TRANSFORMATION MADE EASY

SIMPLE SHORT EXERCISES TO RECONNECT, RELEASE, RELAX AND RESTORE

VICKI STANDISH



Transformation Made Easy

Transformation Made Easy will support you to reconnect, release, relax and restore your inner peace.

It provides quick simple exercises to relax and heal. It is perfect for the busy lives we lead.

Reconnecting to yourself allows you to increase your awareness of how your body is feeling, and start a dialogue with your body.

Learning to ground and protect, helps you to be present, focused and safe from the energy of others.

Discover the power of your imagination to support you to release, relax and restore.

Using these simple exercises will still your mind chatter, helping you to relax and drift off into a deep restful sleep.

The power of gratitude assists you to raise your vibration, and supports you to make the transformations you desire.

Have fun with this book. Enjoy the journey as you begin to transform your life.

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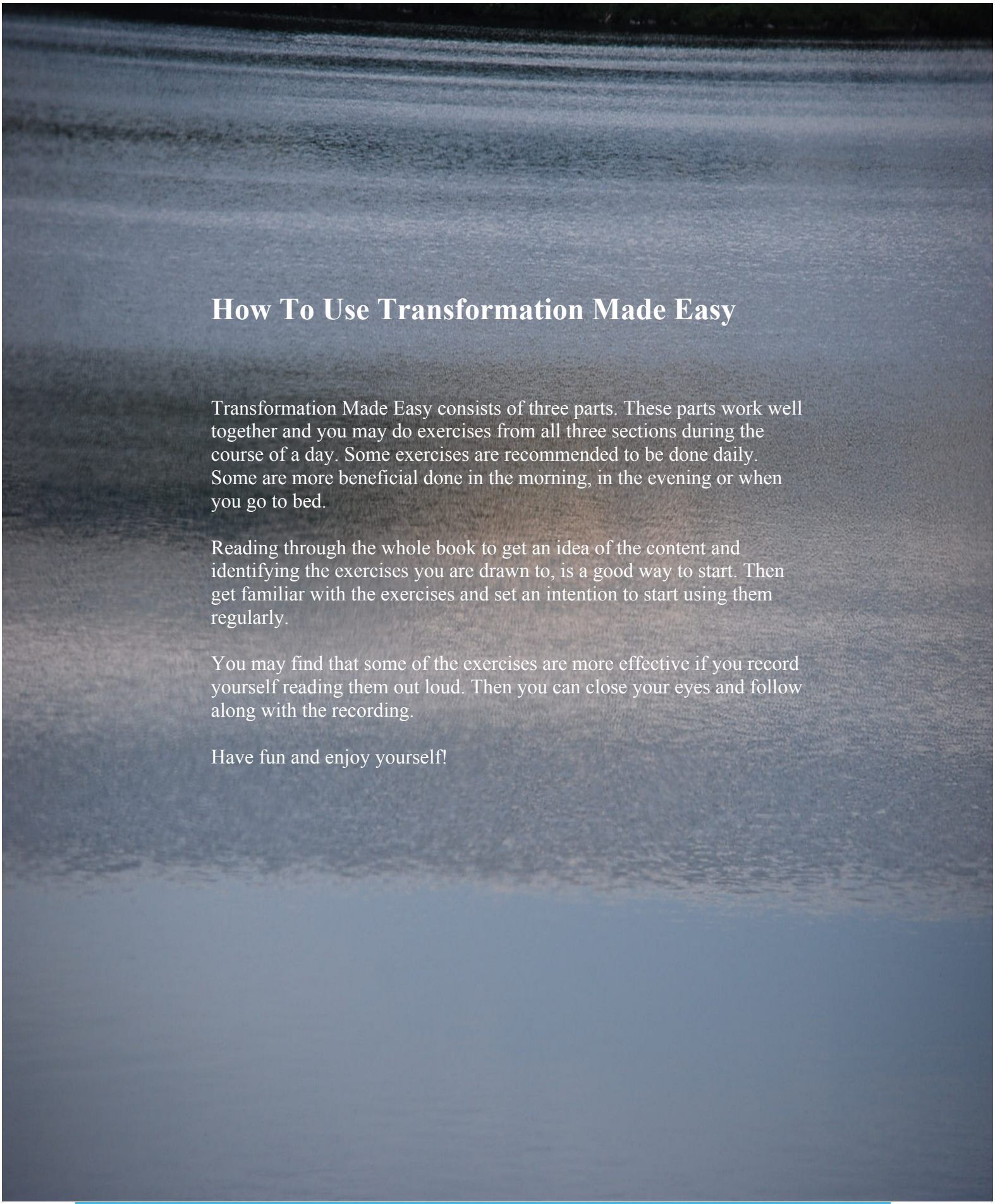
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How To Use Transformation Made Easy

