

The Reluctant Butterfly

What it takes to achieve your dream

Liz Cirelli

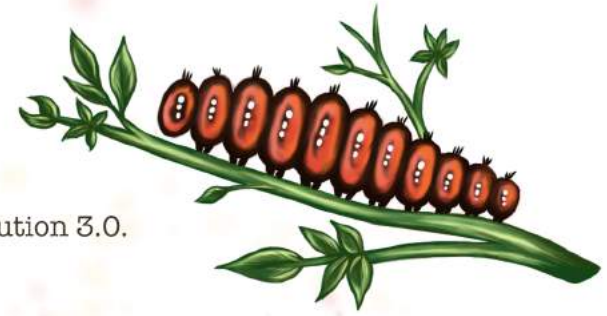


Liz's website: <http://lizcirelli.com>

Liz's email: info@lizcirelli.com

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Delve into her magical world here: <http://tanyalart.co.uk/>

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Learn more about Steve here: <https://stevepalfreyman.com>

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Dip into her enthralling writing here: <http://www.lizfranceshobbs.com/>

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**Please feel free to post this on your blog, share or email it
to whomever you believe would benefit from reading it.
If you do, please let me know, so I can personally thank you!
Thank you so much for reading**





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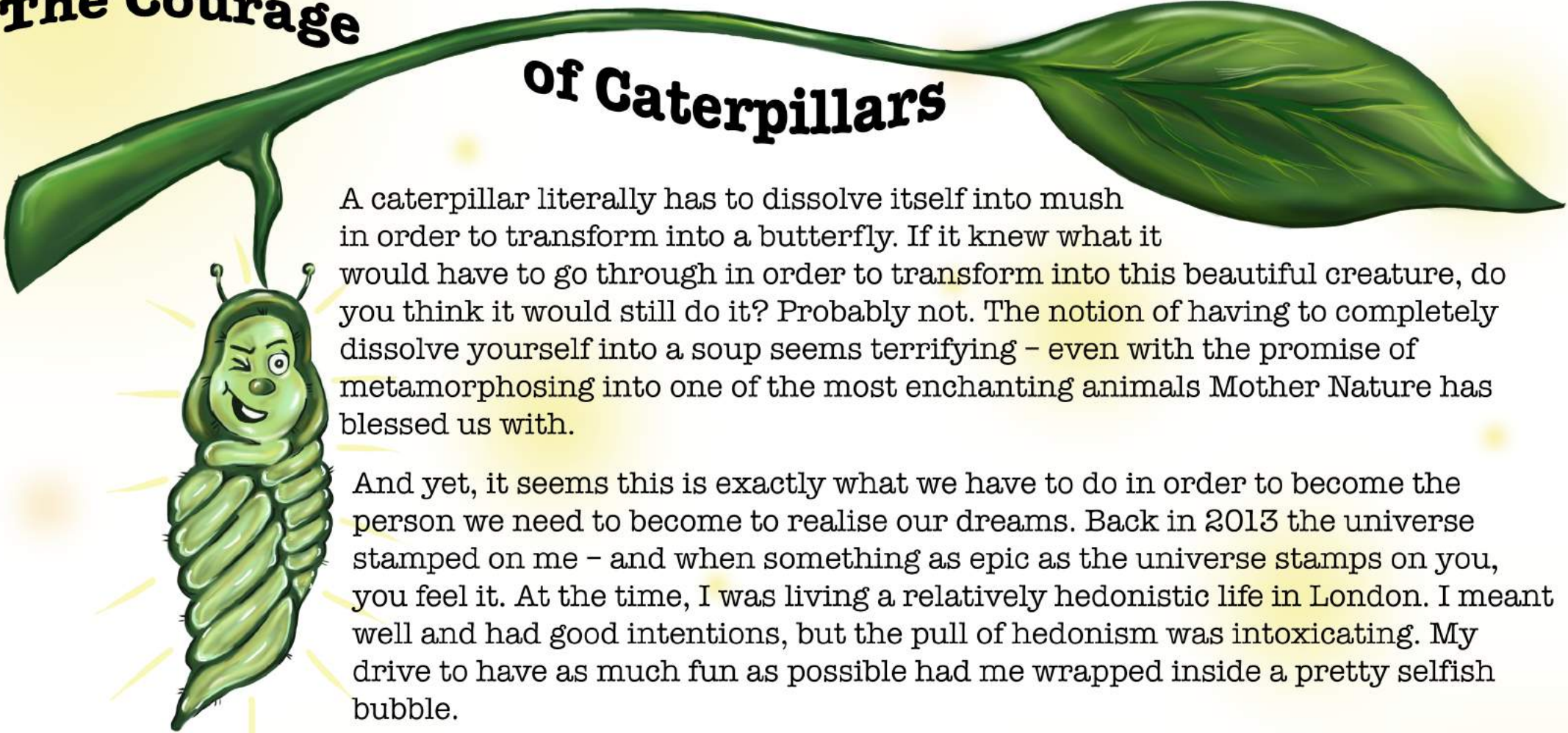
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The Courage

