

Caterpillar and Butterfly

This Article's Inspiration

This article was inspired by an email from a person in the group and by a butterfly in the backyard.

The Caterpillar: The Way Of The Mind

We are born into a specific culture with countless generations before us. We're taught to rely on the thinking of our mind and to learn from our experience.

For almost everyone, they listen to what is outside of them to know how to make decisions. We listen to our parents, to our friends, to our teachers in school and in college, to what we read in books, to the television, to the internet and to what is said in our church, temple, synagogue or mosque.

Our mind is primarily developed from influences outside of us. The reader can also include in past life tendencies and karma, if these are included in your beliefs, as sources of what influences our thinking and our actions.

This way of listening to the outside, of listening to the people in the world and of listening to our mind will be referred in this article as the way of the caterpillar.

The Habit Of Mind

We use our mind so often that we develop the habit of making our decisions and our speech from our mind. The word habit has different variations. I'll list some of the variations of habit: a behavior pattern acquired by frequent repetition, a settled tendency or usual manner of behavior, an acquired mode of behavior that has become nearly or completely involuntary, and a recurrent pattern of behavior that is acquired through frequent repetition.

The Many Voices Of Our Mind-Ego

There are many different voices in our head. It can be like each voice is a different person when our mind speaks to us. The generous person, the stingy person, the kind person, the ruthless person, the selfless person, the selfish person, the loving person, the hateful person, the patient person and the impatient person. All of these voices, all of these

different people, can be who we're acting as in the moment. All of these voices can be from our mind or from our ego.

The repetition of using our mind from early on creates the habit of listening to our mind and following what our mind says. This can lead to many good and kind actions throughout our life. This listening to our mind can also lead to many hurtful actions throughout our life.

A Drop In The Ocean Of God

A single drop of the ocean has the same basic elements of the entire ocean. We are a drop in the ocean of God. We (a drop of the ocean) are connected to God (the entire ocean).

The Butterfly: The Way Of Spirit

Listening to and following our Inner Guidance is the way of Spirit, of God. This way of listening to and following our inner guidance will be referred to as the way of the butterfly.

A Still Small Voice Within

Underneath the many voices of our mind and ego is the one still small voice; the voice of our inner wisdom and compassion, the voice of God. The saints rely on this still small inner voice, which may have words or may be a wordless feeling, to guide their every word and their every action.

The habit of mind with the myriad of voices is usually what we listen to and live from (the caterpillar way). We also have access to this still small voice (the butterfly way); which, for most people, is little utilized.

Both Caterpillar And Butterfly

We fluctuate between the two states: caterpillar and butterfly. We don't have to be exclusively caterpillar (the way of the mind) or butterfly (the way of Spirit, God).

All of us have acted from our butterfly place, from the place of our Compassionate Heart, where all thought is put aside. At this time, we're living from a very different place in us than our caterpillar way. The mind is still there, though we're not listening to and following what our mind is saying. We're listening to our Eternal Source; we're listening to the ocean of wisdom and compassion that we are an inseparable part of. As we open to the vastness of the ocean of God, to the still small voice within, we are living as a butterfly.

Easier Living

As the habit of listening to our inner guidance becomes more and more the source of our words and actions, this repeated habit becomes our new habitual way of living. Living from our True Nature is so much easier than living from our mind. Our mind has to think and weigh so much. All of this thinking and weighing weighs us down.

When Charles (my teacher) told me that it was much easier to live from the infinite wisdom within than from my mind, I could feel this truth and I knew I was living infrequently in this much easier way to live. As the years have gone on, with doing the work of turning my life over more and more to the inner guidance, my life is much easier, much happier and much more rewarding.

Listen to God and follow the guidance. What is a better source of living our lives than from God's guidance? We have a choice; live from the infinite wisdom and compassion of God or live from our thinking mind. That's a no-brainer (say no to the brain and say yes to God).

Living As A Butterfly: Turning Our Life Over To God

Turning our life over to God is easier said than done. The habit of mind is so strong that, in the beginning, it's a very hard habit to break. We begin breaking the habit of mind by finding little pauses, little places to where God can be there. We then listen to and follow the still small voice within. By doing this more and more, we build the habit of listening to and following the inner guidance of God-Spirit. As this habit builds, the other habit of listening to our mind fades.

We don't have to do anything directly to our mind to have our mind fade and to have our inner guidance come through more and more. We turn our attention toward our inner guidance; not trying to go away from our mind and not trying to stop our mind from talking to us.

Other articles address how to cultivate a setting to where the butterfly in us comes out. A previous article called [Foundational Spiritual Practices](#) addresses how to live more and more as a drop in the ocean of God rather than living on the raft of our mind. Another article called [If It's Not Neutral or Loving, Let It Go](#) gives us a gentle way to decrease the habit of listening to our mind.

The article called [Two Types Of Writing](#) addresses a direct way to receive God's help. The articles [Beyond The Thinking Mind](#) and [What Part Of Me?](#) address our mind and the

potential of living more in a butterfly state. The article called [Mental Strategy and What Am I To See, Say or Do?](#) addresses directly the caterpillar way and the butterfly way without mentioning caterpillar or butterfly.

We Are Already The Butterfly

Our mind wants us to believe what it says. Our mind wants us to rely on and follow what it says in all of its myriad versions (i.g. generous, stingy, kind, mean, etc). This way of relying on our mind and relying on the opinions of others is the way of the caterpillar.

The way of the butterfly is to live as a drop in the ocean of Cosmic Life. As a drop in the ocean, we're continuously connected to the ocean itself. We have continual access to Divine wisdom and Divine compassion.

Everyone reading this has had enough life experience to recognize when they're living as a caterpillar or as a butterfly. There comes a tipping point where a person has listened to their inner guidance so often that their inner guidance becomes their new habit; where now inner guidance comes up before the thoughts of their mind. And, as oddly as it seems now, the mind will begin to relax more and more as our inner guidance takes over the job of the mind.

The mind, at first, will vie for supremacy. The mind will find, over time, that its job is being done very well. Our mind will eventually relax. Its job of what am I to say or do is being done. Our mind can relax and still receive a lot of praise from us for a very good job of remembering people's names, remembering where we live, remembering how to do our job, how to cook and shop; and even remembering important birthdays and anniversaries.

As we turn our life over, more and more, to the inner guidance of God-Spirit, our life is much more reflective of living in ease and Grace; realizing that we truly are a butterfly flying in the creation of God; going much further, much faster and much easier through life than a caterpillar on the ground.

May all beings live as the peace, love and joy that is always already here.