



The WAY OF The BUTTERFLY WARRIOR

7 Secrets to Miraculous Living
30 days to *Quantum Leap Performances*

by
John J. Schalter, J.D.

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

- Albert Einstein



WELCOME TO MIRACULOUS LIVING ¹

A Platform for Quantum Leap Performances

" There are two ways to live our life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Albert Einstein

"Butterflies are a reminder of the Divine presence and magic in all of life; a call to embrace and tune into it!"

John J. Schalter

¹ Can you see the translucent butterfly in the middle of this picture?

CONTENT

● The Butterfly Warrior	4
● Quantum Leap Achievement	8
● C1 Movement and Mission	12
● C2 Natures Teacher	21
● C3 My Story and B Moment	27
● C4 Cracking the Code	35
● C5 Miraculous Living Mindset	42
● C6 Creating Your Kaleidoscope	49
● C7 The Miracle of Forgiveness	57
● C8 The Miracle of Gratitude	63
● C9 The Miracle of Vision	67
● C10 The Miracle of Belief	71
● C11 The Miracle of Strategy	77
● C12 The Miracle of I AM	83
● C13 The Miracle of Feeling	89
● My Miracle	95
● Final Thoughts	97
● The Butterfly Code	103
● The Road of the Code	105
● Tools and Rules	107
● The Butterfly Scrolls	122
● The Magic of the Cocoon	138

Venture beyond Peak Performance and Positive Thinking!

Crack the Code to Quantum Leap Achievement Find the Butterfly Warrior Inside YOU!

Butterfly Warrior is a term used by the Aztecs. It is derived from the legend of Itzpapalotl, the warrior spirit of the Aztec Mother Goddess "Coatlique".



According to Legend, she granted soldiers who died in the battle and women who died in childbirth, the privilege of returning to earth as butterflies and collecting

the eternal reward of the sacred nectar. **Coming back to earth and creating the heavens is the appointed task of the Butterfly Warrior and essential to its mission.**

A Butterfly Warrior is any man or woman dedicated to personal transformation. They are activists who are driven by love, motivated by the possibility of heaven on earth and dedicated to the formation of a new paradigm of thinking.

Surely there is not a better image for someone who wants quantum leap consciousness and the experience of Miraculous Living!

What about you?

Since you have picked up this book you must feel that need or desire to change from the status quo. Are you...

- Confused and frustrated by your present life performances and want fast and effective change?
- Feeling like you are not living up to your God given potential and you feel stuck?
- Tired of playing your game small and short changing yourself and your performances?
- Able to envision a better game for yourself, however, you have no idea how to manifest it?
- In need of tools to help teammates who are struggling and have reached out to you for guidance?

If any of these describe you, I urge you to keep reading!

WELCOME TO TRANSFORMATIONAL THINKING

“The Way of the Butterfly Warrior is everything you need to know to manifest your best performance ever... all from the study of the amazing Monarch Butterfly.”

“This Book reveals a process that can cause quantum leaps, transformation and an experience of Miraculous Living that can change your life, change the world.”

“What if I told you...we have not yet dipped our toes into a vast ocean of your God given human potential?”

I have one goal in this book... to raise the bar for anyone and everyone who reads it...so that they may experience their full and highest potential as the dominant species of this planet.

John J. Schalter

**Three experiences are described in this book:
the Wonder, the Way and the Work**

THE BUTTERFLY MOMENT (the Wonder)

The Butterfly Moment is an experience of **the Wonder**. It is a sudden realization of the fact that the caterpillar is more than it thought it was. It is now one of most beautiful insects on earth. Best of all it can fly!

THE BUTTERFLY CODE (the Way)

Now transformed, the Monarch Butterfly shows us **the Way**. It is a path lit by a Mindset of Miraculous Living and tools for awakening our true self; causing quantum leap performances and transformations.

BUTTERFLY WARRIOR (the Work)

The final product now manifested. (the warrior within you), it is now your turn to do **the Work**. According to Legend, you are now an activist, moved by love, motivated by the possibility of heaven on earth, serving the death of the caterpillar and the spirit of the new paradigm.



Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one.

- Marianne Williamson

Cracking the Code to Quantum Leap Achievement

This is not your usual self-improvement book. It seeks to create an experience. **It is a book that considers the question “Why not?” to be a more powerful question than “Why?”**

It is designed to step into the field of advanced thinkers like Einstein, Isaac Newton and Napoleon Hill.

Its purpose is to stretch your mind, as you stand on the shoulders of giants of thought and exponential thinking.

It also is a workbook and intended to be very “hands on” and filled with calls to action. It provides tools that can dramatically affect your life and the achievement of your personal goals.

However, tools are no good unless you use them. And so I encourage you to grab a pen and do the exercises after every chapter. Fill out the templates at the end of the book. Not only will you learn more, you will also achieve more.

What is the value of our hopes and dreams? Better yet what is the cost of an unfulfilled life? Surely, the vision of our own individual future is as sustaining as the beating of our hearts. It is as priceless as life itself.

However, as Thoreau also says, “Most men live lives of quiet desperation.” They become detached from their dreams because they walk the path of life alone and get lost along the way. What a horror to think of a man looking back at his special life and seeing that he has never really lived.

I want you to do a short exercise. Imagine that your life or career has ended and all that is left is the inscription on your tombstone. What will it say?

Or better yet, what is it in your life that is worth preserving or even emulating? If we project into the distant future, what legacy that inspires will we leave to those loved ones and strangers left behind? Will we be

remembered as a person that future generations will follow to a better life?

The fascinating thing about our legacy is that it has nothing to do with fame or fortune. It is the fulfillment of that special dream that has been planted in our hearts before the day we are born. It is the deeply misunderstood meaning of “success.”

“If a man is called to be a street sweeper, he should sweep streets even as Michaelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, 'Here lived a great street sweeper who did his job well.'”

- Martin Luther King

Let us examine the path of Quantum Leap, Transformational Thinking and Miraculous Living.

