

Preface

Watching a caterpillar transform into a butterfly fascinated the little girl. Each day she would examine the cocoon that was dangling from a tree in her yard. She eagerly awaited the end of its dormant chrysalis stage where it remained inside its silky structure. When the outer shell of the cocoon began to open, the girl's excitement grew. As she witnessed the awakened butterfly reveal its beautiful wings and begin the process of shedding its cocoon, she could hardly contain herself.

While she watched the butterfly struggle to free its wings from the cocoon's hold, she felt sorry for it and thought it might need some assistance. Unfortunately, not knowing the consequence of touching its wings to help free it, she found that after she did, the butterfly fell to the ground and eventually died. She was devastated. She wasn't aware that the butterfly's effort to emancipate itself was *a necessary struggle*, a struggle that had two purposes: One is to free itself from the cocoon, but the other is to strengthen its wings for future flight.

The butterfly's *struggle* reflects the challenges we face when seeking to free ourselves from the impact of a crisis, and how that struggle can contribute to our transformation. We need to adjust to the crisis so that it can also produce the kinds of growth that will strengthen us for our remaining flight through life. That's why

when personal growth is acquired in response to a given crisis, I refer to the ordeal as a *Chrysalis Crisis*.

This book is about how your life ordeals can serve as Chrysalis Crises, and how the personal and spiritual development you gain from them can awaken your potential for joy, peace, and happiness.