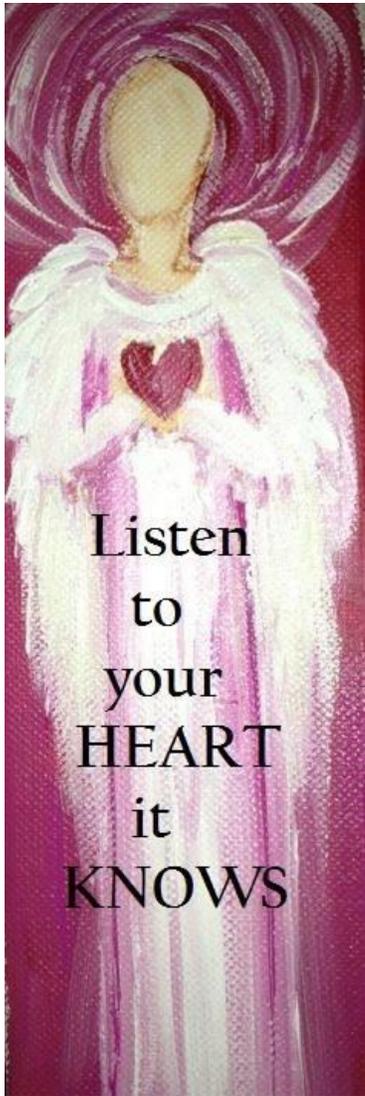


## Welcome to Inspiring Butterflies 7 Day Journey

*Stepping forward in balance and harmony!*

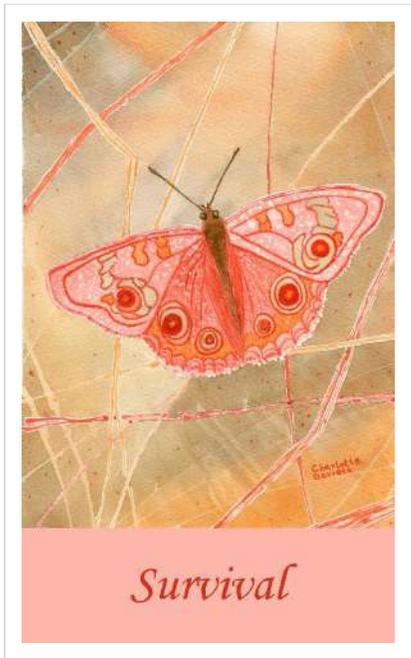


We are thrilled that you have arrived at the beginning of a 7 Day Journey in restoring your natural state of wholeness. The path we all walk can be challenging and much may have been asked of you. Now, we are happy to provide you with an oasis of beauty and inspiration for the next 7 days.

Each day there will be an image, reflection, message, and affirmation along with a few questions to ponder. The ideal way to do this is to spend some time in the morning before starting your day; however, sometimes that will not be possible, so just try to squeeze us in when you can.

If at any time, you have questions, email [marge@theawarenessgroup.com](mailto:marge@theawarenessgroup.com) or [ginny@inspiringbutterflies.com](mailto:ginny@inspiringbutterflies.com) and we will be in touch.

*A stream of blessings sent to you!*



## Day 1 - Survival

*Being grounded in the  
knowledge that you  
have  
a right to be here  
brings support and  
hope.*

The glorious reds,  
oranges, and pinks of  
this butterfly connect  
you to the Earth and  
celebrates your  
birthright.

The background shows  
that life can sometimes  
be difficult to navigate  
but KNOW that this  
too shall pass.

This butterfly brings  
you a sense of comfort  
in knowing that you can  
overcome obstacles in  
your path. It brings a  
message of hope:  
YOU can survive!

*I am entitled  
to share in  
all the  
blessings of  
life.*



As you go about your day today, carry this butterfly image of survival, either in your mind's eye or printed out on paper. Each time you find yourself feeling defeated, negative or broken, repeat the affirmation again:

*I am entitled to share in all the blessings of life.*

Then take a deep breath in and visualize RED light filling your body - clearing, grounding, and bringing you into present moment.

No matter how small, notice your blessings for this day.

Can you write them down?

How do you feel after listing your blessings?

And so it is!  
Marge and Ginny

