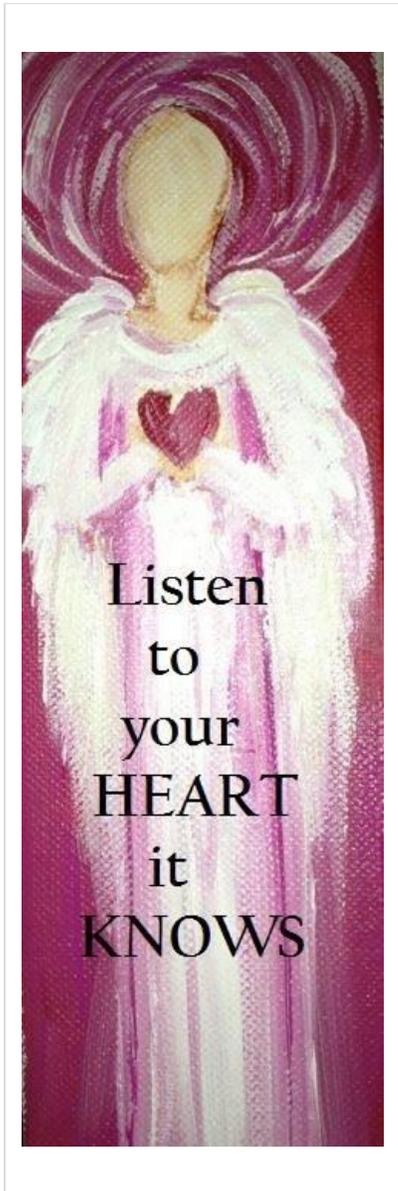


Welcome to Inspiring Butterflies 7 Day Journey

Stepping forward in balance and harmony!



Finding your voice and being able to express your truth are two of the themes in today's butterfly.

In the midst of life-altering situations, we can sometimes retreat into ourselves and keep our emotions and fears in the dark.

Today you are being given permission to speak your truth to yourself as well as to others. This will be liberating for your spirit as the flow of words can release stress and anxiety.

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

Three things cannot long be hidden: the Sun, the Moon and the Truth. Buddha



Day 5 - Self Expression

Expression of yourself from a place of deep belief strengthens your right to speak.

Do you find yourself saying words that don't ring true or saying what others expect you to say? Now is the time to practice self-expression.

The blue in this butterfly helps you to delve deeply within and find the source and truth of your beliefs. Once connected to this truth, your words will become powerful and strong.

The two butterflies represent an interchange of honest communication between self and others. Integrity and truthfulness are the keys to a meaningful exchange.

I give myself permission to express my truths.

As you go about your day today, carry this butterfly image of self-expression, either in your mind's eye or printed out on paper. The color LIGHT BLUE serves you by supporting the speaking or writing of your truth. Use that color today in as many ways as possible (a blue sweater, a blue scarf, jewelry etc.) Repeat the affirmation often:

I give myself permission to express my truths.

When you have not been allowed to speak from your heart, you find other ways to express yourself. As you move through your day, be mindful of what happens when you are in a situation where you really can't say what you would like to say. How does it affect your body? Where in your body do you feel the tightness? How does it affect your mental state? What does it do to your spirit?

Explore these questions today and see what you discover!

**And so it is!
Marge and Ginny**

