

THE BUTTERFLY CODE

Recite the following paragraphs aloud during your Kaleidoscope Meetings in order to affect the energy and vibrations of the room.

- **I FORGIVE** any person, place or thing that may have harmed or offended me in any way. **I TAKE RESPONSIBILITY** for my current circumstance of my life.
- **I AM GRATEFUL** for all the blessings in my life today and **ASK** for the manifestation of the following 3 goals, aspirations and dreams which are for the highest good for all concerned. (List three.)
- **I HAVE A VISION** of the world and my future unfolding that is Divinely inspired and lit with **PASSION AND CLARITY**.
- **I BELIEVE** in Quantum Leaps and that the Universe is conspiring on my behalf to help me fulfill this potential and achieve all of my goals, aspirations and dreams **NOW**.
- **I AM STRATEGY** and constantly work **SMARTER AND THEN HARDER**, ever

relying on the powers of serendipity, intuition and God's guidance and support.

- **I AM** the product of intentions and I **CAREFULLY MONITOR** the quality of my words, thoughts and the vibrations of my heart, mind and soul.
- **I FEEL** these GOALS, DESIRES AND DREAMS as *already fulfilled and manifested and I see them with crystal clarity*, in my Body, Mind and Spirit.
And so it is.... Amen! I remember to Soar!

THE ROAD OF THE CODE

*"Two roads diverged in a wood and I - I took the
one less traveled by, and that has made
all the difference."*

- Robert Frost

- **Fill out all the Goal Sheets**

- **Daily Records and Scorecard** (on the pages that follow.) These will be filled out five days a week for the next 30 days, weekends excluded.

Sundays are time for relaxation and reflection.

- **Affirmations**. (On the pages that follow.) Say them silently or out loud at least in the morning and at night.

- **Image book**. Which will focus on what you think and imagine.

<https://www.youtube.com/watch?v=iamZEW0x3d>

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- **Cocoon Time**. Which will be your daily time of meditation, visualization and prayer.

Where do you want to be at the end of 30 days?

I suggest that you choose at least 3 goals as part of your landing pad.

Goal 1 _____

Goal 2 _____

Goal 3 _____

Write more in detail:

(This will supplement your image book.)

Opening up your Whys!

**“He who has a why to live for can
bear almost any how.”**

— *Friedrich Nietzsche*

**Why do you want to achieve these goals?
Answer in detail.**

ACTION STEPS

Please list the following 30 action steps you plan to take during the next 30 days. Check them off when you have completed them.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PROMISE TO MYSELF AND MY KALEIDOSCOPE

I hereby commit to achieving my goals. I am willing to

...

Act with boldness and integrity in every thought, word or deed.

- Follow the path of STRATEGY and comply with my commitment to live a MIRACULOUS LIFE.
- Look for a Miracle in every task and every encounter and I will find it.
- Give unconditional love and support to my Kaleidoscope in helping them to achieve all of their goals.
- Guard the entrance to my mind and allow only positive and productive thoughts that are in alignment with my goals and aspirations.
- Do the exercises and attend the meetings required by the BUTTERFLY CODE.
- Become an inspiration of others to follow. In this process I will...**remember to soar!**

SIGNED _____ **Dated:** _____

BUTTERFLY VICTORY LIST! ACCOMPLISHED GOALS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAILY BUTTERFLY MEDITATION

- Find a quiet and protected place (cocoon).
- Get in touch with life energies, breathing slow and deep.
(Enter the cocoon.)
- Look at your image book pages and touch them with your fingers in a circular motion (like turning a dial on a safe).
- Recite your goals out loud. “I am living a Miraculous Life. I am expecting Quantum Leaps and Transformational Changes for the better.”
- Step into the images with all five senses.
BECOME YOUR GOALS in every sense of the word.

I ASKED

I asked God for Strength... He gave me Challenges.

I asked God for Wisdom... He gave me Problems.

I asked God for Prosperity...He gave me Opportunities.

I asked God for Courage... He gave me Confrontations.

I asked God for Love... He gave me the Needy.

I asked God for Favors... He gave me Sacrifice.

I received nothing I wanted...

I received everything I needed.

