

Metamorphosis

Heal | Nourish | Ascend



*You know what's really
infectious and contagious?*

HOPE, LIGHT AND LOVE

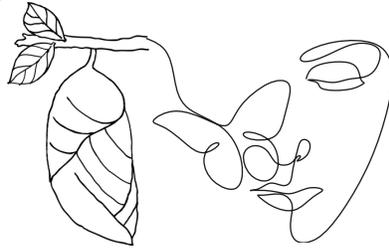
Dear reader,

I have compiled this offering from various stories and sources, for those seeking something a little different than the narrative of the past few years. It won't be for everyone, but it might just be for you.

Love + Light,

Librarian Candice

METAMORPHOSE DEFINITION



MET·A·MOR·PHOSE

ORIGIN- Greek: META [change] + MORPHE [form]

If you've ever seen a caterpillar emerge from its cocoon transformed into a butterfly, you've watched it metamorphose, or change completely.

To metamorphose or be metamorphosed means to develop and change into something completely different; transform / change shape;

a change of the form or nature of a thing or person into a completely different one, by natural or supernatural means

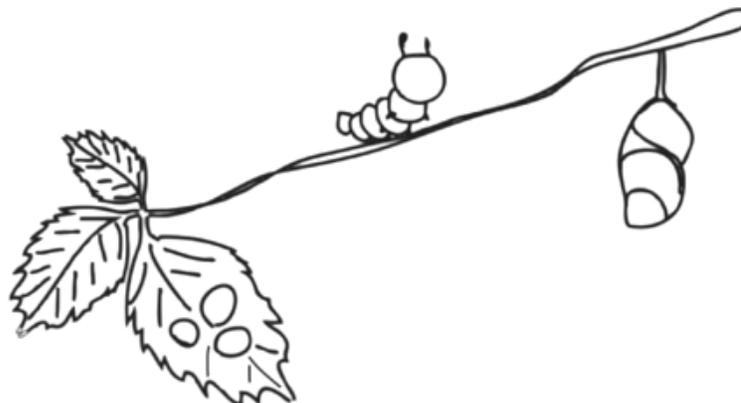
SYNONYMS

- changeover
- conversion
- transfiguration
- transformation

you do not just wake up and become the butterfly

- growth is a process

Rupi Kaur



INTRO

As another year turns (and we can all agree, it's been a tough couple of years), give yourself permission to really steep in what is. To be still long enough to sit with whatever comes up within you. To really listen to your own inner voice. To breathe deep. To trust in yourself. To make it a priority to nurture yourself. To rest and repeat. To straight up hibernate and give yourself the opportunity to emerge renewed-

metamorphosed.

As a global community, we have entered the chrysalis. It is time to turn inward and transform. Like a caterpillar in metamorphosis, it is dark, and we are dissolving. But I believe that if we can trust in and surrender to the process, that we will be reborn with wings.

*The cocoon. The womb. The den. The dark. The dirt. The depths. The tomb.
Rebirth!. Compost the old to build the new.*

Learn, listen, (and learn to listen to your own inner voice too- your intuition). Cultivate a clearer picture of what you'd like your future to look like, as unsustainable ways of living and being are going extinct.

What do you need? Really. Not what you think you want. But what do you really need.

When we embrace the different rhythms of the year and its seasons, we can glean the most from their offerings. Usher yourself into the next season of your life with openness and tenderness- without judgement or fear of being judged. Release the hold of broken systems and stories that no longer serve you. The nominal winters of our lives can extend beyond the span of typical seasons. They can represent the hardships we experience any time of year, and the period of processing that rightfully follows. It's not all sunshine and rainbows, and it's very healthy to mourn and process emotions rather than storing them within our tissues and hearts.

No winter lasts forever; no spring skips its turn.

That being said, the external season of winter really is an appropriate time to take a note from nature- to turn within, tend to our inner environment and nourish our roots. So let winter's hearth fires warm and refine you. Simmer with your goals and dreams. Create a new container for the year ahead and pour your intentions into it. When spring comes, ascend from your cocoon renewed!

We change the world when we go within, when we heal ourselves.

