


May 2022



Metamorphosis of Hope – Inside and Out

Presented by Stop Breathe Believe® & Dianne Morris Jones

A photograph of a person's arm holding a child's hand in a lush garden. The background is filled with various green plants and flowers, including purple and yellow blooms. The scene is brightly lit, suggesting a sunny day. A semi-transparent green box is overlaid on the center of the image, containing white text.

This month we are focusing on wholehearted living and authenticity. What does it mean to cultivate courage and show up as our genuine selves?



O Butterfly,
From humble egg to caterpillar to pupa to brilliant
butterfly—
The parts of your journey all so different

Did you stress over who you
were and what you were destined to be?

Did you ever feel smug and content with
your station, resisting forthcoming changes?

Or, did you wish at times in the pilgrimage
that you were different than who you were?

Did you practice letting go of who you thought you
were supposed to be and embrace who you are?*

Did you embrace each and every waking hour—
you know, the Carpe Diem thing?

Did your green caterpillar-self get bored at munching
leaf after leaf, day after day?

No rush on your answers, O Butterfly. Time for me to
fix lunch.

*Dr. Brene' Brown's definition of authenticity.

Butterfly Questions

by Roger Jones



Day 1

“Just living is not enough,” said the butterfly, “one must have sunshine, freedom and a little flower.”

– Hans Christian Andersen

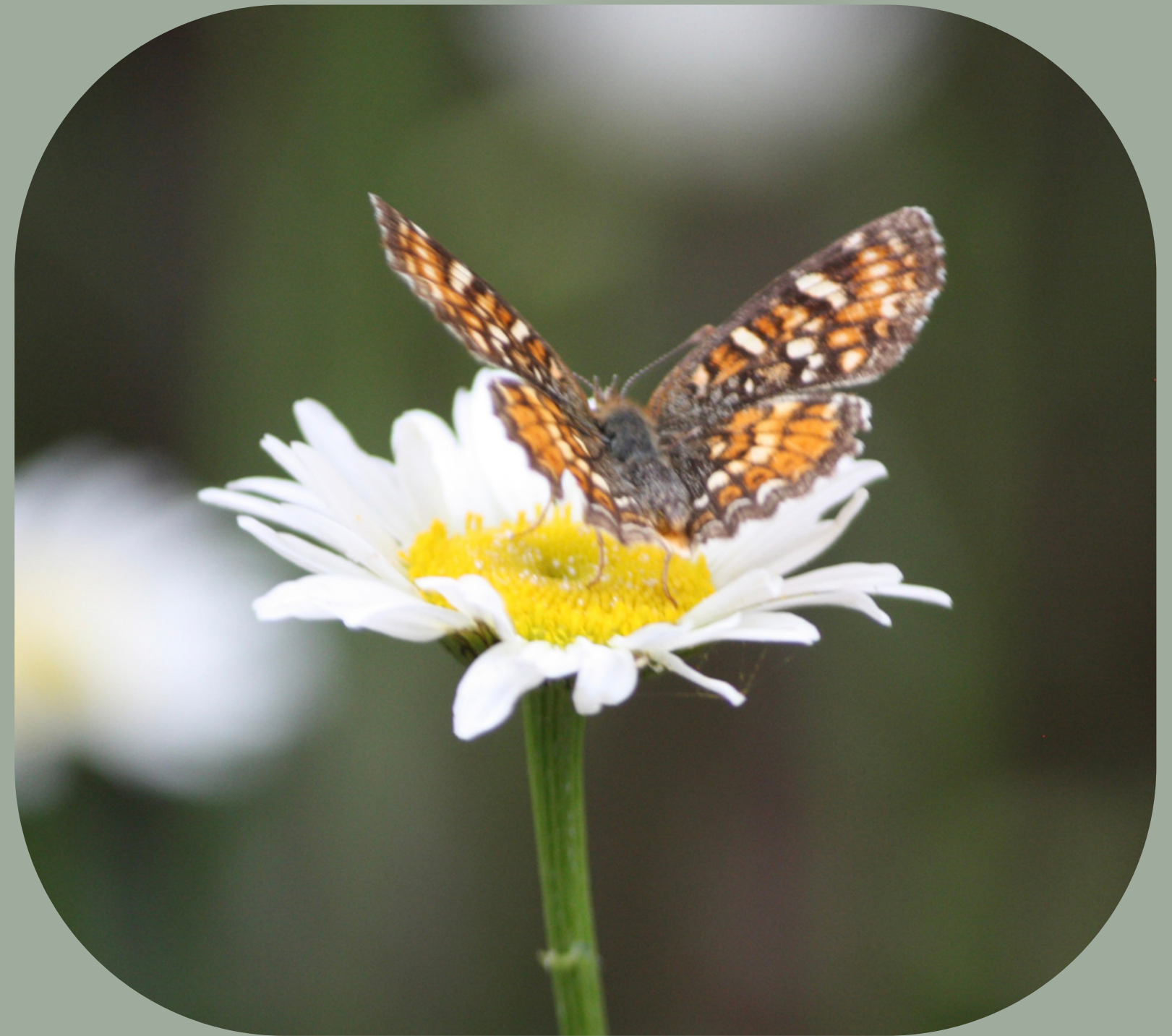


Photo taken in Bend, Oregon.

