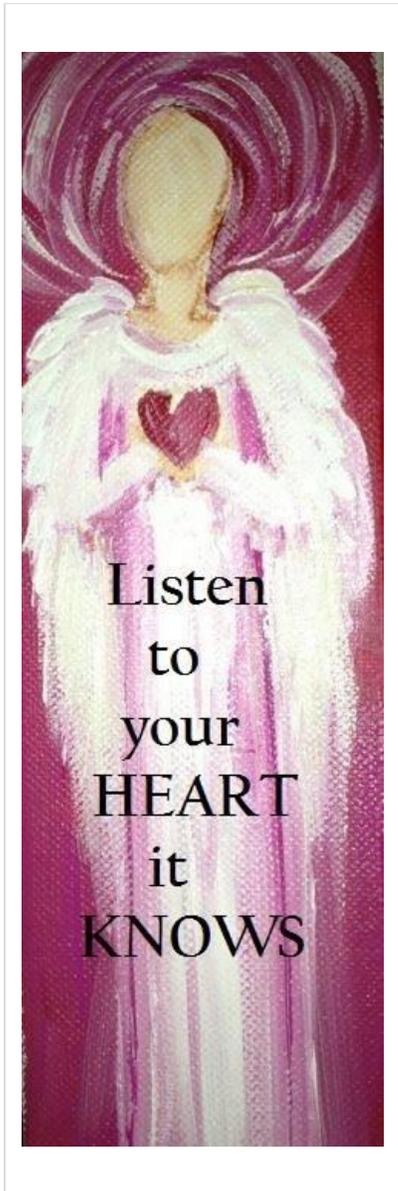


Welcome to Inspiring Butterflies 7 Day Journey

Stepping forward in balance and harmony!

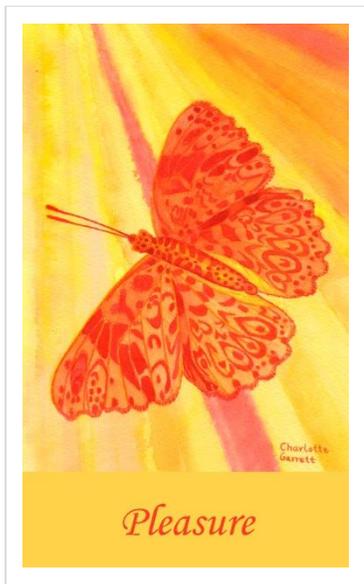


Wherever our geographical location may be, bright and sunny weather is not always possible. The same is true for our own interior outlook. Sometimes we feel cold, gloomy and cloudy, or overcome by intense heat, but there is always a way to be uplifted and hopeful.

Today we are looking for that bright spot found in each day, and our butterfly will help to make that possible. We hope you enjoy.

If at any time, you have questions, email marge@theawarenessgroup.com or ginny@inspiringbutterflies.com and we will be in touch.

Laughter is the sun that drives winter from the human face! Victor Hugo



Day 2 - Pleasure

Lightheartedness enhances your ability to attract greater enjoyment into your life.

This butterfly is fluttering by to remind you to have FUN. Much of your recent life may have become too serious, and perhaps rightfully so. But today, try putting a lighthearted spin on your troubles.

Energetically, orange is the lightest of all colors. It is hard not to see the silly, funny, softer side of life when faced with an orange butterfly!

My life is filled with joy and fun and laughter.

As you go about your day today, carry this butterfly image of pleasure, either in your mind's eye or printed out on paper. Whenever the day is feeling a bit too heavy, breathe in orange light and say the affirmation:

My life is filled with joy and fun and laughter.

Some ideas for lifting your energy today:

Tell a joke

Watch a sitcom

Play with a child

Eat ice cream

Have a lollipop

Tie a balloon to your mailbox

OR simply recall your favorite: dessert, cartoon character, fairy tale, holiday. All memories designed to bring a smile today.

And so it is!

Marge and Ginny

