



The Caterpillars and the Butterfly?

by Brian Longhurst

There lived in a beautiful garden large numbers of a particular creature who crawled about, eating the vegetation, perceiving themselves, on the one hand, as being superior to all the other creatures in the garden; and, yet, on the other hand perceiving themselves as lowly, wretched and unworthy of being loved. They had many mythologies and squabbled endlessly about whose mythology was the only right one, and this caused many rifts, divisions and schisms between them.

One day, a beautiful butterfly came into their presence, soaring in the sunlight, reflecting magnificent rainbow colors from his wings; so much so that he was seen as the Light of the World. Wherever he went he attracted followers, who marveled at his magnificence and the wonders he performed in their midst. He spoke in a way they had never heard before. He told them that, not only was he the light, but that they also were the light; that the wonders he performed, they also would perform—and even greater things—if only they could believe; that he was their brother and that they also were, in reality, beautiful butterflies, capable of soaring in the light and creating magnificent rainbow effects; that they need not concern themselves with all their mythologies and divisions and they would find all that would entirely suffice them was to love the Creator and to love each other as much as they loved themselves.

Many believed what he said, but many scoffed at his words. The scoffers said among themselves, “He says he is our brother, but it is evident there is nothing remotely similar between him and us;

he has only six legs and two wings and lives on ambrosia, whereas, we have many legs, no wings and eat the vegetation. Clearly, he is off his head and has no idea what he is talking about.”



A Monarch caterpillar

Even those who believed him didn't understand him and instead perceived him and worshipped him as a God, saying they were still lowly, wretched and unworthy of being loved and he was high and exalted and eternally beyond anything they could ever be; after all, he had wings of glory on which he soared in the sunlight and only six legs and lived on ambrosia; whereas, they had many legs and could only crawl about and eat the vegetation in the beautiful garden.

Nevertheless, he told them that if they could imagine the things he told them were like bread and the love that he outpoured upon them was like wine, they could imbibe this as sustenance at a higher level of vibration than the vegetation they believed was their source of life and nourishment. This would then enable them to perceive themselves as they saw him, and the higher vibration would transform them, from their own within, into magnificent, soaring butterflies also. He also shared with them another analogy to help them grasp this

enlightened perception; that he was as a vine, tended in the garden by the good husbandman and that if they could imagine themselves as being branches in the vine, they could draw their uplifting life energy through him and that this would enable them to find fulfillment of their glorious, radiant potential.



A Monarch Butterfly

Many did as he said; but because the light of their inner discernment was dim, they were only able to follow his guiding as an outward ritual. Only very few were able to perceive the spiritual reality hidden within his stories. Those who did went by themselves, or perhaps with one or two of their closest, most trustworthy friends, into a secret place, away from the clamor of the world around them, wherein they contemplated his words deeply within their hearts and minds—just as he had counseled them—and gave thanks for all the wondrous gifts he had brought into their lives. In the silence of their own within, they received the enlightenment he had promised that was sustenance for their souls; and this helped them to perceive themselves just as he had said they would.

Those who were only able to perceive his words at an outer, ritualistic, level began to quarrel amongst themselves as to who was the greatest among them, or whose interpretation of his words was the most accurate and to create ever greater numbers of rules and doctrines about these interpretations, even though the butterfly had plainly said there were only two “rules.” This caused further divisions between them. Some broke away from the group structure that had been established in his name because they said that group no longer truly represented him and his teaching and was full of corruption and self-serving. In time there arose squabbling, even within the breakaway groups, causing even

further divisions. These groups and breakaway groups called themselves the “This” denomination or the “That” denomination.

All the squabbling over who was right and who was wrong in their understanding of the butterfly’s wisdom caused many of the creatures, who had at first enthusiastically joined the groups, to become disillusioned and stop attending the group meetings.

Some of those who stopped attending decided that the whole story could not be true and went back to eating the vegetation, embracing any elaborate theories placed before them by those who told them that they had a better idea than the butterfly (or those who claimed to be representing him). This led to more and more confusion in the garden and more and more division among the creatures.