Day 2

“Could it be that trees are sung into blooming each spring as birds gather open-throated on their long dark branches? Or perhaps it is the birds who only sing once they feel the branches humming beneath their tiny feet? And what of me? Do I sing because the world is impossibly in blossom? Or do I flower because I hear the ancient song?”

– Christine Valters Paintner



Photo taken in Costa Rica.

Day 3

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

– Maya Angelou



Day 4

“A friend is one that knows you as you are, understands where you have been, accepts what you have become and still gently allows you to grow.”

– William Shakespeare



Photo taken at Fort Worth Botanical Center, Fort Worth, Texas.

Day 5

“Metamorphosis has always been the greatest symbol of change for poets and artists. Imagine that you could be a caterpillar one moment and a butterfly the next.”

– Louie Schwartzberg



Photo taken at Glacier National Park, Montana.

Day 6

“Hope is being able to see that there is light despite all of the darkness.”

– Desmond Tutu



Photo taken at Katy Trail, Missouri.

Day 7



“The new dawn blooms as we free it. For there is always light if only we’re brave enough to see it, if only we’re brave enough to be it.”

– Amanda Gorman

Photo taken in Meijer Gardens, Grand Rapids, Michigan.

Day 8

“Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.”

– Albert Einstein

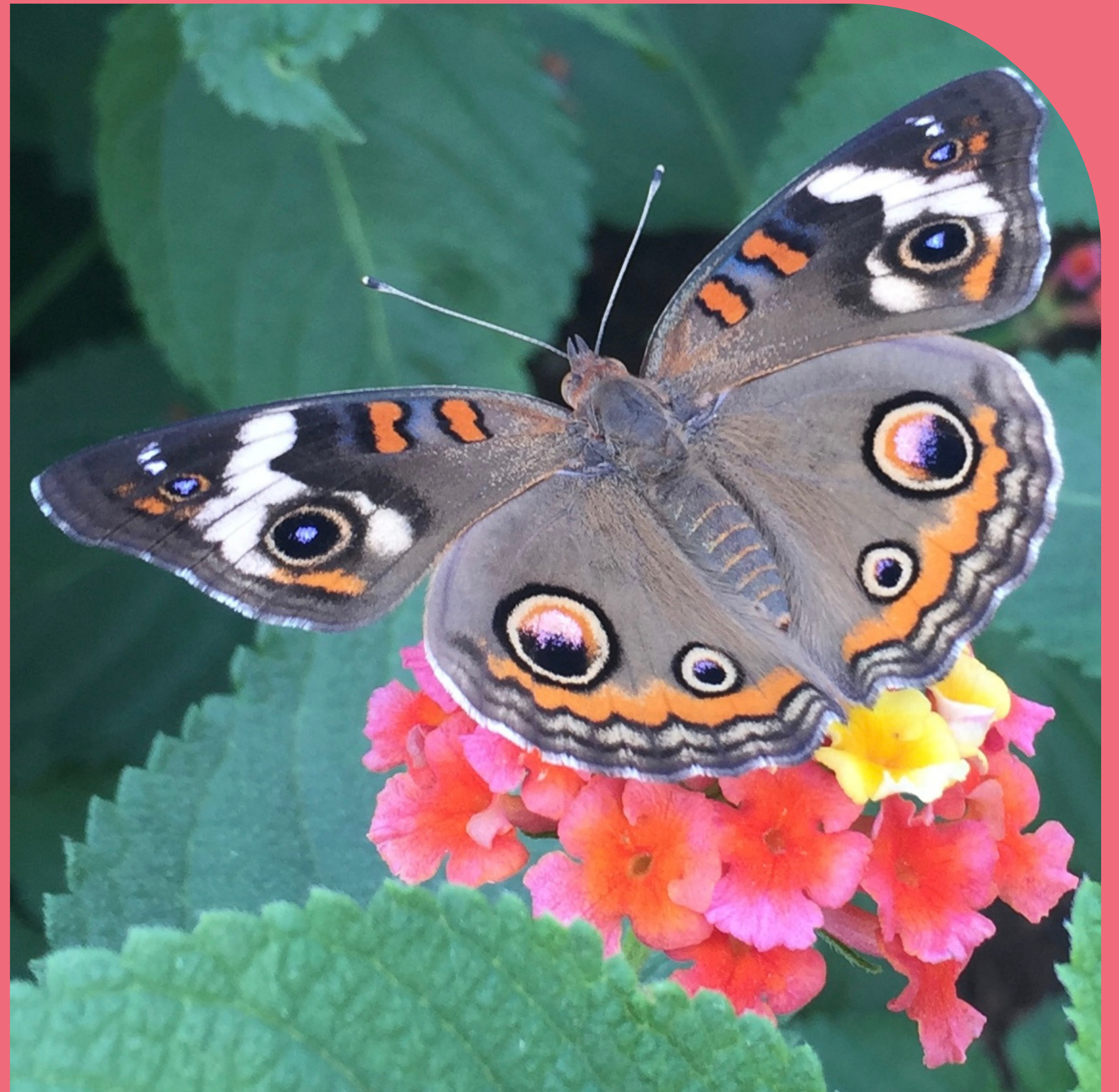


Photo taken in Monticello, Virginia.

Day 9

“Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it.”

– Barack Obama



Photo taken at Red Rock Lake, Iowa.



Day 10

“The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.”

– Barbara Kingsolver

Photo taken in Spotsylvania, Virginia.

Day 11

“When you’re at the end of your rope,
tie a knot and hold on.”

–Theodore Roosevelt



Photo taken at Stephens State Forest, Chariton, Iowa.

Day 12

“Many eyes go through the meadow, but few see the flowers in it.”

– Ralph Waldo Emerson



Photo taken at Trinity Trail, Lake Lavon, Texas.

Day 13

“Spring is nature’s way of saying, ‘Let’s party.’”

– Robin Williams



Photo taken in Yellow River State Forest, Iowa.

Day 14

“The deep roots never doubt
that spring will come.”

– Marty Rubin



Photo taken in Bend, Oregon.



Day 15

