

WISDOM

for changing
consciousness



VERNA CARR

The butterfly teaches us
the magic of
transformation.
Growth and change do
not have to
be traumatic but can
occur as joyfully as one
wishes.



(C) vernacarrspiritualhealing.com

The butterfly is a symbol of powerful transformations representing endurance, change, hope, and life.

TABLE OF CONTENTS

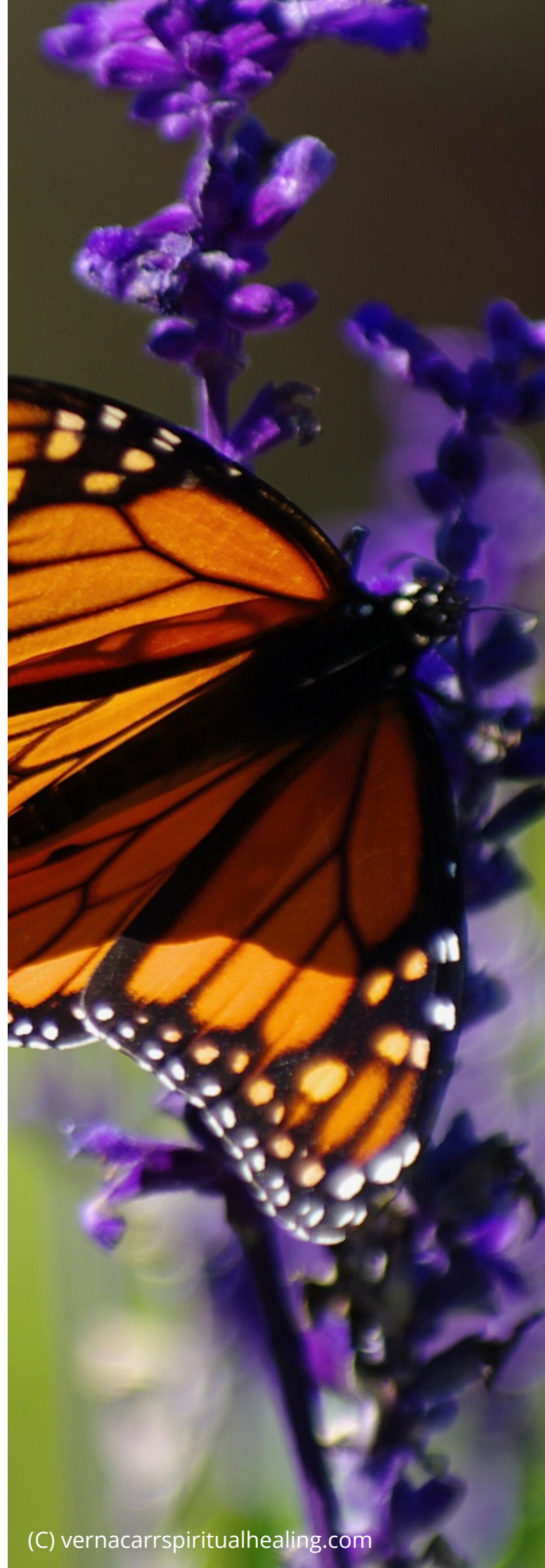
Meditation:
I AM

Spiritual &
Energy Healing

Meditation:
Cave of
Creation

Making
choices

The wings of butterflies move in a figure 8
motion.



Meditation: I AM

Take a deep breath... in your next breath allow yourself to come into this moment where yesterday, today, tomorrow disappear....in this moment there is nothing to worry about.... nothing to concern yourself with... drop into your sacred heart space of all that you are and all that you will be.... call in your guides...feel the love they have for you... allow this to imbue you... saturate you...allow this to penetrate to the very core of your being... Allow this love ... self-love... divine love and the infinite love of all that you are... Breathe into this for it will create the balance. Connect with Gaia and ground your energy deep within this physicality of this planet...Allow the love to expand... until it embraces all that you are physically... all your energy bodies... all that you are through your DNA and ...your Arkash.... Allow this to ripple outwards until it penetrates every aspect of who you are physical... non-physical... this life...other lives... existence in other realms and realities... Sit within the knowing of this space... within the I AM of the I AM...

In this moment in time, you are that there is... all that there will be... and all that has been.... Breathe this in as your energetic signature...breathe this into your very core...and the essence of who you are.... You know that you are more than the physical...you know that you are more than this human experience... It is within this human experience that you call you...the crosshairs of time and space meet in this now moment... in this consciousness...in this body...You are the centre point between realities ...you exist between the in breath and the out breath... between life and death...between physical and non-physical.... for it is in this place of the void of nothing and everything that all is created...