Exercise:

Write an answer to the following:

- 1) What is your “special calling” you want to remembered by?**
- 2) What are three goals you would like to achieve through this program?**
- 3) What is holding you back? Why haven’t you achieved them yet?**

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?**

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.⁴

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.⁵

- 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

⁴ **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!**

⁵ 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?**

CHAPTER THREE



My Story and Butterfly Moment

“There is no greater agony than bearing an untold story inside you.” - Maya Angelou

The Message/Messenger

All of us have a story of some sort. It lays the foundation for “who we are” and “what we need to become.” It often points to the work we need to do on ourselves and also the work we need to do to serve the world. Like someone once said, “Take your messes and make it your message!”

By the end of this book, it is my hope that you will discover your own personal story. Without a doubt, it can be your greatest teacher and source of strength and inspiration.

As Maya Angelou says in the previous quote, failing to find and tell your own personal story can have grave and painful consequences.

Finding your story and healing its negative effect on your life could be the most important work you do in your lifetime. We cannot effectively help others until we finish the business of helping and healing ourselves.

“We all have a life story and a message that can inspire others to live a better life.”

- Brendon Burchard

Vacation Turned Nightmare

I came from a family of six kids, born and raised in the Detroit suburb of Roseville, Michigan. I experienced a wonderful 12 years of schooling from Roseville Sacred Heart. For all intents and purposes, I had incredible parents and great siblings. It was all a young boy could ask for. And then a dark cloud of tragedy struck from out of nowhere.

When I was 13 years old, while on vacation with my family in northern Michigan, my father experienced a massive and debilitating stroke, caused by a defective heart and carbon monoxide poisoning at his job.

For eleven years, this once healthy, robust man sat in a wheelchair, totally disabled and requiring 24/7 care from my mother.

I am sure that it was painful and frustrating for him to no longer be able to provide for his family, as he had done for almost thirty years. His eyes could barely focus and his speech was slurred and unintelligible. He was prone to fits of screaming and crying because of his complete frustration.

Prior to his stroke, my Dad was (for all intents and purposes) the perfect father. He was kind, hard working and loved by everyone who knew him. He

loved carpentry, hunting, fishing, Christmas and especially his family. In my mind, he was the ideal role model for a young boy growing up in the 60's.

He worked as a service manager at a Detroit car dealership. Hard work and service was what he was all about. Every Christmas he brought home arms full of gifts from customers.

Over the years, my dad used to talk about one of his “favorite customers.” He was a very rich and successful attorney in Detroit who always came to my father to get his Lincoln Continental serviced.

Dad always gave this lawyer top-of-the-line service, including working late to fix his car and personally dropping it off at his law office, so that he didn't even have to come and pick it up. This attorney always used to tell my dad, “Al, if you ever need *anything*, come to me. I'll take good care of you!”

To me, this looked like the perfect time to take him up on his offer. I urged my mother to consult this lawyer about Dad's legal rights. It was clear in my mind that his job (toxic car fumes) had caused his sickness and disability. There must be something that could be done. My poor mother was raising 6 kids with no income! Finally, my mom agreed to make an appointment.

Unfortunately, things didn't occur as I expected.
At the appointment, the lawyer suddenly

became a different man from the one my father had described. He was rude, abrupt and dismissive. After only five minutes, my dad’s “favorite customer” said, “Listen, Mrs. Schalter, I’m very sorry to hear about all of this; however, I am very busy. There is nothing I can do to help you.”

As my mother was leaving, the secretary stopped her and handed her a \$100 invoice for the attorney’s “services.” My mother told me she cried all the way home on the bus.

During those years, I wanted to help my parents, especially my father. However, I didn’t know what to do. I was making only \$5 a day as a caddie. I was angry at the legal system and disillusioned by the legal profession.

There weren’t many things my dad could do after his stroke, except one thing. He could still smile. And when he did smile, it lit up the room.

It was then that I had my own Butterfly Moment. I quit focusing on what I couldn’t do and started focusing on what I could do. This was my opportunity to leave the cocoon and fly!

Here is what I “could” do. I could do things that would make him proud, that would make him smile.

And so that became my goal. I was going to make my father smile. It was the gas that filled my motivational tank. Thanks to my Dad, my job as a

caddie turned a four-year scholarship to Michigan State as an Evans Scholar and a walk-on to Spartan Football team. I even promised him I would graduate from Notre Dame Law School.

The circumstances of my life did not change. My father was still disabled. However, my focus on what “I could do” was my butterfly moment of empowerment and quantum leap. It was this shift that made all the difference.

All of my sisters and brother made this same decision; each in their own way. And all of this brought great joy and healing to our parents.

This simple and yet miraculous choice completely changed my life for the good.

Exercise:

Write an answer to the following:

- 1) What is (or could be) “Your Story”?**
- 2) How did your story help create the circumstance of your current life?**
- 3) How can you use your story to help, inspire or serve others**

CHAPTER FOUR



Cracking the Code to Quantum Leap

"There are two ways to live our life. One is as though nothing is a miracle. The other is as though everything is a miracle."

Albert Einstein

“Success leaves clues.”
-Tony Robbins

The Butterfly Code sets the stage for a quantum leap in self-growth and self-development in all areas of your life.

It is the Way of the Butterfly Warrior!

It can be used for anything that requires change and/or growth. This includes areas of life as health, wealth, relationships, addictions and virtually any lofty and/or tangible goal or aspiration.

Patterned after the caterpillar’s resurrection from the cocoon, it seeks large and profound change in small increments of time (30 days).

The Butterfly Code is a very simple lesson taught by Mother Nature. It is the combination that can open the lock, the password that can unleash the program, the transformational system to help change anything negative in your life into something positive.

Don’t believe me, try this program for 30 days. Do all of the exercises. Complete all the assignments, take on a new attitude and watch the miracles start to occur. Some will be small at first, however expect them to grow big. What do you have to lose?

You can experience the program in pieces. As previously mentioned, just embracing and applying

the single idea that “everything is a miracle” will profoundly change your life!

Add other tools presented in this book and they will combine synergistically and create a literal explosion of growth and development.

The more you focus on “breaking free from the cocoon” of old thoughts, habits and negative expectations, more good things in your life will occur.

