

## THE CATERPILLAR AND THE BUTTERFLY



Let's go back and talk a little bit about that very familiar kind of metaphor, the caterpillar and the butterfly. It's a really, really good one, and I've noticed lately that Cauldre is calling muggles caterpillars now (Adamus chuckles). It's kind of appropriate and probably less condescending than calling them muggles.

So, it's such a beautiful example in your own nature about what happens. You've got the caterpillar who – very much like humans – just trying to be a bigger caterpillar and have a better color of green than the rest and trying to grow some more legs. But then suddenly something starts happening to the caterpillar. It starts falling apart. It starts kind of losing its mind. Its body doesn't work so well anymore. It can't remember anything, and the caterpillar blames it on old age or pollution or bad water or something. And the caterpillar is going through all this and, of course, blaming everything on the outside without stopping for a moment to say, "What's really going on?" Without stopping to just allow.

The caterpillar is fighting all this. The caterpillar actually has heard stories about the cocoon from other caterpillars, not ones that have actually been in it, but ones that have also just heard about it and considers the cocoon the devil, evil, darkness. And it is a belief that most caterpillars have that this cocoon is truly the evil of evils. And suddenly the caterpillar finds itself falling apart and now being seduced into the cocoon, into the darkness. The caterpillar resists as much as it possibly can. It prays and says it won't do bad things anymore and does everything it can, but it can feel it's being drawn into the cocoon.

And then one day it actually is. The body is falling apart, the mind doesn't work anymore, and suddenly the caterpillar is drawn deeply into the cocoon. And within the cocoon is absolutely destroyed any vestige of its caterpillar self. It all turns to mush. We've talked about this before. Nothing new.

It all turns to mush, but the caterpillar still has awareness. Now, the awareness is changing because it no longer has a caterpillar body or brain, but it still exists. It still realizes, "I'm here in this cocoon. I was terrified of it. I thought it was just the darkest thing of all, because it was just going to gobble me up, which it kind of did, but yet I Exist. I'm here."

The caterpillar starts to realize something is happening. Something is happening, and it's not just its body falling apart and turning to mush, losing its mind and its sense of identity, but something is happening right here and right now.

The caterpillar has really nothing left to resist anymore. Now all it can do is allow. It really has no fight left in it; has really no body, no mind,

so all it can do is allow. And when it starts to allow, it realizes there's something there that is actually very real. For the caterpillar it's called the imaginal disc – imaginal disc – and it's very real.

The imaginal disc in your science is actually not part of the caterpillar when it is a caterpillar, but suddenly it's there when it's in the cocoon, and this is based on science. Suddenly, it's there.

Now, where did it come from, if it wasn't in the caterpillar DNA, it wasn't in any part of the caterpillar's physical body or its tiny little brain? Where was this beautiful thing called the imaginal disc? And why does science call it an imaginal disc?

What the imaginal disc is, is all of the potentials for it to be the butterfly. These didn't exist when it was a caterpillar. It wasn't part of the caterpillar genome. But now it's here, and the caterpillar – now turned to mush, but still realizing it exists – suddenly becomes aware of it. It's almost like a crystalline light within the cocoon.

These pairs of imaginal discs are the potential for everything the caterpillar is going to become now as the butterfly. There's basically a crystalline pair that will become wings – wings that the caterpillar could have never imagined before, never ever imagined. It becomes the legs of the butterfly and the antennae and the eyes and all the things. In these imaginal discs, which are very real, are the potentials for what it will be. But the caterpillar never realizes that when it's a caterpillar. It doesn't realize it at first when it's in the cocoon being actually turned to mush. But now it's there.

These are the very things that now are triggered for this magical metamorphosis to take place, for the butterfly then to emerge with

wings, with a totally different beingness than the caterpillar ever could have had.

This is very real. This is scientific, and I've often found it amusing that the scientists called it an imaginal disc, because it's like the imagination. You know, it was always there in the imagination, not as a physical part of the caterpillar, but in the imagination. But now it becomes very, very real within the cocoon.