Metamorphosis is a natural and miraculous process- give yourself permission to lean into it. Begin one way and emerge utterly changed.

**May this booklet and the books explored within it help inspire your transformation,
and in turn that of your community.**

Heal | Nourish | Ascend

“WHAT GOOD IS THE WARMTH OF SUMMER WITHOUT THE COLD OF WINTER TO GIVE ITS SWEETNESS.”

—JOHN STEINBECK

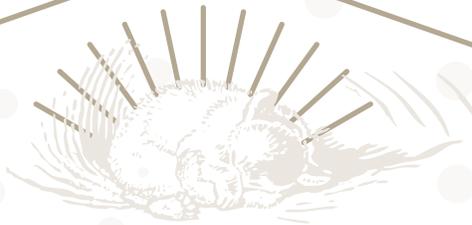


Season of winter: sadness, heartbreak, loneliness, sickness

Season of spring: hope, new beginnings, opportunities

Season of summer: signs of growth, need for protection, abundance of distractions

Season of fall: successes and achievements, failures.



“Plants and animals don’t fight the winter; they don’t pretend it’s not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through. Winter is a time of withdrawing from the world, maximizing scant resources, carrying out acts of brutal efficiency and vanishing from sight; but that’s where the transformation occurs. Winter is not the death of the life cycle, but its crucible.”

— Excerpt from *Wintering: The Power of Rest and Retreat in Difficult Times* by Katherine May



cru·ci·ble

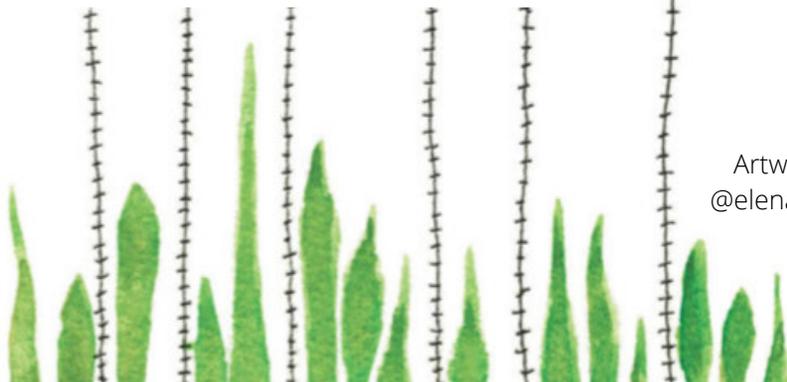
- a) An extremely difficult experience or situation; a severe test or trial:
- b) A place, time, or situation in which different social forces or intellectual influences come together and cause new developments

Take a moment to bring to mind some of the struggles you've encountered this past year.
Consider jotting down a few in the space below...

Learning to LOVE my STRUGGLES is my PRACTICE.



Sit with each for a moment and notice what comes up.



Artwork by
@elenabrower

Breathe deep.
And release.

Butterfly



If you kneel down on the ground and look at a caterpillar very carefully,
you'd probably think he's a pretty nice furry fellow
with a rather boring life.
And you would be right.

BUT ...
the caterpillar does have one big surprise for you,
which is the story of how he becomes a butterfly.

For most of his life
all our caterpillar does is crawl around on leaves and plants,
up and down, down and up, up and down,
eating and eating and eating.
Yum, yum, yum.

Until one day, our furry little caterpillar starts to spin long silky threads!
All around himself he weaves a beautiful little chrysalis
Round and round and round and round and round
until he is completed surrounded by strong silken walls.

After our caterpillar has finished weaving his chrysalis,
there start to appear in his body
cells that have never been there before.

The caterpillar's new cells are called 'imaginal cells.'
They are so totally different from the caterpillar cells
that his immune system thinks they are enemies... and gobbles them up.

But these new imaginal cells continue to appear. More and more of them!
Pretty soon, the caterpillar's immune system
cannot destroy them fast enough.

More and more of the imaginal cells survive.
And then an amazing thing happens!
The little tiny lonely imaginal cells start to clump together
into friendly little groups.
They all resonate together at the same frequency,
passing information from one to another.

