shine! It is to look into a mirror and for the first time, see and feel WHO you really are!

\*\*\*\*\*

### **HEART CHANGING QUESTIONS** **AND EXERCISES**

1. In letting go of being right, how does your new reality look? How does it feel?
2. What are the possibilities?
3. Can you see now why we are only able to uncover one facet at a time from the diamond? Can you see how you are more afraid of your light than of the caterpillars darkness?
4. What is it that controls or creates your future possibilities?
5. Be sure to keep a journal of all the wake up messages you have received thus far.

**CHAPTER EIGHT**  
**Level Six**  
**REALIZATION**  
**OR**  
**DISCOVERING HOLY GROUND**  
**BUTTERFLY MEDICINE**



Now that you have emerged from the cocoon and are seeing more and more of the real you, you have an opportunity to begin to discover and own authentic love and it's power to manifest endless, spontaneous miracles and peace. Level six is what I refer to as the realization phase or to "realize", which means **TO SEE WITH REAL EYES!** If you caught a glimpse of the real you in level five, then you will see all of life differently. You realize that things are very different at the top of the hourglass as compared to the way they were at the bottom. In this stage (if we choose to let go more and more of our need to be right), we get to see with eyes that see, hear with ears that hear and receive and experience a realization that far surpasses understanding and actually stretches our very soul, spiritually and physiologically to receive more light, energy, love and truth.

We have often heard that the eyes are deceiving and this is definitely true in the bottom of the hourglass. Because what we "think" is reality (while living in levels one through four), is not real at all. And yet, it is what our ego will die trying to prove is real.

Realization is more than seeing, it is **FEELING!** And this is something that comes naturally to women. To see with real eyes is to feel something that is so undeniably powerful it changes our hearts. In level six, the spiritual vision and the intuitive nature of the goddess begins to grow within us, adding oil to our lamps and a miraculous new dimension to our lives. We will begin to wonder how we ever lived without it. Although fear is an authentic emotion, what we fear is always an illusion (**False Evidence Appearing Real**). Therefore, whenever we are ready to stop hurting, we can face the fear, walk through it and discover the truth behind it. Truth, then, we realize, is paradoxical. The higher truth is contradictory and shatters the lower. For instance, we will never open the door to the top of the hourglass until we feel completely broken and admit to our brokenness. Having done so, we then have the opportunity, if we no longer have to be right about not being enough, to see a new reality and realize that we have never been and are not now broken. Our thinking and subsequently our choices went awry because we only believed that we were broken! Atonement or at-one-ment makes possible our perfection **RIGHT NOW!** and the entire process of uncovering this diamond, one facet at a time.

We discover the magic of raven medicine in level six. Raven brings us messages from the ancients and the mysteries of the goddess. Again, we see that all our mis-perceptions of love were only fearful illusions. When we discover the truth, a love flows from us that transforms everyone and everything around us. And, we learn from raven that we can only experience the magic and wonder of authentic love when we can be authentically ourselves. Only in truly being all that I am with another will the door open, to allow love to emerge from within my own soul. Until **I** free myself to BE ME with all others, I am only living the illusion of love.

When we discover who we are, we find HOLY GROUND. We automatically begin to realize the depth and the breadth of balance, moderation, the center and what it means to stand on holy ground. We will discover what holy ground looks and feels like each and every time we choose to face a fear and uncover more of the diamond that is who we are. This repeated discovery of holy ground and the diamond within us is both bitter and sweet. For instance, we are used to bouncing back and forth from one ego extreme to the other (such as when one feels suffocated and swallowed up in a relationship), so we get out and avoid all relationships in order to find ourselves and be independent. Then all of our insecurities surface again. Needing validation, we get right back into a relationship, only to lose ourselves again. We don't know any other way. Discovering holy ground happens when we have this tremendous awakening and awareness to our own accountability in creating our own hell as well as our own heaven, and we realize finally, that the answer is to be IN a relationship and be a separate person, to BE who we really are. It is to be differentiated **AND** interdependent, instead of independent **OR** dependent. It is to be very close to someone, while never losing our own voice, our own opinions or feelings to anyone else. It is to value our own feelings and opinions enough to express and share them, while not expecting anyone else to agree with them. And, being secure enough in ourselves, to be willing to be wrong. Each time we purchase with our sacrifice of needing to be right, we discover a little more of holy ground. And then the sweetness and fulfillment in our life grows.

The ego thinking of either/or told us that we had to control or be controlled, dominate or be dominated. Yet in discovering holy ground, we learn that when we love ourselves, we never control and we never allow anyone to control us. Ego said we had to be passive or aggressive, yet holy ground is to be gentle, kind, respectful and yet honest and powerfully assertive. Ego said we had to be harsh, cruel, emotionless, better than, independent **OR** be weak, helpless, an emotional cripple, a doormat, play small, inferior and be dependent. Yet, on holy ground we see with real eyes that love is to be strong **AND** gentle, courageous **AND** nurturing, protective **AND** sensitive, powerful **AND** peaceful, logical **AND** intuitive as well as interdependent (which is, "I want and love you but I do not need you").

A woman who knows and loves herself begins to marry the attributes of authentic feminine and masculine within her, neither of which existed in authenticity in the bottom of the hourglass. In fact, in order to create a whole, loving relationship with another, each individual, whether male or female, must balance and own the feminine and masculine within themselves. Relationships in the bottom of the hourglass consist of two halves attempting to make a whole, which never, ever works. Until both partners are learning to become whole within themselves, they do not have the ability to create wholeness with another.



Either/or thinking has been the source of much suffering and misery when it comes to women and men and the masculine and feminine within each of us. Only by believing the distortions of the feminine taught for thousands of years through the perversion of the masculine has the world been able to suppress and deny the power of the feminine necessary to change our deteriorating world. For instance, we have been taught that feminine is weak, subservient, stupid, to be controlled, is passive, dependent, a door mat, never says no, seeks approval and acceptance. We have been taught that masculine is dominating, manipulating, controlling, aggressive, independent, harsh, always says no, trusts no one. Yet holy ground shows us that wholeness is feminine PLUS masculine, and when authentic, it is always strong, courageous, powerful, protective, gentle, sensitive, intuitive, assertive, inter-dependent, submissive and surrendering.

\*\*\*\*\*

The battle of the sexes is an outward manifestation of the war taking place within ourselves. This war ends the moment we realize that we are to marry and balance the powerful with the gentle, the courage with the kindness, the strength with the sensitivity and the intellectual reasoning with intuition. The more we are able to do this then the more all of our relationships will be fulfilling, especially the one with ourselves!

\*\*\*\*\*

**I AM THE MOON**

**We don't really have to fight about it baby.  
All we got to do is stand our ground.  
You know you're never gonna change my mind and.  
I'll never make you come around.  
Neither one of us is right or wrong.  
Its the differences that make us strong.**

**You're breathing out and I'm breathing in.  
You are the start and I am the end.  
You are the dance and I am the drum.  
I am the moon and you are the sun.**

**Everybody's got opinions, baby.  
You share yours and I'll share mine.  
It's unavoidable that we'll both use them.  
As ammunition, from time to time.  
But, when the smoke clears then we'll see.  
It'll still be you and me.**

**You're breathing out and I'm breathing in.  
You are the start and I am the end.  
You are the dance and I am the drum.  
I am the moon and you are the sun.**

**And when all is said and done,  
Neither one of us has lost. No, we both won!**

**You're breathing out and I'm breathing in.  
You are the start and I am the end.  
\*You are the sand and I am the sea.  
I shine on you and you shine on me.  
I am the dark and you are the light.  
You are the day and I am the night, yeah!  
It doesn't work to just have one.  
I am the moon and you are the sun.**

song lyrics and music by Kelly Eisenhower

\*denotes lyrical lines changed by this author to fit the script meaning and intention.

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis which includes this and 9 other songs available on CD and Audio/book/CD at the end of the book.)

\*\*\*\*\*

Love on holy ground (which is the only love there is) is the freedom to feel deep compassion and caring for another while not caring what they actually feel or think about you! I love the attitude of one man who was being ridiculed by others. He said, “what they think about me, is none of my business!” Love then, is to feel deep empathy the pain of others without absorbing it and to see the perfection and lesson of their pain on their own pathway to discovering love. It is to never allow domination, manipulation, control, abuse, or dishonor to self. It is to never control, dominate or manipulate others. It is to become 100% accountable that no one has ever controlled us that we have not given our personal permission for them to do so. Therefore, we were the one in control all along. It is to put trust in those the heart or intuition tells us to trust in, IN the moment. It is to say NO to those, the intuition tells us not to trust, while loving them, just as they are, unconditionally. It is to be intuitively wise as a serpent and harmless as a dove.(1)

On holy ground, love separates us and others from our performance and then loves us all, just the way we are, despite our performance. Love shows us how to teach others what is required to be in a relationship with us and being willing, at any cost, to enforce those requirements- it is loving unconditionally (although not living with them unconditionally) those who do not choose to honor these requirements; it is not fixing or bailing out others from their chosen lessons; it is grouse medicine- (that of loving yourself enough to discover and then mark the sacred, peaceful territory you want for yourself); it is being kind, loving, respectful, honest and firm.