As you participate in this process and program expect the following:

- **You will notice that you are much happier and more at peace.**
- **You will have more energy and enthusiasm for the life projects that are important to you.**
- **You will experience the magical power of serendipity, where you always seem to be at the right place at the right time.**
- **People around you will notice how much you have changed for the good.**
- **You will feel like sharing and being of service to others.**
- **You will feel constant surges of gratitude and connection with God.**
- **You will be attracted to healthy habits of diet and exercise because of the feeling and energy they give.**
- **You will crave “like-minded people” who think as positive as you do.**
- **You will sleep better and wake up excited to face a new day.**

- **You will be filled with almost infinite faith, energy, and persistence.**

These are just a few. The list of changes are almost endless.

And so, for the next 30 days, do all that it is asked of you in the following pages. Do these exercises filled with incredible joy, wonderful expectations, and positive expectations.

Exercise:

Write an answer to the following:

- 1) What is the change in the world that you would most like to see?**
- 2) Can you see a change in yourself that could change the world? What is it?**
- 3) On a scale from one to ten, how much are you really committed to change?**

CHAPTER FIVE



Miraculous Living Mindset

“Miracles are natural. When they do not occur, something has gone wrong.”

- A Course in Miracles

Here is your first lesson. Make sure you write it down.

Mindset is everything!

Second lesson? If you take only one idea from this book, let it be those three words... Without mindset change is not possible. Here is your platform for transformation and quantum leap performance.

Incorporate into your daily life the Miraculous Living Mindset.

Expect Miracles
Experience Miracles
Everywhere
Everyday
Every way

Easier said than done? Only if you think so!

Here is the problem. Somewhere along the way we have put miracles beyond our reach. We have locked them all in a box labeled “impossible” and thrown away the key. Miraculous Living has been put out in the trash and left to the late night TV commercials pushing “miracle” products.

What if I told you it didn't have to be this way?

Miracles should be part of the “moment to moment” experience of our lives. Anything less and you are cheating yourself and those around you.

Imaginary Obstacles

A man walked by an elephant trainer and noticed that they were all restrained by very thin ropes instead of chains. He asked the trainer how this could be. The trainer replied, “We use these thin ropes when the elephants are babies. They are conditioned to believe that the ropes are stronger than they are and they never learn otherwise.”

“What the mind can conceive and believe it can achieve.”

- Napoleon Hill.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

How many of us are being held back by old, outdated beliefs that no longer serve us? How many of us have avoided trying something new because of a limiting belief? Worse, how many of us are being held back by someone else’s limiting beliefs?

Miraculous Living raises the bar and takes our daily lives to a new level of goodness and grace.

“Small hinges open big doors.” - Author Unknown

It is a small change of perception that makes a big difference. Oddly enough, most of the time we resist. Greatness can be frightening!

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.”

- Marianne Williamson

The Mindset Muscle

The solution to this dilemma is simple. Practice makes perfect. Mindset is a muscle. It needs to develop. It needs to become strong enough to face the doubting Thomases of the world.

Here is the first step. Make Miraculous Living the lenses you look through in your daily life. **Constantly ask yourself, “How would a person committed to a Miraculous Life respond to this situation?”**

Exercise your mindset muscle and make room for miracles. Look for miracles in the smallest of things... a good meal...a sunset...a hug from your wife (or

significant other)... or even a walk in the woods with your dog!

Second, surround yourself (as much as possible) with like-minded people. Build your Butterfly Warrior kaleidoscope of believers. Even Jesus assembled his 12 apostles of like-minded thinkers. Take hold of your life and become a leader rather than a follower. As Jesus said, miracles (and even greater) are your Divine Right!

“Very truly I tell you, whoever believes in Me will do the works I have been doing, and they will do even greater things than these.” [John 14:12](#)

Why are you demanding anything less than this?

Make Miracles the Status Quo!

One of the things that I have noticed is that even though people believe in miracles or “the Miraculous Life,” they don’t believe that it can happen to them. In this book, I am going to ask (for at least the duration of your reading) that you believe”. **And if you cannot believe, I ask that you “suspend your disbelief.”**

This is much like your experience at the movies. For the two-hour duration of the movie, you agree to enter a new world with an open mind and accept the rules that are presented to you. For the duration of this book, I ask you to be in good company. Be like Albert Einstein. Be open enough to believe that (at least for the time being) “everything is a miracle.”

If you combine Miraculous Living with the Butterfly Code you clearly have Lightning in a Bottle. Such is the way of the Butterfly Warrior. Such is the path to Quantum Leap Performance!!

Here are some of the components of a Miraculous Life.

- You believe that the Universe is constantly conspiring on your behalf to get you what you desire and need.
- You embrace challenges for what they are, illusions and temporary obstacles to your good.
- You celebrate prosperity and pleasure without being attached to it and without guilt.
- You live life with a constant state of wonder, freshness, and gratitude.
- You give no energy to the negative mindsets of fear, worry or any negative emotion.
- Forgiveness is almost effortless and a natural response to the people, places, and events of the world of illusion.
- If and when you experience negative emotions such as fear you acknowledge what it really is. **False Evidence Appearing Real. (FEAR)**

***“It’s the ends of the world,” said the caterpillar.
“It’s the beginning of the world,” said the butterfly.
- Author Unknown***

Exercise:

42

248-568-7021

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?**

CHAPTER SIX



Creating your Kaleidoscope

“For where two or three are gathered together in My name, there am I in the middle of them. “

- Matthew 18:20

“Alone we can do so little; together we can do so much.”

- Helen Keller

When the Butterflies do their amazing migrations covering thousands of miles, they do not do it alone. Millions fly together in what is called kaleidoscopes or swarms. Without a doubt, there is power in numbers.

Like birds migrating, they are feeding off each other due to wind currents created by their wings. This is nothing new. There has always been synergistic power in creating a team or support group.

“It is the long history of humankind (and animal kind, too) that those who learned to collaborate and improvise most effectively have prevailed.”

Charles Darwin

In other words, the kaleidoscope needs to be “like minded.” They all need to be flying in the same direction and at the same pace. Can you imagine the havoc that would be created if they suddenly chose to fly in a different direction?

Watch a school of fish or a flock of birds sometime. They are like soldiers in a parade. All are in sync, all are moving in cadence to the same place and direction. As spectators, we like to see such poetry in motion. It makes our hearts sing to see such unity and cooperation.