Let us take a moment to concentrate on who you are... why you are here in this now moment that makes up the human experience you call you... What are you expanding into? ... What are you creating for yourself? It is not external but internal.... It is already there so, take your hand and reach for it... take it off the shelf... You do not have to jump through elaborate hoops... Bring this into being through your thoughts and emotions.... Give it energy and bring it into manifestation...Truly step into the energy of who you are... allow the petty doubts... fears... and consequences fade into the background.... Stand front and centre in your life... Stand in your full magnificence and radiance.... Acknowledge your gifts acknowledge your talents...you have a depth of wisdom that you have carried with you, life time to life time...Sit in the energy of all that you are ... and all that you are creating until it is the most tangible thing in your reality....

Yes, you are ready and the world is ready for you.... You have spiritual teachers and mentors with you...who will put their hands on your shoulder and guide you... allow it to be easy... take the path of least resistance...do not make it hard for yourself come into the joy, the excitement and passion of who you are. It is easy energy to be in and create in... for this is the vibration of who you are... You are always be in the right place at the right time... Allow this day to be the day of new beginnings.... You are no longer going to do this at some future date.... it is already thick within your energy... it is already part of your vibration and experience... create this energetically, deep from the core of who you are...allow this to resonate with you... until you have done it a hundred times a thousand times.... bring it into your very sacred of heart spaces and imbue it with your energy with words and/or pictures... be the energetic signature of what it is that you are creating....

Do not ask if this will happen or that will happen... step out of that energy...that it is old energy... Say I AM.... I AM this...I am creating this...This is what my reality looks like...don't ask questions...don't ask permission.... If this is what you want to manifest then create this in your energy with your thoughts, words and actions...speak as if it has already happened...act as if it has already happened... express it and experience this within the very core of your physicality.... Step into the newness ... In this newness, you do not have the old emotional attachments...Allow the old skin to shed it is the time of your new beginning... it is your new birthing ...define everything you will base your life on... Create it with as much detail as you can... with as much love and enthusiasm and as you can. Many blessings.



(C) vernacarrspiritualhealing.com

**WHAT YOU
BELIEVE ABOUT
YOURSELF IS
TRUE.**

A butterfly's lifecycle is made up of four parts, egg,
larva (caterpillars), pupa (chrysalis)
and adult.

Spiritual / Energy Healing

With an energy healing, the facilitator; as no one can heal in the experience of another steps aside and allow their guides (and the guides of the person on the table) to work with them and through them allowing the energy to flow wherever it needs to go, activating what is their intention to be activated. Everything must be done with the full and expressed permission as one cannot invade the energetic space of another.

Yes, energy healing can indeed be of great benefit to someone. It works with their intention and alignment with your higher self and the Godforce or Universe. You may not understand on the physical level what happens but on a deep spiritual and energetic level much is accomplished. It is possible to clean away life times of debris, deep rooted fears, and belief systems that would take much energy and persistence doing it the conventional way.

When the healing facilitator comes without ego and in service to others and is working in the highest vibration of love and integrity then she/ he can help activate everything that their client has asked for as part of their intention. This information then gets recorded in their astral record and DNA and the cell structure will change accordingly, so each time a new cell is formed it will carry this information. Some people may also start to remember who they are on a soul level they tap into 'past life memories' and between life memories and memories of themselves entirely as an energy being. This helps tremendously to help them deal with physical ailments and life issues.

Some of these energies and changes will be subtle, some will be life changing, but there is no need not create drama around this. How does intention work? Whatever someone focuses their attention / energy on becomes the vibration that manifests in their life.. Do they have to keep coming back to create a new intention? No, because in their energetic healing they have given yourself full permission to express who they are, and this will carry on for as long as they wish it to.

Energy healing cannot be rationalised, because every creation is emotional. The more someone can embrace with love whatever it is that is creating problems or discord within their energy field then they can become an integrated being, whole and complete within their own energy field and then healing can take place.

Most people who visit a healing facilitator are ready to make big life changes because their old ways aren't working anymore. Experienced, competent and authentic healing facilitators have spent many years connecting with high vibrational healing guides and teachers and it is very easy to see/ feel where how their client's energy is flowing. Energy healing facilitators don't have the magic wand, however they help their clients move through old energy and belief systems that are holding them back and giving them tools and techniques to assist them to connect with their own guidance or higher self and co- create with Divine Source, to be truly the person that they wish to be, and bring about what they have given intention for.



**WORDS ARE POWERFUL- THEY CAN
LIFT YOU UP OR CRASH YOU DOWN.**

Butterflies have four brightly coloured wings with unique patterns made up of tiny scales.

