

How to Become a Butterfly

THE EVERYDAY GURU

HOW TO BECOME A BUTTERFLY

By

ROBIN ROBERTS

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FOREWORD

This is not about changing you into someone else but getting you to embrace the person you were born to be. It is about transforming your life and the way you think about yourself and the world around you.

This is not about me answering all your questions, because it is well known that it is the struggle of breaking free of the cocoon that helps the butterfly dry its wings and fly. If I were to open the cocoon before the butterfly was ready, it would simply die. What I hope to achieve is to create a subtle shift that will enable you to build on what you learn with each lesson.

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LET US BEGIN

“Scientific research has shown that the butterfly is the only living being capable of changing entirely its genetic structure during the process of transformation: the caterpillar's DNA is totally different from the butterfly's. Thus, it is considered a symbol of total transformation.”

Becoming a Butterfly is about pushing yourself to think and feel beyond the boundaries of the world as you have come to know it. It is about getting back to the person you were born to be and discovering the greatness that lies within all of us.

During this workshop you will:

- * Learn how to answer the question, “Who am I?”
- * Gain new life skills to help you move on to the next stage of your journey
- * Discover roadblocks which may be stopping you from moving forward

This workshop is designed to:

- * Help build your self-belief, inspire and motivate you to take on new challenges
- * Help you shift from “What will happen in my life?” to “What can I make happen in my life?”

THE CATERPILLAR

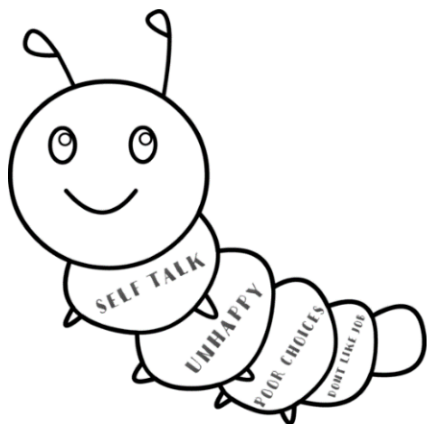
Richard Bach

What the caterpillar calls the end of the world, the rest of the world calls butterfly.

The caterpillar goes about the daily business of getting its needs met. It eats when it needs to, rests when it needs to; it is in a constant state of searching for food. Humans are very similar, going from one activity to another, never stopping, always trying to find things which will make them feel fulfilled.

This is a stage where we feel like we have things about ourselves we dislike or want to change. We have beliefs which no longer serve us, and we might be disillusioned with our lives, where we are or what we do.

And like the caterpillar, we become very attached to things, not wanting to let go, afraid of what will happen if we do.



You have a picture of a caterpillar in the spaces provided. I want you to write down anything you do not like about your life or about yourself.

I will start you off. These are the things I struggle with at times: low self-esteem, negative self-talk, a wounded child who needs a little more healing, impatience, and allowing myself to become a slave to my emotions.

Write down on the picture of the caterpillar the things which challenge you, that you are struggling with, or that you think you need to change. Go back to it over the next couple of days if you need to.

ATTACHMENT

Simone Weil

“Attachment is the great fabricator of illusions; reality can be attained only by someone who is detached.”

If you want to know how attached to things you are, answer these questions:

- * Are you influenced by the opinions of others?
- * If others disapprove of what you say or do, do you get upset?
- * Do you handle criticism well or do you take it personally?
- * Are you able to remain calm in a conflict or do you become a slave to your emotions?
- * Do you look to others for approval and discard ideas if you do not get it?
- * Are you able to handle someone having an opinion which is different from you or do you persist until they see it your way?

Write down anything you may be attached to:

Examples:

I am attached to my family's opinion of me

I am attached to the belief people like me don't deserve happiness

I am attached to the idea that having money will make me happy

Learn to do something you have never done before, either physically or mentally, for such an exercise will give you a new view of your own self.

Ursula Roberts

EXPECTATIONS

Abraham Lincoln

The best thing about the future is that it only comes one day at a time.

It is a sad thing, this “ruler” of expectations we carry with us, often handed down by the generation before. How many times have I heard, “It is expected of me,” or “I don’t have a choice,” or “This is the way it has always been”?

I can’t count how many times I have done something for reasons other than because it was something I believed in, wanted to do, or something which would bring peace and joy into my life.

Throw the ruler you are measuring yourself by out the window. You don’t have to measure up to anything or anyone. Honestly, the true purpose of life is simply to be happy.