That is why sports are so popular in today's culture. We love to see a group playing as a team, each with their own role, pointed towards a common goal of winning. Like-mindedness and team spirit is what makes Super Bowl Champions.

Group energy is often called “synergy.” It is defined as the “interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects.”

In other words, the group creates energy greater than its parts. To create quantum leaps in achievement or performance you need to tap into the power. Without a doubt it is rocket fuel for both the body and the mind. You cannot pass up this source of power. And yet few people choose to use it to transform or change their life.

“The coordination of knowledge and effort of two or more people, who work toward a definite purpose, in the spirit of harmony.”

-Napoleon Hill

For decades 12 Step Programs have recognized the power of support groups and meetings. If nothing else, it creates an amazing power of accountability. Such organizations as Weight Watchers have made tens of millions of dollars, just tapping into this synergistic power of commitment and change.

The point is that Quantum Leaps need Quantum Power.

Your Power Group

You will need to assemble other like-minded individuals to create this synergy and allow you to use its power. Words of warning: Be very careful about who you choose in your kaleidoscopes! Even one bad apple can destroy the bushel.

Here are the traits that you will need of the members you choose for your support group or kaleidoscopes.

- They must understand and be committed to the goal of a Miraculous Life and quantum leaps. (If nothing else, read this book)
- They must be committed to self-growth and self-improvement. You want folks who continually raise the bar, expect more and push the envelope for each other.
- They must be inspiring leaders in their own right. This is not the time to hang with broken people or drama kings and queens.
- They must have the courage to “call you out” when you slip into erroneous, self-defeating behavior or thinking.
- They must be able to give you wise and enlightened feedback on your goals and requests.
- They must operate on a platform of love and understanding. Sometimes “tough love” is what is needed.

- They must continually seek to raise the bar and like Einstein “think beyond their thinking.”

It may not be an easy task to find these kinds of people, however, it is certainly worth the effort. Unlike your family, you get to choose who is part of this “extended family.”

Once you have assembled your group, be sure that you meet (either face to face or conference call) at least once a week.

Here is an agenda of these Kaleidoscopes Meetings.

- Catch up, small talk.
- Call the meeting to order.
- Start with some sort of prayer or a short meditation.
- Raise the power and vibration of the room by a member reading out loud and affirming the 7 Steps for Butterfly Code.
- Have each member articulate the results or status of their 3 requests from last week.
- Have each member articulate 3 requests or goals from the coming week.
- Have members comment and affirm how they see these individual requests manifesting. Remember, it is always easier to believe for someone else than it is to believe for yourself. (More on this in future chapters).
- Close with a short prayer or reflection of gratitude.

I know you will find that there is incredible power in these meetings. However, it is best that you experience it for yourself. Put together a group and give it a whirl for 30 days.

Life Coaching

Another way to add rocket fuel to your Quantum Leap effort and the positive energy and support generated by your Kaleidoscope Group is to also hire a Life Coach to work with you.

What do the following (very eclectic) group of people have in common? Bill Clinton, Hugh Jackman, Serena Williams. They all have (or had) Life Coaches. **See Bill Gates in his Ted Talk video “Everyone needs a coach.”** <https://youtube/XLF90uwll1k>

Like the support group created by the Kaleidoscope, a good Life Coach creates accountability and feedback from a great source. Most of all it is a strong indication of self-worth.

In any good financial plan, the advice is always “pay yourself first.” There is something magical about giving to yourself. It comes back to you in droves. Most of all, investing in yourself sends a loud clear message to your self-esteem that says, “you are worth it.”

The point is, you need someone to be accountable to. You need an outside perspective to help lead the way. The more quality this person is, the more effective he or she will be in guiding your results.

Exercise:

Write an answer to the following:

- 1) Who is on your “hit list” for Kaleidoscope members?**
- 2) Explain why you think these individuals would be good for both you and your group.**
- 3) What personality traits do you think your members need in order to have maximum effectiveness and regular quantum leaps for all involved?**

CHAPTER SEVEN



Secret 1 The Miracle of Forgiveness

“Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.”

- Mark Twain

Unseen Power

Here is the “take away” up front. Forgiveness is rocket fuel, lightning in a bottle and the stuff that quantum leaps are made of.

Forgiveness is one of life’s greatest obstacles and yet one of its greatest gifts. Like the “truth,” forgiveness can set you free. Let’s face it, if you haven’t forgiven someone, he or she still lives in your head and is disrupting your thoughts and the quality of your life.

You are spending the currency of your present life on the memory of a past hurt. This is like making payments on a credit card that you cut in pieces a long time ago.

“The weak can never forgive. Forgiveness is the attribute of the strong.”

— Mahatma Gandhi

Grievances can be very addictive. They can create a strong feeling that can arouse the senses as much as any drug. Keep it deep inside you and after a while, you may not want to let it go.

Consider this quote from the Bible:

“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.” - Mark 11:24-25

Forgiveness creates harmony. Grievances cause disruption and separation. Even in the prayer “Our Father” it states, “Forgive us our trespassers as we forgive those who trespass against us.”

Forgiveness is particularly important for the group or team that is attempting to work together. **Can you imagine the chaos that would follow if a kaleidoscope was peppered with infighting and grievances?** The group wouldn’t even be able to get off the ground much less fly in the same directions.

Science of Forgiveness

In study after study, results indicate that people who are forgiving tend to have not only less stress but also better relationships, fewer general health problems and lower incidences of the most serious illnesses—including depression, heart disease, stroke and cancer. Why? “Because *not* forgiving—nursing a grudge—is so caustic,” says Fred Luskin, PhD, a health psychologist at Stanford University and author of *Forgive for Good: A Proven Prescription for Health and Happiness*. “It raises your blood pressure, depletes immune function, makes you more depressed and causes enormous physical stress to the whole body.”

My first suggestion is to, “decide to let the hurt and anger go.” As a minister friend once told me, “Are you sick and tired of being sick and tired? Then decide to heal!”

“True forgiveness is when you can say, “Thank you for that experience.”

- Oprah Winfrey

Refusing to forgive is like cutting off oxygen to the soul. **That is why it is the first step of the Butterfly Code and the way of the Warrior.** We must wipe the canvas clean before we paint the picture of our newly conceived Miraculous Life.