- Author Unknown

CONTACT INFORMATION OF YOUR KALEIDOSCOPE

Name

Phone Number

Email Address

Name

Phone Number

Email Address

Name

Phone Number

Email Address

Name

Phone Number

Email Address

Name

Phone Number

Email Address

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Name

Phone Number

Email Address

NOTES:



THE BUTTERFLY CODE

RECORD AND SCORECARD

MIRACLE YES__ NO__ MONTH YEAR
 MEETING : :
 ? :

MON: DATE:

TUES: DATE:

WED: DATE:

THURS: DATE:

FRI: DATE:

I'M grateful FOR	I'M grateful FOR	I'M grateful FOR	I'M grateful FOR	I'M grateful FOR
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5

Yesterday's VICTORIES	Yesterday's VICTORIES	Yesterday's VICTORIES	Yesterday's VICTORIES	Yesterday's VICTORIES
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5

today's goals	today's goals	today's goals	today's goals	today's goals
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5

i FORGIVE	i FORGIVE	i FORGIVE	i FORGIVE	i FORGIVE
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5

REVIEWED IMAGE BOOK AND AFFIRMATIONS	REVIEWED IMAGE BOOK AND AFFIRMATIONS	REVIEWED IMAGE BOOK AND AFFIRMATIONS	REVIEWED IMAGE BOOK AND AFFIRMATIONS	REVIEWED IMAGE BOOK AND AFFIRMATIONS
YES	YES	YES	YES	YES
NO	NO	NO	NO	NO
15 MINUTE MEDITATION	15 MINUTE MEDITATION	15 MINUTE MEDITATION	15 MINUTE MEDITATION	15 MINUTE MEDITATION
YES	YES	YES	YES	YES
NO	NO	NO	NO	NO

12 SUPER THOUGHTS AND AFFIRMATIONS!

- Every day in every way I am getting better, better and better.
- I am now manifesting health, happiness and vibrant energy with every breath I take.
- I am loved and supported by family and friends during my every step towards health, healing, and happiness.
- God is healing everything in my life NOW!
- More and more, every day and in every way, I am living a Miraculous Life.
- I am constantly finding ways to feel better, become more energized and expand all the joy and love in my life.
- I am taking quantum leaps in my health and happiness every moment of every day.
- Things always work out for me and I always make the right decisions.
- I am so grateful for all the people, places and things which bless my life on a daily basis.
- The Universe is conspiring on my behalf to make me happy, healthy and filled with vibrant energy.
- I sleep deep and wake up refreshed, relaxed and more and more healed and energized.
- Miracles are expected, natural and occur on a daily basis!

The Butterfly Scrolls

According to Aztec Legends there is a “path to perfection” for the Butterfly Warrior. They are found in the Butterfly Scrolls.

For each of the Miracles there is a declaration and treatment that is to be recited out loud (or written) on each day of the week (7) for four weeks. (28 days). This is the approximate time of the cocoon for the Monarch Butterfly.

This will provide a platform for the Quantum Leaps of growth that will occur during this Way of the Warrior program. It will also step towards the Aztec goal of “heaven on earth.” It works synergistically with the other exercises in this book.

It is very important not to break the chain of daily readings since it shows the respect and discipline of an advanced warrior spirit. Just as the time in the cocoon is never shortened or interrupted, the reading of the Scrolls must be sequential and in the exact order presented.

Notice that the scrolls utilize the powers of affirmation, repetition, consistency and even prayer. It is more than magic or superstition. It is more of a process of downloading powerful words and sentences and partnering with God as you imagine this Force to be.

Be playful during the process. Focus on joy, happiness and ease during the process! This is the Way of the Butterfly Warrior.

Butterfly Scroll Marked I

THE MIRACLE OF FORGIVENESS

On this day, I am grateful for the Miracle of FORGIVENESS in my life. I am blessed. I am free!

Today is a new day filled with promise and opportunity. I will not tarnish the miracle of this moment with the darkness of grievances or the remains of a forgotten past. There is simply no room for any negative feelings or useless memories in my life. I am already filled with happiness, love and success. Therefore, forgiving is always easy for me. It feels wonderful.

On this day, I am grateful for the Miracle of FORGIVENESS in my life. I am blessed. I am free!

People need not ask for my forgiveness, I have already given it to them. For I know that when I forgive others I forgive myself. “Revenge is mine sayeth the Lord” and I gladly hand over any hurt, disappointment or pain to God. He knows what to do with it and how to heal it. This gives me time to live the life of my true intentions, aspirations and dreams. It feels wonderful.

