

TWELVE: HOLDING ON TO LIFE!



With hands held together and fingertips touching to lock in the deep peace she was experiencing, Amara ended her walk on the Butterfly Peace Path. She stood quietly, basking in the unconditional love that surrounded her. An incredible letting go consumed her. I've come home to a new sense of trust in myself, she concluded as she stood at the end of the path.

The Butterfly Peace Path was inspired by her mother and it had been a source of comfort throughout the ten years since her passing. Within a second of her next thought —“I know you're here with me mom”— a bright yellow butterfly came into view and danced its way across the labyrinth. Amara was filled with hope for the future and smiled as she remembered that hope was her mother's favorite word!

Amara knew she would trust herself to handle whatever came before her. HOLD ON TO WHAT IS GOOD - words she'd read during her mother's eulogy returned to her. “I will walk with these words tomorrow and every time I need to renew my hope for the future with trust in myself” thought Amara. She stepped from the path, looking forward to the evening and the days to come with a full, open, clear and strong heart.

Along with Amara, walk with HOLD ON TO WHAT IS GOOD and record your insights and discoveries in a way that is meaningful to you.



HOLD ON TO WHAT IS GOOD

Hold on to what is good even if it is a handful of earth.

Hold on to what you believe even if it is a tree which stands by itself.

Hold on to what you must do even if it is a long way from here.

Hold on to life even when it is easier letting go.

Hold on to my hand even when I have gone away from you.

From *Many Winters*, 1974, by Nancy Wood

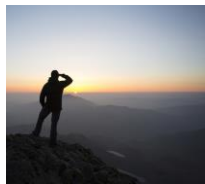
THINK ABOUT . . .



How will you hold on to what is good?



How will you hold on to what you believe?



How will you hold on to what you must do?



How will you hold on to life?



NEXT SMALL STEPS

What will you do? By when? How will people know?



In celebration of your completion of the BUTTERFLY ME HOME program . . .

I wish you well from this day forward.
May you find hope and peace on your journey "home"
as you discover, uncover and recover

What is good . . .

What you believe . . .

What you must do.

Namaste

Jackie Levin