



## **A NOTE: On Becoming a "Goop" of Imaginal Cells - Messy progress from the caterpillar's perspective.**

Caterpillars are brave, or at least highly devoted to the steps of growth. Looking from a caterpillar's view, messy progress would look something like this:

**Step 1:** Stop eating when you're full, i.e. basically stop doing the same thing when you are fed up and when you know you are made for something different.

**Step 2:** Find a lonely place to build a cocoon and stitch yourself in. Create solitude, sit patiently in silence. Resist the pull of hurried-sick culture.

**Step 3:** Become goop. Yes, goop. It's like soup, but messier and much more magical. Sleeping cells awaken inside the chrysalis - called "imaginal cells" - and make it possible for a structurally new way of living to emerge.

**Step 4:** Hold steady as the caterpillar in you and the butterfly in you do battle. Over time, the new way of living will begin to win the fight, and the old way will be less difficult to resist. Ultimately, you develop the capacity to choose, in every moment, how you want to live.

**Step 5:** Muscle your way out of the cocoon, stronger and more self-aware. Be kind to yourself and to those around you, as you make changes to nurture yourself and the life you want. And, enjoy it!

**Step 6:** Repeat as needed. Although it will always be messy to change, you know the way.

*Personal progress often requires letting go of what we hold dear and leaning into discomfort. Those are two of the hardest tasks we could ever be asked to do!*

To take any of these conscious steps feels quite unnatural. It's much easier, and "comfortably uncomfortable," to keep a busy, noisy life that you don't particularly like. **It takes courage to stop eating leaves and dream about having wings.** It takes grit to choose change.