Then, after awhile, another amazing thing happens!
The clumps of imaginal cells start to cluster together!
A long string of clumping and clustering imaginal cells,
all resonating at the same frequency,
all passing information from one to another there inside the chrysalis.
Then at some point,
the entire long string of imaginal cells
suddenly realizes all together
that it is something different from the caterpillar.

Something new! Something wonderful!
...and in that realization
is the shout of the birth of the butterfly!

Since the butterfly now "knows" that it is a butterfly,
the little tiny imaginal cells
no longer have to do all those things individual cells must do.
Now they are part of a multi-celled organism—
A family who can share the work.
Each new butterfly cell can take on a different job—

There is something for everyone to do.
And everyone is important.
And each cell begins to do just that very thing it is most drawn to do.
And every other cell encourages it to do just that.
A great way to organize a butterfly!



The Great Human Metamorphosis

EVOLUTION OF THE GLOBAL MEME OF BUTTERFLY *Norie Huddle shares some concepts behind her 1990 story 'Butterfly'*

The caterpillar spends its life crawling around and eating huge amounts of leaves and grass. Thus, the caterpillar is much like our modern consumer society that's "eating up" the Earth's natural environment.

At some point, the caterpillar goes into chrysalis and not long after, its physical form begins to disintegrate slowly. This is similar to the state of affairs we're experiencing in society as the old consumer civilization is breaking down, creating chaos because we cannot yet see the form of the new civilization.

But, now there is hope appearing in the chaos!

For, inside the chrysalis, new cells—so-called "imaginal cells"—begin to appear inside the caterpillar's dying body. The very early imaginal cells are killed off by the caterpillar's immune system, which sees them as 'enemies' and is still strong enough to destroy them. In human society, early imaginal cells were people like Jesus or Joan of Arc: human beings who were very closely connected with the Infinite, the Divine. This deep connection with the One Great Mystery caused them to see and experience the world very differently from the people around them. Indeed, they were so very different that society ended up killing them....

Over time, as the caterpillar's body continues to break down inside the chrysalis, more and more imaginal cells appear. The caterpillar's immune system is still strong enough to destroy some of them: Abraham Lincoln, Mahatma Gandhi, Martin Luther King, John Lennon and a number of other people with great dreams of a peaceful and just world—killed by the 'caterpillar society' even as they worked hard to realize their beautiful dreams.

With the passage of time, imaginal cells appear in ever greater numbers inside the caterpillar's body (inside the chrysalis)—and more and more of these new cells survive. The caterpillar's immune system continues to grow weaker and weaker. Then, an amazing thing happens. The little imaginal cells begin to clump together into tiny groups, all resonating together at the same frequency! Joining together gives the imaginal cells new strength and survivability. In a similar way, we human beings, too, have been joining together in small groups of kindred souls, seeking to find support and partnership in our deep desire to create a more harmonious world.

While not included in my book, the imaginal cells also are now drawing nourishment from the "soup" of the caterpillar's disintegrated body.

After more time passes, these little friendly clumps of imaginal cells begin to cluster together, forming larger groups. They gain even more strength as they join in bigger clusters. In the same way, small groups of people are beginning to form larger groups, gaining strength in numbers...taking on larger projects on behalf of humanity and the Earth.

...Continued...

Finally, a truly extraordinary moment comes when all these clumping and clustering imaginal cells are forming ONE BODY and all of the imaginal cells suddenly 'realize', all together, that they form something new and very different from the caterpillar! Something wonderful!

This realization of being "something new and wonderful" is what I call the "shout of birth" of the butterfly.

We human beings, too, are just on the verge of awakening to realize there is a whole new "butterfly civilization" that is in the process of being born within the dying "caterpillar civilization." The resource-consuming "caterpillar civilization" was a necessary stage in the development of humanity and now its job is done.

Now it's time to reorganize all of the systems of society so that humanity can carry out a completely new and beautiful role in the Cosmos—a role we will come to understand more clearly as we continue our own metamorphosis and are reborn with a new and inspired understanding of who we are & why we're here.

