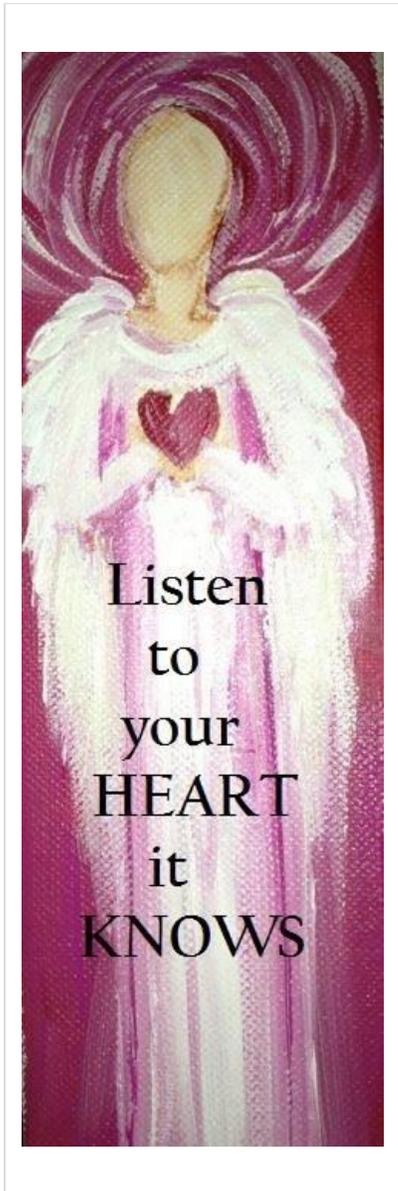


Welcome to Inspiring Butterflies 7 Day Journey

Stepping forward in balance and harmony!



Today our butterfly will directly connect you with inspiration and spirituality. The color purple carries the highest vibration. Think about the rainbow, violet is always at the top --- connecting with the heavens!

Finally, we end with a beautiful meditation that can be done whenever you feel the desire to connect with your innate wisdom and knowing.

It's been a blessing for us to be with you this week, and we will continue to send light and love as you travel a path to wholeness.

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

Embracing your spiritual connection clears your path for inner guidance and clarity.



Day 7 - Awareness

Higher consciousness gives you greater spiritual awareness of your life's journey.

Wake up to the gifts that Spirit is waiting to bring to you. Begin to look deeper at the ordinary.

The glittering purple in this butterfly holds the essence of Spring - the time of the great awakening. New life begins to poke through the hardened ground as we celebrate the revival of life.

So too, do you experience the revival when you invite Spirit to guide your vision.

I follow the flow of Spirit and awaken to a world of blessings.

As you go about your day today, carry this butterfly image of awareness, either in your mind's eye or printed out on paper. Picture the color of violet entering your body and moving through your whole being.

Say the affirmation several times today:

I follow the flow of Spirit and awaken to a world of blessings.

Now let us get your body, mind, and spirit primed to receive awareness and inspiration through a meditation:

Take three deep breaths, and on the fourth one, visualize a purple light enter through the top of your head. Feel the pulsating and energy move from your head, to your neck, across your shoulders, down your arms, into your chest, down through the pelvic area and into each leg. Feel the warmth and heat radiating throughout your body.

Go within your sacred space and allow your inner soul to connect with Spirit. Visualize the purple light extending from the crown of your head to your Source. Know that you are now connected to Infinite wisdom and inspiration. Choose a question that you have been struggling to find an answer to. Continue to breathe the purple light. Waiting. Inhaling. Exhaling Softly.

Begin to notice a shift in your awareness, allowing you to receive an answer from Spirit. What does it look like? What does it feel like? What does it sound like? You are inspired by the messages that you are receiving. Take a moment and feel how perfect the answer resonates within your soul. Know that this connection to Spirit is yours for the asking. The purple light will always guide you to this connection.

And so it is!
Marge and Ginny

Sweet butterfly dreams all the rest of your days!

