

CHAPTER ONE



MOVEMENT AND MISSION

“How does one become a butterfly?” she asked. “You must want to fly so much that you are willing to give up being a caterpillar.”

- Trina Paulus

Acknowledgements

After decades of development in the cocoon, this book finally broke loose and took off so fast I could barely keep up with it.

If there is any wisdom passed on in the pages of this book, it is only because I have been able to stand on the shoulders of some great teachers.

I dedicate it to my parents, Aldon and Beatrice Schalter and my beautiful wife, Carrie. My brother and sisters and especially Al, who was always such a great big brother, constant inspiration and wonderful mentor. They all taught me so much about service, love, dedication and Miracles. I still have so much to learn from them.

I dedicate this book to a young man that Carrie and I have worked with and loved over the years like he was our own son. His name is Jermia Jackson and he lives (for the time being) in the Michigan State Prison system. **We know and believe that his own “Butterfly Moments” and transformation of spirit are well on their way to him.** He still has many years left to “make his demonstration” and live an amazing life.

I also want to acknowledge to my good friend Russ Bolinger. (30 year NFL player and Scout) He has been my friend, mentor and writing partner for almost 30 years. He is a gift and God and in all respects a blessing in my life. Thank you Russ, for you being you. You are a template and personification of the Butterfly Warrior.

The St. Clair Butterfly Foundation

It is my honor to also dedicate this book to “at risk” kids who are helped by this wonderful foundation. I am fortunate enough to sit on the board of directors and I am passionate about the nonprofit’s mission and the work of their founders, Chip and Lisa St. Clair.

This wonderful organization brings programs and classes for the arts (painting, writing, reading and yoga) to kids in “at risk” communities. Best of all the foundation is growing like crazy and soon will be global (a quantum leap in its own right).

In the coming years, the foundation will save millions of kids’ lives and billions of tax dollars wasted in our criminal justice system. See ***SCBF.org*** for more information.

Chip and Lisa St. Clair are (each in their own way) examples of transformation and Miraculous Living. With Lisa’s help and loving support, Chip escaped his own demons after being horrifically abused by his father as a child. He eventually learned that his father was a convicted child killer and his mother helped him escape from jail.

This compelling story was told in Chip’s book, ***The Butterfly Garden***, which has gotten both national and international media attention. It has opened doors and spoke to the hearts of children all over the world who have been victims of abuse and are living in “at risk” communities, detention facilities and mental hospitals.

Chip and I have completed a screenplay based on The Butterfly Garden and we expect it to be produced and filmed this coming year.

It is my hope that Chip's book and our movie will start a "conversation" about child abuse and neglect that will stop this insanity and put an end to the carnage and violence put upon 25% of the world's population, (those 17 and under).²

It is this organization that introduced me to the inspiration and power that the butterfly can show us. Chip and Lisa are using the qualities of this amazing insect to inspire and give hope to their kids and in the process, with the potential of dramatically changing the world we live in.

It is my hope that this book can also serve as both a textbook and toolbox for the kids participating in the Butterfly Foundation programs. They are in every sense of the word, committed and enlisted BUTTERFLY WARRIORS...ready and able to soar to unexpected heights.

Lastly ...whether you bought this book or received it as a gift from the Quantum Leap website, LifeCoachOne.com.

This Book is dedicated to YOU!

² Statistics show that one of three girls and one out of five boys (under 17) have been sexually or physically abused. Numbers are probably higher since many victims remain silent due to either shame or fear.

There are no accidents in this world. Your habits of thought and your system of beliefs have created a vibrational field that is a match with this book. This means you are on the right track. If you so desire, transformation is on its way.

In any case, I acknowledge and applaud you for efforts to create a life of your heart's desire. My goal is to serve and support these efforts the best that I can.

Hopefully, you will receive some tools that you can use to achieve all of your goals, making your life what you want it to be.

Change Me / Change the World

By reading this book you also have become part of my own personal Movement and Mission to “change the world.” During the next 10 years, I plan to write at least 10 books on life transformation, give 500 speeches (on the same topic) and coach 1000 clients to help them dramatically change their lives for the good.

Just writing these words is causing a deep transformation within me. I feel an absolute obligation to “be an example of what I am teaching.” I must live the “Miraculous Life” 24/7 or I am wasting your time and my time.

During my day, I find myself constantly asking myself, “What would a person living a Miraculous Life do say or be?”

Now is the time to ask YOU some questions.

What does a Miraculous Life look like for you?

What is your Movement and Mission?

How are you going to “be the change you wish to see in the world?”

Come on board. And let me become part of your dream! Let me contribute to the manifestation of your heart’s desire. Let’s find a way to put your own passion in action. Let me help you become agents and ambassadors of change by simply finding and being “your authentic self!”

Go to **LifeCoachOne.com** or call (248)568-7021.

Call to schedule your 55-minute free introductory session now. During that time, we will find and visualize your future and begin to put together a plan to manifest your life’s purpose and heart's desire.

Empower Radio

The **Butterfly Code** is also an off-spring and inspiration of the radio show hosted by my wife Carrie and me called, “**The Butterfly Moment.**”

Go to:

(empoweradio.com/home/shows/810189-The-Butterfly-Moment-with-John-Schalter-and-Carrie-Hall.html)

Much thanks to Brent Carey, the founder of this wonderful radio opportunity. Here Carrie and I interview

“high vibration” achievers and successful “movers and shakers” from all over the country. We always end the interview by asking about their own “Butterfly Moment.”³ Their answers are always profound and inspiring.

The Butterfly Warrior Code was also a result of articles written by me in my monthly magazine article “Ask the Life Coach” which appeared in MY and now EYDIS Authentic Living Magazines. To view back issues of my articles, go to *LifeCoachOne.com*.

Lastly (but not least) thanks to Coach Mark Dantonio, Coach Dino Folino and Coach Harlon Barnett of the Michigan State Football team for their support and inspiration. It is my hope that this book can help their mission of not only creating great football players, but also great people, who know and understand “Miraculous Living” and the path to a successful and fulfilling life.

³ **THE BUTTERFLY MOMENT** is the classic QUANTUM LEAP in personal growth. As life energies slowly break loose the caterpillar from the cocoon, something truly incredible occurs. The caterpillar suddenly realizes that the darkness and despair it has experienced in the cocoon was no longer its reality. The caterpillar is... a Butterfly! It is one of the most beautiful insects in the world... Best of all it can fly.

Exercise:

Write an answer to the following:

- 1) What is (or could be) your “Movement and Mission”?**
- 2 What areas in your life do you see a need for dramatic and disruptive change?**
- 3) Why are you holding back?**