Those who had never believed the butterfly, or the groups who claimed to be representing him, finally said, “We told you so; it was all too far fetched to be plausible in the first place.”

But those few who were able to see past the imagery of the butterfly’s stories, to the truth they contained, followed his advice to enter alone, or in groups of only two or three, into a secret place. There they attuned with him, and he was there in the midst with them. There, they found an inward peace, joy, love and tranquility and spiritual illumination of the eternal realities, about which the butterfly had spoken.

Of course we all know what happens to caterpillars. They eventually stop eating the vegetation, enter alone into a secret place, away from the clamor of the world around them and there, in the solitude of their own within, recreate themselves in the image and likeness of the Butterfly. Then they emerge and soar magnificently in the sunshine, reflect glorious rainbow colors for all to see and “live off ambrosia,” giving thanks, by their very beauty, to the Creator for the joy and wonder of Life.

This allegory indicates that the spiritual evolution of mankind is not yet complete, other than for a precious few, who long ago entered into their secret place, just as the Master counseled. However, we are now in the most

exciting moment in the history of humanity, when the critical mass is approaching those who have entered in and are recreating themselves from the Within into the Without into glorious, fully spiritualized, soaring Beings of the Light.

Jesus wasn't rigid in the way he spoke of the things of the Kingdom. He constantly spoke in parables—allegories—which he knew would be interpreted by each individual according to the place each individual was on the path of Eternal Spiritual Progress.

Jesus was also unequivocal that we are all the light of the world and that the things he did, we—if only we can believe—will do also, and greater things. He came to remind us of this eternal truth and to demonstrate it, so that we would have a living example of the magnificence of the human spirit to follow and emulate.

It is inevitable that this will happen eventually to us all because that is our fundamental, essential nature, having been created in the image and likeness of the Creator. We are all a part of God. Within us is a spark of God's consciousness that was given to us at creation. It is only a matter of when, rather than if, we move back into full awareness of that. We all have free choice to make that journey at any time, including NOW.

About the author

Brian Longhurst is a lifelong Christian mystic based in England. He is preparing a web site to release his Diary of a Christ Communicant, which is filled with information from over 30 years of communications with the living Jesus. Brian is also about to release a book, and he is generously offering a free preview copy of the manuscript to anyone interested. Contact Brian directly at: honest2goodness@blueyonder.co.uk More spiritual insights for the New Awareness can be found at: <http://www.InfiniteBeing.com>

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All Are Welcome!



WATER, WATER, and WATER

[Part II]

Dorita M. Dixon, CHt



The Earth is two-thirds water and the human body is composed of 75% water. Therefore, it would be safe to say that water is a very important component for the care and maintenance of the physical body.

If we believe the Creator of the universe has provided everything we need to sustain and propagate life, then water must be right up there with air as a necessary ingredient to maintain it. If this is true, then why are our medical experts not doing more to promote understanding of the body's many needs for pure water? Why aren't they releasing more studies of the effects of dehydration on the human body? **Answer:** The medical system survives and thrives when people are continuously sick! Why else would scientists allow arsenic, chlorine and formaldehyde (small amounts) to be placed in our drinking water and deem it safe for consumption?

For improvement of our health and quality of life, let us consider a simple way to improve health at a minimal amount of cost and time. **DRINK MORE WATER!!** The universe has provided everything we need to maintain and sustain life. It is what humanity has allowed that keeps us sick and miserable. We have become co-participants in our own demise.

The body has many requirements for water, but sometimes we take our consumption and quantity of water for granted because our bodies can go without the proper amounts of water for a long time. However, the damage that is created by lack of water is tremendous. Once the cells of the body are dehydrated and we start drinking adequate amounts of water, the body goes into a sort of shock. It has become so accustomed to **NOT** having enough water that it does not know what to do with all the water it is receiving. So, in the beginning you urinate constantly until the body realizes each cell and organ can get enough water to carry out its function. The heavy urination

subsides when the body begins to properly utilize the water it is given.