of Caterpillars

A green caterpillar with a friendly face, winking and smiling, is hanging from a large, vibrant green leaf. The caterpillar has a segmented body and small antennae. The leaf is long and curved, with detailed vein patterns. The background is a soft, yellowish-green gradient with some faint, glowing spots.

A caterpillar literally has to dissolve itself into mush in order to transform into a butterfly. If it knew what it would have to go through in order to transform into this beautiful creature, do you think it would still do it? Probably not. The notion of having to completely dissolve yourself into a soup seems terrifying – even with the promise of metamorphosing into one of the most enchanting animals Mother Nature has blessed us with.

And yet, it seems this is exactly what we have to do in order to become the person we need to become to realise our dreams. Back in 2013 the universe stamped on me – and when something as epic as the universe stamps on you, you feel it. At the time, I was living a relatively hedonistic life in London. I meant well and had good intentions, but the pull of hedonism was intoxicating. My drive to have as much fun as possible had me wrapped inside a pretty selfish bubble.

Then the news hit: my mum back in Italy had been diagnosed with cancer. My head started to spin, and my world slowly started to fall apart. This news set into action a set of events that would change my life forever.

I've written this e-book as a guide to realising your creative ambitions. It comes from my own experience – the challenges and obstacles I've had to face and overcome – and the lessons I've learned through the process.

Why We Must Follow Our Dreams

The word for desire in Latin is “desidere”, which means “from the stars.” I like to think that our deepest, most heartfelt desires are an expression of the Divine seeking realisation or manifestation through us. In other words, this is where inspiration comes from: there is a larger thing wanting to express itself through us.

Elizabeth Gilbert writes about it beautifully in her book, Big Magic.

I also believe that it is absolutely imperative we follow the call of these deep and heartfelt desires. They are the call to achieving our life's purpose - what we were put on this planet to do.

The way I see things, choosing not to has seriously detrimental repercussions. Not just upon ourselves, but also upon humankind as a whole. Where would the world be now if the great thinkers and creators had ignored their calling?

And here I find an interesting and almost cruel paradox: the more fear we have towards pursuing something - the louder our mind shouts at us with excuses as to why we shouldn't do it - the more important it is that we do it.



Wrestling Matches Inside Our Minds

We all have dreams, we all have that special something that we secretly or not- so-secretly long to put out into the world.

All too often though, we allow our minds to block that gentle whisper with its incessant shouting and fear-mongering. It happens to us all. It's an affliction of the human race – and I believe one which we are put on this planet to learn how to overcome.

For as long as I can remember, I have loved music. I've felt deeply connected to it. For me, music has been a life-long love story, but like the greatest of love stories, it too has been filled with fear, struggle, despair, frustration, thoughts of abandonment – and practically every other element of the human condition that great passion brings to the surface!

I've wrestled – particularly struggling with fear. For many years, various fears held me back from truly committing to following my passion for music. Looked at it from one perspective, I wasted 15 years because of fear-based procrastination. Looked at it from another perspective, the journey I went on over those years helped me grow as a person and taught me eye-opening lessons.

When we wrestle there has to eventually be a winner. And no matter how paralysed I was by fear, something inside me just wouldn't let go. Something kept pushing me to find answers, to seek the sort of happiness that you can only feel when it comes from within you. That something was not going to let fear win the day.



