

How To Live Originally

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TODAY'S WORD: Transformation

AFFIRMATION: I am transforming into an authentic expression of my Sacred Self.

A caterpillar transforming into a butterfly is an excellent analogy of a divine blueprint. I, too, have within me a pattern of wholeness that supports me in becoming all that I have been created to be.

I give myself the space, compassion, and patience to gently move through the process of transformation that brings forth growth in every aspect of my life. Instead of feeling frustrated at the growth process, I turn to my spiritual understanding and trust that divine life in me guides me through. I shed limiting beliefs that no longer serve me, and I step into new beginnings as I awaken to my Sacred Self. Like a butterfly, I take flight as I embody all that I was created to be.

SACRED TEXT: “And all of us, with unveiled faces, seeing the glory of Divine good as though reflected in a mirror, are being transformed into the same image from one degree of glory to another.” 2 Corinthians 3:18 (Paraphrased)

QUOTES ON TRANSFORMATION:

“Meditation is the process of transformation and beautification of soul from a leaf-eating caterpillar to a nectar-sipping butterfly. It grows with the wings of love and compassion.” Amit Ray

“Scared and sacred are spelled with the same letters. Awful proceeds from the same root word as awesome. Terrify and terrific the same. Every negative experience holds the potential and possible seed of transformation.” Alan Cohen

“Choose love and joy as much as you can in each moment and watch your life transform.” Amy Leigh Mercree