



# On Butterfly Wings

Beautiful, Vibrant, Wonderful You



## Butterfly Pages

*Heather Embree*

The crack of the spine, the curled corners and the glossy pages opened me to an endless world of butterflies fluttering pinks, purples, oranges and dark blues from their oval-patterned wings.

“Why can’t I keep this one, mom?”

“Because it has to go back to the library,” she said.

This was my first and only disappointing discovery of the library, when I was 4 years old--I had to return the books.

Most of my worldly learning and deeper questions were guided not at school but rather through the turnstiles of the highly-reserved adult section at the Guelph Public Library. Much to the dismay of the librarian, I used to randomly pull titles from different spots, reading the back covers, galloping through the pages to find random sentences, in hopes that I’d absorb the knowledge of all humankind in the two floors of bookshelves.

The butterflies were quickly taken over by the more refined topics of tangential equations, the physics of batteries, the chemical structure of dish soap, Pablo Neruda poems, Geisha kimono styles and the mystery behind the Sacral Treasure of the Guelphs (which spurred on my daylight fantasies of starting a treasure hunt in my hometown).

But decades later the butterflies fluttered back into my life when a friend in Mexico said to me “I’m going to call you my Monarch butterfly because you fly here from Canada and stay awhile.”

Ah, yes. The Monarch. The species that will travel two generations to go somewhere warmer for the chilly months. The Monarch butterfly with its black and orange markings! I could almost see the rendering of it in that book I read when I was four, between the pages of the yellow and purple ones.

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Why had this book stuck so vividly in my mind? More than all the books I had perused about worldly science, fine art and mathematical equations? Why do I still yearn to hold the plastic-wrapped hardcover and fall in love with the colours all over again, and keep it for all my life?

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As is the nature with all questions, one eventually discovers the answer. The epiphany came from a visit to my favourite arts library in Mexico in a book about Ancient Aztec poets. I found the little passage that seemed to answer all my curiosity quests: “butterflies symbolize spirit in both Aztec and Christian beliefs.” Butterflies. These creatures who transform from an earth-bound state to one that dances gracefully in the sky. This unaware Monarch in me, flew down South to a place where Spirit and Wisdom are firmly rooted in commonplace conversation. It was where I cocooned and discovered that soon I'd grow wings.

In the stacks of books on shelves in two different countries, I discovered the simple nature of spiritual living: we are always transforming. We start off on the ground, attending to earthly matters, unbeknownst to our natures. Then we feel like things just aren't quite right and we instinctually know there is a whole other way of being. Some of us take time to retreat and grow our wings, discover our new shape within the confines of our physical world. When the time is right, we come out and fly, feeling a sensation of profound lightness in all that we do. This is the natural spiritual growth of all living creatures. It is the butterfly who teaches us how to do it.



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# What Would You Do?

Mother and Daughter answer your questions!

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## Question:

*I've really liked this boy for about 6 months. My friends say he treats me badly and I should forget him. We make plans and he bails on me all the time, but he has time to hang out with his ex-girlfriend who acts like she is still his girlfriend. I keep hoping he will change. Should I forget him?*



## Kat says:

One of the most important things in a relationship is communication. If he isn't treating you right, confront him to see what his side of the story is. If your friends are just looking out for your best interest don't shut them out just for a boy! If his ex-girlfriend still believes they are together, she may have her own issues or he may not be great at communicating with her. You shouldn't get involved with that, but maybe just ask him about it; just to hear what he thinks is going on. All in all, go with your gut feeling. If you feel he isn't worth it in the long run, save yourself the suffering and try to move on. One thing you have to remember is we can't change other people, as much as we may want to. He may be going through a phase or this is

just who he is. You will know when you have had enough of his games and it will be hard but moving on is always best in these situations.

## Mom says:

This probably isn't what you want to hear but I think your friends are right. It sounds like you are making all the effort with little in return from him. Because you like him, you keep hoping that he will change and that next time it will be different. Part of you knows it won't, but another part of you really wants to believe it - so you do, only to be disappointed again. Unfortunately, just wanting him to change won't make him change. It's really not about you. He has his issues that he isn't ready to, or can't, deal with right now. He is probably not behaving this way to hurt you; he is on his own path and dealing with his own stuff.

You said he has time for his ex-girlfriend which makes me think he may not be ready to move on from there. So it's up to you to move on, to break the cycle of promise and disappointment. It will be hard but it will be worth it. Once he is out of the picture it will leave some space in your life for something new to come into it.

Life is mostly good. Focus on the good and don't waste your time letting others get you down. You deserve someone who treats you with respect and caring and adds something positive to your life. It sounds like you have good friends who care about you. Enjoy them and your life and make some room for more good things by letting go of what is not working. Choose happy.

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*The advice in this column is not designed to and does not constitute a substitute for professional psychological or medical treatment, therapy, or other types of professional advice and intervention. The authors shall not be responsible for errors, omissions, or interpretations of the subject matter.*





# Who We Are



## Emily Savage

*Managing Editor*

Emily is a university graduate still looking for her place in the universe. She is also apparently a fan of dating cliches and romantic turns of phrase. She's been writing for more years than she'd like to count. You can follow her on Twitter (@esavage3) where she mostly posts about her love affair with books.

## Heather Embree

*Articles Editor*

Heather is a metaphysical healer and soul intuitive practitioner in Guelph, Ontario. She has been a regular writer and editor of various genres over the past 15 years, as well as a human and earth rights activist. For more information visit [www.blossomingheart.ca](http://www.blossomingheart.ca).



## Lisa Browning

*Publisher*

Lisa is the publisher of One Thousand Trees, a monthly online magazine devoted to facilitating wellness through connection, creativity and community service. She also offers writing, editing, and publishing/pre-press services, and has recently launched a children's book division called Saplings. She is inspired to make a difference in this world, and to help others realize their passion and their gifts. For more information visit [www.onethousandtrees.com](http://www.onethousandtrees.com).



## Lisa Ivaldi

*Q&A: What Would You Do?*

Lisa Ivaldi is a writer and the mother of a teenage girl. You can follow her blog at [www.InsightClarityGrowth.com](http://www.InsightClarityGrowth.com). Kat is her teenage daughter.





## What Would You Do?

Is there something in your life that's been nagging you for a while but you're not quite sure who to talk to?

In each issue we'll be submitting your questions to our mother/daughter team to answer.

Submit your questions to:  
[butterflies@onethousandtrees.com](mailto:butterflies@onethousandtrees.com)

## Next Issue

### *Body Image*

One of the hardest battles we fight every day is with ourselves. Looking good and feeling good about who we are doesn't always come naturally.

Do you have a body image story you'd like to share? What about a picture or a drawing that you feel represents what you think of body image?

Send it our way!



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## Submission Guidelines

Are you Artistic?

Do you have an interest in writing?

Do you want to make the most of your life?

"On Butterfly Wings" is a newsletter for girls. We are always looking for artistic submissions from our readers expressing the issues that girls go through. Our vision is to empower girls to become strong and confident, and to create a safe place where they feel free to express themselves.

Submit your art, your poetry, your writing by emailing your work to [butterflies@onethousandtrees.com](mailto:butterflies@onethousandtrees.com)

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