People verbally beat themselves up all the time with the “I should’s”:

I should be doing better

I should be here or there by now

I should be more controlled, less emotional

I should be stronger, braver, wiser

Do you have any “I should haves” or “should bes”?
Write them down.

I should be

We carry so many expectations about what things should look like that we create an extra burden which weighs us down every time we think about moving forward.

REGRETS

I am master of my destiny. As a master, I am defined as being able to accomplish anything I can think of. I can no longer say, "I can't."

Self-Mastery Affirmations

When our expectations about what our life should look like aren't met, we have regrets. Maybe I want to hang onto the regrets because at least they give me the illusion that if different choices had been made, my life would have been different. They give me a "might have," and if I hang on to the might-have, I never have to face its opposite: "might never be."

I know it is not the most logical way of thinking, but when you are running from your life you will cling to anything in an attempt to avoid taking responsibility.

Regrets, I know, are going to pop up every now and then. "I wish I had done this, said this." Well, the fact is, you didn't, and you cannot go back and change it.

I do not want my headstone to read: "I regret I spent my life regretting what I didn't do, having never actually done anything."

REGRETS:

Write down any regrets you have of things you didn't

do or couldn't do or wish you had done/said:

Examples:

I wish I had told my father I loved him before he died

I wish I had finished my college degree

I wish I had travelled the world

I wish I had written the book

A regret is a choice we failed to make.

DECISION-MAKING

I always say good choices have a little bit of God in them.

Robin J Roberts

WHAT TYPE OF DECISION-MAKER AM I?

Which one may represent you best?

The “you tell me what to do” cop-out:

This person will ask anyone and everyone, “What would you do?”

The “oh my God, I must make a decision right now” freak-out:

This person usually makes all of his/her decisions based on whatever emotion they happen to be feeling at the time.

The “I don’t care, let’s just get it over with” time-management nut:

This person doesn’t have time to mull things over or wait around for answers.

The “make it go away, I don’t want to deal with it”

self-doubting Thomas:

This person doesn't trust their own judgment or intuition.

Top 5 Reasons We Make Poor Choices

- * Operating from your emotional self
- * Getting other people involved
- * Not allowing time for reflection
- * A lot of people were never taught as children how to make good life choices
- * Lack of self-belief

**I act only after
observing, listening and accepting.**

FEAR

Nelson Mandela

The brave man is not he who does not feel afraid, but he who conquers that fear.

Fear is often revealed when we begin to stretch ourselves and shed the comfort blanket of familiarity.

Women stay with alcoholic partners because they do not believe they are capable of creating a life beyond what they now live. Fear tells them stories like “better the devil you know,” or “no one would want someone like me,” or “he will change one day.”

People stay in dead-end jobs because fear tells them things like “You are too old to learn anything new,” or “No one wants someone who can’t do this or that.” Fear is a story we tell ourselves so we never have to take a risk, take the next step or believe in ourselves.

WHAT FEARS DO YOU HAVE?

Examples:

I fear losing my job

I fear being found out

I fear not finding love

I fear I will not accomplish my dreams

EMOTIONAL BAGGAGE

Simplicity is making this journey of this life with just baggage enough

Author Unknown

WHAT FEARS, ETC., HAVE YOU BROUGHT WITH YOU?

Examples:

I feel hurt that I was never told I was loved

I feel angry that my mother liked my sister better than me

What have you got in your suitcase?

Write them down

What is yours to own, and what isn't?

Example:

It was not my fault my mother couldn't share her feelings

But holding a grudge against my sister because of this is mine to own

Another important question that needs an honest answer is:

“What am I giving to my children, my partner, to carry?”

Example:

Have I given my children my fear of being abandoned?

Have I given my children my anger at my ex-husband?

We think we have it all worked out, but wherever we are, there it is. What happens is our unresolved issues manifest in new ways in our current relationships, thereby creating an illusion that we have indeed left our emotional baggage behind. It is like sticking a sweater in a bucket of dye; it may come out a different colour, but it's still the same sweater. So what do you do? Unpack your bags and see exactly what is in there.

THE COCOON: GOING WITHIN

I move into the quiet stillness of the chrysalis, letting the agents of change work deep within me, waiting patiently and doing the inner work until the moment comes to emerge triumphant.

From Self-Mastery Affirmations

The second stage is the cocoon. This is where we discover and try to find out who we are and what we want by going within.

