

The Caterpillar's Flight
A Story Of Transformation

Laura Lester Fournier
Spirituality For Real Life ®
Fairy Hill Farm Publications

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A Story Of Transformation – Spirituality For Real Life ®
By Laura Lester Fournier
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*Fairy Hill Farm Publications
P/O Box 511
Rollinsford, NH 03869
fairyhillfarm@comcast.net*

www.LauraLesterFournier.com

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Listed below are CD's by this author, they are spoken word excerpts from this book:

Speaking of Peace

Speaking of Forgiveness

Speaking of True Love, Timeless and Unconditional

Speaking of Grace

Available at: www.LauraLesterFournier.com

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*To Mark and Abby-Rose
with all my love.*

*ACKNOWLEDGMENTS
AND
THANKSGIVING*

I give thanks to the Creator Of All There Is, without whom there would be nothing, and certainly no book. I love my life. I love the life I have created with the help of God, my parents, my husband, family, friends, and even people whom I have never met, but have come to know through books and film. We live in incredible times with so much knowledge available to us. I give thanks daily to my Guardian Angels for providing me with insight and guidance, when I get out of the way, they do a great job!

I am deeply grateful to my loving family; Mark and Abby-Rose, you are my life, and my love for you is endless. Thank you Mark for all the great photos you have taken for the "Speaking of" series. And, thank you my beautiful Abby-Rose for the wonderful introductions on the CD's. Your voice brings a quality of joy and enthusiasm that no other could. But most of all, thank you so much for all of your loving support over the many months I sat in front of my computer writing, writing....writing.

There have been so many great people involved in the creation of this series. To clarify, the CD's are spoken word excerpts from this book, with musical accompaniment. I am very proud of this body of work; it was a labor of love. My Blessings are numerous and I live in daily awareness of each and every one of them. Dad, I love you so much, knowing you is one of the great joys of my life. I am so grateful to you for all you have done and for all that you are. I am proud to be your daughter and honored to know you. To my Anam Cara - Rhonda Taylor, you have been a constant in my life through

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thick and thin, and I love you so. We go to the grave with the secrets we keep for one another over the last twenty-seven years! I offer deep gratitude to my friends, family, and extended family. (You know who you are!) From coast to coast and abroad, I have friends with whom I am sincerely blessed to call mine; a million thanks to all of you would never be enough. Thank you for your unconditional love, it's returned ten-fold.

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INTRODUCTION

I have written this book three times. I hand wrote a large portion of it more than eleven years ago and lost it. I then re-wrote it, and lost it again in a computer crash. (I am now well versed in the “art” of backing up documents!) The sincere feeling that Spirit was guiding me, and that this book was meant to be was of great assistance in creating it once again. When things are not quite the way they are supposed to be, they are often torn down to make room for a clearer expression. As difficult as it was at the time, I believe this was the case with *The Caterpillar’s Flight*.

The book in your hands has a purpose. The purpose is not to make you feel better about yourself for a fleeting moment in time, but rather to assist you in actually becoming a better expression of yourself. I am a true believer in taking responsibility for where we are in life. When we do this, we become participants rather than spectators. The world needs people who are participating; the world needs people who are willing to move forward in their lives and remove the barriers which keep us stuck in one place. We have all had painful things happen to us. Recognizing that those events are in the past, and learning how to heal from them, is a pivotal point in personal transformation - and that is what this book hopes to be for you.

I believe there are two primary causes for our unhappiness. The first is lack of forgiveness and the second is lack of belief in ourselves. Our stories are what shape us. When we get hurt, we often become stuck in negative patterns with lifelong consequences. *The Caterpillar’s Flight* is designed to read like a meditation; one that will hopefully inspire you to move more deeply into a life supported by the energies of peace, forgiveness, unconditional love, and grace. The chapters are arranged

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so that the reader is lead through a natural progression of reflection and accountability. First we must find peace, and then we have the strength to remove the blocks that keep us from experiencing forgiveness. Learning how to reduce stress in our lives allows us to gain perspective on what may be holding us back. Lack of forgiveness is the single most notable reason for unhappiness in our lives. Once we fully embrace the energy of forgiveness, we are ready for true love. True love is our birthright and its natural companion is grace. Without Grace in a relationship, there can be no future; there can be no peace, forgiveness, or true love. Grace lights the way to all good things.

We live in times that implore us to find what is real and lasting. Many people spend their days and nights worrying about finances. While these concerns do exist and must be addressed, the larger reality is that we are alive today, and no matter what our circumstances are.....we have many blessings. Among these blessings are peace, forgiveness, true love, and grace. We must commit to spiritual practices that lead us into greater choices now more than ever. Each chapter begins with a prayer. Prayer is the cornerstone to living a spiritually atuned life. No matter what our religious persuasion is; prayer is a powerful centering tool that brings us closer to true happiness. When we pray, we allow ourselves the sacred opportunity to prepare our mind and heart to receive Divine Wisdom. This act creates clarity and inspires us to live more authentically.