We begin to see with real eyes that subservience and its extreme-(control) are both ego illusions and will strip all concerned of dignity, confidence and personal power. We begin to realize and hunger to reclaim the authentic art and power of sacred, godly submission. Upon hearing the word, submission, the first response of most women, especially those who have experienced the pain that most of us have, is usually to say, “No way in Hell!” Submission, like love, is taught in very distorted terms at the bottom of the hourglass. If you have chosen a life mate or have other close family relationships and have not learned the art and power of authentic submission, you are truly ripping yourself off. Remember that the ego tells you the opposite of what is true. What it has told most of us about submission is not submission at all, but subservience. Submission will be

one of the most frightening and yet rewarding narrow neck experiences we will ever pass through. Submission is actually placing ultimate trust in God, in His process, in His promises and in the value and abilities of others. And remember this, **IT IS NOT AUTHENTIC SUBMISSION UNTIL PERSONAL POWER IS FIRST RECLAIMED!** You cannot model or give something you do not have! In subservience, you give another YOUR power. In submission, you are not giving someone your power, **YOU ARE GIVING BACK TO THEM, THEIR OWN POWER!** It is much like the perversion when children are taught that it is weak to cry or express emotion, when in actuality, the suppression of emotion is weakness and fear. Showing open emotion takes great strength and courage. So also, is submission an act of trust in the very best within another (which is what brings out the best within them) and an act of authentic power. It is not a power we use only with a partner, but with our older children and others we want to empower, in teaching them that we trust them to figure things out themselves. Submission is the gift that you give that empowers others to be all that they truly are. And whatever you give, you receive in return. This power restores the balance to the masculine and the feminine. It restores dignity, trust, confidence and the gentle yet powerful accountability to those we are co-creating relationships with. And it delivers to the goddess the care, respect, treatment, protection, and honor befitting the goddess that she truly is. Submission is our ego surrendering to our spirit, the goddess within us. It is the way to true empowerment for ourselves and for others.

We recognize in discovering holy ground that control, domination and denial of emotion are not strengths but the ultimate manifestation of weakness, powerlessness and cowardice that will strip us of our crown and our wings. Love has no part in making things happen, forcing things to happen, dominating, manipulating and controlling anyone. It knows that these are born of ego fear. Love always surrenders, allows, relaxes, receives and gives freely while soaring as a butterfly does, **EFFORTLESSLY**. It does so, because it has an ultimate trust and faith in love's ability to uncover more of the diamond and create a better world than fear.

The goddess reveals to us that authentic love is love without attachment and detachment without fear. Love knows that to let go does not mean feeling fear or a loss of love. It sees that every path and relationship is perfect. Love neither withholds for fear of pain or enmeshes and attaches to another for fear of loss. Love knows that the only security there really is lies in its ability to trust that, like the ebb and flow of the tide, all things are perfect and that it can soar above the fears of the ego to see the spectacular freeing world of perfect grace and harmony. And this perfect love DOES cast out all fear.(2)

The goddess within (who lives on Holy Ground) will teach our souls deer medicine in the sixth level. She teaches us that gentleness and emotion are not weaknesses but authentic strength and power. Deer medicine can teach us how

to end the wars of right and wrong (goodness vs. evil), not only in our own heart but in our world. And the deer knows **THE ONLY WAY THAT THE WAR OF RIGHT AND WRONG WILL END WILL BE THROUGH THIS GENTLE POWER!**

Sams and Carson, in Medicine Cards, teaches this power in a beautiful story. Listen carefully, this can change your life and the world as we know it. “One day, the little deer heard Great Spirit calling to her from the top of Sacred Mountain. Fawn immediately started up the trail. She didn’t know that a horrible demon guarded the way to Great Spirit’s lodge. The demon was trying to keep all the beings of creation from connecting with Great Spirit. He wanted all of Great Spirit’s creatures to feel that Great Spirit didn’t want to be disturbed. This would make the demon feel powerful and capable of causing them to fear him. Fawn was not frightened when she came upon the demon. This was curious, as the demon was the archetype of all the ugly monsters that have ever been. The demon breathed fire and smoke and made disgusting sounds to frighten Fawn. Any normal creature would have fled or died on the spot from fright. Fawn, however, said gently to the demon, ‘Please let me pass. I’m on the way to see Great Spirit.’ Fawn’s eyes were filled with love and compassion for this oversized bully of a demon. The demon was astounded by Fawn’s lack of fear. No matter how he tried, he could not frighten Fawn, because her love had penetrated his hardened, ugly heart. Much to the demon’s dismay, his rock-hard heart began to melt, and his body shrank to the size of a walnut. Fawn’s persistent love and gentleness had caused the meltdown of the demon. Due to this gentleness and caring that the little deer had embodied, the pathway is now clear for all of Great Spirit’s children to reach Sacred Mountain knowing how to dis-empower the demons that block their way. Deer teaches us to use the power of gentleness to touch the hearts and minds of wounded beings who are trying to keep us from our Sacred Mountain. Like the dappling of Fawn’s coat, both the light and the dark may be loved to create gentleness and safety for those who are seeking peace. Deer teaches us to find the gentleness of spirit that heals all wounds. Stop pushing so hard to get others to change and love them as they are. Apply gentleness to your present situation and become like the summer breeze; warm and caring. When you connect with the Sacred Mountain (that centering place within you) you will find serenity, and Great Spirit will guide you”. (3)

On holy ground, we discover the meaning of the sacred text that says, “I would rather that you be hot or cold, but if you are lukewarm, I will spew you out of my mouth.” (paraphrased) (4) God can work with a prodigal or a person trying to be perfect on their own because both paths can only lead to a crash; a complete broken heart. This is the only way that ego, in the beginning, can be bypassed, allowing the light of His love and mercy to enter into our souls. Those who cannot be broken are the lukewarm that believe that they never have to try and therefore cannot be broken. This is the reason that religion, rules, etc. are

perfect. We finally realize on holy ground that the rules and laws were never meant to save us (for they have never and never, ever will) but to bring us to a breaking point and feeling that no matter what we do, we will never be enough. We realize then, that all we have been taught was perfect. Not that it was all truth, but that it brought us to our knees, to learn the truth. Without it we would feel we did not need God and would be lukewarm and never be broken. In the moment of our complete broken-ness is our greatest opportunity to reach out to our Higher Power to accept the power of His authentic love to make up ALL the difference for us. He can work with a hot or cold, but not an apathetic lukewarm. The lukewarm (as a avoidant procrastinator) is left to repeatedly cycle in the bottom of the hourglass, experiencing only an illusion of peace. "Blessed are the cracked, for they shall let in the light!" We realize then, that the requirements to breaking through the narrow neck and discovering the life changing power of this love is that we must have these attributes:

1. ACCOUNTABILITY. We must be fully accountable for having created everything we have experienced in our lives. We must be accountable for our emotions, feelings and beliefs. We must be fully accountable for the mirror that all others are for US (especially those that bring up any emotion at all in us.)
2. TEACHABLE. We must remain teachable and humble, knowing that learning is where the joy is found and that our value never changes, no matter what the lesson or the behavior manifested. Understanding that all our indicators or mirrors are only there to serve to wake us up to our incredible value, we can safely honor the lessons as such and never judge ours or others' value by those indicators.
3. UNCONDITIONAL LOVE. Without judgement for ourselves or others, we can forgive, (GIVE AS BEFORE). The key is to have a personal relationship with our Higher Power. Know Him or Her, Great Spirit, etc. and then trust that power! Trust that SHE has much more in store for us than we would give ourselves. Treat other people as gods, because that is who they are and finally, you can not do either of these until you are very gently, unconditionally loving and non judgmental of yourself! So, the answer to all things is to **LOVE YOURSELF!!!**

Using the power of the feminine, we recognize that blame, fighting, laws, legal battles and war have never created or insured peace of any kind and we will refuse to allow our energy, power or any more lives to be taken in the games of better than/less than; insisting that we are right and others are wrong. One such story is told in ancient text. (5) It describes a peaceful, loving people who refused to take another life to save their own. They chose instead to bury all their weapons of war. When the advancing army came upon them, they refused to

fight. They knew all about deer medicine and holy ground. And, they knew that there is no such thing as death, separation and loss, therefore they had no fear. In the beginning, some of them were killed, but their refusal to fight and the love they displayed even to those who were killing them, melted the hearts of the opposing army, who began to lay down their weapons. In the end, more (who had come to kill them) were converted to the church of love. This is the only win-win there is!