Write down the questions someone might ask themselves.

Example:

Am I living my dreams?

What is my life's purpose?

The big questions never really get asked until there is no time left for us to answer them.

Am I happy?

Am I where I want to be?

Am I doing what I want to be doing?

We procrastinate, fill our lives with “things,” and make ourselves busy, but rarely do we sit with the big questions.

What are my dreams?

Am I living them?

We are satisfied with skimming through life, touching the surface without diving into the depths. Why? Because the big questions force us to think about:

The choices we failed to make.

The roads we failed to take.

The dreams we failed to live.

It seems we are in a hurry to get to the end but don't really want to think about the middle:

What do I do now?

What can I do now?

Is there any point to doing it now?

WHAT DO I WANT?

The first step towards somewhere is deciding you are not going to stay where you are.

Author Unknown

You have to work with core truths; anything else will see you end up back where you started. No one else knows you better than you. No one else can see inside your soul and hear your heart song but you.

Grab a pencil and start writing.

I want to be/have... and this to me means:

I want to be happy, and being happy to me means being financially secure.

I want to have a peaceful life, and that to me means no stress and being surrounded by people who love me.
And this to me means:

We are very good at knowing what we don't like and what we don't want, but rarely are we able to articulate what we do want. You cannot move towards something if you don't know what it looks like or where to find it.

If you want to be successful, you need to define what success means to you.

Is it having more or being more?

Is it more about having people notice you or respect you?

If you want to fulfil your life purpose, what does this mean?

Is it being of service, helping others?

You have to work with core truths; anything else will see you end up back where you started.

You have to throw out other people's expectations and the rulers you may be measuring yourself by. You have to recover childhood dreams and decide if they still fit, whether they can be renovated or if they should be left behind with other things of youth.

STEPS TOWARDS SELF

Robin J Roberts

“To create an authentic life, you have to have an authentic picture of who you are and what you like, do not like, want and do not want.”

Ask: What do I see?

A question tied into how I perceive myself. When I look into the mirror, I see someone old, someone with wrinkles, someone tired, someone who cannot achieve.

Make your own list. Start by looking in the mirror. Then, when you have gone down through all the other items, go back to the first one. Are you seeing yourself through the eyes of those around you, and is that determining how you see your world?

Try it now: When I look in the mirror, what do I see?

A person who is creative

A person who is loving and generous

A person capable of anything

Try it without thought, without trying to be intellectual or knowledgeable, and without trying to

say the “right thing.”

Simply start with the sentence, “I am a person who feels...” or “I am a person who sees....” Let the words come uncensored. It doesn’t matter if it makes no sense. Start with that simple phrase, “I am,” and see what comes.

WHAT DO I FEEL?

Johnny Depp

“You can close your eyes to the things you do not want to see, but you cannot close your heart to the things you do not want to feel.”

ASK: WHAT DO I FEEL?

When I am with my family, I feel left out, not important enough.

Make your own list, then compare it with the answers to the questions “What do I see?” and “Who am I?” Is there a pattern beginning to develop?

Who I am is a person who feels abandoned, betrayed and lost.

Who I am is a person who feels inadequate, inferior and incapable of anything.

Try it without thought, without trying to be intellectual or knowledgeable, and without trying to say the “right thing.”

Simply start with the sentence, “I am a person who feels...” or “I am a person who sees....”

Let the words come uncensored. It doesn't matter if it

makes no sense. Start with that simple phrase, “I am,” and see what comes.

Now you try:

I am a person who feels ...

WHERE DID MY 'I' COME FROM?

Robin J Roberts

Every child asks this question at some stage: "Where did I come from?" We hand over a biological explanation, enough to satisfy curiosity, but have you ever asked yourself that question as an adult?

WHERE DID MY "I" COME FROM?

By now you have a long "I am" list. Look at it and, in coloured pen next to each line, try to trace the origin of each sentence.

Change "I am a person who feels inadequate" to:
"When I am _____, I feel inadequate."

Example: When I am around my father, I feel inadequate. Then add: "Because he is always telling me I am stupid."

So where did my belief that I was inadequate come from? Maybe from being told by my father that I was stupid.

Try this exercise: close your eyes, bring to mind one of your key words, and think of a situation where

this word was involved. Then ask yourself, “Where did that judgement come from?”

Allow yourself to feel any emotions and ask, “When have I felt this before? Where did the feeling come from?”

When I feel....