While reading this book, listen to your Spirit and trust that you will be led to the answers you seek. I hope the process is a sacred journey for you, and one that opens you more fully to your own magnificence. As you read, please release that which is outdated and no longer useful in your life. Allow yourself to

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start a new chapter; one where you acknowledge that the experiences you have had.....brought you wisdom. Your future awaits you with certain promise. This kind of "opening" is a doorway to peace on earth. Open to the truth that you can begin again. You are a spiritual being and you are loved. When we are aware of our own inherent goodness and spirituality, we respond to life and one another much differently. Take a deep breath; find your sacred center, now you are home.

The Journey

Bless this journey. Bless us this day with the knowledge that we are led to the waters from which we are to drink, Bless us with the gentle knowing that we are on the path which serves, the path which loves, and the path which connects us more deeply each step.....with You. Grant that we may hear your whisper in the birdsong, the waterfall, and the baby's cry; bless us on this journey with absolute certainty that we are not alone, and that our lives are not accidents. You are with us every step, and if we listen with a pure and joyful heart; we can hear you urging us on, encouraging our every word and deed.

Today we offer our most gracious and exuberant praise to the Spirit of Holiness. We hold this Spirit in our hearts and see it magnified all around us. When we quiet ourselves and connect with the part of us that is Holy, we can see that Divinity is a continuum; it is part of everything and is everywhere. We give thanks for the "goodness" in life, the life we have been given, the life that we cannot squander on meager pursuits; but rather on passionate and magnificent visions which benefit the whole and resonate with the energy of You.....God. Thank You.

Chapter One

THE JOURNEY

*“Let me journey within,
Let me journey within.
It is the adventure that makes
Life worthy of remembrance.”*

This journey began long ago and it will continue. We are eternal beings; continually cocooning and emerging as fresh manifestations of the Divine. Whether or not we “fly” is entirely up to us. Our lives can reflect profound interaction and experience, or complete misery and devastation. We have free will; and at the same time, we are guided by Angels and held in the arms of our Creator in every moment. This human existence is neither the beginning nor the end; it is the *now*. When we live our lives in this present time, and not in memories of the past, or hopes for the future, we have an opportunity to be truly happy. Sometimes we gauge whether or not we can be happy through the lens of our past experiences. We remember painful events and allow them to curtail our happiness and enthusiasm for life. We fear being hurt again. I can no doubt see this pattern in my early years.

I feel as though I was somewhat bullied onto my spiritual path. Like many people, I found myself in some very painful situations. It was certainly those events which propelled me into a *spiritually driven life*. Without the events that led me to self reflection, I don't know who I would be. By the age of fifteen I had been sexually abused, beaten, and survived a car accident which tragically took the life of a friend. Thankfully and just in the nick-of-time I found my Spirituality. From that moment on, I was committed to living and breathing it. Finding my sacred center saved me from taking my life and re-

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stored my faith in tomorrow. I have made my share of mistakes. But my connection to God and the inner knowing that we are born for Divine purposes is never far from my thoughts. Although the most painful events in my life were very difficult, there was always a part of me that looked at these circumstances with perspective and said, "These things are as they should be for my growth and evolution." It was as if I knew I had signed up for these events, and was in some way ready, willing, and able to find truth and healing from them.

For a long time, my personal relationship with God felt like a secret I held close to my heart. I felt unsure about how to demonstrate my love in an outward form. As I grew into my spirituality, it became more evident to me who I wished to be in this life. I began to acquire clarity about what I wanted to accomplish. These thoughts eventually grew into a "path" which continues to broaden each day. The experiences I had as a child and young adult were precisely the conduit I needed to bring me into awareness. Memories of my early childhood, innocent days of connecting with Spirit, helped to encourage my faith that brighter days would prevail. As a child I often had glimpses into what I saw as a "greater reality." Each night I would fly. These adventures began with a floating sensation, as if I were being lifted, leaving my body behind. I would fly out my window, down the street, across the Pacific Ocean, around the world, and out into space. It was a magnificent feeling. I felt completely free to go where I wanted to go and see the world from a broadly different perspective. The Universe is vast, beautiful, miraculous, and amazing. I became increasingly aware of the presence of angels. I fully embraced the ability to see "beyond the veil." I could intuit, hear, and sense things that encouraged me in understanding that we are

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not alone. *We are held in the arms of Angels at all times.* This was not something I felt compelled to talk about as a child; it was very private and sacred. This “knowing” sustained me in times of turmoil and despair; it gave me faith that life was much larger than it appeared. Being able to leave my body and return to it each night was proof to me that God had given us magical lives. We are born spiritual beings, but leading a spiritually driven life is something else entirely. This kind of lifestyle is intentional and requires that we live moment to moment from our purest heart center. We stumble, this is human; the fact that we rise again... is what makes us Divine.