"A flower blossoms for its own joy."

– Oscar Wilde

Photo taken in Costa Rica.

Day 16

“Now faith is the assurance of things hoped for, the evidence of things not seen.”

– Hebrews 11:1



Photo taken in Cuyahoga Valley National Park, Ohio.

Day 17

“Blossom by blossom the spring
begins.”

– Algernon Charles Swinburne



Photo taken at Fort Worth Botanical Center, Fort Worth, Texas.



Day 18

“Despite the forecast, live like
it’s spring.”

– Lilly Pulitzer

Photo taken in Glacier National Park, Montana.

Day 19

“Some old-fashioned things like fresh air and sunshine are hard to beat.”

– Laura Ingalls Wilder



Photo taken in Stephens State Forest, Chariton, Iowa.

Day 20

“Can words describe the fragrance of the very breath of spring?”

– Neltje Blanchan



Photo taken at Yellow River State Forest, Iowa.

Day 21

“Flowers are the music of the ground. From earth’s lips spoken without sound.”

– Edwin Curran



Photo taken in Costa Rica.

Day 22

“Hope means to keep living amid desperation and to keep humming in the darkness.”

– Henri Nouwen



Photo taken in Cuyahoga Valley National Park, Ohio.

Day 23

“Hope is not just one single quality or promise. Hope has to do with believing beyond today – knowing there’s a garden of beauty that awaits me.”

– Joyce Rupp



Photo taken at Fort Worth Botanical Center, Fort Worth, Texas.

Day 24

“Love is the flower you’ve got to let grow.”

– John Lennon



Photo taken in Glacier National Park,
Montana

Day 25

“Life is the flower for which love is the honey.”

– Victor Hugo



Photo taken at Fort Worth Botanical Center, Fort Worth, Texas.

Day 26

“Where flowers
bloom, so does hope.”

– Lady Bird Johnson



Day 27

“Spring: a lovely reminder
of how beautiful change
can truly be.”

–Anonymous



Day 28

“It’s spring again! The earth is like a child that knows poems by heart.”

– Rainer Maria Rilke



Day 29

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

– Romans 15:13





Day 30

“Hope is a function of struggle. If we’re never allowed to fall or face adversity as children, we are denied the opportunity to develop the tenacity and sense of agency we need to be hopeful.”

– Brené Brown

Day 31

“Our task must be to widen our circle of compassion, to embrace all living creatures and the whole of nature in its beauty.”

– Albert Einstein