There is a tendency for the caterpillar – which is now really just in a state of mush – but it's still going to try to manipulate these discs, but it finds right away it can't. It can't. The discs do not respond to caterpillar brain, caterpillar desires or caterpillar control. They do not respond to it, and when the caterpillar tries to and tries influencing these imaginal discs, say, you know, "Make me into a whole caterpillar again, but a really good caterpillar," the discs will not respond. But the disc will respond when the caterpillar just allows. Then the discs respond, and they start forming this beautiful butterfly.

## **BUTTERFLY MERABH**

It's amazingly similar to what you're going through. I mean, not that you're a caterpillar, but you're the human going through this experience. The cocoon is your awakening, your coming into Realization. You could say that you've been in a cocoon for quite some time now, turning into mush, but you're still aware. You still have the "I Exist." You're still there.

You don't have an imaginal disc, because that's unique to the caterpillar, the butterfly, but you have something called the Clear Crystal Flame.

You can't find it in the body. If you dissected a human, you couldn't find this Clear Crystal Flame within it. But it's always been there.

When I say that coming to Realization is a natural process, I say that because this thing that's always been there, this crystal flame, is the thing that was going to bring you to Realization.

You were never going to get stuck on this planet. You were never really going to get lost. It's not in your physical body. It's not in your mind, but it is you. It's part of you.

And now it comes into awareness. Not before; it doesn't come into awareness in the early parts of awakening or as you come into your mastery. It's only when you come to this point – coming into Realization. That's why I chose today, our first Shoud of 2020, to talk about it.

Whether or not you're choosing Realization doesn't matter. You can tell me that you're choosing it, you're not choosing it. You can say that it's delayed because you're getting in your own way. You could say you want it now. None of this matters, because that's the human trying to manipulate the Clear Crystal Flame of the I Am.

The only thing you can really do is allow.

That caterpillar, oh, it's really going to try to outmaneuver the imaginal discs and try to get back to being a caterpillar, but the imaginal discs do not respond. Scientifically, I mean, in your human realm, they will not respond. But it's the same way with you, the human, and the Clear Crystal Flame.



You haven't seen it. You haven't been aware of it up to now for a wide variety of reasons, but it's always been there.

It's akin to the imaginal discs, because it is your realized Self. It's all the components. It's the components for your Free Energy Body. It's the components for the gnost. Not human gnost, not human mind, but it's the components for a whole different way of understanding and being aware of things. It's all there.

Everyone of you has this. It's now time for that to come into your awareness.

You cannot manipulate it, and I know you're going to try.

Don't bother asking it for money. It doesn't even know about things like that.

This beautiful, Clear Crystal Flame is the thing that ultimately guides you into Realization. It's all the components for what you'll become. It's all yours. It doesn't belong to anyone else. If anybody tried to find it within you, tried to go into your cocoon, they couldn't find it, because it only works for you.

I asked the question, "Would you come back for another lifetime on the planet?" No. No, once you become the butterfly, you don't return to being a caterpillar. No.

What you do is you emerge from this whole process of coming to Realization and you live the hell out of life, whether it's five years, ten years, three decades. You live the hell out of life right now. You don't need to come back and you can't go back. I'll tell you that right now. But those of you who said, "Hell yeah, I want to enjoy life," do it now. There'll come a point where you'll tire of it, because you realize there's so much more in the other realms, so much more. You've had

all the experiences that you can get on this planet and you choose at one point to say, "I'm done with it." But no, you're not going to come back.

Really, would the butterfly ever go back to being caterpillar? No. No. This Clear Crystal Flame, it's within each and every one of you. It's what's going to bring you into Realization, so stop trying to do it yourself. It's part of you. You couldn't possibly find – some of you are wondering, "Well, is there any negative or any darkness in this Clear Crystal Flame?" No, there's not.

Is it going to make you suffer? Is it going to judge you? No, no, no. It's not about that.

So, when I say this year is about allowing, that's what I mean. Allow what's there right now.

You're going to start either feeling it or actually seeing it, and that's the thing that brings you into Realization.

Take a deep breath and just feel into it for a moment.

By the way, dear human, you're not going to bring yourself into Realization. You're not. That actually should be a relief.

Feel into this beautiful Clear Crystal Flame. It is so much like the imaginal discs of the butterfly.

