

Metamorphosis

Releasing the Beauty Within

By Jeffrey Paul

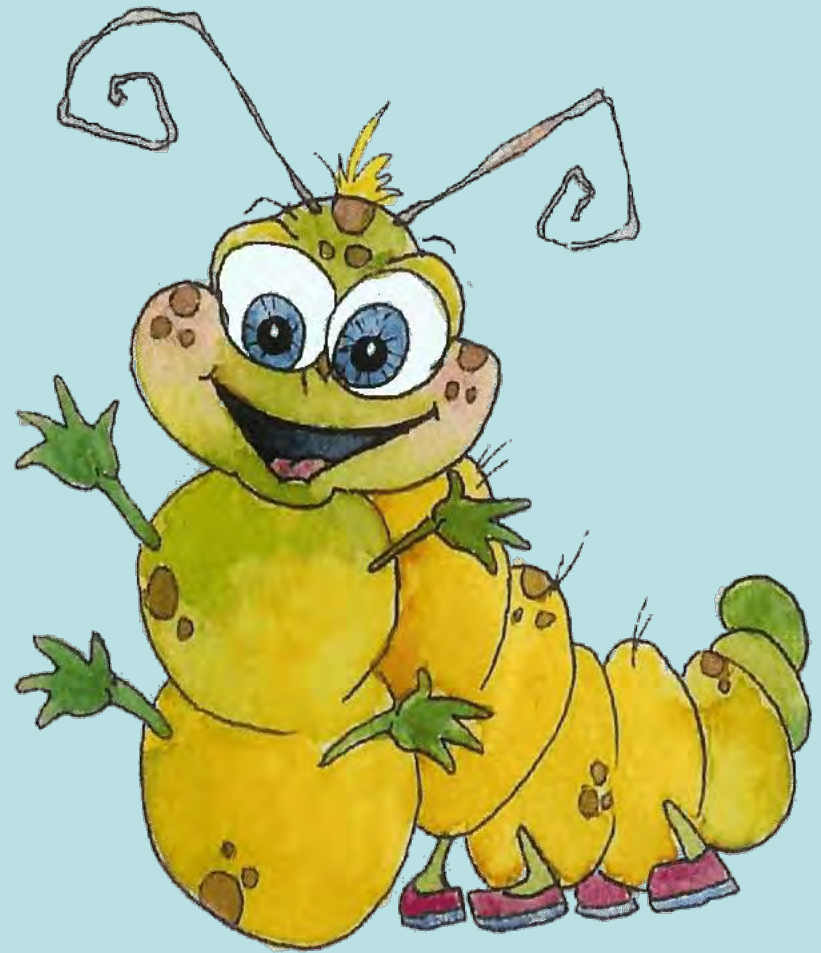
Illustrated by Gail Laba



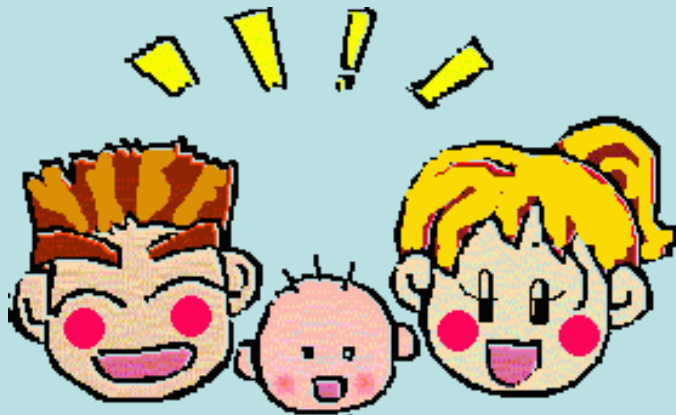
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There once was an
Ugly Caterpillar-
dark green with brown
spots all over its body,
with fuzzy hair and two
bulging eyes.



The Ugly Caterpillar crawled along the ground at a very slow pace, at all times.



When children saw the Ugly Caterpillar, they would either make fun of it or be afraid to deal with it.