On this day, I am grateful for the Miracle of FORGIVENESS in my life. I am blessed. I am free!

Grievances demand a price I am unwilling to pay. They are festering wounds that have healed long ago and have not left a scar. Grievances are from painful events in the past. My focus is on the gifts in the present and my exciting goals in my future. Grievances are illusions that I no longer see. How happy I am that I made this choice. It lightens my load. It feels wonderful.

On this day, I am grateful for the Miracle of FORGIVENESS in my life. I am blessed. I am free!

Forgiveness is easy because I have a mindset that believes it increases my power and gives me peace. As Gandhi said, *“The weak can never forgive. Forgiveness is the attribute of the strong.”* And every day in every way I am getting stronger, stronger and stronger. And every day, I find new ways to forgive. This is my life platform. It gives me peace. It feels wonderful!

On this day, I am grateful for the Miracle of FORGIVENESS in my life. I am blessed. I am free!

I consider grievances to be unwanted baggage that does not belong to me. I refuse to claim it. Give it to someone else. I have no use for it or time to think about it. This is my sacred choice and holy decision. I am about giving and getting, loving and learning, forgiving and forgetting. I will not change for any reason. My path is clear and my life fulfilled. It feels wonderful!

Today is a special day filled with magic and miracles. I have no room for grievances. I have only room for love, compassion and the manifestation of my heart's desire.

**I have already forgiven myself and any and all others
...I am FREE!**

Butterfly Scroll Marked II

THE MIRACLE OF GRATITUDE

Today, I am so happy to have the Miracle of GRATITUDE in my life. I am blessed! I am free!

Today is a new day filled with promise and opportunity. I add gratitude to the mix and it returns in kind; heaped up, pressed down and overflowing. I am grateful for my strong and resilient body and exceptional health. I am grateful for the beating of my heart and the miraculous air that fills my lungs. I am grateful for the life energy flowing through my veins. It feels wonderful!

Today, I am so happy to have the Miracle of GRATITUDE in my life. I am blessed! I am free!

I am so grateful for the people in my life; now or in the past. These are the wonderful Spirits who have enriched my life in so many different ways. They are family members, friends or even those I considered enemies. They were all the perfect teachers for the lessons I needed to learn. I am grateful for the blessings

they brought. They have touched my soul. It feels wonderful!

Today, I am so happy to have the Miracle of GRATITUDE in my life. I am blessed! I am free!

I know that whatever I think about expands. I am eager to expand the gratitude I now feel. I am grateful for the opportunities my life has given me. I am grateful for the blessings of my country and those who have died or in any way sacrificed to allow me to experience life, liberty and the pursuit of happiness. I vow to never take these gifts for granted. It feels wonderful!

Today, I am so happy to have the Miracle of GRATITUDE in my life. I am blessed! I am free!

I am grateful for the adversity, pain and failures I have experienced in my life. Even though they may have been difficult at the time, they were the perfect teachers for the life lessons I needed to learn. They taught me the power of love and the value of persistence. They have shown me how to find the good in everything and celebrate the lessons of failure. It feels wonderful!

Today, I am so happy to have the Miracle of GRATITUDE in my life. I am blessed! I am free!

I am grateful for the future that lies before me. For it contains the infinite blessings and special gifts of tomorrow. Sometimes they appear as joyfulness and

opportunity, other times they show up as loss, sorrow and pain. In any case, I will love them all the same. I will not judge them. I will embrace them for the lessons they teach. Life is good. It feels wonderful!

Every second of all of today I am GRATEFUL. It fills my Soul. It releases my Spirit!

Today is a special day filled with magic and miracles. I now fill my heart with the miracle of gratitude. It feels wonderful! **I am grateful for all the blessings in my life....I am FREE!**

Butterfly Scroll Marked III

THE MIRACLE OF VISION

On this day, I am grateful for the Miracle of VISION in my life. I am blessed! I am free!

Today is a new day filled with promise and prosperity. God has blessed me with a Vision for my life and I will gladly follow it. My vision is uniquely personal to me. It is the DNA of my body and the contract of my Soul. I acknowledge its presence and feel its energy percolating in my being. It pulls me forward with unconquerable enthusiasm and grace. It feels wonderful!

On this day, I am grateful for the Miracle of VISION in my life. I am blessed! I am free!

My special Vision is what I have to give to the world and I welcome it gladly. As Carl Yung said, **“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.** I look inward to find my authentic self and the awakening of my vision. I love to spend time with my vision and its power. It feels wonderful!