So close your eyes and ask yourself, “Where did this come from?” Remember, often we become our experiences, our beliefs and our assumptions.

Where Did My “I” Come From?

Babies are not born angry, sad, frustrated or disappointed at the world; they are not born feeling like a failure. They are born in unconditional love, grace and greatness.

BACK TO BASICS

It's a hell of a start, being able to recognize what makes you happy.

Lucille Ball

BACK TO BASICS:

Taking yourself on a first date

My First-Date Questions

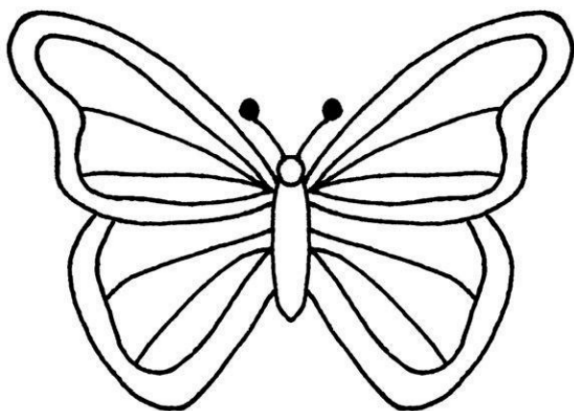
- * What are the qualities of your ideal relationship?
- * If you could have any job in the world, what would it be?
- * What do you like to do for fun?
- * If money was not an issue, what would you do with your life?
- * What is your favourite colour?
- * What is your favourite food?

- * What are you most proud of in your life?
- * What three words would your best friend use to describe you?
- * If you only had six months to live, what would you do first?
- * What makes you laugh, happy, cry, get angry, feel sad and so forth?
- * What would you consider your strengths? What are your weaknesses?
- * As a child, what did you do in your free time?
- * What is important to you?
- * What do you believe in?
- * What are you good at?
- * What type of people inspire you?
- * If you could live anywhere, where would it be and why?
- * What books, movies or music do you like?

HOW TO BECOME A BUTTERFLY

The third stage is where we begin to understand ourselves, embrace our journey and gather some tools to help us along the way.

See the butterfly picture below. Write down in the spaces the things you want to bring into your life.
Example: happiness, a new job, love



ASK THE GOD QUESTIONS

ASK THESE QUESTIONS

- * What choice serves the highest good of all involved?
- * What choice will enable me to nurture the seed of greatness Creator planted within me at birth?
- * What choice reflects who I am and my life purpose?
- * What choice honours my spirit?

My Decision Checklist:

- * Am I well-rested, clear-headed and able to be objective?
- * Have I taken the time to step back and gain some balance?
- * Have I written down the pros and cons?
- * Do I have a clear understanding of the short- and long-term consequences of my decision?
- * Have I given thought to how this will affect those around me?

- * What is it I want and how will this choice help me to manifest it?
- * Can I live with the decision I have made and be at peace no matter what the outcome?
- * Do I have all the pieces I need to make an informed choice?

Learn the Three S's

“Stop, step back and spend some time thinking about things.”

Learn to say:

“I will get back to you on that,” or “I can’t give you a decision right now,” or “I don’t have enough information to make that decision yet.”

Learn to be okay with saying:

“No, I can’t give you an answer until next week, tomorrow, or whenever.”

Practice delayed gratification

What are good choices?

- * Good choices always have a little bit of God in them.
- * A good choice reflects who we are rather than what we think others want us to be.

- * A good choice is one which honours and respects everyone involved.
- * A good choice is one which has come from the soul, not the emotional heart or the ego voice of the head.
- * A good choice is one we can feel at peace with no matter what happens.

HAVE NO REGRETS

The elderly usually don't have regrets for what we did, but rather for things we did not do.

Author Unknown

From Self-Mastery Affirmations: As a master, I see the fulfilment of my destiny clearly. Success is my right, and my eyes do not stray to the temporary setbacks along the way.

We have all watched The Bucket List, wept through Beaches, but do we really get it? Do we really understand the reality of being no more?

If this was your last breath, what would you say and to whom?

If this was your last breath, what would you regret? What dream would disappear?

If this was your last breath, what would you want to be remembered for? What now would seem important or unimportant?

Ask yourself these questions every day, because the reality is all you have is the next breath moment.

How to Become a Butterfly

EXPECTATIONS

Alexander Pope:

“Blessed is the man who expects nothing, for he shall never be disappointed” was the ninth beatitude.