Meditation: The Cave of Creation

Take a deep breath and breathe in Love....self-love.... divine love... the infinite love of the I AM... breathe out ...release all that does not serve you...allow your energy to be crystalline and clear....as you do this.... drop into the cave of creation...made out of beautiful amethyst crystal... into the cave of crystalline light...your breathing becomes deeper...more rhythmic...more stable.... move deeper into the amethyst...deeper into the cave...the crystals sing to you ... it is pitch perfect.... the energy which resonates with the new earth vibration... as your energy expands into this.... you become aligned with this and expand into this... you feel the energy come through the many portals that are open... allow your energy to expand... the temperature become cooler.... you feel freedom...you feel the violet light of the amethyst crystal ... and held within the heart of Gaia.... you hear the resonance of her heart beat... in the vibrant purple wall of the amethyst... you see a light source come and illuminate this beautiful cave... reflecting and refracting light of all the different facets.... you see colours that you have never seen or experienced before...allow both your physical body and your energy body open up to receive this....

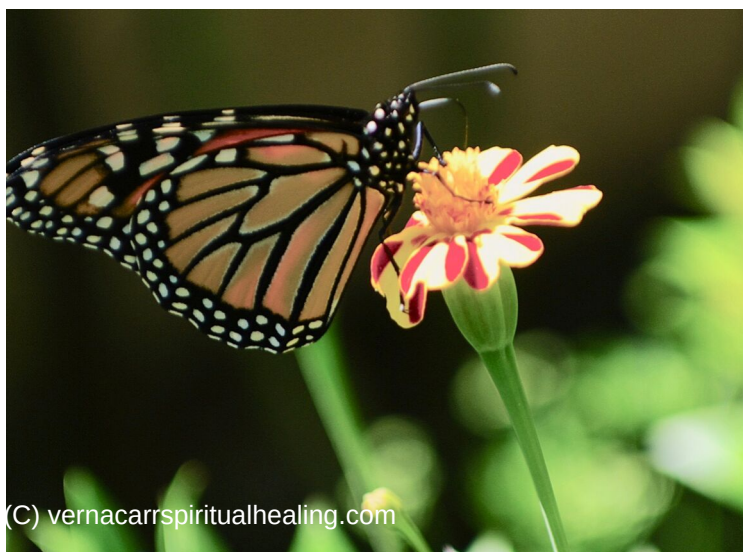
Remember your breath and bring this deep into your diaphragm and your chest.... every breathe you takes brings in love...self-lovedivine- love.... the infinite love of all that is and all that will be.... feel the deep satisfaction of peace.... waves of peace wash over you...let go and release... you know that there is a solution....drop into that deep place of peace...of relaxation....be open and receptive....as the portals of energy open up within you...the grids around you are activated.... allow the release and move this into your physical being... everything that has taken place on an energetic level.... allow your energy to shift and change...allow yourself to be loved and supported... for it is within this energy.... that you will allow the new to take seed, grow and flourish...allow the abundance to come... breathe deeper... and longer....

Sit in the amethyst cave of creation...feel and be the light.... you feel extremely relaxed and peaceful... you feel laughter start to bubble up from your solar plexus...it is playful...allow it to play with you...move this into all parts of your physical body...all the parts that are hurt...disjointed.... disconnected.... feel the beautiful purple energy of the amethyst pulsating with the heartbeat of the Mother....you feel like you are in the womb of creation.... everything you want...already is... so create this energetically.... create this visually....give it form.... give it words.... feel the cool wind of your breath...nourishing.... loving.... coding this new belief... this new energy.... this new version of you... allow your heart to beat in unison with Gaia as she moves into the new consciousness...and takes you with her...

Feel your energetic portals opening and being receptive... within in your inner cave you are deeply grounded and connected...balanced...feel the beautiful violet energy move into your heart space.... and plays with the light as it is given love... you feel this nourish cell... bringing in the new beliefs.... whatever you need in this now moment...allow the amethyst energy to pour into your third eye.... opening you to world known and unknown... opening you up to new ideas...new beliefs.... new ways of doing.... new ways of being.... bring in all the energy of love...of light and peace....my darling fill yourself with the beautiful gift of the amethyst crystal....bringing peace....resolution...answers...new ideas... that will allow you to move into your new phrase of your life.... clear headed...open hearted.... you have clear purpose...direction and meaning.... know that these ideas are there for you to use... you would not have created it otherwise... so create it... and claim it as your own.... until you have this idea firmly planted within your mind...