We come into 2020 and there's everything from excitement, enthusiasm, doubt, all the rest of that. You don't have to worry about any of it. There's nothing you have to do. That's why I say drop all the resolutions. Stop all the struggles and the trying to figure things out. Imaginal discs are very real. I mean, this isn't just a story. They're very real. They allow a magical transformation, transmutation from

caterpillar into the butterfly. It's not the caterpillar making itself a butterfly. It's not the human making themselves realized.

The imaginal discs, you could say, are the potentials of all that can be, and so is that Clear Crystal Flame within each and every one of you. Let this guide the way, to be the way. Let it bring you into Realization. Yes, you're going to have times when your body hurts. You're going through a tremendous amount of final changes. Do you think it was easy on the caterpillar being turned to mush?

There's still going to be times of doubt. There's still going to be some inner conflicts. Just allow them now. Just allow them, meaning don't give it a lot of attention. Don't get yourself all in a mental swirl about things.

This is the time that, well, you could say, was prophesized, but this is the time that you chose to come to this planet for Realization, and now it's here. Just allow it.

Everything here is kind of picked up by and handled, you could say, by the Clear Crystal Flame.

Again, it's yours and only yours. It doesn't belong to anyone else. It's not shared with a group, none of that. But everything else here is just kind of picked up, managed, brought to Realization.

Cauldre's asking me, "Is there nothing more the human can do then? Is this it?"

Well, no, actually, that would be missing the point. The human can experience it. Not direct it and manage it, not try to make it happen, but the human can experience it.

Isn't that what you're here for?



I'll go so far as to say there's not even a choice anymore, and I know that sounds rough to some of you who say, "Damn it! I do have a choice." Actually, you really don't.

No, no, no, no. You're far, far too into your Realization. The wheels are turning. The Clear Crystal Flame is already doing its thing.

I know that sounds kind of harsh; no, you actually really don't have a choice anymore. It's happening. Do you think the caterpillar actually had a choice in the final moments within the cocoon to suddenly say, "No, no, no! I want to go back to being a caterpillar?" No. It was far too late. So many other things taking place. So many other things happening.

You know, I literally went into, put my energy into a cocoon where the caterpillar was just about to emerge now as the butterfly. I wanted to experience, I wanted to really feel the imaginal discs. Not through a scientist's microscope but I wanted to see them, and they were glowing. They were actually like crystals. The ones I saw in this particular larva were – they were purple, of course – and they were glowing like crystals and they were doing all the, you could say, the work. They were bringing about this process.

It was beautiful to behold. And it was sad, in a way, at the same moment, because here was what used to be a wonderful caterpillar and its days as a caterpillar were done. And even then, well, there was this joy of knowing it was going to be emerging in just a moment as a butterfly. There was also a feeling of loss that it would never be a caterpillar again. But that feeling faded the moment it spread its wings. It never wanted to go back.

You can do that too, by the way. You just project your energy, your consciousness. It was quite amazing, but back to the point here.

If you're holding back because of a relationship or you have a business you want to really get going or close down or no matter what it is, you think that because the doctor just told you you had some dreaded disease that you have to wait; it's really beyond you right now.

Cauldre's telling me, "Well, that's not very nice, Adamus. Shouldn't you be telling everybody they're empowered? They can do anything they want." No. No, actually I see the beauty in it.

You're going to be emerging out of many, many lifetimes on this planet as a human, and you're going to stay human too – that's kind of the cool thing – but as an enlightened being, fully realized.

All you're being asked to do right now, dear human, is to allow.

Oh, I can hear some Shaumbra are just absolutely angry with me. They're insisting that they have a choice. They're insisting they can do anything they want. All I'm telling you is if you've come this far, it's too late (a few chuckles).

But then I've got to ask the question. If you've come this far, didn't you want this to happen? Sometimes humans – silly, silly humans – they make no sense at all.

Let's take a deep breath and I ask you now to feel deeply into your Clear Crystal Flame, the thing that's going to take it from here for you ... just like those imaginal discs.

This is the thing that knows how to put all the parts and pieces together to bring you into Realization.

And here it's really beautiful because it doesn't matter what your old karma was. It doesn't matter what you did in this lifetime. None of that matters from here on.