At this point, however, the just-born butterfly still doesn't look like a butterfly. It's just realizing that it is "something new....something wonderful." But now, since there are so very many of us imaginal cells that are forming this new body, we can each take on different jobs.

Each one of the imaginal cells now begins to do what it's most drawn to do. As Joseph Campbell said, "Follow your bliss." Some cells become part of the antennae, some cells become part of the butterfly's feet, and so on. Every cell has its own very important job to do in helping to create the new butterfly's form.

As all of the imaginal cells transform themselves in order to carry out their new 'jobs', the new shape of the butterfly begins to be seen ever more clearly as it emerges out of all those individual changes in the imaginal cells.

We're now seeing something similar going on today in human civilization as, all around the Earth, more and more people are seeking to fulfill what they know to be their life's work. A beautiful new awareness is growing that together we are all part of some vast, inspiring transformational impulse. That we are all working together to build Something New, Something Wonderful—what I call a new "global butterfly civilization."

Together we can do what no one of us can do alone.

With Love and Gratitude,

Horrie

HO'OPONOPONO PRAYER



I AM SORRY.

PLEASE FORGIVE ME.

THANK YOU.

I LOVE YOU.

Toward a New Lightness of Being

THE METAMORPHOSIS OF PLACE — An excerpt from *The Soul of Place* by Michael Jones

In the life of the cells we are all artists 'living on the edge', ready to be transformed in an instant.

From local sharing circles to national conversations to global 'crowdsourcing' where millions of people, young and old, can mobilize together to engage complex issues and build a new society on a scale of collaboration never seen before- all of these initiatives give reason for optimism in the human community's capacity to reinvent itself and recover the soul of place again.

Creating a regenerative world includes invoking feelings of curiosity, joy, flexibility and delight- feelings that contribute toward a lightness of being that leads to the metamorphosis of any place we happen to be.

When we practice these principles of regenerativity we also stimulate, in a metaphoric way, the growth of the new cellular structures, which could be described as imaginal cells. The pattern of these imaginal cells, or discs, as they were referred to when they were first researched in the context of insect development by Dutch biologist Jan Swammerdam in the 1600s, has been described more recently by Norrie Huddle in her book *Butterfly*.

Imaginal cells are temporary cells that activate the process of the caterpillar's metamorphosis within the chrysalis to butterfly. They also serve as a powerful metaphor for humankind's evolutionary leap forward. they awaken the imagination to a mythic story of how the power of our collective intelligence can create new possibilities for a positive future.

Norrie Huddle writes, "Then at some point, the entire string of imaginal cells suddenly realize all together that it is something different form the caterpillar. Something New! Something Wonderful!... and that realization is the shout of the birth of the butterfly!" (Huddle, 1990)

In this context, words matter. They hold the power to create new cells that imagine new stories and create new worlds. Just as imaginal cells in the caterpillar first form in clumps that gradually join together, collaborating through dialogue,

assemblies and public gatherings germinates imaginal cells that awaken the heart to mythic possibilities and a large story of our place in the world that is ripe with meaning and possibility.

Imaginal cells change our physiology in the same way that craftwork and dialogue practice do. They activate a part of our nervous system that softens our boundaries and opens us to the possibility of metamorphosis and change. they do it in three ways.

First, imaginal cells act as emissaries of the heart, setting a pattern in motion for the expansion of awareness and the expression of beauty and freedom in a whole new form.

Second, they are resilient. When they first appear, because they are so different from the other cells, the caterpillar's immune system attacks them. Yet they are able to withstand these attacks and continue to grow and expand.

Third, they are resonant and collaborative. As they are opposed, they form into small clumps that group together and lead to the transformation of the whole.

The potential of the imaginal cells lies dormant in the caterpillar most of the time. It may also lie dormant within us and within communities. What may trigger them is the same kind of stimulus that signals their development in the caterpillar: that with the anticipation of a transformational change there is a corresponding shift toward a greater transparency and softening of our boundaries, a blending of our surfaces that enables new, more resilient, collaborative, resonant heart-centered forms to take shape. These are enabled through different forms of collective engagement that are experienced as safe, natural, organic, respectful- almost routine- and eloquent in their simplicity.