Life-Changing Realisations

It has been a tug-of-war, but over the course of time I have come to realise that even though our darker tendencies do not disappear totally, through the careful cultivation of awareness, we can come to realise that we are able to make a choice.



We can choose to not be ruled by fear, doubt, frustration, despair – or rage.

We can choose to follow our true passions – our dreams.

We can choose to let our light shine.

This is so important because when you let your own light shine, you give other people permission to do the same. Imagine how beautiful the world would be if we were all shining – and encouraging everyone around us to do the same.

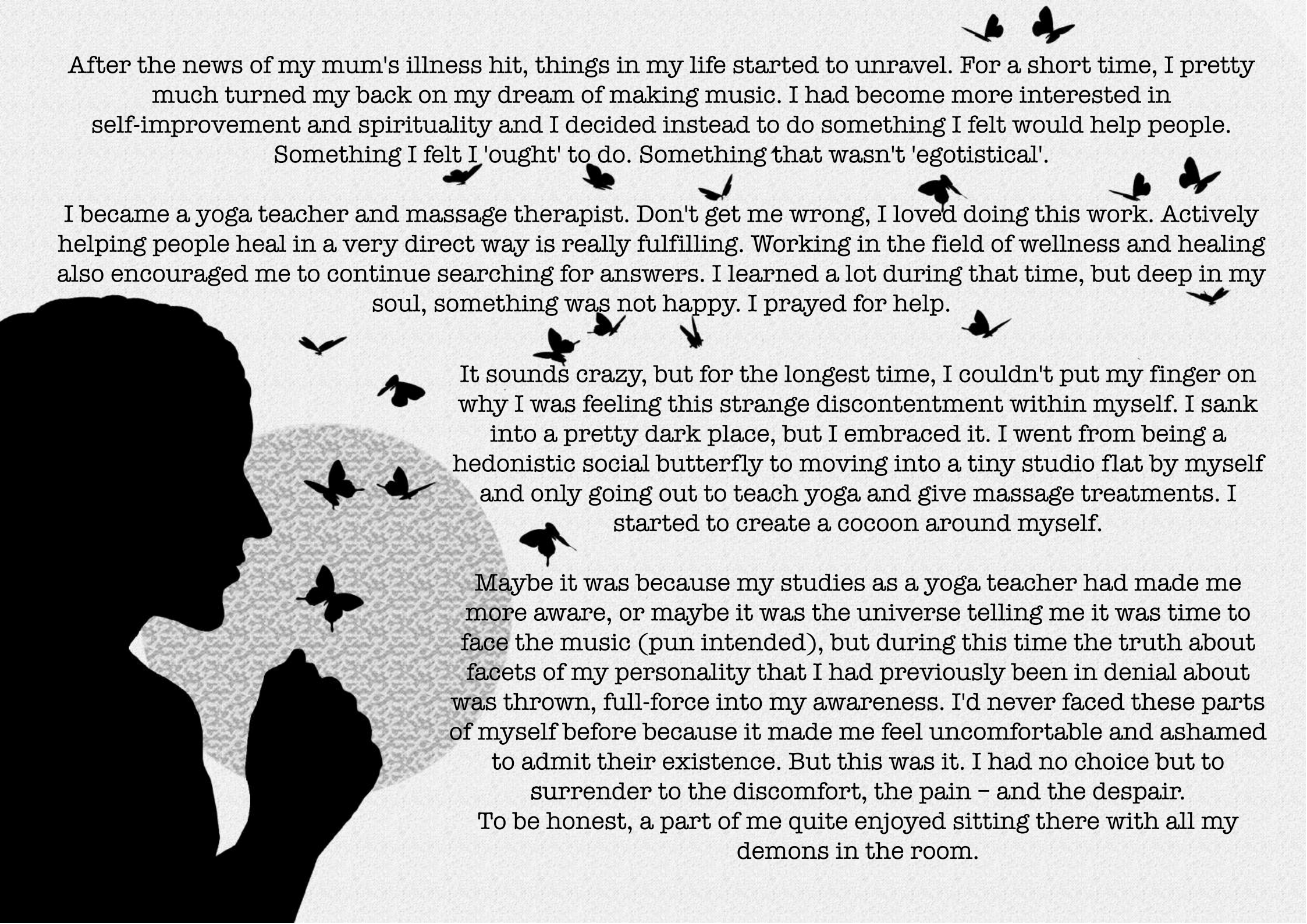
I knew my calling to music existed for a reason. I knew it was a call that had to be answered. But for a really long time, my goals came from a very egotistical place. I wanted to be rich and famous. The expression “attitude is everything” kept rolling around inside my young head, but the way I interpreted it was: “You've got to have an attitude”. Unsurprisingly, this led me to have a pretty severe attitude problem.