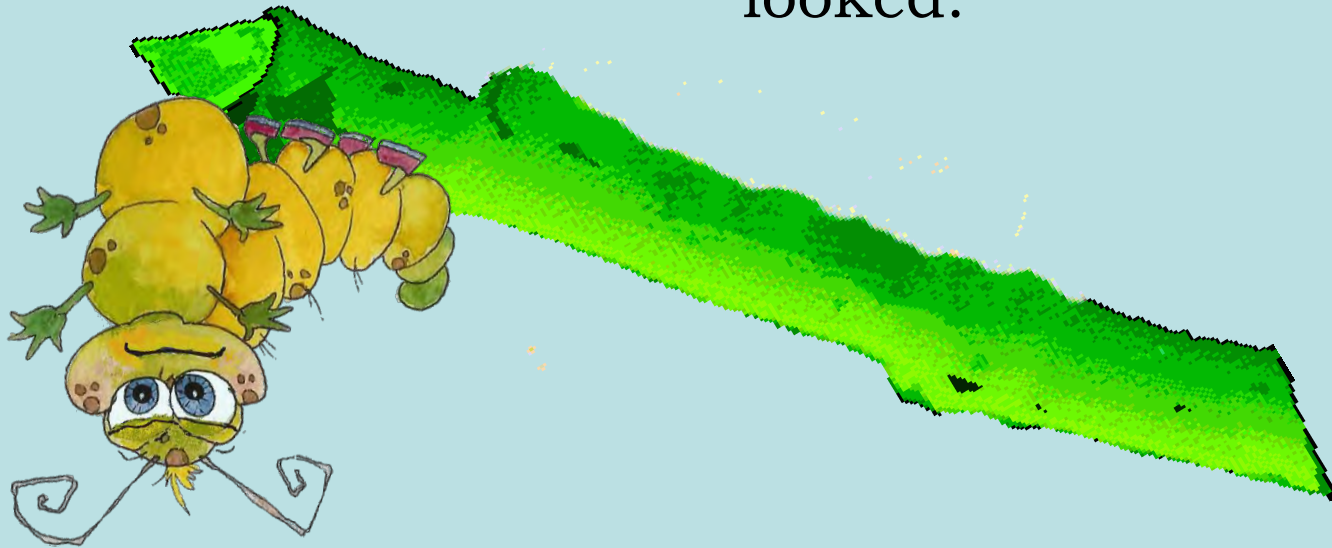


All this was just too much for the Ugly Caterpillar to deal with. So the caterpillar continued to eat so much that its skin did not fit any longer.





One day the Ugly Caterpillar decided it could no longer live with all those feelings, knowing it had no way to change how it looked.



It climbed a tree limb and hung itself upside down, ready to submit to the worst.



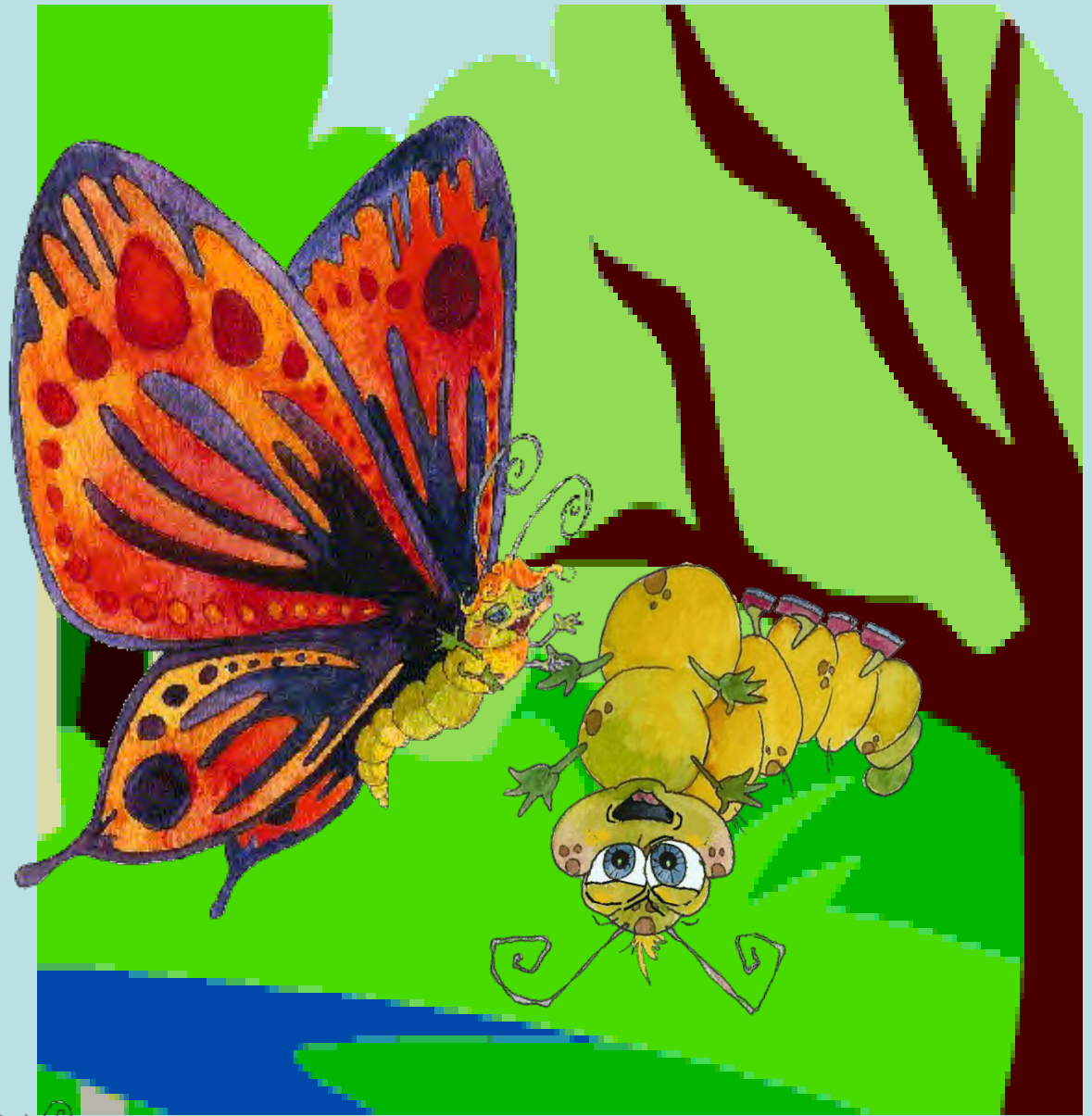
As the Ugly Caterpillar hung from the limb, it peered into the lake and saw a reflection-not of an ugly, fat, fuzzy body, but of a Beautiful Butterfly. And when the caterpillar looked up, a Beautiful Butterfly floated down next to it on the tree limb.