In this context there is a turning and in the turning, place happens. New liberating structures evolve out of the old. Each is enabled to do its work through the presence of the other and in the turning, a butterfly is born.

TAOIST INNER SMILE MEDITATION PRACTICE

1. Sit at the front edge of a chair with your feet flat on the floor. Close your eyes and feel connected to the earth through your feet. Your spine is straight yet relaxed, and your tailbone extends to the ground with the crown of your head reaching up into the sky.

If it is helpful, stretch your neck side to side, or roll your shoulders before you get settled.

Smile gently. Let your lips feel full and smooth as they spread to the side and lift just slightly. This smile requires nothing extreme; instead, it is just the kind of thing that relaxes your entire face and head. Breathe fully, deeply, and slowly. While wearing this smile, consciously relax other areas of the body that may be holding tension.

2. Bring your attention to the space between your eyebrows. Visualize energy settling there like a warm shallow pool. Imagine settling into that pool, feeling comfortable and warm, slowly let your awareness sink deeper into the center of your head as if you are in a cozy and comfortable cave.

Then, imagine a smiling face in front of you—it could be your face or that of a loved one. Don't put too much effort into picking just the right face; you can choose another one the next time you practice this meditation.

3. Draw the smile and the joyful energy it portrays into this space in the center of your head. Let your forehead relax. Let your face and body relax. Feel the warm and joyous essence from this smile begin to cascade through your entire body. If you'd like, visualize the smile surrounded by warm golden light. This light warms you on the inside as the smile moves through your body.

4. Visualize this smiling, warm energy moving throughout your entire body. It comforts and heals your muscles, joints, and internal organs. Take your time. Visualize each organ being soothed by this smiling, warm energy.

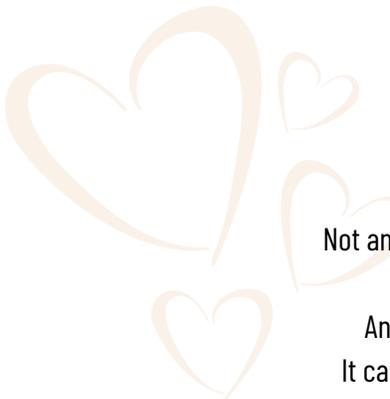
5. After you have spent time connecting with and smiling into your organs and muscles, notice the sensations in your body. Perhaps you feel energized, content, warm. Allow the smile to drift where it wants, or direct it to any place you're feeling discomfort.

6. Continue visualizing the warm and golden essence of that smile within your body. Bring your awareness back to any place you may have missed, or any place you'd like to linger, and let it flow over and through your organs and soft tissue. Imagine this warm, smiling energy spreading throughout your entire body.

7. When you're ready to bring the meditation to a close, anchor this feeling of peace and contentment into your body by placing your hands over your heart. Take several deep breaths and simply relax. Release any visualizations, or thoughts, and simply be, without thinking or doing.

Maintain a balance between effort and relaxation. If you notice a sensation of stress or exertion, relax, take a few deep breaths, then return to the practice. If your mind wanders, know this is human and totally okay. Gently and kindly bring your awareness back to your breath, body, and smile.

Take this smiling energy with you throughout your day. No matter where you are, if you find yourself sliding into a negative mindset or feel physical discomfort, imagine the smiling energy in front of you again and draw that energy into your body.



A Love Letter For Hopeful Hearts by Jeanette LeBlanc

Dear one.

This is not an easy world in which to live as the owner of a hopeful heart.
Not an easy time to build a home safe enough to hold the immensity of your own tenderness.

The last few years were not so much built for believing.

And yes, I know, holding that much hope in one human body is not a job for the weak.
It can sometimes seem like everything would be easier if you just laid it all down for good.

But please, love, promise me a few things.

Promise me you will continue to show up relentlessly or the undoing of your own disbelief.

Promise me you'll play those love songs until the tears of you
turn into oceans of saltwater born only to hold you buoyant.

Promise me you'll never let them convince you that your hope
is anything but proof that it's worth going on.

