

A butterfly with brown and white wings is perched on a small white flower with a yellow center. The butterfly's wings are spread, showing a pattern of white spots and lines on a brown background. The background is a soft-focus green, suggesting a natural outdoor setting with other plants and flowers.

A Butterfly's Lesson

www.ttt.com Revised By: Henry

"One day, a small opening appeared in a cocoon; a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole.





Then, it seemed to stop making any progress.

It appeared as if it had gotten as far as it could and it could not go any further.

So the man decided to help the butterfly: he took a pair of scissors and opened the cocoon.

The butterfly then emerged easily.

But it had a withered body, it was tiny and had shriveled wings.





The man continued to watch because he expected that, at any moment, the wings would open, enlarge and expand, to be able to support the butterfly's body, and become firm.



*Neither happened!
In fact, the butterfly
spent the rest of its life
crawling around with
a withered body and
shriveled wings. It
never was able to fly.*

What the man, in his kindness and his goodwill did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening, were nature's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon.





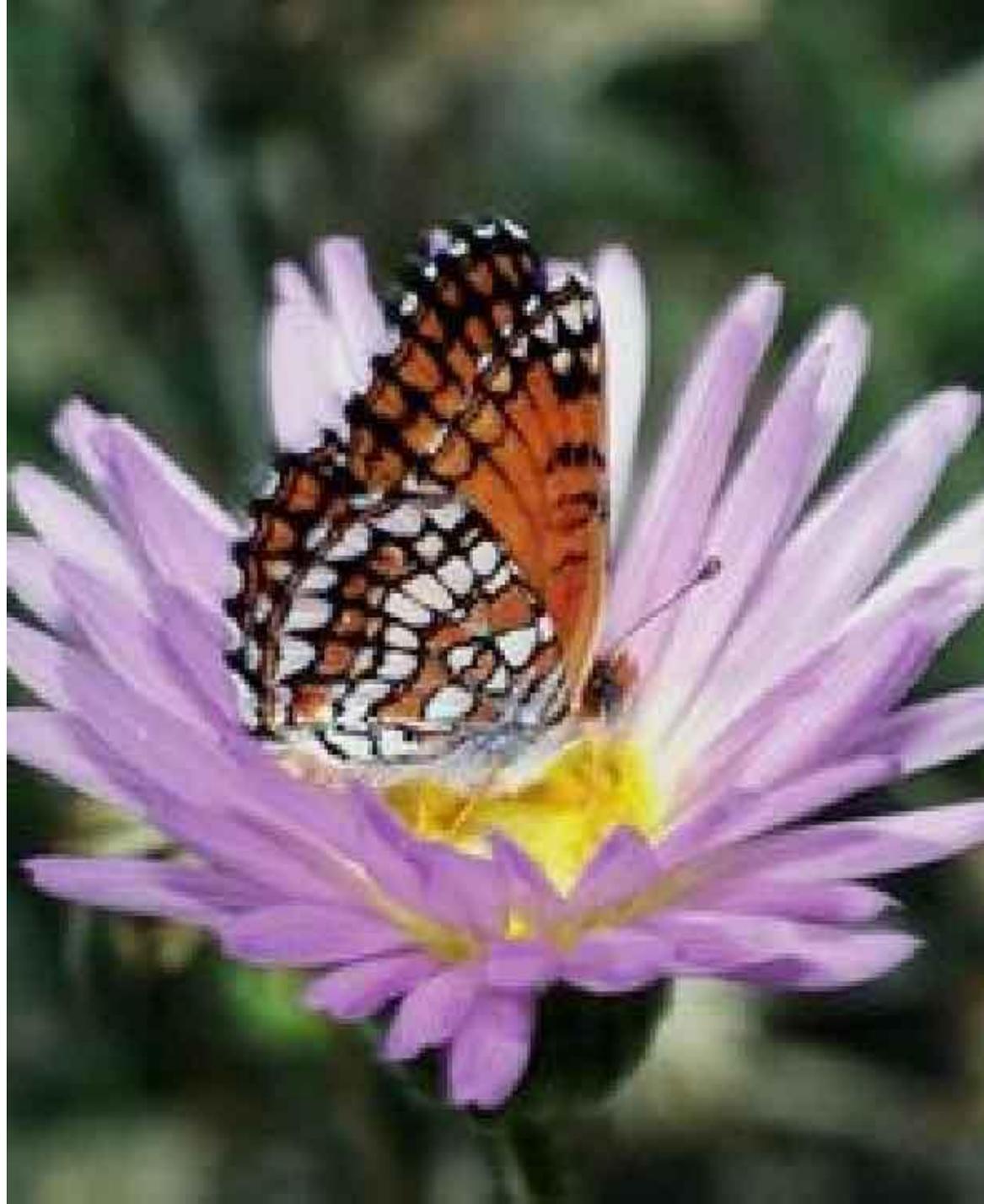
Sometimes, struggles are exactly what we need in our life.

If we were allowed to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. Never been able to fly.