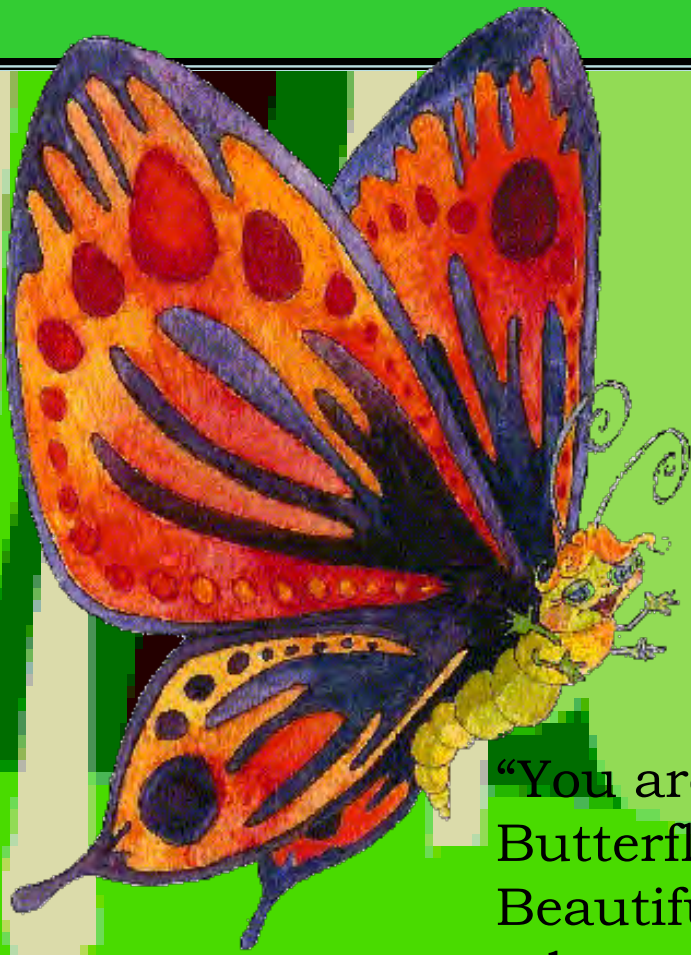


“Why are you so sad and why do you seem to be ready to throw your life away?” asked the Beautiful Butterfly.

“Are you blind?” The Ugly Caterpillar responded.

“I am ugly, fat, and no one likes me. If only I could be as beautiful as you are and if I could fly, everyone would love me.”





“You are beautiful!” said the Beautiful Butterfly. “Inside every caterpillar is a Beautiful Butterfly that needs to be released.”

“But how?” asked the Ugly Caterpillar, with a glimmer of hope.

“By the miracle of Metamorphosis!” sang out the Beautiful Butterfly.



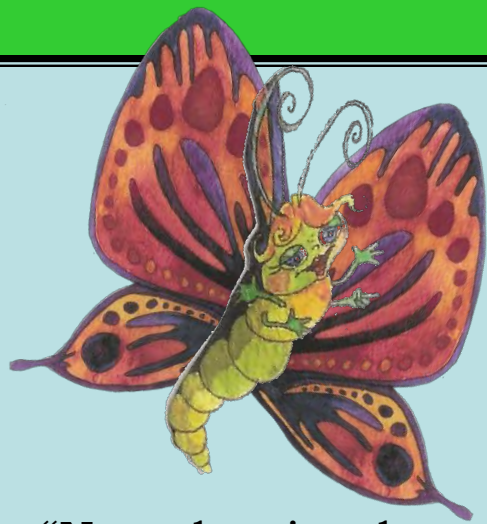


What is Metamorphosis?"
asked the Ugly Caterpillar.