Water regulates all functions of the body. However, when the body is dehydrated for long periods of time, it begins to send out a signal that something has gone wrong—*i.e.*, headaches, allergies or backaches. We either self-medicate or a physician prescribes drugs that mask the real problem and temporarily makes us feel better (the body needs more water). So, what are signals that the body needs more water? **Answer:** If you feel pain anywhere in the body and have not experienced physical trauma to the body—then you need to introduce more water to the body. There are many reasons why we need to pay serious attention to our daily intake of water. Here are a few:

- Without water, nothing lives.
- Water helps reverse addictive urges, including those of caffeine, alcohol, and some drugs.
- Water generates electrical and magnetic energy inside each cell of the body.
- The body cannot store water to draw on during dehydration. This is why you must drink regularly and throughout the day.
- Dehydration prevents sex hormones production—one of the primary causes of impotence and loss of libido.
- To release body weight, water is the answer. Drink water regularly without much dieting. Also, you will not eat excessively when you feel hungry; you're thirsty for water.
- Water is the main lubricant in our joint spaces; helps prevent arthritis and back pain
- Water helps reduce heart attacks and strokes.
- Water helps prevent attention deficit-disorder in children and adults.
- Water helps restore normal sleep rhythms.

In the next article, we'll explore the symptoms of an illness that started out as dehydration. **DRINK MORE WATER!!**

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TO FORGIVE

by Evelyn White-Bey

Good listening is one of the best and most loving gifts that we can offer to another person. This is especially true when somebody is hurt or upset about something and shares it with us.

All too often, in spite of our good intentions, we find ourselves responding to others in ways that are not effective. Here are three principles that help us to respond with compassion and effectiveness when people open up their feelings to us.

1. Listen with an open mind and not be judgmental. The first thing that people need when they share something that hurts or upsets them is a sense that it is safe to talk and they feel comfortable sharing information. That means when someone tells us what happened or how they are feeling, we will not judge, criticize, shame or blame them. This allows them to trust and feel safe opening up to us. Since it isn't your story, and they're the ones telling the story, please keep your self out of their story. Your job is to listen. Sounds easy but is very difficult for most of us to listen.

That we don't judge does not mean that we have no sense of right and wrong. It means that we listen with compassionate ears. It isn't about being right or wrong but being in the present moment. Being present for the other person. Learn to listen with your heart.

2. The second thing that people want, after a sense of safety, is for their experience, and especially their feelings, to be understood. This is because the key to any situation is how the person feels about it. This attempt to understand how another is feeling in a given situation, and doing so with no criticism or judgment, is called "empathy." You're not feeling sorry for the other person, for to do so, places you in a superior role, *e.g.*, "Thank God it's not happening to me," or "Better them, than me."

One excellent way to express empathy is to reflect back to the person what we might imagine the experience is for them. That means allowing

yourself to be placed in their shoes; you get to feel what they feel. Having said that, here is a simple example:

If somebody is sharing with us a story about how she was ridiculed for asking a certain question, we might ask ourselves how we felt when we were ridiculed or in a similar situation. We would then reflect that feeling back and see if this indeed is how the person felt. We might say, "So you felt embarrassed and humiliated." Always be wary of your tone, making sure you don't carry a blaming tone.

It is remarkable how often a simple reflection of feelings, when done without judgment or criticism, creates an initial sense of relief. It also tends to open the speaker's heart to share more of the experience. If we stay with reflecting feelings, with no judgment or criticism, and only a desire to understand the other's experience, the result will often be a sense of deep relief and the ability to arrive at a sense of resolution.

3. Wait before offering advice. We often have ideas and information that might be helpful to another. And yet, it is very important to first understand and reflect the feelings, and only then offer advice. When people are upset, what they need first, before anything else, is empathy. Only after the feelings have been heard and acknowledged are people ready for advice. But only offer advice if it is asked. Never assume someone wants your advice.

Don't be so quick to give examples of your experiences by saying I know what you mean. You don't know really. Remember, this is not your story. You are the listener—that is all. Move yourself, if you can, into the other person and see it from their point of view. When you do that, then you can offer compassion, empathy, and understanding. It is such a wonderful feeling to know that you have been heard . . . totally.

