

'yto - one'

Newsletter – July 2008

"What the caterpillar calls the end of the world, the rest of the world calls butterfly."

Richard Bach

Hi All Our Valued Friends, Partners, and Clients

July 2008

Welcome to our seventh edition of 2008 of 'yto - one'.

Theme for July – Transition to Transformation

Welcome to July. Congratulations, the feedback I am getting is that in June many of you began to follow your values and endured a bit of short-term pain for long term gain! That's fantastic because I know your resilience and inner belief is growing stronger. So, that brings us on to our topic for July – that of being in transition. Transitional phases can appear at times to be frustrating because our world has been upended to some degree, and we may be in disbelief, we may be stuck and unsure how to move forward. This month, I look forward to assisting you to learn that being in transition is not only good it is vital for our growth. Infact, by the end of this newsletter you will have a strategy for where you are in your cycle of transition, and how to move forward, as does the caterpillar to the beautiful exotic butterfly you will emerge into.

The Butterfly Metaphor

"One day, a small opening appeared on 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 seems 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 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."

Lessons of the Butterfly Metaphor

The lesson of the butterfly is that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God'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 are necessary in our lives to make us stronger, so that we are able to transform into our most majestic selves.

Our Times of Transition, Transformation and Metamorphosis

The lesson of the butterfly is very apt for us as humans to understand why we experience transition, the types of transition, what happens in the transition, and how to get through a transition.

What is Transition?

The meaning of transition is passage from one from, state, style or place to another. We can associate this with change. The definition of transition we will be exploring today is: any change resulting in positive, negative or confusing feelings. Obviously, you will react differently to change dependent upon if it is welcomed or anxiety-causing. The transition could be relocation, changing careers, getting married, selling home, break up of relationship, loss of loved one, etc. However, we can broadly categorize various types of changes:

- Losses of Relationships
- Changes in Home Life
- Personal Changes
- Work and Financial Changes
- Inner Changes

The Three Transitional Stages: Catalyst/Cocoon/Commencement

To demonstrate the transition – we can break it down into three stages – **the catalyst, the cocoon, and the commencement** - with each stage they cannot be rushed and there is no timetable.

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Phase One – Catalyst Phase (The Ending)

The Catalyst phase is normally around something that has ended, or something that has gone wrong in your life. The feeling in this phase is one of: Who I am or where am I going? Thoughts during this phase revolve around feelings of hopelessness, there's nothing to do, all is over, and I'm finished. Why did I do this? Why did this happen to me? Fear, doubt and confusion are natural states and prepare you for the next phase.

Phase Two – Cocoon Phase (Time Out)

The Cocoon phase is normally around that feeling that you've been stopped in your tracks. It seems like an unproductive stage however it is necessary to move on. It's a "timeout" phase, a time to process, reflect, think, often we need time alone, a long weekend away from family, friends. It is a time of discomfort, of confusion, of letting go, and grieving for the past. This phase is crucial.

Phase Three – Commencement Phase (New Beginning)

The Commencement phase is normally around that feeling of a new beginning. We come to beginnings only when we start with endings, go through confusion, go in and reflect and cocoon and come out as winners at commencement, new beginnings. You embrace new things, live life a new, start a venture.

Exercise 1: Where are you in the Transition Phase?

Now that you know that where there is change, there will be the expected phases of transition. So where do you see yourself in the transition cycle right now in your life?

Exercise 2: Create Your Support Structure

Take a sheet of paper and draw a circle with 3 or 4 spokes, like a picture of a sun you would draw when you were a child. The circle is you, and the spokes are the support needed as you make your transition.

Note: it is vital to take care and nurture yourself during this time of transition. You may want to take a bath with candles, a long 'time to think' walk, a massage, manicure, gym session, dance class, yoga session, watching a great funny movie, etc.

Note: Also having a coach is an excellent way to support you on your transition.

Exercise 3: Six Stairs of Transition

Draw a set of 6 stairs from left to right and number them 1-6 (with number 6 as the top step). Label the first step "I'm in the catalyst phase" and the top step "I'm at my commencement phase – my new beginnings." Knowing what you know now, what will be on step 2, 3, 4 and 5? Each step represents the beginning of the phase. For example steps 2, 4 & 6 are the 3 phases of the Transition Cycle. So step 1 – the very beginning of the Catalyst phase. Steps 1 & 2 are the Catalyst phase. Look carefully at the stairs in front of you. You may see area/s where you are and see what comes next in this natural Transition process. Where do you see yourself?

Welcome to Your Magnificent Metamorphosis

Congratulations! The caterpillar that metamorphoses into a butterfly has been one of the most enduring symbols of human transformation. This implies that human beings are in a kind of larval stage, and that a change is possible that would make us as different from the way we are now as butterflies are from caterpillars. The caterpillar lives in a different world than the butterfly. Can it know anything about this "higher" world, which includes more dimensions of movement? Can we humans know anything about the world of the ultra-human, the transformed human? This question challenges us to explore and understand the sometimes tantalizingly obscure symbols and metaphors. Perhaps those who have made it to "butterfly" are trying to tell us "larvae" something. I can't wait to connect again soon with the beautiful new you!

Warmest Regards,

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