If you want to dis-empower the demons in your life, stop fearing them. Love them. Thank them for their opposing role that assists in making you stronger and wiser. An awakening individual learns that ego fear creates a need to avoid or fight the opposition or the adversarial role, but love realizes the importance of and loves the darkness as well as the light. The night as well as the day, the pain and suffering as well as the joy and the bliss. Love understands that the tide coming in is only enhanced by the tide returning to the sea. Love knows that the light of day is enhanced by the darkness of the night. The goddess understands that an all white canvas does not come to life or take on depth, dimension or beauty until the shadows and dark lines are added and that human beings are the same. She knows that to “love your enemy” (6) means just that. Thank God for the depth, dimension and beauty that the painful adversarial role has added to the canvas of your life. Pray for them and even find humor in their illusionary power. Only then do the shadows and darkness lose their hold on our souls. This is how women can and will change the world.

Love understands that happiness is a temporary and externally stimulated emotion: “I am so happy! I got a raise. I bought that new dress I wanted, My dream man chose me, I finally got that promotion. etc.” Love knows that JOY (7) is a result of truth that can only be found within- the truth that sets us free-(8) Free from sorrow, free from any desire to do what we call ‘evil’ or to ‘sin,’ an archers term which means TO MISS THE MARK and comes as a result of lacking faith in ourselves, much like a lack of faith in ourselves to recall the information on a test, thus creating a self fulfilled prophecy. Joy frees us from self indulgence. This truth only comes from “knowing the goodness of God.” Love knows that JOY comes when the light of morning illuminating our darkened understanding. It occurs when life is most dismal such as in the prison camps of Germany. Or when we are laying someone we love to rest, in the moment we are walking out into the dark of night away from an abusive relationship in order to be in integrity with ourselves. Love knows and celebrates the value of the pain. It knows that pain is what usually cracks open (when we allow it) our locked and bolted door, to allow the light and peace of truth to enter in.

Love knows that when it looks as though we are dying that we are actually being reborn. It knows that even though it does not understand it all right now,

that God is bringing about a whole new world for us, when we are willing to let go of our past, empty our cup and make room for the new.

Love never blames God or anyone for ours or others suffering but instead thanks the Gods for the opportunity to create and re-create based on the valuable feed back we receive to assist us in being the god that we are, in this physical experience.

The goddess understands that the ultimate and in truth the only authentic security there is, is found through trust- not in trusting that she will **never**, ever make mistakes, that she will always do things right or always be 'together' and not from some assurance that a spouse or other person has given to her- but in trusting that no matter what lessons she creates, how many times she falls down on her path to self discovery, that she will always pick herself back up. She will be accountable for her role in creating that lesson. She will always listen to the message of her pain and always be teachable. She will always love herself, no matter what. And, she will always be there for herself. It is a trust in her divine Creator that there are no accidents and that He designed things to be the way that they are. In fact, it is through an acceptance of our inability to save ourselves that initiates an awakening to our ability to create miracles. We then have the ability to resolve any thing that occurs or comes up in our lives, we have the tools to create these events and to recreate different ones whenever we wake up to this truth! It is having no regrets for the past and no anxiety for the future. It is knowing that through surrender and trusting Him, THE NEWS IS ALWAYS GOOD!

In level six, we begin to see that we had most things backwards in the bottom of the hourglass. The ego believes that guilt and fear will be the only thing that keep people doing good things and without guilt, shame and fear (and the organizations that feed the masses these toxins) the world will fall apart. Authentic love knows that guilt, shame and fear are actually what keep people stuck in self destructive behaviors. Love knows that guilt is the method of payment people use to hold onto things that they want to keep doing. And when we remove the guilt (while remembering that no matter what we do our value never changes), the behavior spontaneously changes to be in alignment, integrity and congruent with the incredible value within. Much as is did for one young man who came to see me. He was feeling totally worth-less and in despair. He was always trying either to be enough and when this became too exhausting, he would bounce to the other extreme and do some very self destructive things. He told me that he had never been able to say he was hurting or to be honest about how he felt for fear of hurting others. Yet, in stuffing those feelings, he was incongruent and out of integrity with himself and his resulting actions hurt others and himself much, much more. When he felt badly, he would do things that made him feel even worse! At his doctor's and wife's insistence, he stopped smoking and yet, in doing so had eliminated one of his mechanisms of proof that



he was 'bad' and not enough. On this day, he was nervous and afraid (because he knew that I believed in him) to tell me how he had, in a moment of pain, turned to something that was even more self destructive than the cigarettes. He was shocked at my response! I chuckled! I couldn't help it! It is truly humorous to see what lengths we go to as human beings, to prove something that is an absolute illusion- that we are no good! What he was most amazed at was that there was no judgement from me. This is because IT IS NOT ABOUT JUDGEMENT OR RIGHT AND WRONG! There is no judgement from God when we choose to slam our own fingers in the door! It is just that it does not work! Anything we do, that does not love and honor us will simply not work. In fact, if it is not love it will never ever work. This is important to wake up to, if we feel frustration that when we are giving it does not work to bring us the satisfaction we were looking for. If we think it is love and yet it is not working, IT IS NOT AUTHENTIC LOVE! Authentic love always works! My laughter (coming from an understanding that it is not about mistakes-only lessons) had removed the guilt from his behavior. This was difficult for him at first because he wanted and needed that guilt to beat himself up with and for payment so he could keep repeating his painful cycle. (He fully expected me to beat him up)! He was left instead, with the tearful and humbling experience of looking in the mirror at someone whose value had nothing to do with his performance. The power of this unconditional love and the safety to see an honest reflection of himself facilitated a major break through in his awareness of WHO HE WAS AND HOW INCREDIBLY VALUABLE HE WAS! Now, what was left in the place of the guilt was an opportunity (as long as he no longer had to be right about not being enough) and his desire to align his behavior with who he was seeing in the mirror. Quickly and without effort, the self destructive behaviors simply ceased to exist! The truth is that we really are children of God and therefore as gods, we only have love as our motivating source. To reach the point where we have "no more desire to do evil," (9) is to relax and accept the power of love that makes up the difference for us NOW, each and every day and not in maintaining an energy depleting vigilance against 'bad!'

We begin to discover that there are also many levels of healing and personal power that correspond to the levels of light, love and truth that we uncover and allow to shine out from the diamond. We discover that the more intrusive healing modalities correspond to harsher wake up calls from our body. Then as we wake up, we begin to discover much more effective methods of healing, until we discover "Physician heal thyself." (10) We will eventually transcend even this to realize that illness and disease can only exist when we are out of balance with the goddess and place enough energy and belief in illness. I learned this lesson the hard way a couple of years ago. As clients went in and out of my office every day, I started to get alarmed at how many would come in sick during the flu and cold season. Listening to the news at night didn't help either. All these deadly

*Flowerbird*

strains of the flu and cold were marching across the country, without many answers of how to treat them. I started to worry, even though it had been years since I had experienced any flu symptoms. One night, I stopped at the store on my way home from work and ran into a display of cold and flu medicine. What a buy! They were on sale at half price! Guess what I did. I stocked up! Within days I had the worst case of the flu ever! It's important to really think about the underlying messages we are sending. Now the message I was actually sending out to the universe was that I intended to get sick! And, by the way, I got to be right!

I've heard that in one country, people pay their physicians a small monthly fee to keep them healthy! Can you imagine this? As a result, these people are some of the healthiest on earth. If they get sick, their doctors lose money! Because their pay is determined by keeping their patients WELL! Can you just imagine, how our world would improve if we changed our core motives and limiting beliefs? This universal principle always applies and has profound implications. Please remember this- **WHATEVER WE FOCUS ON, EXPANDS**. For instance, our nation spends billions of dollars every year, and it increases year after year, on diets and losing weight. And yet studies show we just keep getting fatter. When we go on a diet to lose weight, what we are actually focusing on IS BEING FAT! Not in being lean and healthy. Just think about this. It is impossible to be fat unless we believe more in fat than in perfect health. It is impossible to have financial problems unless we believe in scarcity. It is impossible to get sick unless we believe in illness. On holy ground, having a keen awareness of our actions, beliefs and the underlying motive (whether it be fear or love) can be a great opportunity for us to discover how the gods create total fulfillment.

Each level we climb, requires more and more faith, less from the outside and more from the inside, until we reach the place of natural knowing and total surrender. Each level we climb also creates faster wake up calls from the body. We will get the messages from our body that we are thinking and reacting from fear much, much quicker than we ever did before and they are eliminated just as quickly. Only now, we are conscious and aware of them instead of being lost in the victim role. I can't even begin to tell you the wonder that awaits you in level six, because it cannot be described.