On this day, I am grateful for the Miracle of VISION in my life. I am blessed! I am free!

I know that it does not matter whether this vision is large or small, as long as it is uniquely mine. It is the gifts given to me by God and I shall gladly show them to the world. I will find my Vision and I will follow it. I will do this with love and joy, passion and purpose. I will not be discouraged by the naysayers. Negativity only makes me stronger and more powerful. It feels wonderful!

On this day, I am grateful for the Miracle of VISION in my life. I am blessed! I am free!

I know that finding my vision and living its purpose is designed to be easy and effortless, if I follow the path of least resistance. And when I find my true vision, I will know it. It will be like reuniting with a long lost friend. Once I see the true vision for my life, I will pursue it with passion, faith and resolve. I will embrace my vision with mind, body and soul. It feels wonderful!

On this day, I am grateful for the Miracle of VISION in my life. I am blessed! I am free!

Finding and manifesting my vision is my gift to the world. And the world desperately needs my contribution. My vision is my legacy that lives on when I am gone. It allows others to stand on my shoulders and see a bigger and better future. It is how I make the world a better place. I am my vision and the vision is me. I thank God for this chance to contribute. It feels wonderful!

Today is a special day filled with magic and miracles. I have no time or room for negative distractions. **Every second of today I am grateful for the Miracle of VISION. It fills my soul. It sets me FREE!**

Butterfly Scroll Marked IV

THE MIRACLE OF BELIEF

On this day, I am grateful for the Miracle of BELIEF in my life. I am blessed. I am free!

Today is a new day filled with promise and opportunity. I affirm and acknowledge that all things are possible to those who believe. It is an unlimited source of energy and strength in my life. It comforts me during times of challenge and sustains me during times of loss. For

belief is always my sacred choice and surrendering to God. I feel its infinite power. It feels wonderful!

On this day, I am grateful for the Miracle of BELIEF in my life. I am blessed. I am free!

Belief is priceless and yet it is always free. It is our gift to others and also a gift to ourselves. Belief defies logic, creates miracles and makes “all things possible.” It melts failure like ice in the summer sun. It turns Miracles into the status quo. Belief is a choice I make daily and I am so grateful to feel its presence. There is no beginning or end to its power. It feels wonderful!

On this day, I am grateful for the Miracle of BELIEF in my life. I am blessed. I am free!

Belief grows as I grow and it gets stronger every day. Belief extends itself like a mighty oak tree. It reaches into the sky, always seeking a bigger and better connection with God. Belief is a gift that loves to be shared and groups multiply its power. I daily celebrate my beliefs and surrender them to God for strength, clarity and direction. Belief is my source of power. It feels wonderful!

On this day, I am grateful for the Miracle of BELIEF in my life. I am blessed. I am free!

Great minds know this truth, “**if you think you can or you think you can’t, you are right.**” Today, I will

resolutely believe in the manifestation of all my goals and aspirations. I believe that the Universe is conspiring on my behalf to direct and guide all seen and unseen forces to assist me in achieving my heart's desire. Every day I get stronger. I am at peace! It feels wonderful!

On this day, I am grateful for the Miracle of BELIEF in my life. I am blessed. I am free!

My actions this day towards my goals shall be effortless because I draw from the infinite power of belief. My beliefs are in perfect alignment with the directives of my soul and the power of my vision. And as I believe more, I can effortlessly do more. Every day in every way my beliefs are getting stronger, stronger and stronger. Life is good. I am at peace. It feels wonderful!

Today is a special day filled with magic and miracles. I have no time or room for negative distractions. **Every second of today I am grateful for the Miracle of BELIEF. It fills my soul. It sets me FREE**

Butterfly Scroll Marked V

THE MIRACLE OF STRATEGY

On this day, I am grateful for the Miracle of STRATEGY in my life. I am blessed! I am free!

Today is a new day filled with promise and opportunity. I gladly bring Strategy into my life. It is God's plan for

manifestation and the perfect path of least resistance. Without strategy, I will be like the fly in the corner of a window pane, banging its body to get to the afternoon light. I will learn from my mistakes and mold them into a better strategy. This my plan. It feels wonderful!

On this day, I am grateful for the Miracle of STRATEGY in my life. I am blessed! I am free!