I was arrogant and I felt very entitled. I believed everything should fall into my lap and when it didn't I became angry, depressed and frustrated. It didn't take long for me to be filled with hatred and resentment towards the whole world.

The thing I didn't realise back then was how powerful our mindset is. I also didn't realise that you create success by becoming the person you need to be in order to manifest it. By changing the way you think and by becoming humble and knuckling down and doing the work. I love Steven Pressfield's concept in his book *The War Of Art*; that in order to achieve success, we must become like warriors - we must fight the battle each and every day.

It is us - and nobody else - that needs to do the work to achieve our dreams. When you have an entitled attitude, it's very hard to do this. That is why humility is so important. It enables us to keep constantly grafting until we have brought our vision into reality.





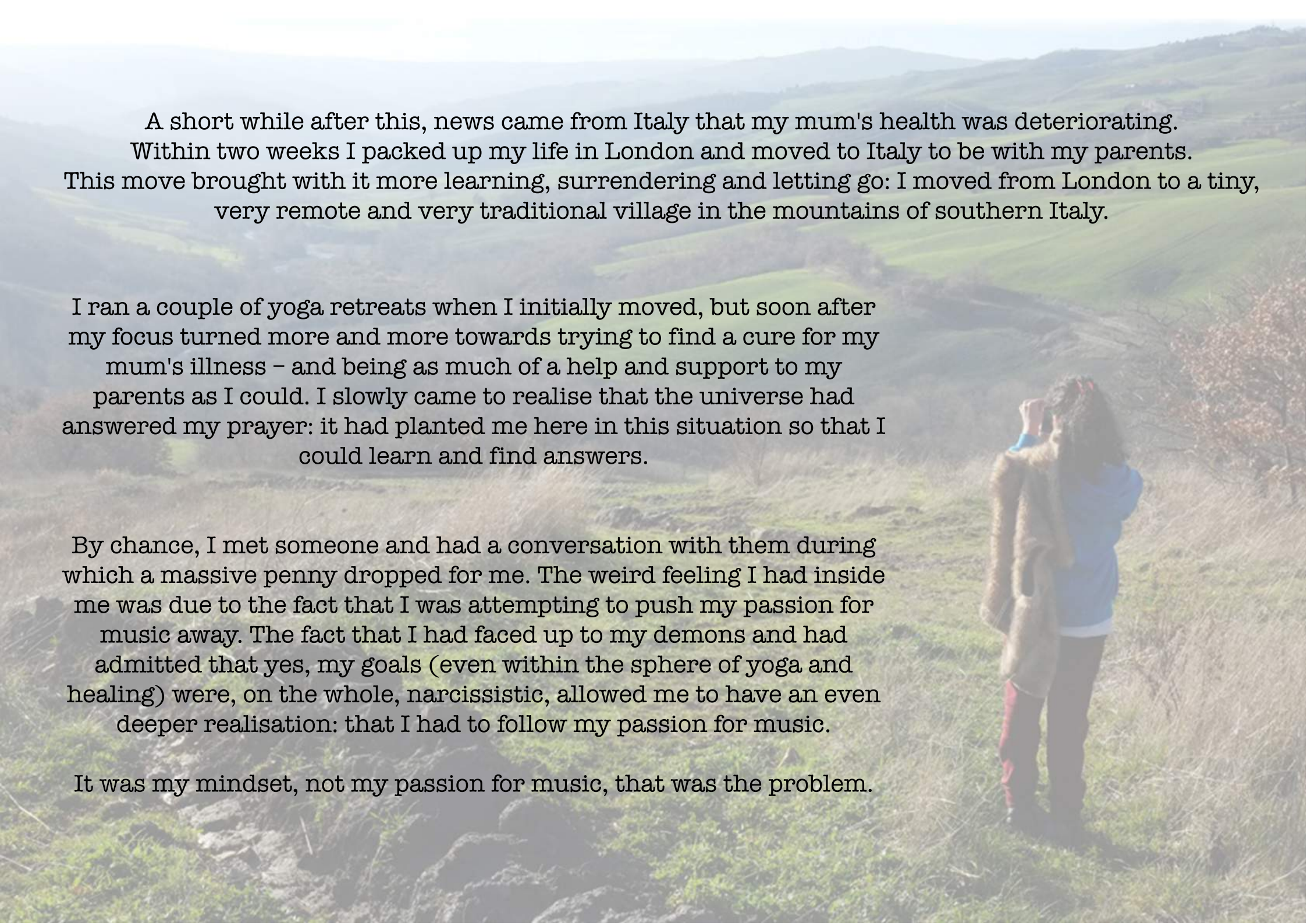
After the news of my mum's illness hit, things in my life started to unravel. For a short time, I pretty much turned my back on my dream of making music. I had become more interested in self-improvement and spirituality and I decided instead to do something I felt would help people.

