



“Transition Like A Butterfly”

by Dede Lyons

Do you want to grow, thrive and feel better through life’s many transitions and transform yourself into a beautiful butterfly?

Here is my favorite butterfly quote from a woman I deeply admire. Maya reminds us that we must go through stages of growth in order to blossom during life’s numerous transitions.

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

-Maya Angelou

Our lives are in constant flux and continually filled with so many transitions, both positive and negative. We are either entering into a transition, in the middle of one or completing one. These life experiences can be so uplifting and joyful while others can be laden with sadness and grief. Birth, death, marriage, retirement, motherhood, illness, a residence change, a new career and a new romance are some of the experiences that require us to make a shift and grow emotionally.

It may not seem like it at first glance, but these vulnerable stages in our lives are actually the most rewarding. We will expand, blossom and experience transformations in ways that we never knew were possible. When we are vulnerable, we often reach deeply into our souls and uncover inner core strengths that give us the courage to let go and embrace change.

The key is to build a core foundation to manage these life lessons so we don’t feel overwhelmed, depleted and knocked off our path. Most important is to keep loving oneself and give and receive love everyday.

I recommend the following “Five Feel Good Express Transition Tools” to help you grow through the many changes life offers. **Transition Feelings:** Feel your feelings. They have all the answers. Try not to suppress your emotions. Just lean into them and they will expand and then soften.

Transition Vulnerability: Be vulnerable. There is so much strength in expressing your fragile feelings. Underneath the vulnerability is where your courage lives.

Transition Gift: Look for the gift in your transition and keep your focus on it. This focus will help you feel lighter and more positive and will help you uncover meaning and purpose.

Transition Support: Reach out and solicit comfort from family and friends. Sharing your story with others will not just help you, but the receiver will also benefit.

Transition Journal: Write down your feelings and thoughts each day. The journaling process gets the fear and anxiety up and out of your body. This exercise can be so comforting and can give you new insight about yourself and your journey.

One of my significant butterfly transitions occurred at age 54, when my husband and I moved from New York City to West Palm Beach after I accepted a sales management position at the NBC affiliate.

We were so very excited about this wonderful opportunity for both of us. However, it was also filled with so much change and newness: new job, new residence, new city, new friends, selling our co-op in NYC and retirement for my husband. Even though we were so happy and grateful for this new potentially positive experience, there was an undercurrent of anxiety and fear (butterflies in our tummies) about being uprooted from our comfort zones. It was actually the good butterflies, the ones that elicit movement and progress. I was amazed that I could feel joy and anxiety simultaneously.

One of my friends said, “You’re moving to Florida? You don’t drive, you don’t sit in the sun and you hate bugs.” She was right, but I knew in my heart that it was time for a change. Tuning into my inner wisdom has been a lifelong journey and I have come to trust my intuition in making decisions.

Our transition was a huge undertaking and it took us a good six months of letting go and moving on before we emerged and truly embraced our bright and sunny lifestyle in Florida.

There were bumps along the way that made us feel sad about leaving our friends and family in New York and starting a brand new life. However, sharing our tender and vulnerable feelings made us stronger, enhanced our marriage and brought us closer together.

Well, here we are nine years later, two beautiful butterflies flying high and feeling the positive effects of one of life’s transitions. Plus, I’m a good driver, I walk in the sun after 3 pm and I’m starting to feel comfortable around bees! We now welcome change and know that we have built a solid foundation to go through the many life transitions that lie ahead.

If you would like more information on The Feel Good Express, please email Dede Lyons at dede@feelgoodexpress.com or visit her website at feelgoodexpress.com. You can also view her “Feel Good Tweet of the Day” on Twitter @dedefeelsgood.