HOW TO LESSEN THE IMPACT OF EXPECTATIONS:

“You can spot an expectation because it is usually accompanied by anticipation and often followed by disappointment.”

* Speak your mind because very few people can read it. This avoids... need expectations.

* Be flexible and open to change. This avoids... situation expectations.

* Be happy with who you are. Never look to another to fill your cup; that is your responsibility. This avoids... people expectations.

* Expect to have expectations.

Just a little side note here: expectations rarely go anywhere without their sidekick, assumptions. We assume we know people, how they will react and what

they will do in given situations, and then we walk ahead with a pocketful of expectations based on those assumptions. I don't think it is realistic to believe you can travel this earth without having an expectation or two. But maybe we can leave the assumptions behind on the next trip and see what develops.

When we let go of expectations, we are left with things to discover. When we let go of fear, we are left with things to explore. When we let go of the need to have, we are left with things to share.

Robin J Roberts

HOW TO FIND BALANCE

Benjamin Franklin

*Happiness depends more on the inward disposition
of mind than on outward circumstances.*

HOW TO FIND BALANCE IN A CHANGING WORLD:

- * Let go of any resentment, anger, guilt or shame that has built up.
- * Let go of any expectations regarding outcomes and other people's behaviour.
- * Take a moment or a day to breathe. Put aside issues for a while and focus on things which bring you back into balance.
- * Ask for help. Sometimes we cling to things so tightly, so intent on fixing them for ourselves, that we don't allow anyone to help carry the load so we can regain our balance.
- * Learn how to ground yourself.

Symptoms of being ungrounded:

- * Mind racing with a million thoughts
- * Panic attacks
- * Indecision
- * The need to hurry
- * Increased nervousness
- * Extremes in emotions

List ways you might ground yourself.

When you have peace within, a knowing, a faith, a belief in yourself, and the knowledge that there is something bigger than all of us out there, nothing will throw you off balance.

People have the mistaken impression that balance is being able to fit everything in and make everybody happy. Not so.

Balance is the combination of the spiritual, the physical and the emotional, or the body, mind and spirit triangle. When you have mastered all three, then you have balance, but if any one of these is not being attended to, it throws the other two off.

"Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them."

How to Become a Butterfly

Thomas Kinkade

WHITE CUP EXERCISE

Buddha

You, yourself, as much as anybody in the entire universe, deserve your love and affection.

The White Cup Exercise

This exercise is about learning to fill your own cup so it overflows with joy and happiness.

- * Purchase a white coffee mug and a black permanent marker.
- * Every day, think of something you can do for yourself. For example, take a long bath, go to the movies, start a class, join a group, simply walk on the beach, go for coffee with a friend, or meditate.
- * Every time you do something, draw a line on the mug, making your way up to the top.
- * You are basically watching your cup fill up, and very soon it will be overflowing.

DON'T STOP when you reach the top. Rather, use the mug as a reminder to nurture yourself physically, emotionally and spiritually.

10 STEPS FORWARD

WALKING TOWARDS THE LIFE YOU WANT:

Step One: Acceptance of Present Circumstances and Reality

You cannot change what you do not acknowledge. The pink elephant in the living room that everyone seems to want to ignore is going to squish you sooner or later. Standing in your truth is not about judgment, shame or guilt; it is about creating an authentic life of depth versus a shallow life based on illusions and self-deception. Sometimes you have to admit you do not shave your legs in winter, have a tendency to pout when you do not get your own way, and always do the opposite of what your mother tells you to do.

Step Two: Accept Responsibility for Words and Actions

“It wasn’t me. I didn’t do it” may fly for a five-year-old, but not so much for a forty-year-old. If you did it, own it, learn from it, grow and move on.

Step Three: Commitment to Understanding

ASK THE BIG QUESTIONS: WHO AM I?

I am someone who likes fried chicken wings, sloppy movies and cute babies.

WHERE DID I COME FROM?

My God, did I say that out loud? I sound just like my mother! What are my dreams, hopes and fears? What is stopping me from getting where I want to be?

Step Four: Letting Go of Guilt, Shame, Pride and Ego

Pride is the anchor that keeps you in your ego. Cut it loose.

Guilt is the stick you carry with you to beat yourself up every now and then because you forgot about step number two.

Shame, on the other hand, is the embarrassment of discovering you are human after all.