Putting these three principles to work will make a significant difference in your relationships. Try it and you'll see!



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RE-WRITING OUR SCRIPT

by Baba Kundi

I believe that, before we enter into physical incarnation, we have a script that we follow that is written in our Spirit, a script that we have agreed to follow. I also believe that we played a major role in writing that script for our life. Even though the script was written before we entered into this physical realm, that does not mean the script will stay as it is throughout our lifetime. Just as the writer of a script of a play can change that script, we can also change the script that is written for our lives when we see that a change in the script is needed.

During our time here on Earth Mother we will change our script many times. When we change our script, that does not mean that our script was wrong. It may only be that we experienced more growth because we decided to accelerate some of our lessons and experiences once we were here, and a change in the script was necessary to compensate for that growth. Other times we will change our script because we allow ourselves to be deceived in believing that we needed to be headed in a different direction. That can happen sometimes because we allow ourselves to focus on the illusions and deception of man. Since it is easy to make a mistake when we are not Divinely connected to the **SOURCE** of all things, we should do all that we can to maintain an intimate relationship with **SPIRIT**, because **SPIRIT** is the Master Writer and the only one we can depend on 100% when we are re-writing the script for our life.

Re-writing our life script is a very important and serious undertaking. Something as important as this should be entered into with the assistance of someone much greater than ourselves. We need the Divine assistance and perfect guidance that only **GODDESS/GOD** can give us before taking on a task of such magnitude. Re-writing the

script of our life is of the utmost importance because it can to some degree affect the energy of the entire planet. We must remember that we are not an island that stands alone. What we do in life will affect the whole of creation. We are like the pebble that is thrown into the pond, and it generates waves of energy that touches every inch of the pond. When our energy is thrown into the pond of life (us acting out our life script), our energy radiates out in waves and touches every inch of the pond (the pond is the whole of creation); it affects everyone and everything in the pond on some level of existence. Because of that, we have to be extremely careful of the energy that we generate through the script that we have already written and also the script that we might write in the future. We should remember that everything we do affects the whole of creation in some way.

When we feel that it is be time to review our script so that we can make needed changes we must ask for Divine assistance before we do anything. In doing so we are not only looking out for ourselves, we are also looking out for all of our sisters, brothers, and the entire creation of **GODDESS/GOD**. When we originally wrote our script, we were consciously one with **SPIRIT**, however, since then we have allowed a distance to be placed between us and **SPIRIT**. Some of us have reached a place in our lives where we think that we can depend on our own understanding or the understanding of someone who we think is wiser and more spiritual than we are. The bottom line is this: We need the Divine Direction of **SPIRIT**, which is the only direction that we can depend on. If you were going parachuting, would you attempt to fold your own parachute or allow someone who had only read a book about parachutes to fold it for you? Of course, you would not permit that because your

life depends upon the proper performance of that parachute. Our actions in life can touch people down to the very core of their **SPiRiT** because our actions are energy. Because of that reality, we need the **MASTER AUTHORS** help in re-writing and following our script.

How we re-write our script is most definitely colored by all of the experiences we have had in our life. Sometimes we do not interpret our life experiences in the proper way. That is one major reason why we need the Divine help of **SPiRiT** when we review our script, and also why we need help when we start to re-write our script. Re-writing our script by ourselves could be similar to working on the breaks of our car, without having the proper training. And as a result, we could be headed for a serious accident some where down the road.

At some time in our lives, all of us have to re-write our script. When that time comes, we must be willing and open enough to take a good look at ourselves and be honest about what we see. Then we must be 100% committed to **SPiRiT** and make whatever changes are necessary, even if it means changing something in our lives that we love and don't want to let go. Whatever we are led to release by **SPiRiT** will be replaced by something even better if something is needed in its place. **SPiRiT** sees all and knows all, so we are not taking a chance of losing something that we need if **SPiRiT** is telling us to let it go. We must write the revised script as **SPiRiT** leads us and know that everything is in Divine order. We must let go and let **GODDESS/GOD** lead.



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