

The Spiritual Life of Butterflies

14 "Days" of Total Transformation for Humanity

Living In The Chrysalis

Chapter One : "Day" One, Zero Point

Perhaps the most fundamental shift that occurs in the transformation from Caterpillar (Ego) to Butterfly (Enlightenment) is the ability to access a new source of energy.

The caterpillar, as we already know, is all about eating and growing. It munches on leaves, the part of the plant that captures sun energy, and that the plant needs to survive and grow. Energy moves from the sun, to the plant, to the caterpillar in a one way direction. The cycle is not yet complete.

When the butterfly emerges from the chrysalis, it no longer has the jaws and digestive system to consume leaves. Instead, it seeks out the plant's flowers, uses it's straw like proboscis to sip the nectar, and in the process it pollinates the flowers which can then form fruits. The fruit contains seeds, a few of which will find their way to fertile soil and become plants. In this way, the butterfly completes the cycle and creates new life.

In the ego phase of our spiritual development, both individually and collectively, humans are born into this world to consume or experience life and store up those experiences to create a storehouse of energy, ideas and information that will become the chrysalis. Some individual humans have achieved personal enlightenment and transitioned through the chrysalis to the butterfly. Their experience is a template and a road map for the collective Human consciousness as it goes through the same metamorphosis, but on a much grander scale.

It is impossible for the caterpillar to access or consume flowers or nectar as a source of energy, but within the caterpillar is the information that will reorganize the substance of it's own body into a new, nectar sipping form. In the same way, while our ego mind cannot access or use zero point energy to fuel it's growth, it does contain all the information and substance we need to get there.

So what is the nature of this zero point energy, and why is it central to the spiritual evolution of humanity?

Here is where we must part from the butterfly metaphor for a moment. Because while the butterfly sips nectar, which is still a source of energy that is separate from itself, humanity carries within itself an infinite Source of energy and information available on demand.

The Zero Point In The Heart

Within each of us is a unique zero point, a unique point of view. This zero point is a gateway through which energy and information flows in two directions. The zero point also contains all of the energy and information available in the Universe – which is infinite.

When we learn to focus our awareness and attention upon this unique point of view, which is centered in the Heart, we gain access to this energy and information. We can learn how to direct it, influence it, even shape how it appears in our physical life experience.

Remember, the zero point in the Heart is a gateway, and it opens both ways. Energy and information flows through the gateway into physical reality, and it flows back into the zero point – which is where we can influence how the energy and information expresses itself in our 3D holographic experience.

Energy and information flows out, where we can perceive and experience it, and it flows back in to Source/God/HigherSelf, which prepares it for the next iteration of flow and perception. From our 3D holographic perspective, the manifestation of this process looks like what is called “Law of Attraction”. But as we can now see, it is actually a process of moment by moment, ongoing creation.

This is the true nature of zero point energy. This is the nature of true human potential in the Universe.

But if this is true, why don't people just tap in and create anything they want, at any time?

If I just told you about Regenerative Agriculture (which I will, in the next chapter), would you be able to instantly step outside and start harvesting fresh, nutritious food? Of course not. Developing any new skill or ability takes time and practice. The same is true for learning how to tap into and influence the energy and information flowing through the zero point gateway in your own Heart.

That said, when the collective Human consciousness completes its transformation through the Chrysalis to the Butterfly, individual humans will be born with this ability. But for now, we still need to learn and practice.

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Creating A Mind With Heart

Your Mind is the space and time that contains all the thoughts, feelings, ideas and images creating your physical life experience. The thoughts, feelings, ideas and images in your Mind are emanating from the zero point in your Heart. Whatever is in your Heart, becomes your physical life experience.

A Mind with Heart is connected to Source/God/HigherSelf and can overcome the Illusion of Separation that is at the root of all fear, anger, and suffering. The Illusion of Separation is the direct result of incomplete perception. It is not good or bad, a mistake or a sin. It is simply the way humanity perceives the world during it's collective experience as the caterpillar.