The gift of strategy allows me to live a life of grace and ease. I will listen to those learned voices of the past and I will follow them into the future. Great strategy creates great results. I work smarter, with just the right effort. It is my dance with the Universe and I will hear the music. Success leaves clues and I will follow with faith, hope and determination. It feels wonderful!

On this day, I am grateful for the Miracle of STRATEGY in my life. I am blessed! I am free!

My life is filled with teachers and I will find a mentor who has traveled a path much like mine. I will listen to their advice and I will follow it. For there is no reason to blaze a new trail when one has already been provided. I will also follow my “inner voice” to learn the “best” way of getting things done with ease and grace. I will be an example for others to follow. It feels wonderful!

On this day, I am grateful for the Miracle of STRATEGY in my life. I am blessed! I am free!

I will remember the words of Einstein, ***“Insanity: doing the same thing over and over again and expecting different results.”*** And I will gladly heed this advice. I will find those areas in my life where I need to change direction and I will gladly do so. I have no ego attachment to my plans. I turn them over to God and He will show the path of least resistance. It feels wonderful!

On this day, I am grateful for the Miracle of STRATEGY in my life. I am blessed! I am free!

For good strategy is the product of great wisdom. I will know when to walk and when to run. I will know when to start and when to finish. Like a kaleidoscope of Butterflies, I am now deeply connected to God and His intentions. I will know and feel His directions. It shall give me great peace and security. My path is lit with the power of His love and guidance. It feels wonderful!

Today is filled with magic and miracles. I have no time or room for negative distractions **Every second of today I am grateful for the Miracle of STRATEGY. It fills my soul. It sets me FREE!**

Butterfly Scroll Marked VI

THE MIRACLE OF “I AM”

On this day, I am grateful to have the miracle of “I AM” in my life. I am blessed! I am free!

Today is a new day filled with promise and opportunity. The miracle of **"I AM"** is my conversation with myself. It is the mirror I hold up whenever I speak. For **"I AM"** is the true reflection of what I think about myself. Today I will observe my speech and make sure my **"I AM"** is what I want it to be. "Every day in every way **I AM** getting better, better and better!" It feels wonderful!

On this day, I am grateful to have the miracle of "I AM" in my life. I am blessed! I am free!

For in the Bible it says, "Let the weak say '**I AM** strong'." I will follow this directive, for it is my chosen path. I will use **"I AM"** as a tool and it will change my life. For it is true that "whatever follows I AM will eventually follow me." I want all that follows me to be filled with love, light and blessings. This is God's plan for me and everyone in the world. It feels wonderful!

On this day, I am grateful to have the miracle of "I AM" in my life. I am blessed! I am free!

And as I learn to control and monitor my **"I AM"** I will also become aware of the **"YOU ARE"** in my speech. For these are the words that I direct towards others in my life. They can either empower or weaken those around me. It will also shape their self-image and the limits of their power. Therefore, I will always speak **"YOU ARE"** to others in positive terms. It feels wonderful!

On this day, I am grateful to have the miracle of “I AM” in my life. I am blessed! I am free!

This is a gift to them and also my gift to the world. For as they grow stronger, so does everyone. For language is our connection to the world. We can either use it for good or evil, expansion or retraction, strength or weakness. More and more, my words feed my soul and feed the souls of those around me. I will respect and carefully use this power. And so it is! It feels wonderful!

On this day, I am grateful to have the miracle of “I AM” in my life. I am blessed! I am free!

Today I will also become aware of my silent voice. It is the thoughts created by my mind. Although no one can hear my thoughts they can see their manifestation in my life. The “I AM” thoughts of my mind can be just as powerful as my voice. I will become aware of this power and think only thoughts filled with health, wealth, goodness and grace. It feels wonderful!

Today is a special day filled with magic and miracles. I have no time or room for negative distractions. I have only room for love, compassion and the manifestation of my God given “I AM.”

Every second of today I am grateful for the Miracle of “I AM.” It fills my soul. It sets me FREE

Butterfly Scroll Marked VII

THE MIRACLE OF FEELINGS

On this day, I am grateful for the Miracle of FEELINGS in my life. I am blessed! I am free!

Today is a new day filled with potential and opportunity. Feelings are one of my most treasured gifts and greatest powers. Feelings are my navigational tool that lets me know when I am on the right track. The “right way” will always feel good. I will become aware of my feelings and let them guide what I say, where I go and what I do. It shows me the way! It feels wonderful!