My god, it is worth going on.

You were not made for a suspension of hope.

You were born with a lifetime of repair supplies and enough care to heal the whole world.

No matter how many goodbyes have rooted themselves into daisy chains

holding your bones so tightly you fear you'll never unravel,

you are not made of the ingredients for a lasting recipe of cynicism and distrust,

You are here for chasing the light straight into the fiery red ball of the setting desert sun.

For flying headfirst into the chasm of your own tender want.

For etching a million and one daydreams into the ground under your kneecaps

when 3am finds you praying to stop praying alone.

You wild love story. You eternal bliss seeker. You snakeskin shedder. You brilliant spell caster.

You fairy godmother of presence and intention. You dancer of a thousand love songs.

You holy believer in the sanctity of our fumbling humanity.

You with your demolition hands tearing down the walls that keep the revolutionaries outside the gates,

so that you can be the one to welcome everyone inside.

You with your architect heart erecting monuments of belonging.

You with your delicate fierceness holding the roof above all our heads.

Nurture the embers of your tender fire.

Protect the goodness in you that refuses to die.

Write your love spells in gold dust and prisms of light.

Become the most fierce caretaker of your brilliant body of want.

Gather the lost ones in your wide-open arms and sing them a lullaby of homecoming.

Hold steady, dear one.

Keep your feet planted on the ground of what is right now.

Keep your eyes on the horizon of what may come.

Keep your hopeful heart fueled with goodness.

Keep your hopeful heart fueled.

Keep your hope.

Keep your hope.

Keep your hope.

Please, for the love of all that is possible in this world, keep your hope.



SOME QUESTIONS FOR REFLECTION
FROM SARAH WILSON
(AUTHOR OF THIS ONE WILD AND PRECIOUS LIFE)

And WE now have TIME, finally, to STOP and SMELL the roses (referencing the covid-19 lockdowns). I think it's a truly marvelous thing that we know now that this is what we want. We do, don't we. Aims come with refined questions. Here's a few I'd love to see our culture ask:

Will we choose roses over keeping up with Joneses in the "new normal"?

Will we sacrifice things for time?

Will we prioritize kindness?

Will we *give* kindness, not just revel in receiving it and seeing it "out there somewhere" playing out on Italian balconies etc.?

What do you think?

[Read more](#)

OUTRO

From wherever you may stand, you can likely see that change is needed in some aspect in this world. That we can't keep going on the way we have been. The past few seasons may have left us uprooted, rundown and utterly confused- all the more reason to go inwards, to take some time to process- not just for our mental state, but also for the wellbeing of our nervous system. There has been so much focus on fear of getting sick- but we must remember that fear leads to stress which is the true number one killer.

*In times of crisis, it's easy to get over-stimulated.
Finding time to rest and reflect can be a challenge.-
Yet it remains essential to the health of both our bodies and our minds.*

It is through slowing down that you can come back into alignment with what truly lights you up. Winter is a season where we find rest, renewal, and reflection to fuel the shift into spring.

We can use this season to...

create and enjoy simple rituals for ourselves, ground down, tinker, explore, craft, question, stoke, rest, realign, repair, release, nourish body mind and soul, cultivate new ideas, dive into something you've always wanted to try, plan an epic garden, be present in a moment, understand what you need, embrace our vulnerabilities, rumble with our thoughts, fill ourselves with inspiration, prioritize self care, let the stillness soak into our bones through long baths, hot tea, and good books (see next page!).

We can spin ourselves a cocoon to insulate, heal, and renew.



