

## **The Butterfly**

*From a life instinct  
Beyond the level of any intelligence,  
The butterfly caterpillar withdraws alone  
To spin its cocoon,*



*A silent, casket-womb  
Of death, transition and rebirth.*

*Here it surrenders its old life,  
And with Nature's instinctive courage  
Trusts in the "**Spirit Of Becoming**"  
What it is meant to be.*

*From this surrender, death and trust  
The butterfly caterpillar is **Reborn**  
Into beautiful **Winged-Freedom!***



*In the same way,  
We must gain the courage and strength  
To **Surrender**  
The past and who we were,  
The future and who we want to be,  
Finally, see, accept and surrender  
To who we are **Right Now**  
And trust in this same  
"**Spirit Of Becoming**"  
To change and discover  
Our Path, Freedom and **Inner Peace.***

*David Ott/84*