In level six, skunk medicine is becoming much more powerful and more rewarding. Skunk medicine has paradoxical application in the bottom as compared to the top of the hourglass. In the bottom, skunk medicine teaches us that we attract, in our human doing-ness those people and circumstances that support us and mirror to us, our poor self image and belief that we are not good enough (In others words we get really beat up!). We repel and attract in the bottom of the hourglass based on our distorted subconscious belief of our own value. Some call it Karma. Others know it by Newton's law, that for every

action there is an equal and opposite reaction. It is the same, at the bottom of the hourglass. It is about effort, struggle and climbing, only to fall again. In the top of the hourglass, skunk medicine is very, very powerful medicine as well. It teaches us that we attract, physically, mentally, financially, environmentally and in our relationships, **WHAT IS A MIRROR OF WHO WE REALLY ARE, IN ALL OF IT'S MAGNIFICENCE.** This brings about constant, spontaneous miracles through the powerful messages of nature and the ongoing attraction to us of all we desire. In the top of the hourglass, all our mirrors lovingly support us in our magnificence. And, from total effortlessness, allowing, surrendering and soaring, the little skunk is the most gentle, docile and loving animal, yet, every other creature on the planet has tremendous respect for it! A woman who knows and loves herself, completely trusts herself and her own intuition. She has an open heart and arms, yet carries an invisible sword in one hand! She is wise as a serpent (and not from effort or paranoia) and harmless as a dove.(1) When we love, honor, respect, protect, revere and cherish ourselves, others will as well. And we learn they never will until we do!

A nurturing gentleness, intuition and peace are authentic power and are all attributes we all innately own. When a woman reclaims these, she begins to see mighty changes occur. The universe begins to support that all we are IS love, by serving to us a constant flow of love. We learn in level six, that everyone and everything is a mirror! We are electromagnetic by our physiological and our spiritual nature. Because of this, the energy we emit, whether it be from fear or love, will attract to us those people, situations and circumstances that teach us the lessons we need to learn in the bottom of the hourglass and those who will mirror to us, our true value in the top of the hourglass.

For instance, if we are a people pleaser and a fixer, we will, by the very electromagnetic, energetic message we emit, by seeking validation through pleasing and being accepted by others, attract to us, those who will use, abuse us and constantly put us down; are needy and will drain us of the vital balancing energy in the bottom of the hourglass. The reason this is so perfect is because the painful lessons these circumstances will teach us are the very lessons our subconscious is begging to learn. Skunk medicine in the bottom of the hourglass serves to beat us up so we will wake up to how we create all we get from life. In the top of the hourglass, it serves to us, what and who we truly are, which turns out to be wonderfully blissful. Remember this, the universe will always, always support us, in whatever we deeply believe is true about ourselves.

We realize more and more that effort-ing, working at it, making it happen, planning it, scheduling, timing, schmoozing, etc. does not and will never work. When we are ready to let go of the belief that our security comes from controlling our circumstances and that it is our strength and will power that will get us through, then we will begin to experience level seven and what peace and freedom are. We learn that the ego is addictive by nature and has told us that

*Flowerbird*

happiness comes from ‘arriving.’ Love’s truth reveals that the journey and the process is where the joy is found. We realize that any strong emotional reaction we have is about US, and is telling us that another fear is surfacing to be resolved and dismissed. In fact, every fear we have is to be faced, embraced, resolved, appreciated and loved for its refining pain and then simply dismissed!

We do not have to worry, be concerned or judge another’s motives or actions. We just know that love always brings about more fulfillment and more love and that fear always brings pain and more pain until it wakes us up to love again.

We begin to spread our wings a bit and then we get to feel what authentic humility is, which is to know our absolute, incredible value, beauty and magnificence and at the very same time, know our absolute nothingness without God. We begin to see the perfection of all that has happened and does happen to us to teach us that we are capable of creating anything when we reclaim and become one with the goddess, while knowing at the same time, that without the Master’s touch, we would be lost.

In this awakening and awareness, having experienced His love and mercy, we see the value and worth of EVERY soul and our greatest desire is that they also taste of it’s sweetness. The more we accept and allow into us, this love, the more overwhelmingly humble and grateful we feel and the more it changes us and makes the instruments we have been given sound out in unity with all others, creating a divine symphony and choir of angels so sweet and wonderful, it will change our planet.

In one dream a couple of years ago, I was asked repeatedly to go center stage to sing, but refused, wanting only to continue assisting others back stage, to prepare for their performances. Then all of the sudden, a very large camera and microphone was shoved into my face and a reporter asked me this question, “If you were to sing your life story in a song, right now, for the entire world, WHAT WOULD IT BE?” I then, without a moment’s hesitation, began to sing a poem I had not heard since I was as a small child. This song is certainly my life story and is the life story of every individual who has ever been freed from their prison by a single stroke of ‘the Master’s’ hand.

\*\*\*\*\*

**TOUCH OF THE MASTERS HAND**

It was tattered and scarred  
And the auctioneer thought  
It scarcely worth his while.  
To waste much time on the old violin,  
But he held it up with a smile.  
“What am I bid good folks?” He cried.  
“Who’ll start the bidding for me?”  
“A dollar, a dollar, two only two,  
Two dollars and who’ll make it three?  
Three dollars once, three dollars twice,  
Going for three.” But no!

From the room far back,  
A gray haired man came forward and picked up the bow.  
And wiping the dust from the old violin  
And tightening the lose strings,  
He played a melody, pure and sweet  
As the caroling angels sing.

The music ceased and the auctioneer  
With a voice that was quiet and low  
Said “What am I bid for the old violin?”  
And he held it up with the bow.  
“A thousand dollars and who’ll make it two?  
Two thousand and who’ll make it three?  
Three thousand once, three thousand twice,  
Going and gone,” said he.

The people cheered but some of them cried,  
“We do not understand.  
What changed its worth?”  
Swift came the reply,  
“It was the touch of the masters hand.”

And many a man with life out of tune,  
Is battered and scarred with sin,  
Is auctioned cheap to the thoughtless crowd,  
Much like an old violin-  
A ‘mess of pottage,’ a ‘glass of wine’,

*Flowerbird*

**A game and he travels on.  
He's going once, he's going twice,  
he's going and almost gone,  
But the Master comes  
And the foolish crowd  
Never can quite understand,  
The worth of a soul  
And the change that is wrought  
By the touch of the Master's Hand.**

Song lyrics by Myra Brooks Welch  
Music by Cynthia Morris (sister of the author)  
Arranged and produced by Sam Cardon and Cliff Maag

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis, which includes this as well as 9 other songs available on Cd and Audio/book/Cd at the end of the book.)

\*\*\*\*\*

We realize that God will not be found first in something or someone outside ourselves. God is not found first in the rules, structure or form of any church, monastery, organization or building. He is not found first in a trek across the planet or to the top of the mountain but as the native Americans teach, in the spirit of ALL things, beginning **FIRST**, within ourselves. God is not an either/or entity. Part of what the God's are, is the light that is found "in and through all thing's". And yet, our ability to recognize and appreciate the goodness and truth of God that is within all things first depends completely upon our finding the god within ourselves. While this is a process and not an event, we are absolutely incapable of the Godly love and compassion for everyone and all things that is required to heal our world without an understanding and ownership of our own value first. Our pathway to God is found when we go within and find ourselves. And, the more we know and love ourselves, the more we know and love Them. When we find ourselves, we find that we are completely connected to the Gods, we are one with the Gods (12) and we **ARE** a god.

On Holy Ground, we discover that the God's are neither male nor female but both male and female. God's exist and cannot be described...only deeply felt and intimately loved to the level and extent that we love ourselves.

We begin to understand that love is a very real energy, a real power, the very same power that created the universe and powers its continuance. It is the power that affords every breath we take and every step we make. It transcends all mistakes, errors and weaknesses and our right to walk this path of re-

remembering. Discovering what at-one-ment covers is what returning to and standing on holy ground is all about. It comes one dew (13) drop at a time, to change, beautify and glorify all that allow it in and allow it out!

This love is highly contagious as is told in an allegorical story, some feel is true. This story points out an important scientific truth that we will all understand when we are ready to experience more godliness and the contagion of collective consciousness. After World War two, scientist dropped sacks of uncleaned potatoes on several South Pacific islands that had been virtually destroyed, in an effort to try to save and study a population of monkeys that were clinging to life. At first, the monkeys devoured the potatoes, mud and all. Then as they continued to observe, a single monkey on one island, took his potato down to the water and washed it before eating it. Pretty soon, they watched with amazement while other monkeys began to copy the first; going down to the water and washing their potatoes before eating them. Then something amazing happened. When the number of monkeys washing their potatoes neared a hundred, monkeys on a completely different island, one by one, spontaneously began washing their potatoes. They called this phenomenon the hundredth monkey effect or what is referred to as reaching critical mass. Our collective synergy is powerfully contagious. Love and fear are an unseen energy coming from the very consciousness of humanity. A conscious change from fear (which is the source of all pain and misery) to Love can occur when only one person is willing to change the way they see themselves and others. When just a few people wake up to love, this vibrational energy force increases the energy vibration of the entire world. This is all made possible by the divine love that knows the value and worth of every soul and in turn, makes possible the ability (when increasing the energy vibration sufficiently) to defy all known truth and reality- even the scientific principles of time, gravity, DNA, aging, death, etc.