CATERPILLAR PHASE [uncomfortable truths]

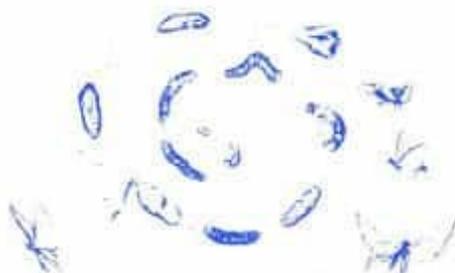
- [The Inconvenient Indian: A Curious Account of Native People in North America by Thomas King](#)
- [The Skin We're In: A Year of Black Resistance and Power by Desmond Cole](#)
- [Sapiens: A Brief History of Humankind by Yuval Noah Harari](#)
- [But What If We're Wrong? Thinking About the Present As If It Were the Past by Chuck Klosterman](#)
- [How to Be an Antiracist by Ibram X. Kendi](#)
- [Evil: The Science Behind Humanity's Dark Side by Julia Shaw](#)
- [Humans: A Brief History of How We F*@ked It All Up by Tom Phillips](#)
- [Sorrowland by Rivers Solomon](#)
- [Five Little Indians by Michelle Good](#)
- [Inferno by Dan Brown](#)

CHRYSLALIS PHASE [go inwards, dig deep]

- [Wintering: The Power of Rest and Retreat in Difficult Times by Katherine May](#)
- [The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer](#)
- [Breath: The New Science of a Lost Art by James Nestor](#)
- [The Year of Less by Cait Flanders](#)
- [The Book of Joy: Lasting Happiness in a Changing World by Dalai Lama XIV, Desmond Tutu, Douglas Carlton Abrams](#)
- [The Beauty of Discomfort: How we Avoid What We Need by Amanda Lang](#)
- [The Slow Fix: Solve Problems, Work Smarter and Live Better in a World Addicted to Speed by Carl Honore](#)
- [Living Lightly: Bring Happiness and Calm to Your Everyday by Dale Curd and Kimberly Alexander](#)
- [Keep Moving: Notes on Loss, Creativity, and Change by Maggie Smith](#)

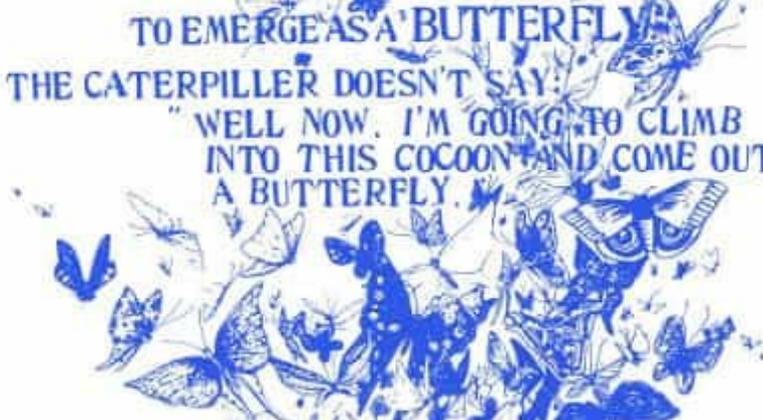
BUTTERFLY PHASE [ignite and inspire change]

- [The Soul of Place: Re-imagining Leadership Through Nature, Art and Community by Michael Jones](#)
- [Untamed by Glennon Doyle](#)
- [This one wild and precious life : the path back to connection in a fractured world by Sarah Wilson](#)
- [Metahuman: Unleashing Your Infinite Potential by Deepak Chopra](#)
- [The Wim Hof Method: Own Your Mind, Master Your Biology, and Activate Your Full Human Potential by Wim Hof](#)
- [The Universe Has Your Back: Transform Fear to Faith by Gabrielle Bernstein](#)
- [Four Wings and a Prayer: Caught in the Mystery of the Monarch Butterfly by Sue Halpern](#)
- [Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone by Brené Brown](#)



IT'S A LITTLE MORE LIKE THE IMAGE OF A
CATERPILLAR—ENCLOSING ITSELF
IN A COCOON, IN ORDER TO GO THROUGH THE
METAMORPHOSIS

TO EMERGE AS A BUTTERFLY.
THE CATERPILLER DOESN'T SAY:
"WELL NOW, I'M GOING TO CLIMB
INTO THIS COCOON AND COME OUT
A BUTTERFLY."



IT'S JUST AN INEVITABLE PROCESS

**IT'S INEVITABLE
IT'S JUST HAPPENING**

IT'S GOT TO HAPPEN THAT WAY. ❀



ॐ१२

- Ram Dass