Something I felt I 'ought' to do. Something that wasn't 'egotistical'.

I became a yoga teacher and massage therapist. Don't get me wrong, I loved doing this work. Actively helping people heal in a very direct way is really fulfilling. Working in the field of wellness and healing also encouraged me to continue searching for answers. I learned a lot during that time, but deep in my soul, something was not happy. I prayed for help.

It sounds crazy, but for the longest time, I couldn't put my finger on why I was feeling this strange discontentment within myself. I sank into a pretty dark place, but I embraced it. I went from being a hedonistic social butterfly to moving into a tiny studio flat by myself and only going out to teach yoga and give massage treatments. I started to create a cocoon around myself.

Maybe it was because my studies as a yoga teacher had made me more aware, or maybe it was the universe telling me it was time to face the music (pun intended), but during this time the truth about facets of my personality that I had previously been in denial about was thrown, full-force into my awareness. I'd never faced these parts of myself before because it made me feel uncomfortable and ashamed to admit their existence. But this was it. I had no choice but to surrender to the discomfort, the pain – and the despair. To be honest, a part of me quite enjoyed sitting there with all my demons in the room.

A person with long dark hair, wearing a blue long-sleeved shirt and dark pants, stands on a grassy hillside. They are looking out over a vast, hazy valley with rolling hills and mountains in the distance. The scene is captured in a soft, slightly desaturated style, giving it a dreamy or reflective quality. The person's shadow is cast on the grass in front of them.

A short while after this, news came from Italy that my mum's health was deteriorating. Within two weeks I packed up my life in London and moved to Italy to be with my parents. This move brought with it more learning, surrendering and letting go: I moved from London to a tiny, very remote and very traditional village in the mountains of southern Italy.

I ran a couple of yoga retreats when I initially moved, but soon after my focus turned more and more towards trying to find a cure for my mum's illness – and being as much of a help and support to my parents as I could. I slowly came to realise that the universe had answered my prayer: it had planted me here in this situation so that I could learn and find answers.

By chance, I met someone and had a conversation with them during which a massive penny dropped for me. The weird feeling I had inside me was due to the fact that I was attempting to push my passion for music away. The fact that I had faced up to my demons and had admitted that yes, my goals (even within the sphere of yoga and healing) were, on the whole, narcissistic, allowed me to have an even deeper realisation: that I had to follow my passion for music.

It was my mindset, not my passion for music, that was the problem.

stepping Into Your Greatness



In September of 2016, Mum transitioned to the other side. My dad and I cared for her at home until the end – and throughout the painful but beautiful journey, I learned so much. I grew so much. We all did. I've come to understand that the journey of the human being is all about learning that we are not our minds. It is about transcending our programming, learning to forgive (ourselves as well as others) and embracing the challenges that are out of our comfort zones. It is about constantly seeking to be a better, kinder, more compassionate person. When we embrace, rather than resist, the things that force us to grow, we enter the realm of true freedom.