"It is the release of
the beauty within
you and the
transformation of
your mind, body,
and spirit." replied
the Beautiful
Butterfly.

"What must I do?" shouted the Ugly Caterpillar.
"I so much want to be beautiful and full of brilliant
colors and be able to fly on the wind!"





The Beautiful Butterfly said, “There are three steps to releasing your inner beauty.

Step 1 is to **BELIEVE IN YOURSELF** and who you are with your entire mind and heart.”

“But I know who I am, “ said the ugly caterpillar, “I am an ugly creature that no one loves.”

“Now that is what you have come to believe and because of this belief, you have not released the inner beauty of who you really are.” said the Beautiful Butterfly.

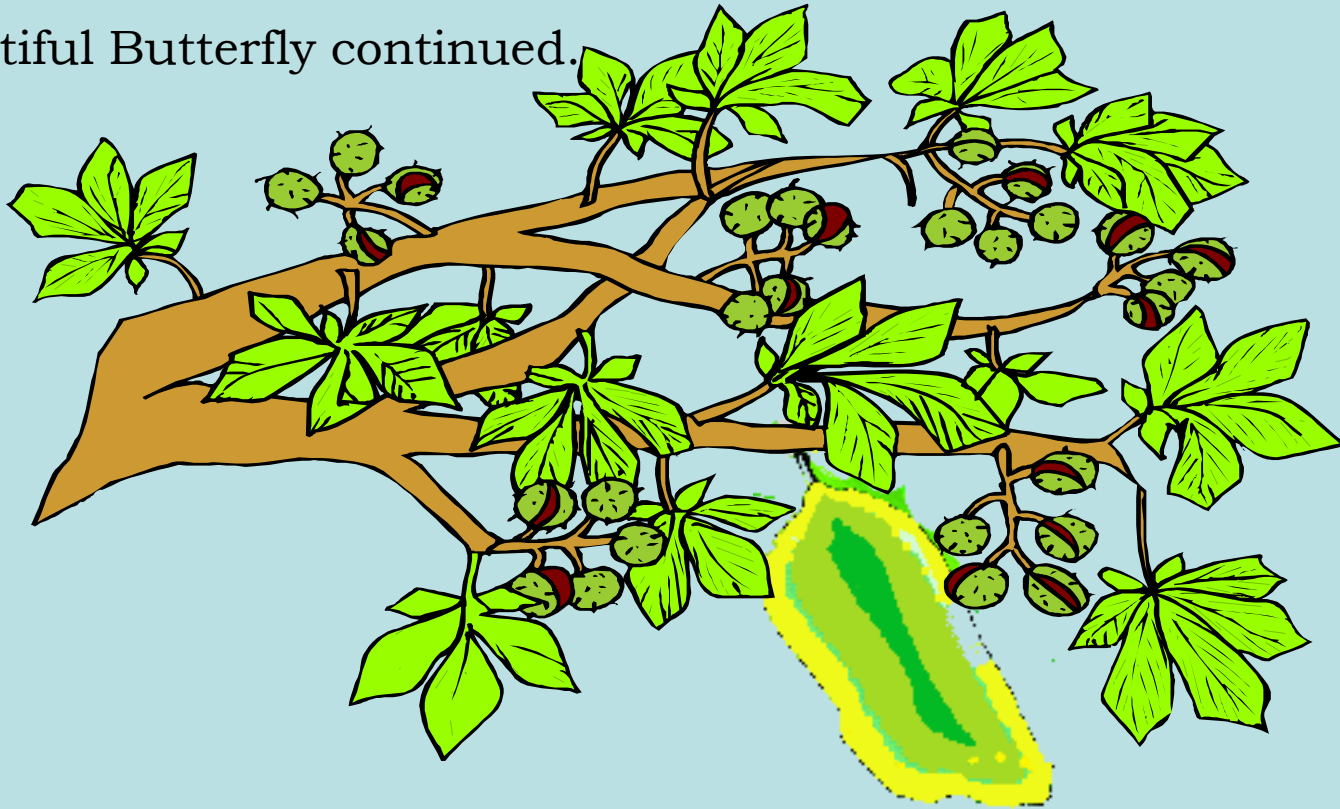
“Then, who am I?” asked the Ugly Caterpillar, intrigued.

“You are a beautiful creation of God. He made you for a special purpose on this Earth!” said the Beautiful Butterfly.

“Now look at your reflection in the lake and repeat these words: **‘I am a Beautiful creation which God made for a special purpose,’** until your thoughts of yourself change and you believe in yourself. That is the first step.”



The Beautiful Butterfly continued.



“Step 2 –You must retreat up into a tree and enclose yourself in a cocoon with these words **repeated in your mind over and over until your physical change takes place.**

Through your struggle to release yourself, your new thoughts will release your inner beauty, and the colors of your wings will be uniquely and beautifully painted.” The ugly caterpillar listened intently.



