

## CHAPTER TWO



### NATURE'S TEACHER

*“Look deep into nature, and then you will understand everything better.”*

- Albert Einstein

# The Miraculous Monarchs

The Monarch Butterfly offers a compelling metaphor for human growth and transformation.<sup>4</sup>

Although there are some 20,000 species of butterflies in the world, the Monarch is probably the most familiar and recognizable. Most are found in Michigan (the author's state of origin).

Here are some amazing facts about this butterfly.<sup>5</sup>

- In one of the world's astounding natural events each fall, tens of millions of monarch butterflies migrate up to 3000 miles from the Northeastern US and Canada down to their wintering grounds in Central Mexico to escape the frosts of winter. In fact, tagged monarch butterflies have even been found to travel over 250 miles in one day. The monarch is the only butterfly known to make a two-way migration, similar to birds.
- One of the enigmas around this phenomenon is how millions of infant butterflies who have never been to their ancestral breeding grounds return to the very

---

<sup>4</sup> **A must see video on the wonder and magic of butterflies by Wayne Dyer is:**

<https://www.youtube.com/watch?v=Wjej3kMr8jg&t=24s> **Don't miss it!**

<sup>5</sup> Much thanks to:

<http://goodnature.nathab.com/on-a-wing-and-a-prayer-5-fascinating-facts-about-the-monarch-butterfly/>

trees that their parents rooted in before they were born.

- The orange of a monarch butterfly's wings is a warning color, identifying itself to predators that the butterfly will taste bad or may be toxic.
- The Monarch can flap its wings up to 120 times in a minute when trying to escape a predator. Their flight speed has been measured between 4 and 12 miles per hour but can be much faster if a monarch uses available wind currents that will speed it up considerably.
- Monarchs know when it is time to migrate south for the winter based on the environmental cues associated with seasonal changes. They then get naturally high using air currents and thermals to travel such incredible distances. In fact, the highest monarch was recorded at 11,000 ft. by a glider pilot – that's over two miles up in the air! Just to put this into perspective, most birds fly below 500 ft., hot air balloons only go up about 200 ft., and even songbird migrations occur in the 2000-4000 ft. high range. There's not really much else going on above 11,000 feet other than Mt. Everest (29,028 ft.) and passenger jets (36,000 ft.).
- Researchers in the US believe they have discovered how monarch butterflies use their "internal compass" to determine their southwest flight when they migrate each autumn. Monarchs use their large, compound

eyes to track the sun's position in the sky, combining the information with the time of day to know where to go.

**I think you will agree. The Monarch Butterfly and the Butterfly Warriors are the perfect template for those who want to follow the path of achievement, transformation and quantum leap in performance.**

## **Exercise:**

**Write an answer to the following:**

- 1) What parallels do you see in human growth and transformation and the monarch butterfly?’**
- 2) What lessons does it teach you?**
- 3) How can you incorporate these lessons into your own life?**