Then ask yourself what is the next thing I need to do to bring this about?... there is no stressing this into being or hammering it into place...when you are perfectly aligned... with that what you are asking for... allow it to happen in divine timing...feel and see the beautiful lights of the amethyst cave... tap into the wisdom and knowledge that has been stored there for you....it is a living library.... in this living library are the answers... are the solutions...go deep...go deeper until you resonate with this energy... until you are saturated.... your heart is full and your mind is open...step out of the cave... become aware of what is happening in your physical body sitting in the chair and begin your new life.

**FOLLOW YOUR
DREAMS
BECAUSE THEY
ARE THERE FOR
A REASON**



(C) vernacarrspiritualhealing.com

Butterflies have taste receptors on their feet.

Making Choices

When your heart expands you feel joy because you are resonating with the truth of who you are. State this as your truth and call this into to your energy field. I AM, all that I AM; powerful words indeed because this acknowledges the God force within you. It also acknowledges the energy that is you and that has been you for eons of time and will continue long after this physical body has taken her/ his last breath.

Everything you have experienced is still in your cellular memories. Once you recognise yourself as energy: that you always have been and always will be: If you are stuck or there are obstacles in your way, at some point in your energetic experience you have overcome this. You can call upon the wisdom or learning of that experience into this now situation or scenario. You can now approach the situation differently for you have a new perspective.

You are the one with your foot on the accelerator, so you get to choose. Does this happen quickly, or do I choose to take the scenic route and stop and savour the journey along the way, or do I choose to shift into new mindsets and paradigms and choose things that I do not even have reference point to, that are outside my comfortable zone of what I consider today my normal reality. The answer Dear Heart is that you will probably want to do both, neither is right or wrong it just is. That is the joy and the exhilaration of having choice is that you know that you are creating this reality and calling it into being by giving energy to it.

Allow yourself the pleasure of seeing how your journey unfolds before you. As a higher soul you have put both pleasant surprises and challenges on your path. One will encourage you and make you eager for more, and will give you the stimulus of overcoming adversities and will push you to grow in ways you may not think possible. Once you have found creative solutions to your problems, this will give you knowledge and wisdom when dealing with other situations and scenarios.

When you start vibrating at a high rate your whole persona change. It is like the teenager putting away childish toys that have been constant companions for years, but the teenage knows that that they have long since outgrown these toys, and they no longer resonate to them, they may love them and cherish them as treasured memories but that is not who they are now. They also know if they want to expand that they must bring new experiences into their life and broaden their horizons and expand their thinking to accommodate this.

To transform into the person that you wish to become You have to transition from the old belief systems. Make choices that serve you and resonate to the highest version of you. Choices that will bring your future potentials into this now moment, because those potentials have been there all along. You then reach a stage of maturity and wisdom where, if you wish to reach out and take it by the hand, call it into your energy and make it your own.

Your energy will continue to shift and change and morph into a more expanded version of who you are and with the flow of the energy. Because this is the energy that you most prefer, you will come into the peace and balance of who you. This is stabilising and harmonizing, it does not create stress mentally, emotionally and physically by just a joyful continuum; a continuous unfolding of how you wish to experience this life.

Realise that you actually have choices. In most other lives your choices have been made for you, or once you have made a choice then your world becomes very narrow and specialized and once you have made a choice, then most other choices are closed to you. This creates duality at both ends of the scale: at one end you craved freedom and escape from the boredom, routine, mundaneness of that life experience. On the other end of the scale this makes you become focused and acquire specialist knowledge.

Choose what you do prefer, there is no right or wrong only experiences. This makes you a deliberate creator because then you are saying yes, this serves me better than that. Do something because you enjoy doing it, it stimulates you or piques your curiosity.



(C) vernacarrspiritualhealing.com

**REALISE THAT
YOU ACTUALLY
HAVE CHOICES**

Most butterflies feed on nectar from flowers.