The Beautiful Butterfly continued.

“**Step 3** will be the hardest,
**to release yourself to fly on the
wind.**” warned the Beautiful
Butterfly.

“This trust is achieved the same way
the change of your mind and body
occurred – by believing and not
doubting.

You will flap your wings and repeat
over and over, ‘**I can fly! I can fly! I
CAN FLY!**



So the enthusiastic Ugly Caterpillar did exactly what the Beautiful Butterfly instructed it to do.

Sitting on a tree limb, hanging over the lake, the Ugly Caterpillar began his Metamorphosis. He began with Step 1, as the Beautiful Butterfly had instructed, believing in himself with all his heart and mind.



I am a Beautiful creation of God...

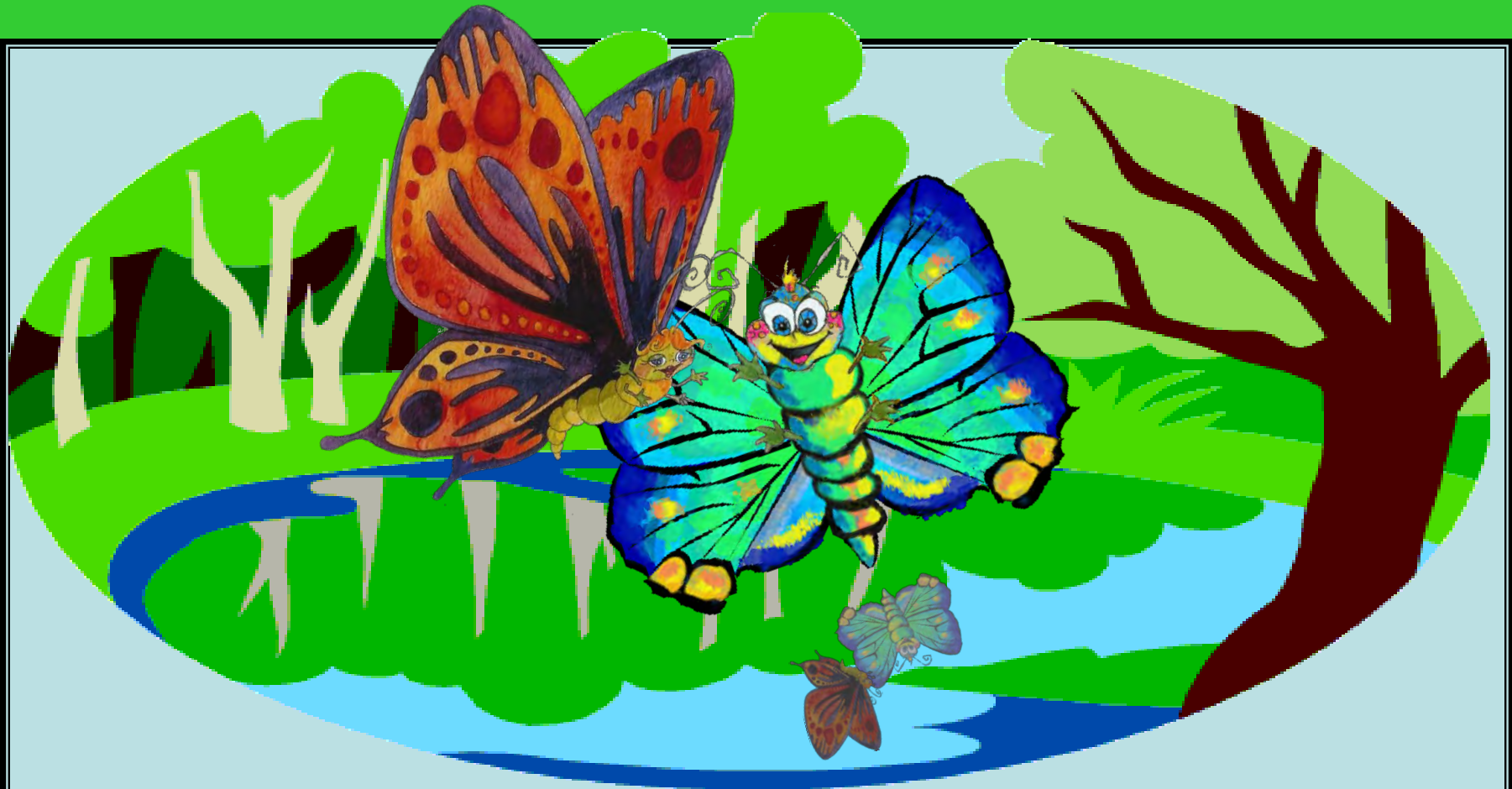
Then very carefully he formed his cocoon and began repeating the words with passion, **“I am a Beautiful creation of God with a special purpose.”**





In a very short while, still hanging over the glimmering lake, the once ugly caterpillar broke free from its cocoon and emerged as a Beautiful Butterfly, looking into the lake at its reflection shouting,
“I can fly! I can fly! I CAN FLY!”





