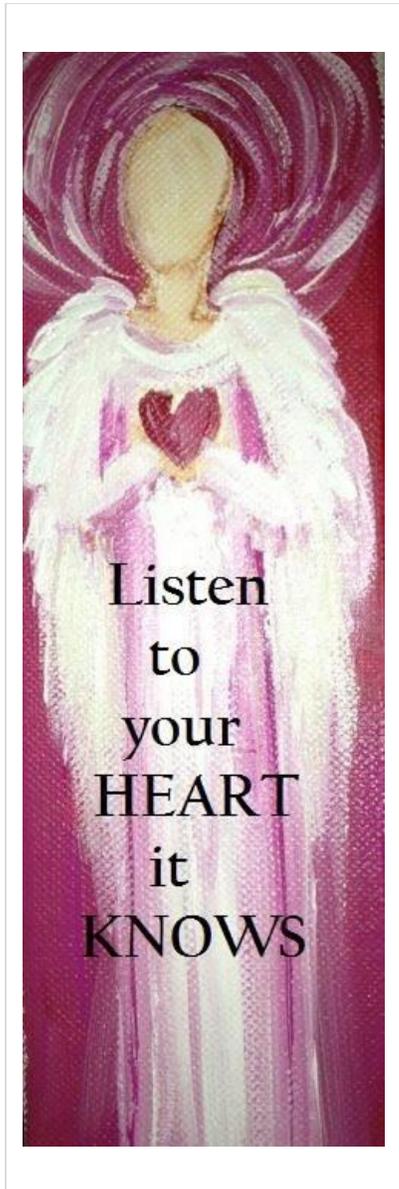


Welcome to Inspiring Butterflies 7 Day Journey

Stepping forward in balance and harmony!



You are now halfway through the 7 day journey and today's butterfly is THE best of all - LOVE.

Gandhi says: "Where there is love, there is life." And this 7 day journey is all about lifting the energy of your life as you travel through the days and nights of becoming whole and balanced.

We want you to know that every single day of this project we are sending love and light directly to you. Open your heart and receive this love from us and others.

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

The greatest science in the world; in heaven and on earth; is love. Mother Teresa



Day 4 - Love

*Remembering the desire to love
and be loved
will create a compassionate
heart.*

Many of us have experienced times in our lives when we have felt unloved or unworthy. Try to remember that this is only temporary for love always abounds and is always the answer.

For centuries, the emerald has been a symbol of undying love, so the green in this butterfly is showing you that love is universal and eternal.

Once you connect with the unending Source of love, you will find the peace that restores your soul.

*The more I accept and
love myself, the more I
can accept and love
others.*

As you go about your day today, carry this butterfly image of love, either in your mind's eye or printed out on paper. Anytime you have a moment of feeling as though you are a burden and unlovable, look to the LOVE butterfly and inhale the emerald green color.

Repeat the affirmation for this day:

*The more I accept and love myself,
The more I can accept and love others.*

It is always easier to love another, but as this affirmation tells you, the first step is to love yourself. Here's a lovely little practice for today: Say as many "I AM" declarations as you can think of. A few examples -

I am loving
I am loved
I am peace
I am beauty
I am whole
I am well

You may be surprised how a litany of I AMs can create their own energy of love very quickly. And tonight, before going to bed, set the intention to

dream of **LOVE.**

And so it is!
Marge and Ginny