On this day, I am grateful for the Miracle of FEELINGS in my life. I am blessed! I am free!

FEELINGS are my connection with life and my connection to God. They are the energy and fuel of my power of manifestation. For as I feel the feeling of my goals, they shall move towards me and I shall move towards them. As I see, hear, smell, touch and taste in my mind, I harness the power of manifestation and become Co-creators with God. It feels wonderful.

On this day, I am grateful for the Miracle of FEELINGS in my life. I am blessed! I am free!

Just as I can control my thoughts and beliefs, I can also control my feelings. It is a skill that can be developed and strengthened. I will use my feelings to change the world by praising and encouraging those around me. It will help me heal the sick and comfort the grieving. I will connect with their feelings and feed them love, compassion and hope. It feels wonderful!

On this day, I am grateful for the Miracle of FEELINGS in my life. I am blessed! I am free!

Most of all I will feel the feelings created by love. It is our Divine right as God's children. After I feel this love, I will pass it on and share it with those around me. Love is my greatest weapon to protect the weak and greatest gift to connect with the strong. Feelings of love and celebration shall be status quo and my ultimate connection with God. And so it is! It feels wonderful!

On this day, I am grateful for the Miracle of FEELINGS in my life. I am blessed! I am free!

Most of all, today I will bask in the feeling of happiness. As Abraham Lincoln said, "Most of us are about as happy as we make up our minds to be." Today I will "make up my mind" to be happy in everything I think, say or do. I

will create happiness in my life and then I will share it with other. !

Today is a special day filled with magic and miracles. Every second of today I am grateful for the Miracle of “FEELINGS.” It fills my soul. It sets me FREE!

How do you get to the Butterfly Moment?

THE MAGIC OF THE COCOON

WHAT IS THE COCOON?

It is more than a metaphor. It is a description of a place of entry to the experience of miracles, Butterfly moments and quantum leaps.

It is what Deepak Chopra calls “the Place of Pure Potentiality” and “the Field of All Possibilities.”

It is the womb of all creation, the spark of every fire and the energy in any seed.

The source of all creation is pure consciousness, pure potentiality seeking expression from the unmanifest to the manifest. And when we realize that our true

Self is one of pure potentiality, we align with the power that manifests everything in nature.

Your Cocoon of Creation contains everything you desire and everything you have become!

Here's how it works: **Each time you have a desire, the Non-Physical part of you BECOMES the vibrational, expanded version of your request.**

Here is the platform of thought that allows the Cocoon to occur.

First, understand that everything you have asked for already exists in vibrational reality. All your desires have already manifested vibrationally and are waiting for you in your Cocoon.

Got a problem? Get in the Cocoon where the solution is. Seeking inspiration? Get in the Cocoon and be inspired. Have a desire for greater abundance, improved health, more joyful relationships? Get in the Cocoon. Here it is done, complete, already manifested.

Vibrational reality always precedes physical reality.

FIRST STEP “WHAT DO YOU WANT? WRITE IT DOWN.

Be clear and specific.

- “I want to lose 5 lbs.” instead of “I want to lose weight.”
- “I want a job as a schoolteacher for the 5th grade.” instead of “I want a job.” “
- “I want a new Jeep Compass RV.” instead of “I want a car.”

HOW TO GET INTO THE COCOON?

Getting in the Cocoon means aligning your physical perspective with the Non-Physical Source Energy part of you. Getting in the Cocoon starts by accepting the existence of this vibrational reality, then doing your best to move in the direction of it.

Like all manifestation, it starts with desire...and intention (the energy of will) and attention (the power of focus).

Feel Your Way along the path of least resistance. The Cocoon is a vibrational state of being that you feel your way into. Your emotions tell you whether you're inside or outside the

Cocoon. Feel your way in by reaching for the best feeling thoughts you can find in each moment.

As you choose thoughts that feel better, you raise your vibration and move closer to the Cocoon. When you raise your vibration up to Hope, that's the doorway to the Cocoon and you're almost there.

Think Good-Feeling Thoughts. Make feeling good the most important thing and consistently direct your thoughts to what feels good. By thinking thoughts that feel good, you easily move into your Cocoon where everything you desire is available to you.

Take Good-Feeling Actions. Do things that feel good, such as meditating, walking in nature, singing, dancing, yoga, interacting with like-minded friends, playing with your kids or pets, relaxing in a hot bath, giving or receiving a massage, appreciating a child, a sunset, etc.

