



The *METAMORFOSIS* of the Butterfly &
YOU!



Our Metamorfosis transformation is ongoing...

- **The Egg;** Early Beginnings
- **The Caterpillar;** Moving and Transforming
- **The Chrysalis;** Inside out
Transformation/Change and New Beginnings
- **The Butterfly/Mariposa;** Complete
Transformation into a New Form



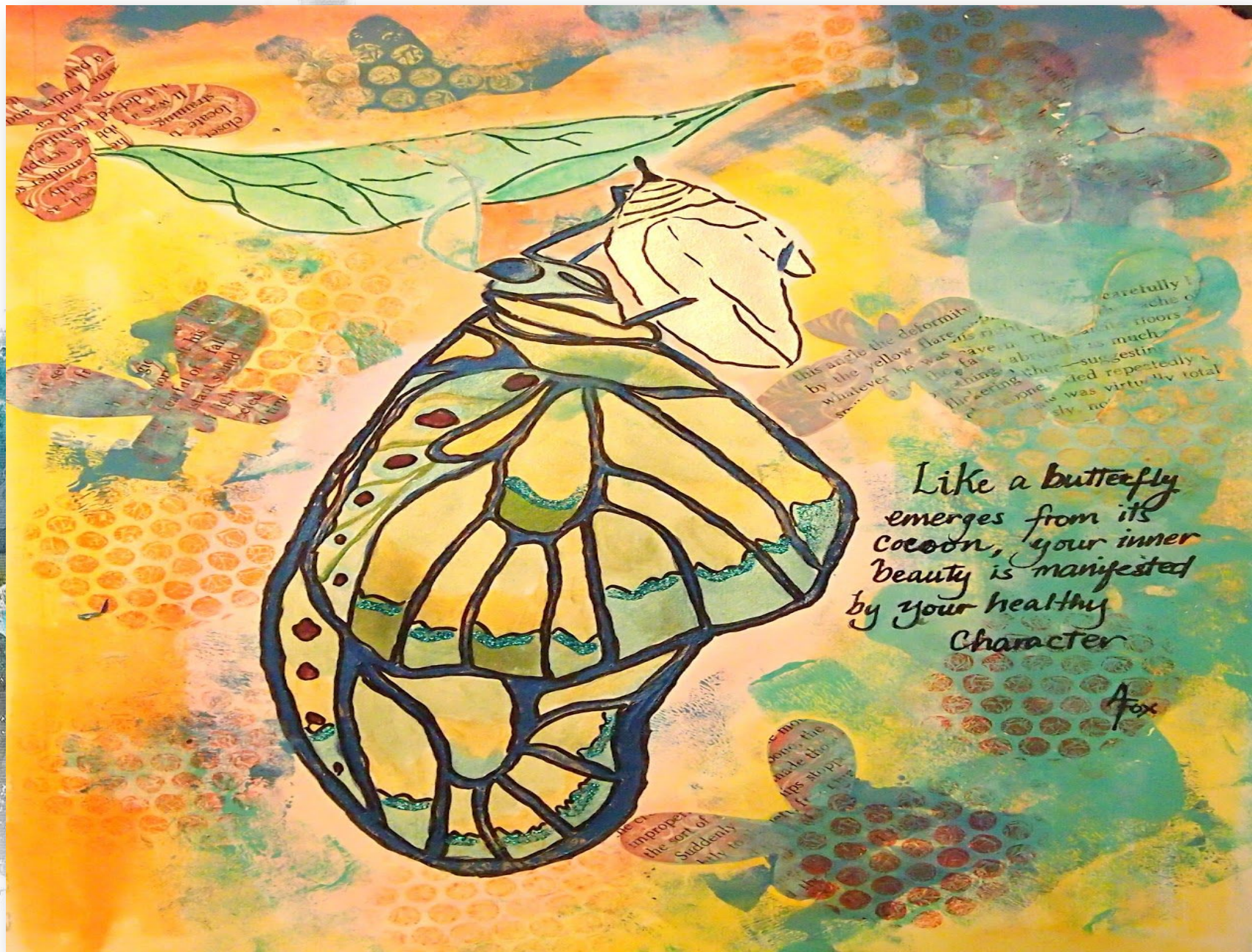


Pause and Reflect:

**Where do you take
note of your dreams?**

**How do you bring
them from the dream
world into real life?**





Like a butterfly
emerges from its
cocoon, your inner
beauty is manifested
by your healthy
Character

A fox

Co-Creating and Maintaining Dra. Dulce's Love Journal



- Creating monthly Collages (possibly w/others)
- Drawing and Creating Words of Encouragement
- Including Quotes that motivate and inspire you
- List(s)/Dreams/Goals/Aspirations
- Pictures of past experiences that made you Proud
- Poetry
- Love Notes/Letters from others
- Vision Boards/Collages (Seeding/Harvest)
- A letter to your future self (to be opened years later)

The book of **YOUR LIFE...**





Our '23-'24 School Year Seeding Collage

To Start:

- What **word, theme or feeling** do you hope to embody this school year?
- What does this word, theme or feeling evoke in you? (think **Mind/Body/Heart/SPIRIT**)
- What actionable ways can you commit to nurturing/restoring/sustaining your **Mind/Body/SPIRIT**?

Our '23-'24 School Year Seeding Collage





*Let's Create a visual
representation of
your seeding
intention(s)!*



A watercolor illustration of the Earth, showing blue oceans, green continents, and white clouds. The style is soft and painterly, with visible brushstrokes and a slightly textured appearance.

Sharing and Reflecting.

How might your love journal support the transformation you desire?





metAMORfosis:

thru Love we
transform

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