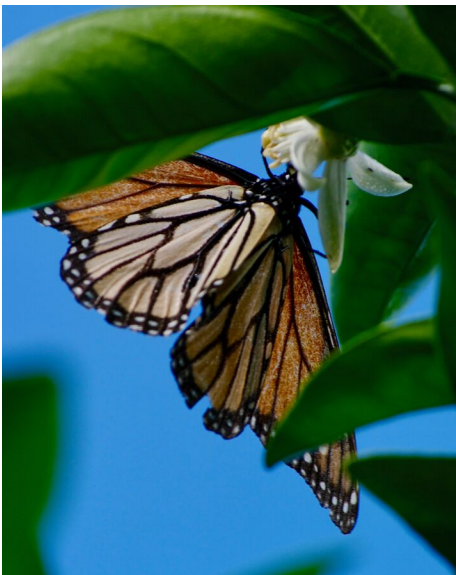
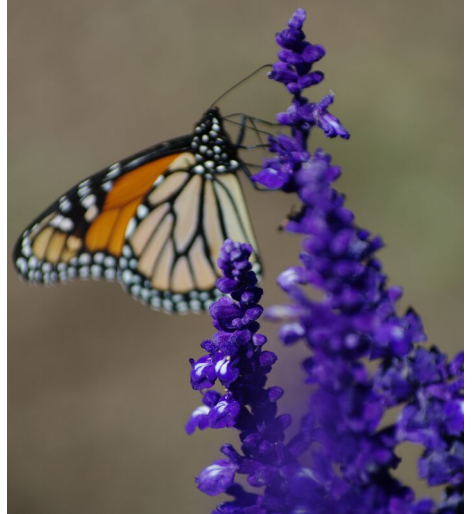
(C) vernacarrspiritualhealing.com

ARE YOU READY FOR YOUR OWN JOURNEY OF SELF DISCOVERY?



**WHAT ARE YOU
CHOOSING?**

**WHAT SEEDS ARE
YOU PLANTING?**

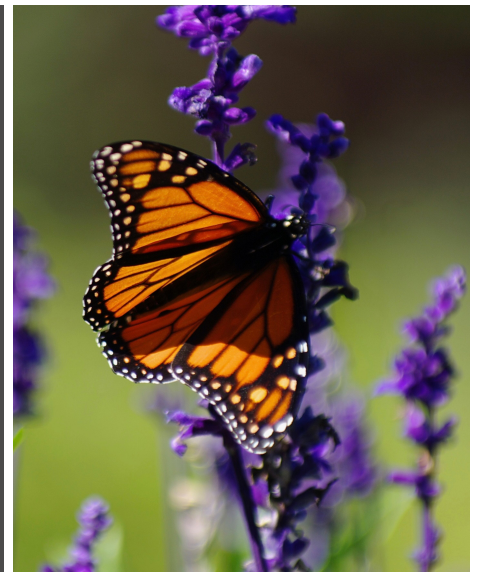


**WHAT CHANGES DO
YOU WANT TO
MAKE?**



**DO YOU BELIEVE
THAT THIS
COULD HAPPEN?**

**WHAT DOES
YOUR JOURNEY
LOOK LIKE?**



**WHAT DO YOU NEED
TO DO DIFFERENTLY
TO MAKE THIS
HAPPEN?**

I (insert your name) give
myself full permission to explore and create
the best version of me.

Wisdom for Change Workshops

Go on your own journey of change and personal discovery...

Verna Carr: Workshop facilitator

My work as spiritual channel, intuitive energy healing facilitator, keynote speaker and author for *Metamorphosis : Wisdom for a Changing Consciousness*, has provided me with the tools, material and inspiration which I now teach to individuals, groups and teams to enable them to tap into their own innate wisdom.

Inspiring and interactive workshops

- Explore, how to dream the blue sky dream.
- Create deep connection with yourself and others.
- Find your own answers, sense of purpose and direction.
- Have honest conversation and connect with other like minded people.
- Feel empowered to make changes, celebrate who you are, feel good about YOU and create a new sense of confidence to do the things you WANT to do .
- Not everybody is looking for major transformation; maybe you are just looking to make your life a little bit better, have something to hope for, or to feel good about yourself.
- Gentle awakening and opening yourself to a new consciousness, so that you can tell a new story that will empower you to create the health, happiness and joy that you seek.
- Create and manifest your abundance through conscious choice and deliberate intention.
- Creative learning through fun, sharing and laughter.
- Making changes that are doable.



To book your place on the next workshop please contact me. I am also happy to come to a venue of your choice to run a Journey of Transformation Workshop for your friends, group or work place.



Contact me

Verna Carr

For 30 years I have been actively engaged as an energy healing intuitive. I help others by relieving physical and emotional pain, providing a sense of purpose and direction and guiding others on their own journey of personal discovery.

Tell me Your story: I will help You move through deep emotional feelings and old beliefs. Together we will create a new story and the best version of you.

For your own unique healing experience or personal reading then contact me today.
Blessings Verna.

Energy Healing Facilitator
Workshop Facilitator
Spiritual Teacher
Public Speaker
Author

027 320 0079

vernajcarr@gmail.com

vernacarrspiritualhealing.com

(C) If you enjoyed this ebook, please feel free to share it with your friends. The images and the text are original (except the butterfly quotes) and may not be copied or reproduced for any purpose without written consent of the author and remain the intellectual property of Verna Carr.