Knowing and owning more of holy ground found within us and the love that exists there, we discover the true nature and characteristic of ourselves and our Creator, we discover that charity (14) is not so much what we do, it is **WHO WE ARE!** We spread our wings and fly with the knowledge that **WE ARE THE MIRACLE!**

**LIFE CHANGING QUESTIONS**  
**AND EXPERIENCES**

1. In earlier chapters, you had an opportunity to take a look at all the things you judged in others which were actually things you feared that you were. You learned in that experience WHAT YOU ARE NOT! (Unless of course you choose to hold onto some of those fears thereby making them come true!) As long as you must be right about those things you fear, then you will continue to experience Skunk Medicine in the bottom of the hourglass and will continue to attract the people and circumstances that will mirror that fear to you in painful ways. Whenever you are willing to be wrong about your lack of value, you have an opportunity to find out more about the REAL YOU.
2. Make a list of all the people you admire and what you appreciate and admire about them. Take those attributes and look at them long and hard. These are characteristics and attributes that the REAL YOU possesses. We cannot see in another what we do not possess within ourselves. (Positive or negative) The fact that you appreciate these so much means that these attributes resonate at the deepest level inside of you. Now you have an opportunity to take the ones most important to you and write them into I AM \_\_\_\_\_ statements (filling in the blank with each of the attributes you wrote and putting them in a place you can see and read them every day. The more you remind yourself of this truth the more you will know, own and believe that these are WHO YOU ARE, the more that your life will reflect this knowledge by manifesting and unfolding in wonderfully, fulfilling ways.
3. As you begin to understand the wisdom and perfection of all your trials in preparing you for an acceptance of your value and the love of God, you can also begin to find out what your specific mission is here with pure intent and motive. Remember that you do not 'need' to do anything to be enough, therefore just being is enough. And, if you choose to find out where you can best serve humanity, you can ask now (that you have cleaned out fear based motives) for your mission to be revealed to you; What is it that God would have you accomplish with the attributes, talents and gifts you have, the wisdom you have gained through the trials of your life and the need that is in the universe. Remember that your voice in life is one of a kind and will reflect your deepest self while meeting the world's deepest needs. (A clue: it can sometimes be the flip side of the coin of your greatest weaknesses!)

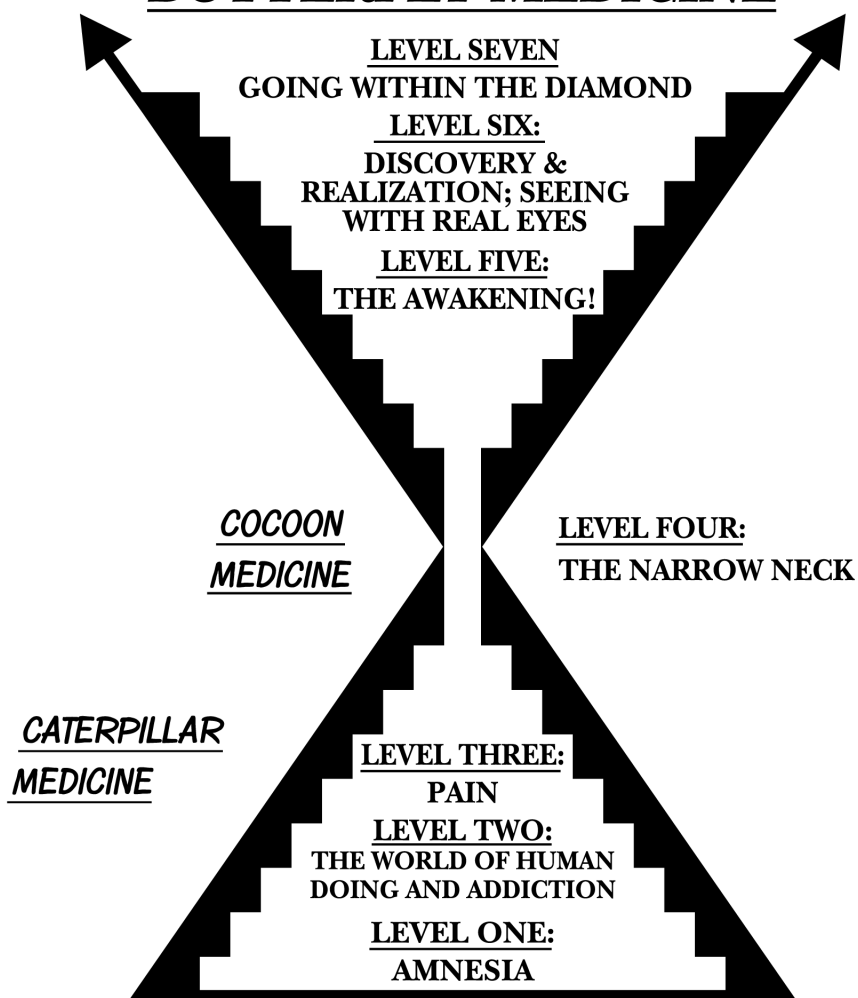


## CHAPTER NINE

### **Level Seven**

**GOING WITHIN THE DIAMOND!**

### **BUTTERFLY MEDICINE**



This is the world of sweet surrender and celestial contradictions. Level seven goes beyond dualities, beyond realization, beyond even flight. Level seven is traveling through into a place of timelessness and through suspension to Godliness. Level seven is going within the diamond to the state of “I am that I am.” (1) Level seven is when there are moments when our light joins all the Godly lights that are shining in the universe; where we begin to understand and feel the vibration of all things, becoming one with all things and the energy vibration and matter that charge and fuel all creation.

Level seven is ownership of sacred snake medicine. In some Native American and other indigenous traditions, those called to be holy or medicine men were sometimes required to be bitten by deadly snakes. If they could survive, they were able to transmute the poison, acquiring increased ability to have great gifts and powers. And, in the Old Testament, the children of Israel experienced snake medicine as well, when they were bitten and killed by poisonous serpents. God told Moses to put one of these serpents on a pole and tell the people to look at the snake and in doing so, they would live. Most refused, however, to see how something that was killing them, could also save their lives. (2) This was just too great a contradiction for their egos to accept.

Snake poison happens to all of us. Our trials, tribulations and the fears arising from them ARE our snake poison. It is our choice whether we transmute the fearful poison to love; our choice whether the poison will kill us or heal us. In level seven we see that the poison is our refining fire. It is what gives us the ability to transmute fear into ultimate love. It is the pressure that makes a diamond of coal.

In levels 1-6 we begin as mud and clay covered diamonds; blind to our power and then through pain, rediscovering the truth of our value. Each time we go through levels one through six along the path to Sacred Mountain, we begin to uncover the diamond of who we are, allowing more and more of that light to shine outward. It is the repeated circle of growth that rolls the stones enough to polish them like fine diamonds. It is the experience of having the opposition or the friction that rubs off more mud and clay. At first we think we are only mud and clay because we bought into the fears of others. We are actually more afraid of our own magnificence than our worthlessness. This is because we have spent a great deal of time, energy and money investing in our need to be right- **that we are not enough!** We go about doing many things that do not work and experience the pain that indicates to us that what we are doing is not working, in alignment, congruent or in integrity with a diamond of such magnificence.

In the bottom of the hourglass we have an opportunity to learn a great lesson about our addiction of having to be right. Monkeys are caught by dangling a peanut from inside a cage. The monkey reaches in to grab the peanut, but now that the fist (that is holding onto the peanut) is wider than the width of the bars, he cannot pull his arm free, as long as he is holding onto that peanut. Do you

think he will let go to be free? No way! The captor comes along and picks him up and tosses him into a pen. When we are really tired of hurting, then we will be ready to give up our flimsy security and our peanut payoffs for the truth. We will find in the end that all we had to risk was our ego's need to be right. And when we are sincere and ready to learn, God always provides a teacher.

We have an opportunity to wake up and be reborn. While certainly not without a fight, a little more of our ego dies. Each time we are not only willing to go through this process, but see it as it is, we begin to unveil the goddess. Then the greatest love story begins to unfold. For we cannot know ourselves without falling in love with ourselves, all our neighbors or 'relations' and with our God. Because we are now more accepting of love, we finally unlock and open the door within our hearts that God has been knocking on so long and allow Him to move in closer to us. We cannot know this love without having as our primary desire to share this love and the desire for anything else diminishes and disappears.