Creating A Mind with Heart will allow Humanity to directly access and influence the zero point field of energy and information and complete our perception of 3D holographic reality. It was designed this way for a very important reason! Zero Point energy and information is infinite in it's potential. If it were to be unleashed in the Mind with no guidance from Source/God/HigherSelf, then total destruction would be instantaneous.

So how do we create A Mind with Heart?

I asked myself this question in the early 2000's, after a divorce, losing my job, and learning I had a life threatening illness. The movie "The Secret" came out around that time, and I learned all about the Law of Attraction and how to use it to create the life of my dreams. I had already been listening to Abraham Hicks for many years, and had applied many of the suggested tips and tricks. And yet, here I was, divorced, without a job, and scared half to death.

While most people were coming up with new ways to "program your mind" and "manifest what you want", I asked the question, "How do I know which thoughts will create the life that my Heart truly desires?" Not the "stuff" that my ego mind wants to consume – vision boards and mind movies and affirmations and all that – but a future so mysterious that I could not possibly imagine it or find it in a magazine somewhere.

I went to bed one night with that question in my Mind, and I woke up the next morning with the Life Navigation System complete in my head. I can't take credit for creating or inventing it. I was a TV producer, not a psychologist or spiritual guru or something. And yet, here was this simple, yet mind blowing "system" that changed everything about my life forever.

The Life Navigation System for Creating A Mind With Heart

- Observe your current life situation in neutral terms and write it down.
- Ask yourself, "What am I thinking and feeling about this?"
- Write those thoughts on Post It Notes (there's a reason for this)
- Take a sheet of paper and draw a line down the middle – label one column "Fear Based Beliefs" and the other column "Love Based Truth"
- Stick the Post It Notes in the "Fear Based" column
- Close your eyes. Take a few nice deep breaths and focus on your Heart area.
- Imagine what it would feel like to have your current life situation perfectly resolved.
- Maintaining that feeling, ask your Heart for the "Love Based Truth" about the things you wrote on the Post It Notes
- Listen
- Your Heart communicates in images and feelings. Allow your brain to translate those into words for you.
- When you receive something that feels like you did when you imagined your life situation perfectly resolved, write those words on a 3x5 index card (there's a reason for that, too)
- Place the 3x5 card in the "Love Based" column
- Read it out loud. How does it feel? If it's in alignment with what you felt when you imagined your life situation perfectly resolved, then keep it.
- Throw away the Post It Notes, and file the index card away.
- Go about your life, and keep a Gratitude Journal to acknowledge all the amazing changes in your life as a result of receiving a Love Based Truth from your Heart.

To learn more about The Life Navigation System go to Metaphysics-for-Life.com and download a free ebook:

<https://www.metaphysics-for-life.com/foundation-for-a-mind-with-heart.html>

Other Ways to Access the Zero Point

The Life Navigation System I just shared with you is just one way to connect with God/Source/HigherSelf through the zero point in your Heart. There are many time-tested methods and techniques that I'm sure you are aware of – including but not limited to meditation, spending time in nature, engaging in art, sports, or dance, and many other spiritual and religious practices that have been developed by humans over the centuries.

But what really happens when you make the transition from an ego centered mind and perception, to a Heart centered one?

Remember I talked about how energy and information flows out from the Heart into the space/time of Mind where we perceive it, and it returns through the zero point in the Heart back to Source.

Heart centered perception is aware that this is happening, and it returns everything it perceives to Source/God/HigherSelf for completion. It knows that nothing can be done to change the already manifested current moment of the physical life experience, but anything that is returned to God/Source/HigherSelf with Love will be given substance with that Love Based Truth in the next iteration of creation.

The Life Navigation System is just a quick and simple way to accomplish this goal, without the entanglements of any religious or spiritual beliefs. But there is nothing wrong with adding any aspects of those beliefs if they serve you, or simply practice whatever it is that you do – as long as it is Heart centered and connects you to Source/God/HigherSelf.

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Find more chapters at:

<https://www.metaphysics-for-life.com/LivingInTheChrysalis.html>