“Forgiveness is not an occasional act, it is a constant attitude.”

— Martin Luther King Jr.

We must guard the doorway to our mind and monitor our thoughts in order to make sure that negative or unforgiving thoughts do not enter. They are clearly a lower vibration of thought that attract lower vibrational people, places or things.

Forgiveness may not be easy, however it is well worth the effort. Hate and resentment will only cause you pain and diminish the quality of your life. And you deserve more. Let the exquisite “fragrance” of life touch your soul. Become motivated by love not hate and you will experience the Unseen Power of God’s love and infinite strength.

Exercise:

Write an answer to the following:

- 1) Make a list of those you feel you need to forgive.**
- 2) Explain why you haven't been able to forgive these people in the past.**
- 3) Describe what these people, places or things have taught you even though it was painful.**

CHAPTER EIGHT



Secret 2 The Miracle of Gratitude

“It is through gratitude for the present moment that the spiritual dimension of life opens up.”

- Eckhart Tolle

Gratitude is the key to the experience of transformation and the foundation for Miraculous Living.

“The essence of all-beautiful art, all great art, is gratitude”.

- Friedrich Nietzsche

Gratitude is the gift that keeps on giving. For it is not happiness that makes us grateful, it is gratitude that makes us happy.

Time and again, studies have shown that performing simple gratitude exercises, like keeping a gratitude diary or writing letters of thanks, can bring a range of benefits; such as feelings of increased well-being and reduced depression.

Now as brain-scanning studies suggest that even months after a simple, short gratitude writing task, people’s brains are still wired to feel extra thankful. The implication is that gratitude tasks work, at least in part, because they have a self-perpetuating nature: **The more you practice gratitude, the more attuned you are to it and the more you can enjoy its psychological benefits.**

Here is the best part. Where focus goes energy flows. Whatever we think about expands. When we are grateful for even the smallest miracle in our lives, it grows and expands like a flower basking in the morning sunlight.

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”
- Zig Ziglar

However, we do tend to be grateful when it is easy, when things are going well. It is particularly effective when we are experiencing times of challenge.

In his book *Man Search For Meaning*, author and psychologist Victor Frankel speaks about his confinement in the Nazi death camps during World War II under the most adverse living conditions imaginable.

Here is what he learned.

“The last of one's freedoms is to choose one's attitude in any given circumstance. Regardless of what happens to you, you can always choose to be grateful by imagining how it could have been worse!”

Even in the most adverse situations, gratitude is a choice. And within this choice, gratitude will show its power to inspire, heal and energize.

It defies gravity and allows us to soar!

Exercise:

Write an answer to the following:

- 1) What are the things in your life you are most grateful for?**
- 2) What are the bad things in your life you are most grateful for?**
- 3) Describe how you feel doing each list. Can you understand that (in all circumstances) gratitude is a choice?**

CHAPTER NINE



Secret 3 THE MIRACLE OF VISION

“I have a Dream!”

- Dr. Martin Luther King

-

Vision is the offspring of leadership. Leaders see things that normal people do not see. They also have the ability to inspire people into action by the clarity of their cause. Vision is the weapon of choice for a Butterfly Warrior.

“Think of the end before the beginning.”
- Leonardo de Vinci

Nothing demonstrates this better than the following example.

In the early 60’s John Kennedy gave a speech proclaiming to the world that the USA would “put a man on the moon” by the end of the decade. He also had no idea how it would happen. America’s space technology just wasn’t there yet. In fact, the Russians were way ahead of them in the space race.

Kennedy never said it would be easy. In fact, he said, “We do it because it is hard!” Kennedy lived a short but “Miraculous Life.” He could “think beyond his thinking” just like Einstein and the authors I have quoted in this book.

In all respects, he was a Butterfly Warrior. He was dedicated to transformation.

He was like one of the millions of butterflies that fly 3000 miles (and back) each year without a map or a compass. His map was his connection with God.

Before the end of the decade, Kennedy’s dream became a reality. The US won the race in space. They put

a man on the moon before the Russians. Without a doubt it was due to Quantum Leap Thinking and Transformational Thought Platforms.

You have that power too! It is your God given gift and potential life legacy.

“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”

- Carl Jung

It seems that butterflies have this vision of their future programmed into their DNA. Man (unlike butterflies) has been given the gift of free will. We must choose to find our life vision by looking inside. The world needs our special gifts, our special contributions.

I often use the following example. What if you gave someone a carefully wrapped Christmas gift and they took it and locked it into a closet? I imagine you would be hurt and disappointed that the content of your package was unused, unacknowledged and (for all intents and purposes) wasted.

How would this make you feel?

This must be how God (or the Universe) feels when we “take our light and hide it under a bushel basket.” We need to take time to look inside and find our unique gifts and unwrap them. We need to use these

gifts to make the world a better place. The Universe will be happier and so will we.

Exercise:

Write an answer to the following:

- 1) What vision do you have that you need to share with the world?**
- 2) What gifts are you hiding from the world?**
- 3) Describe some of the things you can do to share this special gift to the world.**

CHAPTER TEN

Secret 4 The Miracle of Belief



“By believing passionately in something that does not yet exist we create it. The nonexistent is whatever we have not sufficiently desired.” — Wayne W. Dyer

Here is by far the most important question in this book. What do you believe? Let me give you an example.

- Do you believe that Miracles are natural, expected and part of everything?
- Do you believe that the Universe is conspiring on your behalf to give you what you want?
- Do you believe that Quantum Leap and Transformation is possible for you?

One of the major components of the Butterfly Code is the power of unwavering and resolute belief. It is critical to the experience of a Miraculous Life. If you cannot at least entertain the above thoughts and beliefs, you may be wasting your time reading this book. And I completely respect and appreciate this position.

When the student is ready the teacher will arrive!

It seems that the caterpillar is not burdened with the demands of the human ego (**Easing God Ot)** or the machinations of human fear (**False Evidence Appearing Real**).

Perfect Belief

"All things are possible to him who believes!"

