

The Butterfly

*From a life instinct
Beyond the level of any intelligence,
The butterfly caterpillar withdraws alone
To spin its cocoon,*



*A silent, casket-womb
Of death, transition and rebirth.*

*Here it surrenders its old life,
And with Nature's instinctive courage
Trusts in the "**Spirit Of Becoming**"
What it is meant to be.*

*From this surrender, death and trust
The butterfly caterpillar is **Reborn**
Into beautiful **Winged-Freedom!***



*In the same way,
We must gain the courage and strength
To **Surrender**
The past and who we were,
The future and who we want to be,
Finally, see, accept and surrender
To who we are **Right Now**
And trust in this same
"**Spirit Of Becoming**"
To change and discover
Our Path, Freedom and **Inner Peace.***

David Ott/84