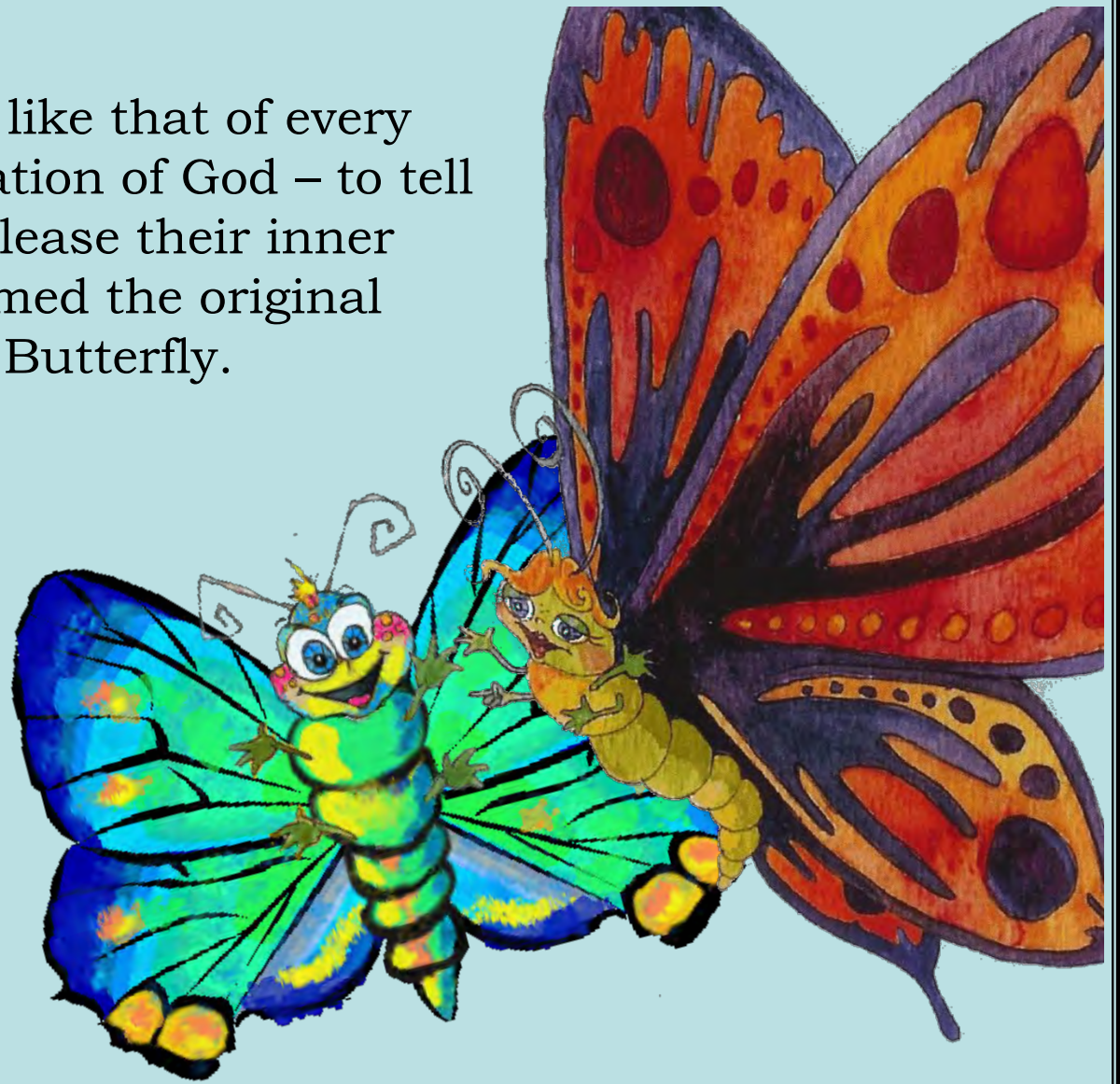
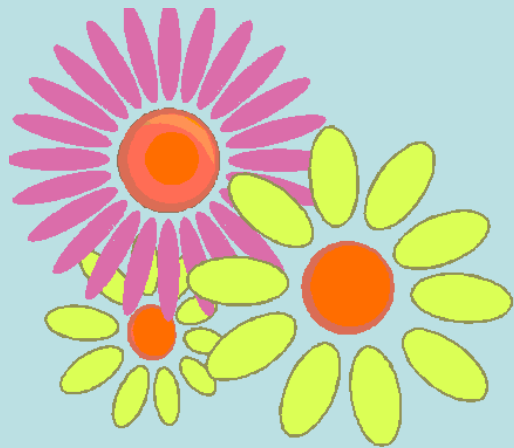
Suddenly a shadow approached. The original Beautiful Butterfly was overhead. “I see you have taken the Three Steps and experienced the Miracle of Metamorphosis.” said the first Beautiful Butterfly.

