

## Letter to you, from a butterfly 🦋

Hi dear friend,

Take a moment to settle, cozy up with your dreams in mind, and let your true self be here.

I can see you have a sensitive soul and heart, and that is such a beautiful and powerful gift (though I know it's not always easy, the depth and intensity to which you feel things).

You are a needed part of nature, your depth is essential and do not EVER let anyone tell you otherwise. As I say in one of the poems of my book pages: "You say I need thick skin, an outer layer much stronger. But tell that to the sun, we won't be here much longer."

You and I both have butterfly wings. They have their own unique set of magic within them, but they are what will allow us both to fly. My butterfly wings open like a book, and the pages are filled with stories that say...

You have so much wisdom inside of you already. My pages will empower you to trust & use it. I hope I bring you comfort and make it easier to breathe. I know life is hard. I hope the words within me lighten your load. Let yourself be free & take up space here. The inner child in you knows how. It's good to feel deeply. It's not always easy, but it's not something to feel shame about.

I love how many questions you have about life & humanness. Your deep thinking is what this world needs. Keep pondering and wondering about the world around you. You're not "overthinking" if it feels delightful and curiosity-filled.

You are part of this world, too. I know you may have felt small before but you are made of stardust and full of magic to share. Trust that your voice, your ideas are significant - because they are.

"If you are reading this now, you mean something to me. Not just a reader but a human I see.

That is from another poem within my book.

We can chat again another time soon, if you'd like. But for now just remember: your life is for you to experience, to BE, to live and to embrace all the messy, abstract, vibrant multi-facets of yourself. And what a gift it is that you are here. I wish humans were more like butterflies ;) So I'm glad you are embracing your wings 🦋

Love, 20 Year Old Butterfly