It takes a tremendous amount of will to do this - and will is precisely what you need to assert over the constant yelling of the part of your mind that distracts you with to-do lists, errands that you 'have' to run – and all the reasons (excuses) as to why you cannot pursue your dreams.

It's a journey that I myself am on - each and every single day I have to assert my will to do the things I feel I was put on this planet to do. To step into my greatness.

If I didn't, I'd just settle for being lazy, whilst at the same time feeling frustrated and angry with myself. That aspect of myself exists, I know it's there, but I choose to not engage with it. What good does it do to settle for mediocrity? In fact, I'll go as far as saying that by 'settling' we are causing a great deal of harm.

I want to get something super clear here. By greatness, I do not mean the insidious machinations of the mainstream media. No, I'm not talking about fame and fortune. We must keep focussing on the love within us all.

Stepping into your greatness means stepping into love. Searching for your life's purpose, and putting everything you have towards achieving it. I believe each time we commit to doing this, we send a positive signal out into the collective consciousness of humankind.

One that empowers other people and gives them permission to begin searching for and following their life's purpose.

I always use this point of reference when I daydream about what my life's purpose is – it is a quote from the Bible:

**“Everything is permissible but not everything is beneficial or constructive - and we should not allow ourselves to become mastered by or addicted to anything. Nobody should behave selfishly, seeking his own good, but rather we should show love towards others.”
(1 Corinthians 6:12 & 10:23-24)**

Sure, you can manifest 5 mansions, 3 Ferrari's, a private island and 2 private jets, but unless you're using all of that to serve others, there's very little point to it in the grand scheme of things. Our focus should be on making the world a better place.

Our goals should be driven by love.

And it's ok for your life's purpose to morph and change over time as you grow and develop. It's only natural that, as you follow your curiosity and your interest, you will learn new things which will open up new paths. If it interests you, follow it.

Keys to Success

But how do we get there? I'm sure you've felt the excitement of a new hit of inspiration or a new idea – then seen it slowly wither away to nothing. I know I have - too many times! I understand the pain. I get how frustrating it feels. I know that sometimes it feels as though you're the only person in the world feeling this way. Trust me: You're not alone.



Sure, the road is stony and long...the journey is challenging and sometimes painful - and it can take a long time to reach your destination. We have to overcome so many challenges.

So. Many. Obstacles.

Sometimes it feels that what we are able to imagine is impossible to manifest. All too often we choose to let our dreams go simply because we don't believe we have what it takes to achieve them, we tell ourselves we don't know how to do it - or worse still, we listen to the people who tell us that what we're dreaming is impossible.

Most of us, without even realising it, waste our valuable energy on cultivating limiting and disempowering beliefs, which we then pass on to those around us through careless comments and thoughtless reactions.

Holding on to these beliefs keeps us trapped, isolated and small and can eventually lead us to become depressed, frustrated and angry. We can change that. In fact, it's VITAL we change that. It takes an intense hunger to bring about a transformation, but with trust, faith and determination you will get there. Too many times people have said to me “oh you can't make a living from music”. Yes, actually, you can. You just need to develop the right mindset so you can see the way.

Our thoughts create our feelings and as a result, our mindset can literally make or break us. In order to succeed in any endeavour, it is vital that you engage your will and focus on what you want, rather than allowing your mind to distract you with its perception of 'reality'.

Having a routine that keeps our mindset strong and focussed can literally see us move mountains.

Meditate daily, visualise daily, journal daily, say affirmations daily. For an idea of a bullet-proof morning routine, read Hal Elrod's book, *The Miracle Morning*. It was one of the most inspiring and life-changing books I've ever read.



Sure, you'll make mistakes – but that's how we learn! When the constant trying of the 'possible' fails to reap the results you want, contemplate attempting the impossible.

This is where miracles happen.

Push the boundaries – visualise what is 'impossible' and believe it to be possible. By doing so, you will create the pathway for it to come into being. It's all up to you.

Remember that whatever the mind can imagine and believe in, it can achieve. Belief is vital – it is the active ingredient in manifesting what you want. The act of believing in something before you have it, of investing your energy into possibility, creates the opportunity for it to manifest. Flip that around: if you are constantly allowing yourself to resent what you don't have, you will push the very thing you wish to manifest further and further away from you.