I have felt enthusiasm on this quest for truth, and a sincere allure for all things mystical and transformational for as long as I can remember. My love for the natural world supports me in maintaining a balanced view throughout my daily interactions. We are not separate from the peaceful examples we find in the natural world; the sunset, the birdsong, the warm ocean breeze. We are connected. Like all children, there was an inherent innocence within me; one that I believe assisted me in allowing my second sight to magnify. We must embrace a certain childlike innocence in order to see beyond what we perceive as being “real.” We are born with a purpose, there is a reason we are here. “The Journey” is about removing the obstacles and finding that purpose. Many obstacles are born of stress, lack of forgiveness, and resentment. If we are holding onto the past too tightly, we will drown in it; especially when anger and resentment are allowed to persist.

As a young child, I spent many blissful days alone in my backyard with bugs and birds. I loved the company of the natural world. But the day eventually came as it does for us all, when it was time to venture from the safety of my back-

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yard and go to school. I have this lasting memory of walking to school; I was in the second grade. As I crossed the long expanse of lawn which surrounded my school, a handsome blonde-haired boy walked up to me. He took my books and threw them on the ground. I know what you are thinking; he probably did it because he "liked me" right? If boys (And men for that matter!) could understand one thing, I would have them understand this.....if they approach "the girl" and ask if they can "carry the books" it always leads to a much more affectionate response! Nonetheless, it was a windy day and I remember staring down and then up, as the pages in my folder were lifted and scattered in the air. With papers flying in all four directions, I watched the boy walk away. I was completely dumbfounded. Although I was confused and mad, I was also fascinated by his behavior. What made him do that? What was it about me that engendered this behavior from him? This experience inspired in me a desire to understand the human condition more fully. In fact, it was my first memory of feeling as though I wasn't human at all. I felt like a stranger, as if I didn't belong. It was a "Beam Me Up" moment! I think we have all felt this way from time to time. It's certainly not a proud moment when we behave so badly that we cause another person pain. We contain within us the most amazing potential to be messengers of unconditional love. The single lingering doubt in most of our minds is whether or not we deem ourselves worthy of love. If we can get past this doubt and embrace our true worthiness, we will change our lives; and in changing our own life, we transform lives around us.

I was never particularly good at math or science, but I was aware of a "spiritual intelligence" that I enjoyed within myself. People are born with different intelligences. Some are academically brilliant, while others shine in the arts, and yet

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others are more connected with intuitive practices. No single intelligence is better than another; we need them all. It will take all forms of intelligence for us to evolve into a more harmonious society. Developing my spiritual intelligence and continuing to challenge it each day has become a passionate pursuit. The moment I began to wonder how I could fashion a life that would be authentic to who I really am, is the day my life opened to greater possibilities. I began to ask myself questions. I started thinking about what I could do to generate more good will on the planet? I began examining what makes me feel more like myself than anything else? When am I the happiest? This is important to know, because when we are our "happiest," we are also more likely to be fulfilling our Divine Purpose.

As I became a young woman, the stress of having lived through a number of traumatic events in a very short amount of time began taking its toll on my Spirit. I experimented with drugs, drank alcohol, and spent many moments in the arms of men who wanted to be with me for one reason alone. While I was smart enough to recognize this and say that I was "choosing" to be with these men; the truth is that I was always hoping to find *true love*. I longed to be loved. But I could not ask that of another person until I learned how to love myself. It took me many years to learn how to truly love and accept myself. It is the best process I have ever opened my heart to.

I believe in personal responsibility, we must take the time to figure out what we have the power to change.....and then do it. We must learn how to stop living in the past. There is no power, no presence, and no future in blaming our past misfortunes on someone else. At some point, in order to succeed, we must take responsibility for where we have been,

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and where we wish to go, this is a trait of mindful living. Being accountable and teaching this skill to our children is imperative. Take responsibility for the direction of your life, you will then take great pride in what you create. This type of action brings about a positive flow of energy. Imagine a planet where we all chose to participate this way. When we live from a conscious state of worthiness and gratitude, we bring in a continual flow of good fortune. Whatever life throws in our direction, we can learn to look upon these things with the eyes of a grateful and wise child. I know it sounds odd, and can be incredibly difficult, especially when circumstances bring us sorrow. But we must eventually look upon our experiences with gratitude and find the lessons, or we are completely missing the point. We can trust that the Universe has a plan and that we are an important part of it. It is funny, the events we remember from our youth. There were certainly more dramatic memories than the story of the boy and my homework papers flying hither, thither and yon. But that event touched a part of my young heart, a part that never forgot how random things can seem in life. In a way, perhaps it prepared me for things to come. A part of me is always aware that someone could approach me and scatter all my homework papers to the wind; and while I could live in fear of that, I choose instead to have compassion and keep an open heart. I am secure. I am whole. I am safe and so are you. No matter what we have experienced, we have the ability to transform our perception and draw on our "wisdom gifts" with grace. *This is the journey.* This moment, right now.....Is the journey.