- Mark 9:23

Perhaps the caterpillar/butterfly is so close to God and the commands of its own DNA that it does not question the appointed task of creating a cocoon and enclosing itself like it was a casket. It's faith and belief is strong, steadfast and unwavering.

For all intents and purposes, the caterpillar and butterfly demonstrate perfect belief.

Because of this, the caterpillar is also the perfect teacher. It is pure and perfect belief in motion. Before entering the cocoon it does not question, doubt, reconsider or hesitate. It marches to the order of an internal, spiritual force. It is a direct connection to God's will.

I ask you. Is there a better example of "how to believe" in all of nature? Does not the caterpillar "raise the bar" as to what real belief looks like? Consider this quote from Scripture:

*Consider the lilies of the field, how they grow; they toil not, neither do they spin: Yet I say unto you, that even Solomon in all his glory was not arrayed like one of these. But if God doth so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?
Matthew 6:25-34*

It seems that Jesus is "calling out" his followers and disciples with some tough love statements like "O ye of little faith."

In other words, they need to believe! Evidence of perfect belief is all around them in Nature. Nature is our most perfect teacher, a living example of how to live, love and believe.

When a kaleidoscope forms to travel some 3000 miles, the butterflies have to leave everything behind. There is no room for any possessions. It reminds me when Jesus told his apostles, “Take what you own and give it to the poor and follow Me.”

Miraculous living has a similar mindset. It is not attached to possessions or things of the world. It is attached to “thinking beyond their thinking.” A new mindset that can change the world!

Our goal in living the Miraculous Life is to achieve perfect belief. We set the bar high because Quantum thinking allows for nothing less. If the lilies of the field or the Butterflies in the sky can do it, so can we.

“If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.”

- Henry David Thoreau

Miraculous Living means becoming in touch with our inner compass and inner guide. As we “fly high” and closer to God, our internal guides will finally take over. However, we must ask for guidance. A simple prayer from the Course in Miracles is as follows:

“Show me where to go. Show me what to do. Tell me what to say.” (Say it over and over during a walk or a meditation.) It works miracles. Another great walking prayer or meditation mantra is called Ho'oponopono, Mantra Meditation, Hawaiian Prayer.⁶ Just repeat these words over and over again.

**I am sorry
Please forgive me
Thank you
I love you**

See

<https://www.youtube.com/watch?v=RqrssdH6ET4>

The person seeking to live a Miraculous Life must be constantly searching for tools to help synergistically create cleansing and clarity.

⁶ Read about a psychologist who used this prayer to heal a whole ward of mentally ill prisoners. <http://hubpages.com/religion-philosophy/How->

Exercise:

Write an answer to the following:

- 1) What are the things in your life you are most grateful for?**
- 2) What are the bad things in your life you are most grateful for?**
- 3) Describe how you feel doing each list. Can you understand that (in all circumstances) gratitude is a choice?**

CHAPTER ELEVEN



Secret 5 The Miracle of Strategy

*“Insanity: doing the same thing over and over again
and expecting different results.”*

– Albert Einstein

WORK SMARTER

THEN HARDER

Have you ever seen a fly caught in the top end of a window, buzzing and banging its body on the glass? It can clearly see its goal of the blue sky and bright sunshine through the window. However, unless it changes its strategy, it is never going to get there. The plan is just not working. Still, the fly persists with grim resolve.

In most cases, the fly will die of exhaustion, banging its body against the glass. What a senseless tragedy! It is too busy working hard when it needs to work smart. It refuses to consider a change in strategy.

In traditional ways, the fly is a hero. It did not back down from the challenge. I guess we could say, it died in combat. Another “freedom fighter” fly bites the dust.

What a shame!

However, the real tragedy is that the insect never questioned its strategy. It lived (and died) embracing Einstein’s definition of “Insanity.” It did the “same thing over and over and expecting a different result.”

The fly did not understand MAGIC OF STRATEGY! It died proving itself right.

“I believe that people make their own luck by great preparation and good strategy.”

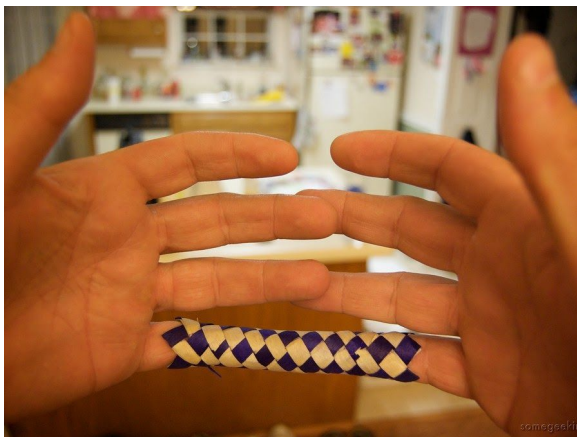
Jack Canfield

Strategy is a platform for Quantum Leaps in human development and achievement. It is the constant desire to “build a better mousetrap.”

For all intents and purposes, “finding a better strategy” is why you picked up this book. As humans, we are constantly looking for a more effective way of doing things or getting what we want.

Consider a sailboat. It can either fight against the wind or allow it to power the boat. A good captain works with the ocean gales and not against them.

When I was growing up, at carnivals they used to have something called Chinese Handcuffs that they would offer as a novelty prize. It is a simple piece of tubing weaved from bamboo. The more you pulled to escape from the device, the more it tightened around your fingers and held you in handcuffs. However, if you let go of the struggle and panic and gently push inward, the bamboo immediately loosens and you could slide your fingers out with effort. It is the frantic pulling that kept you in prison.



Chinese Handcuffs

My point in all of this is as follows. Strategy is a critical piece in the Quantum Leap puzzle.

Choosing a new and better strategy is choosing to work “smarter not harder.” You pick battles very carefully in order to give yourself the best chance to win.

Understanding the importance of strategy means living life with elegance and wisdom. We become aware of a certain flow to life and we follow it. We understand, “to thine own self be true” and use good judgment as kind of a life compass in facing life’s obstacles.

Strategic thinking takes no delight in trying to push a square peg into a round hole. It spends time finding the right fit.

Strategic thinking is what rock climbers use to advance to the highest cliffs. It seeks the safest and most practical way to quickly achieve their goal and make it to the top.