Gratitude is the other vital ingredient. As well as believing in what the Divine is communicating to us through our imagination, we must give thanks that our dreams are already a part of our reality.

The more gratitude you allow yourself to feel, the more happiness and contentment you will experience. In order for us to maintain a mindset that will enable us to achieve our dreams, we must wilfully choose to be grateful. As often as we can.

We need to be humble – to pick up our tools and do the necessary work. We also need to be courageous enough to surrender to the journey and live our truth. We need to remember to persevere on days when we just want to give up. We need to cultivate the qualities of patience, resilience, determination, dedication and commitment - and we need to approach our dreams from a place of pure passion rather than ego-based longing. When we combine all of this, amazing things open up. Miracles start to occur.

I took my experiences as a creative and my passion for audio - and created a motivation piece entitled 'Dreamer's Inspiration' to help you begin cultivating a mindset that will empower you to step into your greatness and follow the call of your soul.

It combines the powerful tools of meditation, affirmations and visualisation - and is designed to be listened to every morning so you can start your day strong and begin investing your energy into cultivating a mindset that empowers you to achieve your dreams.

I'd like to offer it to you as a free gift for reading and downloading this e-book.

Just pop [here](#) to grab it.



The music that accompanies Dreamer's Inspiration contains powerful healing frequencies to rebalance body, mind and soul and was written by me and a wonderful violinist I regularly collaborate with named Minski.

Talking about music, I'd also love to give you a free copy of my 4-track album preview. It's waiting for you [here](#).

If you'd like to join my free online coaching community, Daydream Believers, just head [here](#) and request access. I do my best to approve all requests within 24 hours.

If you'd like me to send you regular updates, you can subscribe to receive my newsletter [here](#).

Never ever any spam. Promise. And your details are 100% safe.

If you believe, truly believe, that you are capable of achieving something, you will pursue it until you achieve it. Remember: success is something you create by becoming the person you need to be in order to make it happen.

Thank you so much for reading. If you've enjoyed the content I've given you and you'd like more, please consider joining my Patreon page. For a small subscription, you'll get access to some really lovely rewards – plus you'll be enabling me to continue doing what I do. You can join [here](#).

If you'd like to ask me anything, please don't hesitate to get in touch! Just pop me an [email](#) or connect with me on [Twitter](#) or [Facebook](#).

I mean it when I say I'm looking forward to hearing from you, so don't hold back!

Lots of love Liz xxx

About The Author

Liz is an electronic music artist and creative coach. She's been making music since 2009 and without a shadow of a doubt, it's one of her biggest passions in life. But Liz naturally gravitates towards helping people and has a natural gift for inspiring others.

As a creative, she understands how hard it can be to pursue a dream alone and this led her to begin coaching. Using her own experiences, she uses strategic coaching methods to empower people to pursue their passions and realise their dreams.

Recently, Liz chose what she considers to be the perfect platform to encapsulate all that she wishes to offer the world: Patreon. In the spring of 2018, she launched a page on there for all she has to offer.

Patreon is a platform that works in a similar way to crowdfunding platforms – with one small difference: it is based on ongoing, rather than one-time contributions.

She has big ambitions for her Patreon page: it is her aim for it to provide financial stability and to be an outlet not just for her and her creative output, but for as many others as she can reach. After all, creativity is a gift and should be celebrated.

One of the biggest things Liz has learned from working as a creative coach is that we all have that inner spark – we all have something special to give to the world. She has also learned that anything is possible when we are truly committed.

When we are humble enough to surrender to the journey and courageous enough to live our truth.

But in order for our inner spark to shine, in order for us to maintain motivation and inspiration, we need to be connected. We need to be sharing our stories with one another and helping each other along the way.

Amazing things have opened up for Liz by reaching out to help others - and they've opened up for the people that are a part of her coaching community too.

Liz's wish is to empower people all over the world to follow their dreams and lead enriched and fulfilling lives - and she is going to use her Patreon page to do this.

If this sounds like a project you'd like to support, please consider becoming a patron. Not only will you have access to Liz's coaching community and get early access to all of her creative output, but you'll also be helping her inch ever-closer to her dream of making this world a happier place.