It doesn't how many lifetimes you lived. It doesn't matter what you're doing right now. None of that matters.

This is the time to really let go and allow.

It's a very personal time, a very private time also.

There's been a lot of discussion amongst Shaumbra saying, "As you come into your Realization, do you go out and talk about it, declare it, pound your chest?" You know, that's caterpillar thinking. Realization is so intimate and so private, deeply private.

We'll talk about that in times to come, you know. Do you even talk about it with other Shaumbra? Maybe, but well, when you come to the Open House at the Ascended Masters Club and you ask some of the other Ascended Masters, they're all going to kind of smile and laugh and like, "Tsk." You know, from their experience, it's so deeply personal. There's not a desire to run out and scream it out to other people or even to Shaumbra.

And then there's something else they're going to tell you about. Oh, they're going to give you all sorts of stories, by the way. But they're also going to tell you there's kind of a thing between embodied realized Masters. They don't have to say a word. They already know, between each other. It's not like a bell rings or anything, but there's instant knowingness from one to another, and there's just a little bit of a smile that they have, a knowingness, like, "Yeah, you're there. I know it."

Let's take a deep breath here into allowing.

It's the most important thing for this year. It's actually really the only thing you can really do.

You no longer really have a choice. You no longer really can do anything to facilitate your Realization. Now it's all how do you want to experience it?

That's it. How do you want to experience it?

You cannot tell it at this point that it should take a week or a year, and you can't even say, "I don't know." You can't.

You can't say, "I'm not sure if I really want it or when I want it or how I want it." None of that applies.

The Clear Crystal Flame, it brings you the rest of the way.

You've done a lot to get here. You've done a lot, but this Clear Crystal Flame, it does the rest. It has to at this time, because the human simply wouldn't be capable of it. Let's take a deep breath.

These imaginal discs that are within the – well, they're actually not within the caterpillar, not in a physical scientific way. They don't show up until the later stages of the larva, in the cocoon. Isn't that amazing? It's the same with the Clear Crystal Flame. It's only now.

Let's take a good deep breath into this year of allowing, when so many will come into Realization.

Let's take a deep breath and acknowledge all the work that the human's done, and now you can take a deep breath. The Crystal Flame takes it from here.

With that, my dear friends, I Am Adamus of Sovereign Domain, and all is well in all of creation. Thank you.

## **MONNIE THE BUTTERFLY**

Monnie is soaring above the trees, hardly having to move her wings. The wind is catching her, moving her from place to place, and it almost seems that no matter where she wants to go next, the wind just seems to take her there effortlessly, gracefully. Monnie doesn't know how long she has been doing this, if she's just been soaring in the wind for days, for weeks, or years, but to her it doesn't matter. Just to be there with her colorful wings spread out, with the air and the winds taking her wherever she wants to go. She hardly can remember the last time she landed on a tree or a leaf of a plant. She has just been soaring in the air, enjoying the freedom of soaring, not needing to do anything, not having to go anywhere, having no goals. Just to be able to soar is true fulfillment, oh, after so many, so many, so many lifetimes as a caterpillar. And then that rude, disruptive, whole time she was in the cocoon, how long she had been in there, she wondered. That cocoon seemed almost endless. But then maybe it was just a few weeks, it doesn't really matter, because now she was free. She remembers absolutely what it was like to be a caterpillar, no doubt about that, but no fear in it, no negative feelings about it, no bad memories about it, it was just something that she did for a lot of lifetimes, and now, after going through that cocoon, after being so torn apart in there, she was now free. Occasionally she would come across other butterflies flying around. They had kind of a butterfly agreement, it was just kind of a wink of the wings, a little twitch of the wings saying „I know we made it. We are here, we are in our free energy being.“ Not just the body, but the thoughts, the mind, the experience and everything. It's kind