We learn to swim by getting in alignment with the energy of water not by fighting it. We learned to ride a bike by understanding and working with the forces of gravity and balance.

Virtually all strategy in sports or military operations uses this approach in organizing their efforts and taking advantage of any weaknesses of the opposition.

A caterpillar does not fight the limitations of the cocoon. It embraces and surrenders to them as a necessary part of its own strategy of growth and development. It chooses the path of least resistance.

Strategic thinking is also one of the most important steps to a Miraculous Life. It is not the traditional way. It is the way of “Einstein,” and “thinking beyond traditional thinking.”

Proponents of the Miraculous Life are not content to crawl like caterpillars when they know in their hearts, they should be soaring like butterflies.

Exercise:

Write an answer to the following:

- 1) What are you doing over and over again in your life and expecting different results?**
- 2) What areas of your life are you working harder where you need to work smarter?**
- 3) Describe how you can bring the P. O. L. R. into your life.**

CHAPTER TWELVE



Secret 6 The Miracle of “I AM”

“I AM” has the Power to make our dreams come true.
Dr. Wayne Dyer

“I Am that I Am” is the common English translation of the response God used in the Hebrew Bible when Moses asked for His name. It is one of the most famous verses in the Torah.

Without a doubt, it is also two of the most powerful words in the Bible. It is an integral part of “self talk,” those mental or physical conversations we have with ourselves.

“Whatever follows the “I am” will eventually find you.”

— Joel Osteen

Think of language and thought to be like air being pumped into a balloon. The more you pump the bigger they get. And so it is, the more you focus on problems the bigger they get. The more you focus on solutions the bigger they get. As Tony Robbins says, “Where focus goes, energy flows!”

“The words I AM are your sacred identification as God-your highest self. Take care how you use these terms because saying anything after I AM that's incongruent with God is really taking the Lord's name in vain!”

— Wayne W. Dyer

Just becoming aware of this power can be life changing. Consider the following statements:

I am weak.

I am strong.

These are two very powerful three-word sentences. They also have the opposite effect.

Therefore, we must acknowledge and understand the effect words are having on our lives. As Joel Osteen says, **“Pay attention to what you’re saying. Are you blessing your life? Or are you cursing it?”**

Our spoken word or silent “self-talk” is our “true colors.” It shows the world who we really are. Like the butterfly’s wings, it lets the world know the color of your most personal identity and intimate self-image.

True colors are also your power. The butterfly’s colors protect it when it is most vulnerable. It creates camouflage to guard it from predators. It also announces to the world who we are like a flag waving in the wind.

Self-talk is also your ceiling. It can cause you to soar into the sky or (improperly used) drag along like a caterpillar on the ground.

Your first task then is to become aware of your self-talk, particularly those involving the words “I am.” First on the negative side:

- I am so stupid!
- I am not good at _____.
- I am going to lose big time.

Next, become aware of your positive self-talk.

- I am awesome.
- I am good at _____.
- I am a winner!

Consider the words of Gandhi.

“Keep your thoughts positive because your thoughts become your words.

Keep your words positive because your words become your behaviors.

Keep your behaviors positive because your behavior becomes your habits.

Keep your habits positive because your habits become your values.

Keep your values positive because your values become your destiny.”

Exercise:

Write an answer to the following:

- 1) How is your self-talk on a daily basis?**
- 2) How is your self-talk limiting you or expanding your self image?**
- 3) Do you consciously monitor the thoughts and ideas you bring into your mind? If not why not?**

CHAPTER THIRTEEN



Secret Seven The Miracle of Feeling!

"Imagination is more important than knowledge."

- Albert Einstein

“Our mind is a garden, our thoughts are the seeds, you can grow flowers or you can grow weeds”

Ritu Ghatourey

Let’s do an experiment, inspired by this little girl and the butterfly in the picture. Imagine a butterfly has landed on your nose. What does it feel like?

Do you break out into a squeal or a giggle? Do your eyes cross in order to see your visitor better? Can you feel your nose itching as the butterfly grabs your skin with its tiny feet?

Are we having fun yet? Okay, stop.

You have just experienced one the best tools of manifestation that God has given us. And it is neatly placed between your eyes and ears.

It is our mind... our own personal television, laptop and video and sound recorder all in one. It is a tool that can either frustrate us or fulfill us. Our choice.

BOUNCING BOATS

When I was a little boy my father loved boats and fishing almost as much as I did. My father used to take my brother and me to the boat shop in town. It was much like a car dealership. The boats were displayed in a large showroom with huge windows along the street. Even the cars on Gratiot Avenue would be tempted to stop and take a look.

For me it was like an indoor playground and my imagination would have a field day. The owners let us

jump inside and sit behind the steering wheel and pretend we were cruising across the lake.

Little did I know I was engaged in the manifestation process. I could literally feel the lake wind across my face and the bottom of the boat bouncing on the waves. My imagination was actually convincing my father to buy a new boat. As Wayne Dyer says, “See it before you believe it.”

A while back I was working with a coaching client. Her main issue was her relationship to her family. Family drama and infighting was taking its toll. She was obviously very upset about it.

I asked her if she could see things changing at all within the next 30 days. She immediately responded, “Things will never get better.”

In my best kind and compassionate voice, I responded. “Are you sure?” She responded. “Of course. Things will never change.” I finally answered, “Then I don’t think that I can help you.”

Obviously, this client was getting something out of “not having” that she was not ready to let go of. She had become attached or addicted to this very strong feeling (anger, hurt, disappointment) and was not willing to let go of it.

You have to be willing to experience (or feel) the future you want!

I realized that it would not be ethical for me to take her money if she would not or could not change. It was

taking a trip somewhere together and refusing to put any gas in the tank. You are not going to get there.

Let's do an experiment. Close your eyes and take a few deep breaths and relax.

Think about what you really want. Now don't just think about it, step into it. What does this feel like? What does it look like? Taste, smell, touch? Bring in all the five senses.

Now turn up the feelings full blast. Feel the wish fulfilled using only your mind. And when you are at full volume hold it there as best you can. And when you can hardly stand the overload I am going to ask you to do something.

Double it! Yes, that's right....double it.

