

A close-up photograph of a butterfly with brown wings featuring white and light blue markings. The butterfly is perched on a small white flower with a yellow center, feeding. The background is a soft-focus green field with other similar flowers.

# *A Butterfly's Lesson*

[www.titi.com](http://www.titi.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. Lewis*





# 8 Fold Path

VTSCLEMM

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





# VTSCLEMM

○ Views



# VTSCLEMM

○ Thoughts





# VTSCLEMM

○ Speech

VTSCLEMM

○ Conduct

VTSC**L**EMM

○Livelihood



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○ Effort

VTSCLEMM

○ Mindfulness

VTSCLEMM

○ Meditation



# Life in 14 Words

From [www.launchyourgenius.com](http://www.launchyourgenius.com)





**APPRECIATE**









**BE**



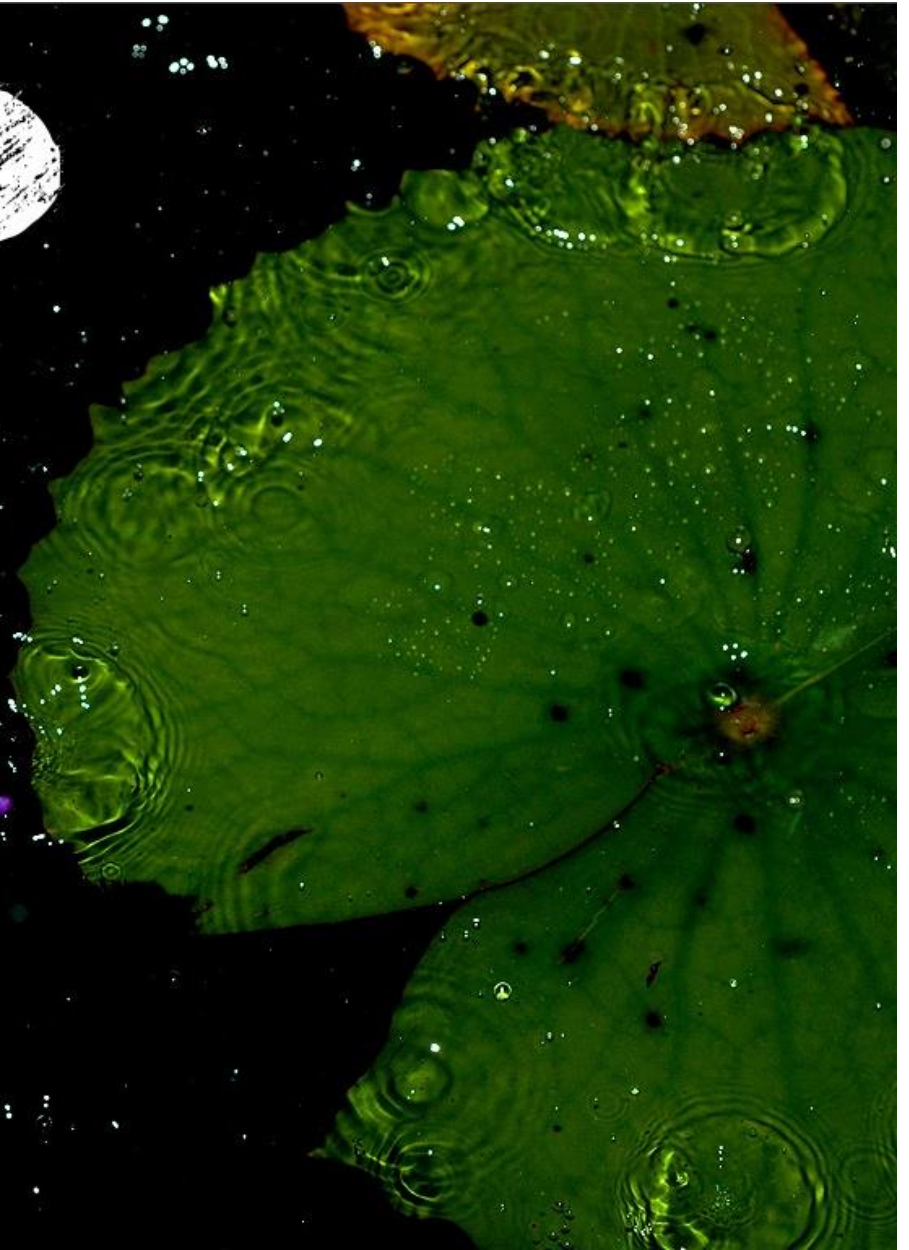
**HAPPY**







**KIND**







**sad**







**angry**













**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.**