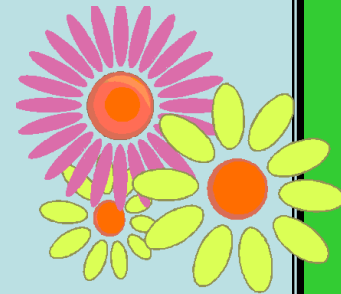
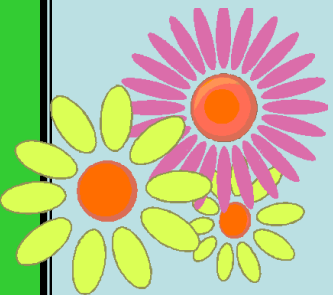
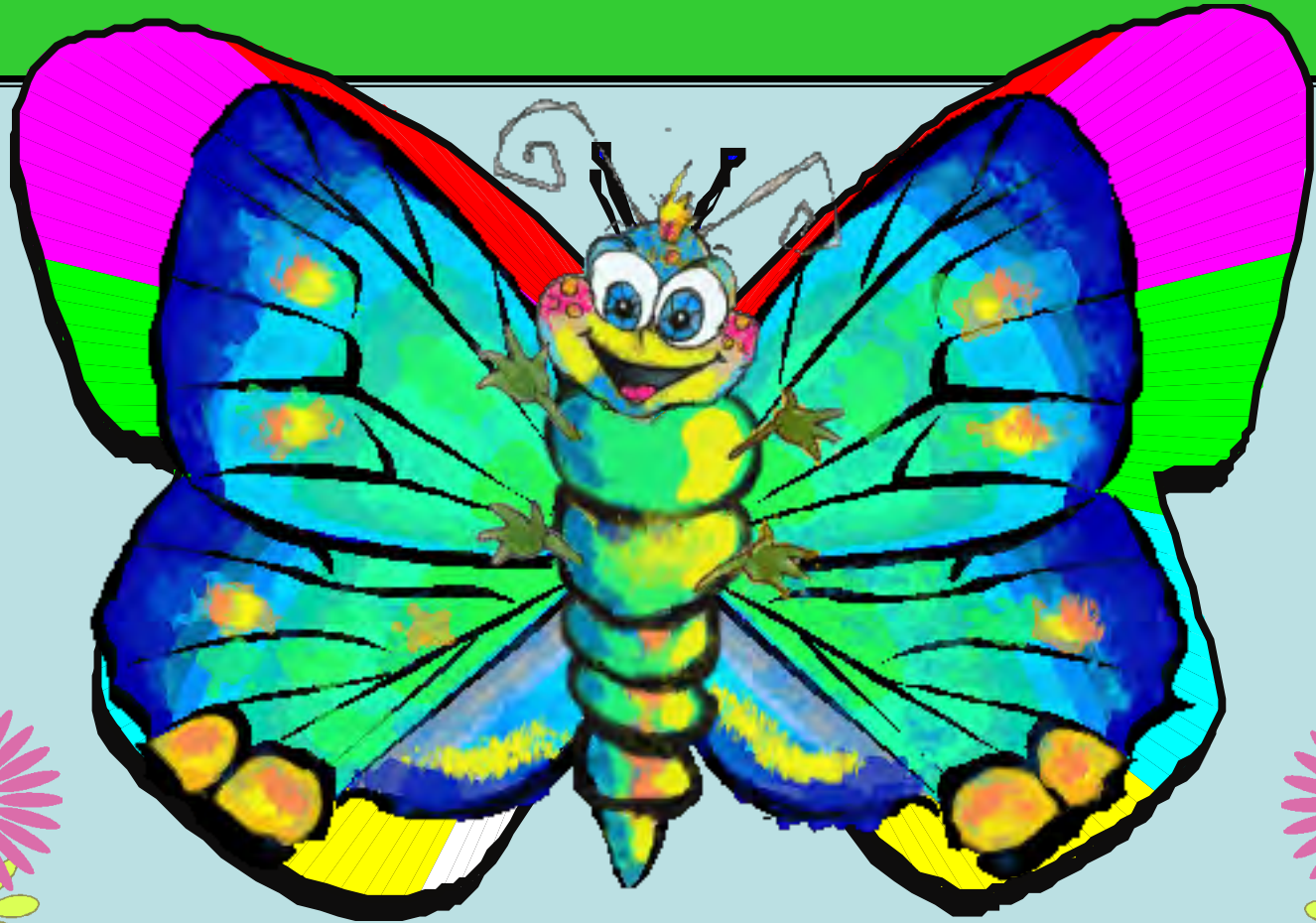
“Yes, yes! It really worked!” said the new Beautiful Butterfly excitedly.