of like the Ascended Masters club where we all gather once in a while. We were all in human form, but it was like this for Monnie with the other butterflies. They didn't have to live together, they every once in a while soared through the skies together, just for the experience of being two sovereign butterfly beings together, enjoying being free, being liberated, but no, each was more than wonderful and peaceful being on their own. They didn't need to have butterfly groups, butterfly associations or anything like that. So every once in a while Monnie would come across another butterfly and they would do that kind of a - like a what I call a wing twink, like a wink of the eye, but this was a wink of the wing, saying „We made it, we're here“. Monnie would look down on the other caterpillars. You know, she didn't have to have physical sight although she did. She didn't have to have eyes. She had another type of sight now that came to her once she emerged from the cocoon, but she still loved using her eyes, they were still there, but she had another type of sight now, that came from the development, the evolution of her physical eyes that she had as a caterpillar. Now she could see without actually looking through eyes and as she soared through the skies she would sense or look down upon the other caterpillars. There were tens and tens of thousands of these caterpillars down there. She wondered at times, „How long had that particular caterpillar been on Earth? How many lifetimes has it had? What kind of experience had it gone through? Did it know that there was such a thing called the butterfly? Did it ever look up in the sky and see these butterflies with all their beautiful brilliant colors soaring above? Even wonder if there would ever be a butterfly?“

Some of them did, a lot of them just didn't. They were so into the caterpillar life, eating leaves, trying to grow bigger and fatter, having their caterpillar families and then having this - oh, tremendous fear of what they called the darkness. They had a tremendous fear of this kind of evil being who came along and grabbed caterpillars in the middle of the night, sometimes even in the day. They were known to grab whole caterpillar families, sometimes just the children. This evil, evil thing that they all feared, more than they feared any bird or any of their predators, but they feared this thing, they didn't even want a name for it that maybe this would bring it into reality. But Monnie, as she soared through the air realized that this very thing they feared was the cocoon, and they called it evil, they called it the devil, they called it the darkness, they called it the thing that ate up caterpillars, devoured them and chew them up and spit them out. But she knew now that the cocoon was no darkness at all, she knew that it was simply part of the evolution, a very natural process that would eventually have every caterpillar go into it, no matter how hard they resisted. Although most caterpillars feel that they are torn apart, every part of them, every leg, their greenness consumed by this awful thing called the cocoon, she knew that everyone of them would go through it, because that was a natural process. Too bad, she thought to herself, that they call it darkness. They simply didn't understand, and she too one day called it the darkness, the devil, she too at one point feared even going out alone on her own, the fact that this monster, demon, that she would later know as the cocoon, might chase her down and devour her. So most caterpillars she knew just went through their every day life, having their

caterpillar families, having their caterpillar fights. You know, she laughed to herself looking down, there is so much food there, so much food there, so much green stuff for caterpillars to eat and to feed on. Why would they ever have to fight, why would they ever have to steal food from others? There is so much. But they didn't realize it, most caterpillars only saw the leaf in front of them and then they tried to defend it, they tried to keep others from getting it and oh, what a mess! When she looked down now there was enough green to feed a million caterpillars just in the area directly below her, but well, they didn't see it that way. Very few caterpillars ever looked skyward, ever looked out beyond their branches and the places where they lived. But once in a while a few would. They would look upwards and see these butterflies and something in them remembered and actually longed and they realized that they wanted to go beyond to be just the caterpillar. But there was so much makyo, oh, even dear Monnie remembered those times where she bought these fake plastic butterfly wings because there were plenty of people willing to sell them and she bought butterfly juice. They told her when she drinks that juice she would become a butterfly. There were many many caterpillars who did butterfly therapy sessions 'How to become a butterfly', and then of course there were the butterfly portal openings. They went out as caterpillars, opening portals to let the butterflies come into their caterpillar lives, and she laughed now, but she knew even she had gotten caught in caterpillar makyo. She knew that as a caterpillar it would have been almost impossible for her to imagine what this was really like, very specially when there was that fear of the cocoon.