Feel Appreciation and Gratitude. A primary key to getting in your Cocoon is being in the state of appreciation and gratitude. Focus on people and things you appreciate. And remember, please, the importance of appreciating yourself. Constantly expand and fill your container of

things to be grateful for. Bless and expand all that is good, joyful and appreciated.

Seek Positive Aspects. Set your intention to seek positive aspects in everyone and everything. Continuously find the most positive circumstances in your life and consciously direct your attention there.

Constantly acknowledge small victories and build upon them. Delight at the progress you are making and the beauty of the challenges in front of you.

Tune Your Vibration like an old fashion radio. Tune yourself to the vibration of what it feels like to be living everything you desire now. Lean in the direction of that vibration and deliberately focus yourself there.

Indulge. When you activate a good feeling, milk it for all it's worth. Stay in that good feeling and practice that high vibration by fully savoring each moment of bliss.

As you consciously decide to BE in the high-flying feeling of elation that is your Cocoon of Creation, everything you desire becomes a physical reality. By choosing increasingly

better-feeling thoughts, you are able to transcend and break through your Cocoon.

Imagine the joy of being released from the Cocoon... feeling good, flying high and watching everything you desire unfold in the perfect way at the perfect time. It's all there waiting for you.

Become a vibrational match to your Cocoon of Creation and experience **The Magic of The BUTTERFLY MOMENT** now.

Beliefs and experiences that are in the vibration of the Cocoon.

- 1) The Universe is conspiring on my behalf to give me all of my heart's desire and more.**
- 2) Everything is unfolding easily and effortlessly as I proceed along the path of least resistance. Quantum leaps are expected.**
- 3) Experiences of profound joy, excitement and gratitude constantly pull me in the direction I need to go to manifest all that is my wildest dreams.**

SET THE BAR HIGH!!!

Articulate a big, bold and beautiful mission in your life.

Look at some phenomenal examples of other brands and their mission...their “reason for being.”

Nike: *To bring inspiration and innovation to every athlete in the world.*

Starbucks: *To inspire and nurture the human spirit – one person, one cup and one neighborhood at a time.*

Chevron: *To be the global energy company most admired for its people, partnership, and performance.*

Amazon: *To be the most customer-centric company in the world, where people can find and discover anything they want to buy online.*

Intel: *Delight our customers, employees, and shareholders by relentlessly delivering the platform and technology advancements that become essential to the way we work and live*

Here are some possible “game changers.” My Mission is...

- *To be a Man (or Woman) of health, wealth and happiness that serves my family, friends and the world.*
- *To be a Man (or Woman) who every day in every way gets better, better and better.*
- *To be a person who lives, loves and leaps into each and every moment of each and every day.*

Make one up for yourself. Let go...Be creative...Just...

Just do it!

Like any program or process, the Magic of the Cocoon only “comes alive” if you do! You need to put these steps into motion. It should not take much more than 5 or 10 minutes of your day. However, like the caterpillar, the results will be life changing.

Do it for 30 days...suspend any disbelief...if it’s good enough for Nike, it’s good enough for you.

Success leaves clues. Let me know the result! Call John (248) 568-7021. I’d love to hear from you.



John, his wife Carrie and their beautiful Golden Retriever Bella.

The Author

John has spent most of his life counseling, coaching and caring for those in need. During his early life he felt a

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vocation for the Catholic priesthood and at the age of 12 was accepted to the Sacred Heart Seminary in Detroit. After high school, he went to Michigan State University as an Evans Scholar. Here he played Big Ten Football for the legendary coach Duffy Daugherty and was a University Rhodes Scholar Candidate.

Upon graduation, he taught English and Reading and coached high school sports at St. Clemens High School. He then went on to Notre Dame Law School and pursued a Personal Injury Practice in Michigan for over 35 years, serving the needs of clients experiencing catastrophic injury and loss. During this time, he also developed a career as a Hollywood screenwriter, having written over 30 screenplays, half of which have been either sold or optioned and two were development deals for Walt Disney Studios.

He has also worked as an artist, musician, playwright, poet and entrepreneur. He now serves full time as a Life Coach and sits as board president for the St. Clair Butterfly Foundation, an organization which offers deprived young adults programs for the arts (music, painting, writing and yoga) in “at risk” communities in the Metro Detroit area.