If we truly are willing to risk all our fears for this love, we will begin to discover the paradoxes and contradictions in the top of the hourglass that could never be understood in the bottom. They do, in fact, continue to shatter the ego's hold on our lives and give us the ability to also shatter the one dimensional reality we've always known, to enter, one step at a time, into the world of the God's. These contradictions are not only incomprehensible for the ego, they are impossible for the ego to accept, yet, they are manna to the surrendering soul (for instance, the contradiction between who we think we are and who we really are) and most of all, the contradiction between justice and mercy (another either/or proposition).

Consider that the resolution to justice and mercy was best bridged by Christ, himself, in the sweetest love story rarely told.(3)

Some discount it as a supposition yet I believe it to be true (as is being supported more and more by newer discovered ancient records). The background players (the Pharisees) were shocked, scorning and judgmental. (Some just watched anxiously to see how Christ would react, as the harlot was allowed to approach the Savior and anoint His feet with oil, washing them with the tears from her eyes and wiping them with hair from her head). She pleaded with a broken heart for forgiveness. What Christ did then (as He always does so well), turned their egos upside down, just as effectively as did turning the money changer's tables spill wares and coin to the floor. The ending to this story was removed from some ancient texts and is not even told today for the very same reason. Remember that God is good at turning the tables of our lives upside down (or allowing us to do so) and for a very divine purpose. It prepares the rock hard heart to receive the seeds of His love. Christ, the perfect son of God the Father, the son born of a pure, noble virgin to fulfill the law, did so through the contradiction of mercy in a way no one else could. He not only forgave the

harlot but He married her! He not only loved Mary Magdalene, but he cherished her so much that He gave her the first human view of his resurrected body! (4) Now the implications are huge and the message so great and so beautiful. Yet, the shame and guilt filled ego screeches that such a contradiction cannot exist, while hypocritically creating the greater one, “How can I allow the gap to be bridged between what I desire more than anything else, when I refuse to begin to accept it?” Even the religious, claiming to understand the all encompassing power, love and mercy of the atonement, choke on, if not entirely suppress this. Why? Because first, the ego intends to defend that sexuality is next to bestiality and certainly not what a God participates in (without any explanation of how a God Father and a mortal mother created Christ to begin with!). And secondly, if it is true, then we would get to stop denying that His great love and mercy could extend to cover so weak and worthless a person as I. Next, our ability to understand this phenomenon correlates directly with our higher understanding that **WE ARE NOT OUR PERFORMANCE!** Do not confuse this with the bottom of the hourglass ego distortion where a ‘saint’ seeks validation by attracting and rescuing a ‘sinner’. When this occurs, the ‘saint’ is not a saint at all but is a fearful individual seeking to be enough. Unless and until we admit to being sinners and being broken, the only ONE with the power to rescue us cannot come any closer to us than we allow HIM. Then it is through a complete separation and non judgement of our past, present and future performance that the power of HIS mercy and grace covers and changes our performance to harmonize with our true value. That value has never been and is not determined ever, by our performance. When we are ready to fall to the feet of God, pleading a broken heart and contrite spirit and requesting with an open, surrendering heart for HIM to make up the inadequacies and problems our performances have created and we figuratively, symbolically, or literally wash HIS feet with our tears, then this ultimate and authentic act opens the doors to knowing our incredible value, despite our performance. Then, I would have to look at my shame about sexuality and as a goddess, re-own that Gods and Goddesses are very sexual beings. This shines a whole new light on the admonition to “deny yourselves of all ungodliness.” (5) If we stop denying that we are already a god, then only goodness can come from us when we own this truth. In this we discover the perfection of sin, errors and mistakes because we realize more than anything else, when we need HIS love most, we learn to love more. In Luke chapter seven, Christ says of the harlot, “Her sins, which are many, are forgiven; for she loved much: but to whom little is forgiven, the same loveth little.” (6) Therefore...those of us who have much that needs forgiveness, the same will love so very, very much. The soul cracking pain of feeling we are so bad and sinful will be what brings us to experience the at-one-ment, peace and love described in level seven. Righteousness, then we realize, is nothing more or less

than having the courage to say, “NOW! NOW, I am ready to accept this love for myself!”

This love is then seen in the eyes of every other human being and is all encompassing for He who created us all. What it does to us and for us cannot be described- only felt. No other method for personal or collective peace and harmony will work, for we cannot give to another, what we, ourselves, do not have or are not giving to ourselves. We cannot lift another, until we, ourselves are on higher, holy ground.

Only goodness can come from knowing who we really are. This love then, begins to transform our own personal physical reality, our homes, our relationships, our finances, our neighborhoods, our communities, our nation, our world and our universe. We are humbled to the dust, while lifted upon the wings of butterflies and eagles, to realize what love has done to and for us. Love gives us the freedom of butterfly flight, complete reverence for all life, sweetness of the rising and setting sun. It is the light that quickens and increases our vibration to resonate with the Gods’. It is the power that gives birth to new souls and new worlds while rejuvenating every cell of our bodies. All that love provides for, covers, pays for, transcends, makes up, beautifies and does for us!

\*\*\*\*\*

**LOOK WHAT LOVE HAS DONE**

Where once the moon was just a rock,  
Spinning in the sky;  
Where once the stars were only  
Tiny points of light;  
Now, the moon looks like  
It's heavens shining pearl.  
Now the stars,  
Look like windows into another world.

Look what love has done to me.  
Look what love has done.  
There's poetry in all I see.  
Look what love has done.  
Now, my heart is dancing through each day.  
My soul is running free.  
Look what love has done to me.

Where once each breath was  
Just a sigh of aching emptiness;  
Where once I hardly felt  
The beating in my chest,  
Now, each breath feels like  
A precious kiss of life.  
Now inside me beat  
The wings of a thousand butterflies.

Look what love has done to me.  
Look what love has done.  
This must be how it's meant to be.  
Look what love has done.  
And my heart is dancing through each day.  
My soul is running free.  
Look what love has done to me.

And I can't tell, was that a VIOLIN  
Or did you say something?  
Was that lightening striking, where I stand,  
Or did you just reach out and take my hand?

**Look what love has done to me.  
Look what love has done.  
There's poetry in all I see.  
Look what love has done.  
Now, my heart is dancing through each day.  
My soul is running free.  
Look what love has done to me.**

song music and lyrics by Rob Matthes/ Stephanie Lewis; BMI/Howard James  
NewtonBig Fig Music

(Ordering information for BUTTERFLY MEDICINE; Musical  
Metamorphosis including this and 9 other songs available on Cd and  
Audio/book/CD at the end of the book.)

\*\*\*\*\*

Entering level seven is like slipping from the chaotic, turbulent exterior of a tornado into the supportive, peaceful place within the eye of the storm. There is a vortex entering level seven that is accessed and experienced through the process of ultimate surrender and acceptance of mercy and grace and the discovery of love on holy ground. In level seven, you see, everything works almost backwards and contradicts the bottom of the hourglass. Everything is so very different from the world we have always known. The natural woman or man (which is the ego) is an enemy to God and is not comfortable in this place of perfect peace and surrender. Those experiencing this place describe it in terms such as "I was with God and I was God."

We recognize that all creation, from the smallest DNA to the endless universe is much like a winding, spiraling ribbon, with multiple time and rule bound realities existing on the external side of the ribbon (where we struggle with much effort to survive; climbing on top of things only to fall again). On the outside levels of this ribbon, life is static, chaotic and painful. All the laws and rules apply and are enforced. When we accept divine love, we are afforded the opportunity, if only for a moment at first, to slip into the center of the ribbon to a space of total peace, into a divinely loving, supportive, fluid conduit that facilitates our effortless ascension, soaring and peace. We can live here more and more, through the power of hearing that comes from listening to and then acting on our own intuition and inner light. We enter through this vortex into level seven, taking back with us to the garden, not a denial, ignorance or innocence of all aspects of the diamond that we are, but a purified ownership of all the physical, spiritual, sexual, emotional, social, financial and environmental facets of the goddess. Having learned what will not work, we know that in this peaceful place, all that exists is spontaneity, surrender, a relaxing, ultimate joy,

humor, allowing, giving, receiving, thought and intention without attachment to the outcome and emotion without distortion. We begin to realize that a loving world will never come about by commandments, rules or control, for these can bring about nothing more than what they are- FEAR. It is when we individually desire and choose to live only from love, then join with others who do the same, will we change the course of prophetic history from cataclysm and utter destruction to a loving, miraculous co-existence and co-creation. We learn that the more might and willpower we use, the further from authentic, miraculous creativity we find ourselves in as we recycle back through the bottom of the hourglass and slip back to the outside of the chaotic creative ribbon or reality.