*I asked for Strength...
and I was given
difficulties to make me
strong.*

*I asked for Wisdom...
and I was given
problems to solve.*

*I asked for prosperity...
and I was given a
brain and brawn to
work.*





*I asked for Courage.....
and I was given
obstacles to overcome.*

*I asked for Love...
and I was given
troubled people to
help.*

*I asked for Favors...
And I was given
Opportunities.*

*"I received nothing
I wanted...
But I received
EVERYTHING I
needed."*





*Live life without fear,
confront all obstacles
and know that you can
overcome them.*

Saraj. 2010



8 Fold Path

VTSCLEMM

*Idea from Rev. Harry Bridge,
Oakland Buddhist Church*

VTSCLEMM

○ Views

The background is a light green gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the right and others away from it. The overall aesthetic is clean and nature-inspired.

VTSCLEMM

○ Thoughts

VT**S**CLEMM

● Speech

VTSCLEMM

○ Conduct

VTSC**L**EMM

○Livelihood

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○ Effort

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○ Mindfulness

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○ Meditation

Life in 14 Words

From www.launchyourgenius.com



LOVE

APPRECIATE





CONNECT



BE

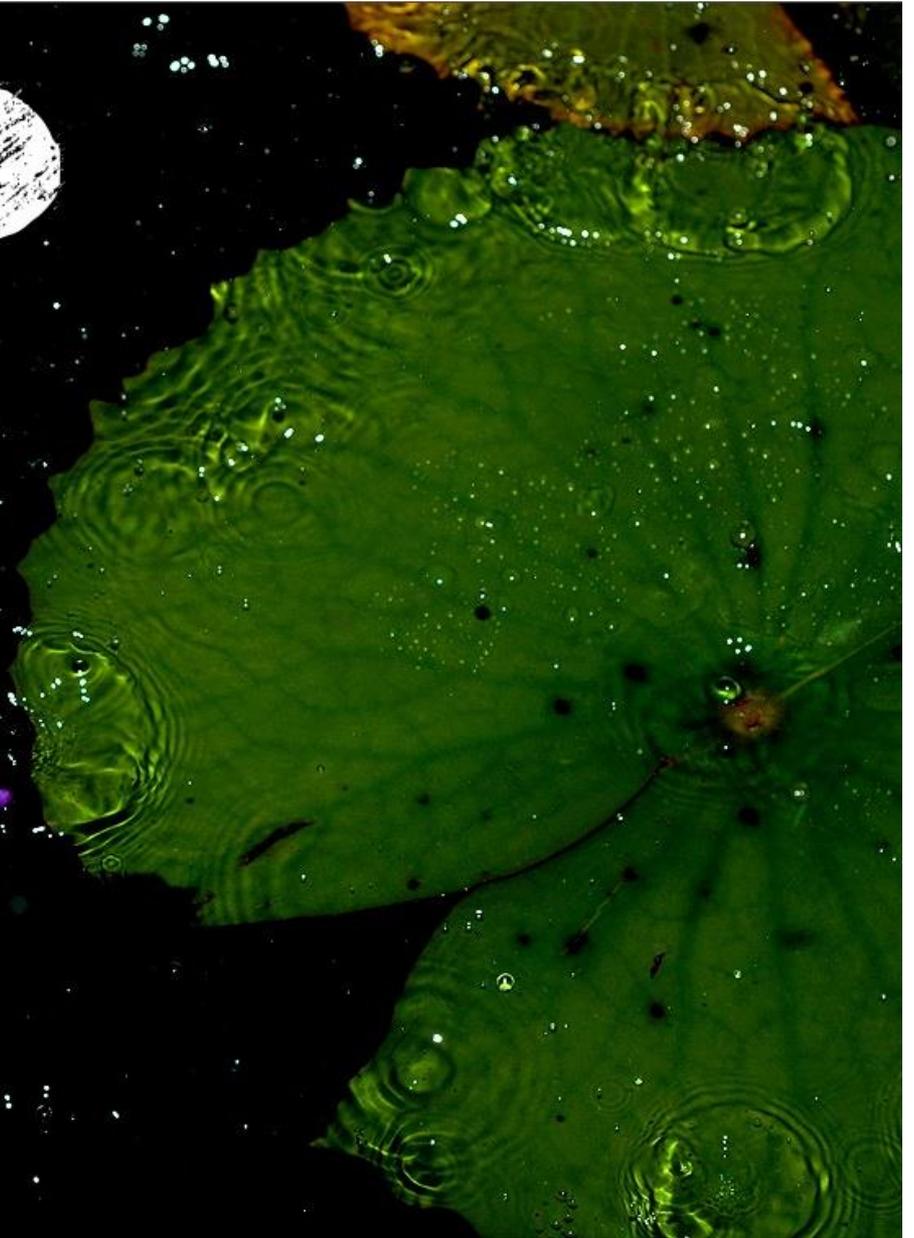
HAPPY





Give

KIND





sad



A black and white photograph showing a person from behind, walking away on a path. The person is wearing a dark, heavy coat and a hood. The path is covered with patches of snow or frost. The background is a misty, foggy landscape with bare trees and a hazy horizon. The overall mood is somber and desolate.

angry



Have





Create



PEACE



Remember, the theme for 2014 is
Path of Entrusting: Share Peace.
Remember to share peace with people
you know and with those
who are strangers.
Above all, share peace with yourself.

**Thank you for your time
and attention.**

Have a wonderful week.