And when you get to another point of overload, I am going to ask you again. Double it again! Hold it there for as long as you can. **Welcome to the feeling of expanding your mind!**

I came across this concept as a financial seminar. The instructor was making a point concerning mindset. He asked us all to close our eyes and think about how it would feel to earn ten times our income next year. In other words, if you are making \$50k per year, what would it feel like to make 10 times that amount or \$500k? How would this change every aspect of your life?

After he got us all ramped up, he paused and asked, "Now I have a second request. How would it feel for you to make \$100,000, just double your income?"

You could almost hear the answer in the silence. Double my income? That's nothing. It's a walk in the park. Without our knowing it, the instructor had just stretched our minds and prosperity consciousness.

Here are some additional tools to help this process.

- Write goals down! Statistics show people who write down their goals have over an 80% higher success rate of achieving them.
- Create an Image book. Tear out pictures from magazines that represent your goal and allow you see what it can look like. Take a deep breath and lightly touch the images, gently circling your fingers along its surface. This will add a tactile experience to your manifestation process.
- Open up your “why’s”. Write down your compelling reasons for wanting the goal. Write it with passion, with feeling, with energy.

The point is this. As a Miracle Minded, Quantum Leap thinker, you must continually find ways of conditioning your mind and stretch your self-imposed inner limitations.

Exercise:

Write an answer to the following:

- 1) How can the thoughts and pictures in your mind manifest what you want?**
- 2) What areas of your life can you raise the bar?**
- 3) Where and how can you bring more laughter into your life?**



EPILOGUE

MY MIRACLE

Recently, I had a bout with stage two cancer. After my diagnosis and after reality set in, I realized that I had before me a very Sacred Choice.

I could choose the path of fear, blame or resistance. Or I chose the path of **MIRACULOUS LIVING** and the **WAY OF THE BUTTERFLY WARRIOR**.

And it made all the difference. Here is a poem I wrote during this time.

The Answer

By John Schalter

**What if we saw cancer
As a beginning rather than an end
And welcomed its entry in our life
Like a loving, long lost friend
A friend who is also a teacher
Who knows just what to do
To show us how to live with joy
And give strength to me and you
What if cancer was as an honored guest?
A hidden source of love
Sent to reveal our hearts resolve
A gift given from above
For in God's arms we lie
Our gaze fixed towards the morning sky
Ever knowing...always showing
We finally see...
The wonderful truth for you and me
When we take the "c" from cancer
All that is left is God's answer
"We always have a choice
Inside the fear to hear His voice
No matter what darkness we feel...
only the love and light is real**

*** By the way. My treatment is finished, the visitor called cancer is gone and our dance with cancer is over. It's a Miracle! The natural path for those committed to Miraculous Living.

Final Thoughts Riding the Butterfly



The Butterfly Foundation “Miraculous Living” statue

*“A beautiful body perishes, but a work of art dies not.”
- Leonardo da Vinci*

According to legend, when a young boy asked the great Renaissance artist Michelangelo why he was working so hard hitting the block of marble that would eventually become his greatest sculpture, *David*, the artist replied, “Young man, there is an angel inside this rock, and I am setting him free.”

Think about our lives for a moment. Is not that what we also want to do? In our heart of hearts, we feel (and see) something more for ourselves. We sense an undiscovered angel in all of us. Our job as co-creators with God is to “chisel off the excess” (fear, hate, grievances, etc.) and show our “real angel” to the world.

The picture of the child riding a butterfly is a tangible symbol of the Butterfly Foundation. It is collectively “our” internal masterpiece waiting to be revealed to the world. The child rides the butterfly to new heights and new possibilities. This is what I hope the Butterfly Code does for you!

It is my hope and prayer that the butterfly inspires you...raises the bar...offers you a better way of living...a better way of facing the day each morning. It is my goal to have the butterfly take you to the way of MIRACULOUS LIVING.

The Vision

Someday you will see this statue all over the world in front of beautiful buildings that serve troubled children, as kind of YMCA’s for the Arts.

This book and the Butterfly Foundation “Arts” curriculum will be taught in those venues. **We will show children there how to use the tools in this book to live a miraculous life.**

This is my dream...my expectation, vision, and my intention. It is also the legacy I want to leave with my coaching practice. As da Vinci says, this work of art “dies not.”

How will my dream get where it’s supposed to go? I have no idea! And I love this feeling! I have surrendered the details of “how” to God. I will engage in massive action and shall follow my internal guides.

Like Michaelangelo, all you have to do is the “angel inside you.” And use the tools in the book to pound out the disbelief and excess that does not service you. See what no one else can see. Turn your vision into your passion.

Make your life your artwork, your magnificent obsession. Because when you find true yourself and your work of art you will **CHANGE THE WORLD**. Your path of least resistance is each blow from the hammer that chips away at the marble, revealing the “angel inside.” Wake up from the cocoon! Find your dream and live it!

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

- Albert Einstein

The following pages are tools that you can use on the “road less traveled” and the “journey with distance.” It is the Way of the Butterfly Warrior



REVISITING THE THREE STAGES OF TRANSFORMATION

“I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.”

— Henry David Thoreau

Take one step when you think you can't...and then another...just one more...and feel the power lifting your Spirit and igniting your Soul!

John J. Schalter

Three experiences have been described in this book: the Wonder, the Way and the Work.

THE BUTTERFLY MOMENT (the Wonder)

The Butterfly Moment is an experience of **the Wonder**. It is a sudden realization of the fact that the caterpillar is more than it thought it was. It is now one of most beautiful insects on earth. Best of all it can fly!

THE BUTTERFLY CODE (the Way)

Now transformed, the Monarch Butterfly shows us **the Way**. It is a path lit by a Mindset of Miraculous Living and tools for awakening our true self; causing quantum leap performances and transformations.

BUTTERFLY WARRIOR (the Work)

The final product now manifested. (the warrior within you), it is now your turn to do **the Work**. According to Legend, you are now an activist, moved by love, motivated by the possibility of heaven on earth, serving the death of the caterpillar and the spirit of the new paradigm.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others..”

- Marianne Williamson

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>

M

- **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 _____

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

Name

Phone Number

Email Address

Name

Phone Number

Email Address

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

138

248-568-7021



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.