In level seven, we learn that we must first let go of the past in order to make room for the future. We cannot experience His love and have a deep, personal relationship with God while hanging on to the belief that we have to be perfect without Him. We cannot see ourselves as a God or be one with them if we believe (on any level) that we are not enough, worth-less or continue to play weak and small. We cannot have the mansion until we let go of the tent!

In level seven, we experience the deepest levels of intimacy and at-one-ment. We know and own that life is not meant to merely be endured, tolerated, survived, avoided, numbed or ignored but it is to be embraced, treasured, savored, advertised, illuminated and celebrated. No one keeps track anymore of who is following and who is leading as we enter the eternal dance.

The greatest mystery in the universe is WHO AM I? This mystery holds the keys to all other mysteries of the universe. This mystery will not be found by searching outside ourselves or by going on the word of anyone else. It is individual oil for our lamps that cannot be purchased any other way except through our own personal experience. (7) The wonder and healing medicine of butterfly metamorphosis is one way to discover the magnificence of the goddess. Expect to SOAR- to transcend time and space, flowing to the center of creation's ribbon, where serenity, peace and joy are found. And when this happens, expect to be illuminated, awed, revered, cherished, delighted, overjoyed and forever changed by the magic of the Goddess who is YOU!

\*\*\*\*\*



**DESTINY**

To reach every dream,  
To see beauty in all things,  
That is my destiny.  
It is my destiny.

To fly with the eagles,  
To sing with the angels,  
That is my destiny.  
It is my destiny.

I embrace the guiding light  
That paves the way, so hope's in sight,  
Sharing a vision burning bright  
And touch all hearts with shining light.

When man sees only good  
The seed becomes the redwood.  
That is my destiny.  
It is my destiny.  
With love you can't deny,  
You emerge a butterfly,  
That is my destiny.  
It is my destiny.

I will sail through time and space,  
Flowing to my rightful place;  
Sorrow leave without a trace,  
and my soul fills with love and grace.  
That is my destiny.  
It is my destiny.  
That is my destiny.  
It is my destiny,  
To fly with the eagles,  
To sing with the angels.

Song lyrics and words by Kelley Eisenhower

*Flowerbird*

(Ordering information for BUTTERFLY MEDICINE; Musical Metamorphosis including this and 9 other songs available on CD and Audio/book/Cd at the end of the book.)

\*\*\*\*\*

## Butterfly Medicine Chapter Footnotes

### **Chapter One:**

- (1) Deuteronomy 6:5  
Leviticus 19:18
- (1) Matthew 22:37-40
- (2) 1<sup>st</sup> Corinthians 4:21
- (3) 1<sup>st</sup> Nephi 14:10
- (4) I John 4:18  
Moroni 8:16
- (1) John 8:32
- (2) Genesis 2:25; 3:7-13  
Moses 4:13-19
- (1) I John 4:16
- (2) Exodus 3:13-14

### **Chapter Two:**

- (1) D&C 50:24

### **Chapter Four:**

- (1) D&C 130:20-21
- (2) D&C 104:17
- (3) Matthew 6:28  
Luke 12:27  
3 Nephi 13:28  
D&C 84:82
- (1) Luke 18:18-25
- (2) Luke 15:11-32

*Flowerbird*

- (3) I Cor 3:6
- (4) Psalms 51:17  
3 Nephi 12:19  
Ether 4:15

**Chapter Seven:**

- (1) D&C6:36

**Chapter Eight:**

- (1) Matthew 10:16
- (2) I John 4:18  
Moroni 8:16
- (1) Medicine Cards; Sams and Carson (used with permission)
- (2) Revelations 3:15-16
- (3) Alma 24:6, 12-26
- (4) Matthew 5:44  
Luke 6:27,35
- (1) I Nephi 2:25
- (2) John 8:32
- (3) Mosiah 5:2  
Alma 19:33
- (1) Plato or Aristotle
- (2) D&C 88:3-13,41
- (3) John 17:20-23
- (4) D&C 121:45
- (5) Moroni 7:46-47

**Chapter Nine:**

- (1) Exodus 3:13-14
- (2) Numbers 21:5-9

John 3:14-15  
I Nephi 17-41  
II Nephi 25:20  
Alma 33:19-20

- (1) Luke 7:36-50;8:1-3
- (2) John 20:1,4-18;JST John 20:17
- (3) Moroni 10:32
- (4) Luke 7:40-42,47
- (5) Matthew 25:1-12
- D&C 45:56-57

**Song information:**

DESTINY & BLACK HORSES; written by Kelly Eisenhour  
THE SONG REMEMBERS WHEN; by Hugh Prestwood, BMG Music  
GOTTA BE; by Desree A Ingram, Sony and Epic Music  
ARIZONA RAIN & I AM THE MOON; by Vicki Banks  
LOVE LIFT US UP; Famous Music Corporation  
I CAN SEE CLEARLY; by Johnny Nash/James L. Klein; Fountain Square  
Music  
NETHERLANDS; by Daniel Fogelberg/Hank Badings; EMI Music  
LOOK WHAT LOVE HAS DONE; by Rob Matthes/Stephanie Lewis; BMI;  
River Oaks  
Music Company  
TOUCH OF THE MASTERS HAND; poem by Myra Brooks Welch, music  
by Cynthia Morris  
**OTHER**  
FEMININE; quoted from Isabella Publications; volume three (author not  
credited/unknown.)

Flowerbird

## **AKNOWLEDGMENTS**

*Giving birth to this creation would not have been possible without the loving support of my incredible friends and my cherished children. I want to thank my family and friends and to all those who have walked this path with me, teaching me wonderful and sometimes even painful lessons. It was all so perfect!*

*I want to thank my Native American friends and teachers who have taught me 'Dine' or '**the beauty way**' and for helping me to realize that I am Native American, because I have a Native American heart. I want to thank my dear friend Cam Mosher for introducing me to the sacred purity of Native American Medicine and tradition. I want to thank my cherished friend, Merrill Osmond for his love and support and for introducing me to our friend and beloved Cherokee medicine man, who told me many years ago, (even though I did not understand it then) that I would be doing this very work someday.*

*I want to thank all those who worked as musicians and supporters during the recording of the audio script of '**BUTTERFLY MEDICINE**' and it's companion; '**BUTTERFLY MEDICINE; THE MUSICAL METAMORPHIS.**' With special thanks to my engineer, Cliff Maag and to my producer, Sam Cardon who are two of the most wonderful and rarest of men who own their feminine, gentle, sensitive, creative hearts, while owning authentic masculine. I love you both! I especially want to give my heartfelt gratitude to my friends and supporters who have with unfailing faith known the benefit of this project and waited patiently for it to bear fruit. Without their encouragement and support the seed of '**BUTTERFLY MEDICINE**' may have only been a seed. And mostly, I want to thank my best friend; my source and my Savior, Jesus Christ and my Heavenly Mother and Father; the Great Spirit which is the Love, Light, Truth and the Intelligence that is through and within All things. With all my heart and my love.....I Thank you all...*

*'Flowerbird'*

ALSO NOW AVAILABLE

**BUTTERFLY MEDICINE; THE MUSICAL**  
**METAMORPHOSIS CD**

Follow the highly spiritual and transformational path of caterpillar to butterfly by sending for your copy the companion musical CD; ***BUTTERFLY MEDICINE; THE MUSICAL METAMORPHOSIS*** with 10 musical greats especially chosen to help you make the journey. The music selected corresponds to the levels of personal development that is taught throughout the book and serves to re-awaken those lessons, help us integrate them and reclaim the beauty that is within each of us. The ***'BUTTERFLY MEDICINE'*** CD was produced and recorded by the award winning team, Sam Cardon and Cliff Maag with special appearances and contributions by members of the Utah Symphony and other acclaimed musicians with vocals by **FLOWERBIRD**. The CD includes ten incredible selections: **DESTINY, THE SONG REMEMBERS WHEN, GOTTA BE, BLACK HORSES, ARIZONA RAIN, LOVE LIFT US UP/ I CAN SEE CLEARLY, NETHERLANDS, I AM THE MOON, TOUCH OF THE MASTER'S HAND and LOOK WHAT LOVE HAS DONE.**

Order *Butterfly Medicine; The Musical Metamorphosis* or for book and musical CDE combinations go online to [www.springbound.com](http://www.springbound.com) or [www.butterflymedicine.com](http://www.butterflymedicine.com).

Also available in FLOWERBIRD'S own voice is **BUTTERFLY MEDICINE; Metamorphosis From Caterpillar to Butterfly; Woman to Goddess** and the **BUTTERFLY MEDICINE; MUSICAL METAMORPHOSIS CD** all on 5 masterfully recorded, mixed and mastered audio CD's. This 'ultimate' collection includes the entire book PLUS the 10 songs from the MUSICAL METAMORPHOSIS CD along with accompaniment and background music mixed into the script at the exact point when the songs will have the greatest transforming spiritual and emotional impact for the listener. Music has a higher vibrational level and has the ability to reach into the subconscious and touch our hearts in ways that nothing else can. To be able to listen over and over again as you travel and meditate will empower greater integration and success. Contact Flowerbird by going to [www.butterflymedicine.com](http://www.butterflymedicine.com) or write to Flowerbird, % 1stbooks Library.

