



There is a Voice of Imaginal Knowing Inside Each Woman

We all grew up knowing an astonishing fact:
Caterpillars metamorphose into butterflies.

But do you know what the most mind-boggling part of this process is?
There is no cellular similarity between a caterpillar and a butterfly.

The caterpillar secretes digestive enzymes and begins to dissolve into an organic “goop” to feed what is about to become. There is a knowing that is about to awaken. A knowing that has lain dormant in the caterpillar since its pupal stage.

Biologists call this knowing “imaginal cells.” Like stem cells, they are neither caterpillar or butterfly cells. Yet. Until they reach a critical mass - and voilà.

Likewise, there is an imaginal knowing inside women.
We strive so mightily to be good: good partners, daughters, mothers, employees, and friends. We have filled our life with plans and projects. And we hope this striving will make us feel that we have done great work.

But instead of excitement over the future, we feel weary and stuck.
We are haunted by questions like, “Is there more?”
In using our instinct for nurturing others, we misuse our commitment to our own becoming.

Contemplate this—no person in history has had the same fingerprint as you.
No one who has lived has the same eye pigmentation as you.
No one has ever had the same voice timbre as you.

Your way of doing, your perspective and your voiced truth are unique to you.
You have all the powers of the universe to create a life by design, not default.