

# Enligh the Butterfly

Take Regular Time Out to Receive Enlightenment



## ANIMAL FACTS



1. The Monarch butterfly is a cold-blooded insect. It relies on the sun to warm its body in order to travel the many miles ahead of it. Each morning you can find a butterfly quietly basking in the sun.
2. Butterflies begin their life as larvae. To start their transformation from larvae to butterfly, they become a chrysalis. While it appears to be a restful time period in the chrysalis, there is a lot going on. Juices inside the caterpillar are used to break down the body and change it into a beautiful butterfly. This process takes anywhere from two weeks to several months depending on the species.
3. Monarch butterflies are poisonous. Chemicals from the milkweed plant that they eat when they are in the larvae stage build up inside of them and give them a poisonous defense against predators like frogs, birds, mice, and lizards.
4. In ancient Greek, *psyche* means both *butterfly* and *soul*. This is symbolic of the earthly body eventually growing into something much greater.
5. What else can you learn about butterflies?



## PONDER

1. What does enlightenment mean? How can the butterfly be likened to enlightenment?
2. The butterfly needs to bask in the sun each morning to acquire energy to fly. What things can you do during your Enligh Time to help you have emotional and spiritual energy throughout the day?
3. Because the butterfly is a cold-blooded insect, the energy and warmth it receives from the sun is vital. If you represent the butterfly, what could the sun represent? What sources do you receive enlightenment from and how can you more effectively use these resources during your Enligh Time?
4. While it appears to be a restful time period in the chrysalis, there is a lot going on. Over time, the caterpillar emerges as a beautiful butterfly. How does taking regular time to receive enlightenment change people?

## HOW TO USE ENLIGH

- Ponder a minimum 4 times a week
- Spend 20 minutes per session
- Create a peaceful environment
- Choose a time that is best suited to you

## RESULTS FROM APPLYING ENLIGH

- Re-energizes, relaxes, prepares
- Increases self-awareness
- Improves creativity
- Invites inspiration