The mission and purpose of Flowerbird and of the Butterfly Medicine project is to provide educational assistance that will empower, assist and support those

*Flowerbird*

needing to transform their lives from abuse, neglect, domestic violence, teen pregnancy, etc. to one of self respect and confidence, dignity, honor, accountability and building a positive influence on the world. Through our mentoring, training, consultation and support groups we aid in restoring the feminine traits of gentleness, intuition, caring, sharing, nurturing and kindness along with the power and wisdom to manage the God given agency and destiny that we all have.



## **ABOUT BUTTERFLY MEDICINE INSTITUTE**

Everything in our world is about relationships. We have a relationship with everyone and everything on our planet. Some of these relationships are close and some are more distant, but they are all part of our creative reality. We have relationships with our parents, spouses, partners, children, siblings, bosses, employees, co-workers, leaders and authority figures of our community and church, the church and community itself, our doctors, our homes, our automobiles and other people we drive with on our highways, our belongings, our money or bank account, our mental and physical health, our environment and most importantly with our God. All relationships serve as feedback mechanisms or mirrors, providing valuable information that can be the transforming catalyst for fulfillment and a realization of all of our desires. That is- if we are willing to really wake up and look at them. What is causing the most pain in our lives can actually be our magic carpet to transformation.

The bottom line truth is this: OUR RELATIONSHIP WITH EVERYONE AND EVERYTHING IN OUR LIFE CAN BE NO MORE OR LESS FULFILLING AND REWARDING THAN THE RELATIONSHIP WE HAVE WITH OURSELVES! This is even and especially true concerning the relationship we have with God. God will only come as close to us as we let Him and are willing to accept that love. This requires believing that we are 'worthy' and deserving of His love. Our relationship with ourselves determines the quality of every other relationship we have. The problem with most people lies in being willing to look at and identify the seemingly 'hidden' clues in our lives. These clues are everywhere! They may be very obvious to the trained "eyes that see, ears that hear and hearts that understand." For most, it is very obvious what the tiny 'splinter' is in the other person's eye. While never even recognizing that 'tree' that is stuck in our own eye. Don't feel badly if you have difficulty with being clear on your own road blocks. We are all too close to the forest to see our own trees. In order to begin to wake up to how we create all our relationships the way we do requires the single most perfect step for our growth-that we humble ourselves, admit we don't have it all figured out and ask for help. This is all so perfect! Why? Because, admitting to ourselves and certain others and asking for help is what is required to visit the 'kingdom of God' within us, where every desire we have is waiting (on our pride) to be fulfilled. Remember? "Become as a little child or you can not enter the kingdom of God." This is not something we attain to later- when we are older- when we die- another time. IT IS NOW!

Little children are humble, surrendering, teachable, trusting. It's when we have the courage to ask for help, (yes, courage! Cowards don't ask for help. Remember? They are the ones that have it all figured out on their own!) that the

*Flowerbird*

doors swing wide open to the kingdom of God within us and we are given the keys of how to manifest greater success than we would have ever been able to realize on our own.

But first, it requires that we look at the many feedback mechanisms that the universe has provided for us. They come from everywhere. Every moment we are getting messages from OUT THERE about what is going on IN HERE! Yet, our ego's want to adopt ten thousand external strategies or behavior modification methods to change what is OUT THERE in order to avoid what we have created and must change IN HERE! If we don't go to the source of the problem then we will continue to create what we are now getting from life and all our relationships, over and over again. You can't heal an infected wound by putting a band aid on it!

What do you do when you could use some clarity about why things are not working the way you want them to in your life? Maybe you continue to be taken advantage of by your boss. Maybe you can't seem to motivate your employees or those you lead. Maybe you are having some difficulty or problem with your children, your partner or your money. Maybe you could use some assistance in what to look for in hiring and management practices that bring about the greatest results. Maybe you are in the middle of legal strife and don't know where to turn. Or maybe you are just getting something different than what you want. Whatever area of relationship development you may need assistance with, there is special assistance available. Through transformation consultation, coaching and training, you can learn how to recreate what you really want. Contact Flowerbird by going online to [www.butterflymedicine.com](http://www.butterflymedicine.com) or write to Flowerbird, % 1<sup>st</sup> books Library Publishing (1stbooks address for author mail forwarding services).

## Flowerbird's Recommended Reading List

Before I wrote *Butterfly Medicine*, my favorite reading material included:

1. *The Old Testament*
2. *The New Testament*. When you get to levels six and seven of *Butterfly Medicine*, pay particular, close attention to Romans Chapters 13 & 14

### *The Book of Mormon & Doctrine & Covenants*

Ancient texts and scriptures and as well as all holy books (the good news is that we have many and I believe we will discover more) have wonderful insights into the lessons taught in *Butterfly Medicine*. Most people only pay attention to the “should’s, have to’s, ought to, etc. It is my opinion (until further notice) that these are included for the sole purpose of ‘breaking us’ and teaching us that there is no possible way that we are going to make it on our own. When this occurs, we are ready to open our hearts to the at-one-ment described in levels six and seven. After we have experienced this, the scriptures are filled with hidden with things we never heard in church and the power of love to transform our hearts, our lives and our world.

4. *‘THE ISAIAH EFFECT’* written about findings in the Dead Sea Scrolls by Gregg Braden
5. Most books written by Deepak Chopra
6. *‘I DON’T HAVE TO MAKE EVERYTHING ALL BETTER’* by Gary B. Lundberg and Soy Saunders Lundberg
7. *AMERICAN INDIAN PROPHECIES’* by Kurt Kaltreider
8. My favorite book on animal medicine; *MEDICINE CARDS* by Jamie Sams and David Carson. The form and content of the book (I have never used the cards, but my sister swears by them) is written in such a beautiful and pure way. I received a beautiful letter from Jamie Sams and David Carson giving me permission to use the deer medicine story. No one could say it like they do. Another animal medicine book that is chocked full of lessons and messages from all forms of nature world is *ANIMAL-SPEAK* by Ted Andrews.

*Flowerbird*

The one book, written by Louise Hay, that I consider to be one of the most important and helpful as anything I have ever read is **YOU CAN HEAL YOUR LIFE**. To this day, I have not read it completely through, (but I plan on it) and I included it, because it is a MUST! I have it beside my bed with my scriptures!”

“Books I have read since writing **BUTTERFLY MEDICINE** that I highly recommend include:

1. **THE FOUR AGREEMENTS & THE MASTERY OF LOVE** by Don Miguel Ruiz.
2. **CONSCIOUS LOVING** by Gay Hendricks & Kathlyn Hendricks.
3. **THE ENERGY OF MONEY** by Maria Nemeth
4. **BODY FOR LIFE** by Bill Phillips.

These two last books are all about the lessons taught in **BUTTERFLY MEDICINE**. *ALL* things are spiritual and particularly, **THE ENERGY OF MONEY** is a great self discovery book that teaches this.”

For updates on Flowerbird’s recommended reading list, please go to the [www.butterflymedicine.com](http://www.butterflymedicine.com) website.

## About the Author

*Flowerbird (the name given her by the Apache) has worked as a mental health counselor, case manager and professional singer and songwriter, personal, relationship and leadership development lecturer, trainer and consultant dedicated to building and supporting human dignity, fulfillment and peace. She has served for many years as a coordinator of care for the seriously mentally ill, troubled and criminal adolescents, individual, family and marriage counselor as well as a business and leadership development and legal conflict resolution consultant and life coach .*

*Flowerbird has been instrumental in the development and support of organizations and agencies that empower and support the transformation of individuals, families, groups, organizations and communities in reclaiming the globally impacting feminine traits of gentleness, nurturer and intuitive as well as formulating unifying and innovative plans to further the goals of each person or organization. Flowerbird conducts special support groups for women and couples as well as training for those wanting to create and coordinate powerful and yet peaceful results in their personal lives as well as their business, communities, religious and other organizations. Flowerbird's expertise is also available for business owners, supervisors and managers in determining and empowering predetermined results based upon their own subconscious context and motive in leading others to a realization of their desired goals. Flowerbird is available for public speaking and musical performances that empower a mighty faith and belief in God and an understanding of how His goodness and grace can manifest in the most miraculous and unexpected ways. For scheduling information contact Flowerbird by going online to [www.butterflymedicine.com](http://www.butterflymedicine.com) or write to Flowerbird c/o 1stBooks Library.*