How could you possibly even imagine what it's like to become a butterfly, if you had to go by the way of the cocoon. But she had, she had. Oh, she had done things like - many times she had crawled for days and sometimes even weeks, crawled from the ground to the top of the tallest tree she could find, thinking that as she got way up to the top, close to where the butterflies soar, that she would suddenly be transformed into a butterfly, but to her great discouragement, every time she did that, a bird nearly came by and picked her off for the bird's dinner. So she had to stop climbing up these tall trees just so she didn't get eaten by the bird. It was depressing because she thought that was the way to become a butterfly. It was actually one time coming down from her last climb on a big tree that she actually slipped and fell, something caterpillars rarely do, but she slipped and fell and fell a long way to the ground, hit the ground with a big thud. She could feel all her legs felt as if they were broken. All her greenness just started to fade into just kind of a pale beige. She went through quite an upset in this and she actually layed on the ground there for what seemed like weeks before she really started recovering again, and that was, that was kind of her awakening. She had tried crawling to the tallest trees, tried all these therapies and none of them had worked, and here she was now, nearly killed by the fall from the tree, but that kind of woke something up within her. She kind of heard that voice when she was going laying there on the ground after that big fall and she had a knowingness just to stop trying, to stop trying. She was a caterpillar and the caterpillar was trying to become a butterfly, but it didn't know how, it didn't have the intelligence. The caterpillar

was trying to bring the butterfly into the caterpillar kingdom, but it didn't work that way. Eventually she would emerge into the butterfly kingdom. But that fall from the tree did her well because she stopped right then and there, stopped her search, stopped working at it. She almost like went the other way, thinking she'll never thinking about being a butterfly again, but this fall from the tree kind of cleared her. And when it did, she realized there was absolutely nothing she as a caterpillar could do. And then one day, while kind of walking, crawling - whatever caterpillars do - through the forest, then one day suddenly she felt this huge attraction, like a suction, like something sucking her in like beyond her will, and she realized it was the cocoon that was sucking her in, that was transforming her no matter how much she tried to resist, she couldn't. The caterpillar [cocoon...] was taking her in and part of her feared it, but part of her knew that this was the way beyond what the caterpillar could plan or devise on her own, beyond her own intelligence. This was the way, so she allowed herself to be consumed by the cocoon even though most everybody called it the evil thing. And then in this awful, awful state of going into the cocoon, turning into mush, no longer having any power, no longer even able to put her caterpillar thoughts together, by having all her memories dismantled and everything she knew about anything being torn apart, then laying in this mush of nothingness. And then she emerged. She emerged from the caterpillar into the butterfly. And now she soared the skies. She flew through the wind, she was free.



She didn't ever, ever regret having been a caterpillar.

It was part of her experience. She had so many memories of it. Some which she used to think it was bad memories. She had caterpillar wounds. But even those had been brought to wisdom now and there was no negativity, no wishing she hadn't done certain things, no, it was all in peace. And now she was simply soaring on the wind. But even then she knew there was more to come, she knew this wasn't the final stop. It didn't scare her, she didn't try to find out how to get to the next level.

She knew that that was simply useless, but she knew there was more. From time to time she could feel into it. Here she was as a butterfly, but she knew she would also become a crystalline butterfly, in other words, she would have all the attributes of the butterfly, but it would be crystalline. It would be like invisible in the physical realm, but still very, very real. She'd be able to make herself disappear to others whenever she wanted, she would always be aware of herself, but to others - she didn't want a bird or any other predator to gobble her up - she would just go crystalline and they simply wouldn't see or sense her, because they work at a different rhythm, at a different level. And she knew even that wasn't the end, there would be a time when she would be pure crystalline. Pure crystalline.

Not even any trace of being a butterfly, but always the memory. Isn't that strange? No physical trace of having been the butterfly or the caterpillar, but always the memory.

She didn't worry when this would happen, she didn't try to fly higher or further or anything. She knew that all of this now was a natural process.

There was an intelligence behind it.

And then she did think from time to time, „I wonder what that intelligence is. The intelligence that caused me to going from being a caterpillar - or the intelligence that had me become a caterpillar in the first place. What was the intelligence?“ What was the intelligence of having her go from being the caterpillar into the cocoon? She knew ultimately that it wasn't an outside force, that is was something within her. But what was that intelligence? And what was the intelligence that got her going through the cocoon into being a butterfly?

She wondered from time to time, she never stressed about it, she knew the answer would come to her. She wondered what intelligence would bring her from being the butterfly into the crystalline butterfly, then ultimately into the pure crystalline form. And she knew that if she worked too hard and thinkin about it, she get stuck in it. It would be more difficult for the answer to just come to her, for her to just realize it. So she didn't worry about it, but she did think about it, or wonder about it from time to time. (KIX)