Step Five: Building a Foundation

Anything built on a shaky foundation isn't going to last long. Pick four cornerstones for your base, something like love, integrity or honesty, compassion, maybe patience.

Do an extreme makeover of your belief system, a spiritual renovation, throwing out anything that no longer serves your highest good.

Step Six: Finding the Tools You Need

Remember, grasshopper: what a carpenter builds with a hammer, a teacher builds with words. It is not a good idea to borrow your neighbour's tools; now is the time to invest in some new ones of your own. If you go dipping into Oprah's toolbox, chances are you will be building Oprah's dream, not yours. Try some different ones. If they do not work, try some more. Eventually, you will find one that will do what you want it to!

Step Seven: Emotional and Physical Healing - Nurturing the Body and Mind

The only way through it is just that: to walk through it. You can bury your head in the sand all you like, but that will simply mean someone will come along and kick you in the butt. There is no need to be afraid of this journey because you now have the tools you need to heal and nurture; there is no need for a quick fix.

Step Eight: Inner Peace and Stillness - Nurturing the Spirit

This comes when you accept who you are, where you are and what you have yet to do. It is that moment when the moment you are in needs to be nothing more than what it is.

Step Nine: Awareness - Walking Awake

Notice now that you are wide awake, noticing all life has to offer: the endless possibilities, the joy and the

blessings. No more sleepwalking through this journey for you!

Step Ten: Walking Through Life with Grace, Dignity and Gratitude

I will not say the final step, because we all tend to take two steps forward and one step back on occasion. Grace is the inner beauty that shines as a guiding light for those coming behind to follow; dignity is living an authentic life, standing in your truth; and gratitude is acknowledging the blessings bestowed upon us, the abundance in all its forms.

So now you are walking towards the life you want. Great, isn't it? Maybe you won't walk as fast as the next person. That's okay. Remember, Elvis sang, "Wise men say only fools rush in," or something like that. Life is not fast food; it is a banquet to be savoured. Maybe you will have to retrace your steps. That's okay too; sometimes this is the only way to find what you have lost or misplaced.

It matters little. What matters more is that you remember a journey begins with a single step.

MEDITATION

Welcome.

Are you ready to take a journey?

Are you ready to become a butterfly and dance in the sunlight?

Close your eyes.

Breathe in the white light of new beginnings.

Breathe out the grey fog of fear and doubt.

In this moment, right now, you are where you are meant to be.

All is calm and peaceful in your world.

Feel Creator's love like an endless waterfall,
covering you completely in a blanket of divine hope.

Feel the ground beneath your feet, connecting you to Mother Earth.

See a pathway in front of you. Walk gently upon it.

And as you walk, let go of the need to know where it leads.

Breathe in, then out.

As you walk along the path, images of your past will appear.

Childhood memories which have shaped who you are.

Let the emotions come and go with each breath.

Let go of the past and the need to know what lies ahead.

You have nowhere to go.

You have nothing to carry; no need to pick up anything along the way.

You are free from all things.

See a place up ahead where the path turns.

And as you approach this bend, let go of the need to know what lies beyond it.

You are walking towards an ocean of possibilities.

Feel yourself breathing in, then out, with the tide.

There is no other place to be right now than here.

Feel the calm slip right over your shoulders like a cloak of comfort.

Breathe in, then out.

Feel a presence sit next to you, a mirror image.

You are alone in this moment with your higher self, the person you were born to be.

Feel the joy radiate from this person; see the light which shines within.

You are face to face with the core of your existence.

Breathe.

You are where you are meant to be.

You are who you are meant to be.

Feel yourself merge with the presence next to you.

I am. I need be nothing more.

Feel yourself in this moment. Know you are a divine child of the Universe, filled with endless love and greatness.

Take a breath. You have arrived at the place you never left.

You have stepped into your greatness.

Breathe. All is well in your world.

Now slowly open your eyes, still breathing in, then out.

Feel the floor beneath your feet. It is time for us to go on another journey.

Robin J Roberts

ABOUT THE AUTHOR



Robin Roberts is an Australian psychic and medium currently residing on Vancouver Island, off the coast of British Columbia, Canada. Over the last 30 years, she has sought to bring what she terms “simple wisdom” into the lives of the people who come to her. She hopes through her writing to lead people to the corners of their souls so they may rediscover the people they were born to be. As a psychic, she offers a unique perspective on personal transformation and the challenges facing all of us.

Find out more at robinrobertspsychic.com