If this sounds like a project you'd like to support, please consider becoming a patron. Not only will you have access to a variety of lovely rewards as a thank you, but you'll also be helping her inch ever-closer to her dream of making this world a happier, more beautiful and art-filled place.

You can access her Patreon page by visiting <https://www.patreon.com/lizcirelli> If you prefer accessing things through your phone, you can download the Patreon app and search for Liz Cirelli.

Alone it is hard to make an impact. United we bring about change.

Thank you so much for being here.

Appendix



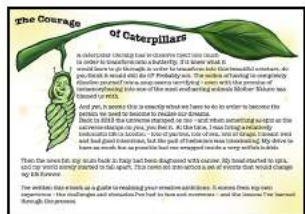
The cover symbolises the letting go of fears and insecurities. The butterfly, red like the root chakra; the base of all these feelings, reluctantly takes flight from the outstretched hand of fate, as we release our fears to take



The caterpillar and butterfly are a whimsical title reference, as well as to the root chakra, and a simple representation of the metamorphosis this book hopes to encourage in the readers.



The contents page depicts a daisy chain. Daisies are symbolic for innocence and new beginnings, whilst the yellow centre symbolises creativity and communication. Linked in a typical childhood chain to reinforce the meaning of embracing your creative calling with childlike innocence, and the linking of all the topics within this book to one purpose.



This cheeky illustration is green to awaken the heart chakra, to embrace your creative endeavours from a place of love, both for your art and yourself. It also symbolises the love in which the message within this eBook is given.



In this illustration, the author is depicted in a yoga pose “tree” beneficial for bringing one to their centre and find grounding. The stars reference the greater influence of the universe, whilst the indigo and violet colours in the sky symbolise the third eye and crown chakra for intuition and divine inspiration.



The vivid red leaves of the Aspen tree are symbolic for overcoming fear, which is poignant given the sharing of its colour with the root chakra, the seat of this emotion within our bodies. The begonia flower nestled between the leaves symbolises warnings about challenges and the dark thoughts that distract you. There is hope though, as the aspen leaves also symbolise protection as they guard the flower, which also represents our own individuality.



This image combines the gentleness we need to find within ourselves with the struggles we face. The tug-of-war rope is frayed, symbolising the break in our internal battles, as the gentle butterfly begins to descend on the rope bringing a peace and calm to dividing directions.



A time for work and knuckling down is symbolised by the cogs, a time honoured symbol of how things work when aligned correctly. Time is a key element in all workings. Anything can be achieved given the time and working mechanism to allow it.



This darkness and monotone image is a reflection of the author's struggle, and the despair and loss of oneself. There is a symbol of hope and creativity with reference to the moon behind the author as she clasps her hands in prayer, and the flight of many butterflies as reference to her beginning to find the upward direction she must follow.



A personal photo from the author's private album. Her favourite valley near her home in Italy.



In homage to the author's mother, who loved red roses and whose own creative aspirations had been to be a dressmaker. The yellow roses traditionally symbolise the sun with all its glory and promise of starting over anew, and they also symbolise joy and appreciation. Yellow is the colour of the solar plexus - the seat of our will power, drive and determination.



A single reference to the author's mother whose favourite flower was the red rose. Significant as not just a symbol of love, it also signifies courage, respect and passion.



The artwork on the About the Author pages was created by Julie Hawelka, friend of the author in support of the work that she is doing, and in her quest to help others through this eBook. The author wanted to include this work in the illustrations as recognition of the support and the gratitude she feels to receive it.



In this illustration, the keys are a direct reference to the title, depicted old to signify the keys of successful endeavours are old values and attributes, steadfast over time, and not new ideals. The butterfly is purple like the crown chakra to reference the universe; there are no accidents, the universe will reward that which we are open to receive.



A simple reference to the journal in keeping focus and following the path to success.



The colour represents the solar plexus chakra for the will and determination to follow our calling, and the orange of the sacral chakra to highlight the emotional body and the associated element of creativity. Here the author is depicted in the yoga pose "butterfly" which relieves stress and activates the sacral chakra, with her arms out stretched in prayer towards the universe.



This image represents the divine and inspired (purple) with the key symbol of musical creativity. There is a hint of yellow as recognition of our will and the joy to be attained in pursuit of our dreams.