“But...I still don’t know my purpose.”



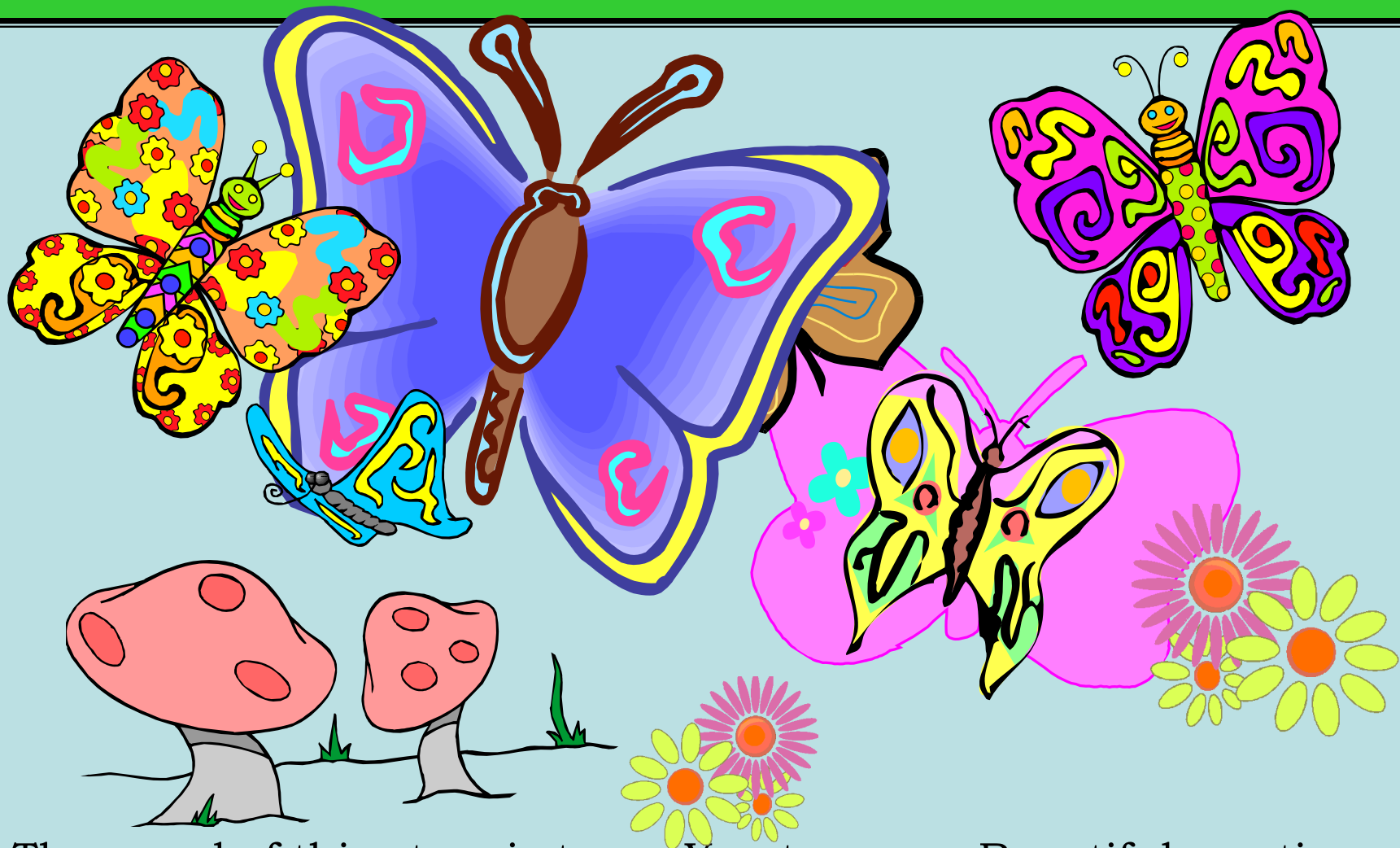
“Your purpose is like that of every other Beautiful creation of God – to tell others how to release their inner beauty!” exclaimed the original Beautiful Butterfly.





So the once ugly caterpillar flapped its wings and soared up into the sky and announced, “I am a Beautiful creation of God with a special purpose in my life to help others release their inner beauty by learning the Three Steps of the Miracle of Metamorphosis!”





The moral of this story is true. You too are a Beautiful creation of God with a special purpose in life.

It starts with your thoughts – for as you think, so you are.





Then your physical form may need to change outwardly in your struggle to find the release of your inner beauty. And then you need to soar on your new wings always remembering you are a Beautiful Creation made by God with a special purpose to release the inner beauty of others.



It's time for **YOU** to look into the mirror
and find your beauty within.

You are a Beautiful Creation of God!



...a new

Beginning

