9 - Butterfly: Transformation

The power that Butterfly brings to us is akin to the mind, and the ability to know the mind or to change it. It is the art of transformation.

To use Butterfly medicine, you must astutely observe your position in the cycle of self-transformation. Like Butterfly, you are always at a certain station in your life activities. You may be at the egg stage, which is the beginning of all things. This is the stage at which an idea is born, but has not yet become a reality. The larva stage is the point at which you decide to create the idea in the physical world. The cocoon stage involves "going within": doing or developing your project, idea, or aspect or personality. The final state of transformation is the leaving of the chrysalis and birth. This last step involves sharing the colors and joy of your creation with the world.

If you look closely at what Butterfly is trying to teach, you will realize that it is the never-ending cycle of self-transformation. The way to discern where you are in this cycle is to ask yourself: (1) Is this the egg stage: Is it just a thought or idea? (2) Is this the larva stage: Do I need to make a decision? (3) Is this the cocoon stage: Am I developing and doing something to make my idea a reality? (4) Is this the birth stage: Am I sharing my completed idea?

By asking yourself these questions, you will discover how Butterfly is relating to you at this moment. When you understand where you are, Butterfly can teach you what to do next to continue in the cycle of self-transformation, (or in assisting others in their cycle.)

Using the air, or mental powers, of this medicine is done with ease. As an example, if you have been feeling exhausted and have asked how to heal your fatigue, take notice of the colors you have been drawn to recently. Does your body feel better in green or blue? Could this mean that you need to eat more green vegetables? This type of thinking is an inspiration from Butterfly medicine.

Butterfly can give clarity to your mental process, help you organize the project you are undertaking, and assist you in finding the next step for your life. The main message is that you are ready to undergo some type of transformation.

Contrary

If you have drawn Butterfly reversed, your lesson is a simple one. There is a need for change in your life that you are not recognizing. This could be a possible need for freedom, for a vacation, or for a new job. You may believe that change is too difficult, and you may rule it out to preserve the comfort of old habits. But in ruling out any
possibility of change, you are saying that the courage of Butterfly has been lost. Why does Butterfly represent courage? Because there is a totally different world outside the cocoon, where the known realities of the chrysalis are not longer applicable. This new world demands that you use your newfound wings - and fly!

Overview

Butterfly is the keeper and protector of places or power, or power spots in Nature. No negative energies are experienced where they are butterflies, so their presence indicates a place of power free from negative influences.

The Butterfly is an insect that transforms itself from an egg, to a larva, to a caterpillar, and then to a flying creature. As a power animal, Butterfly is emphasizing the importance of transformation in the continuous process of development and spiritual evolution. It is teaching the significance of enjoying the journey of life, and how you should not be consumed by goals. A butterfly lives for only three days, so it emphasizes the need to enjoy the Now.

Butterfly stresses the importance of freedom from self-imposed constraints and the necessity for clarity of mind so that you can view problems and difficulties from a wider perspective.

Butterfly is a power animal that can help you to accept the pain of change in leaving behind old concepts and attitudes, and to have the courage to launch out on wings of hope to new situations and fresh challenges. Let the winds of change carry you.

You are changing. Emerge into your new state of being. Honor your transformation.