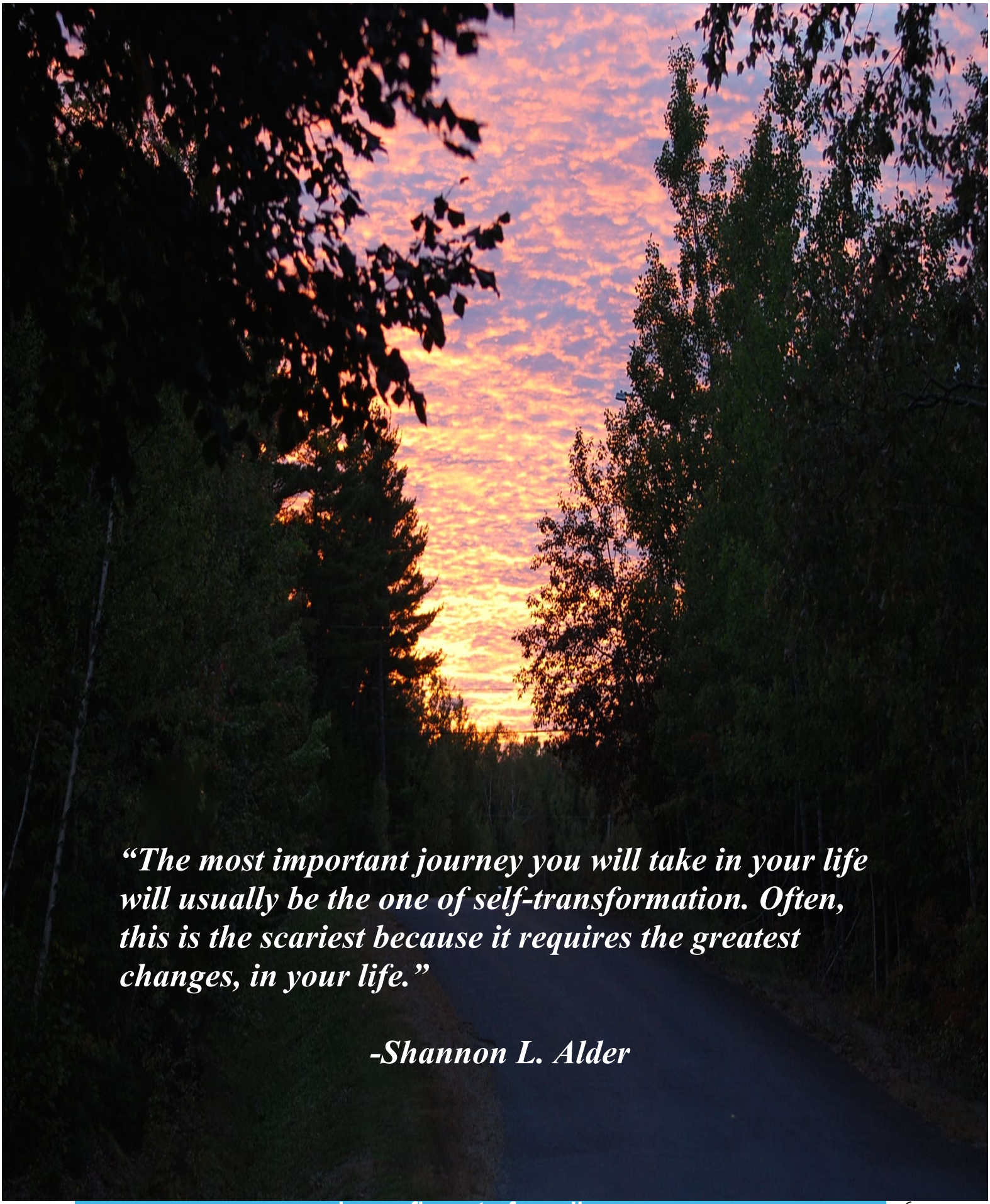
Transformation Made Easy consists of three parts. These parts work well together and you may do exercises from all three sections during the course of a day. Some exercises are recommended to be done daily. Some are more beneficial done in the morning, in the evening or when you go to bed.

Reading through the whole book to get an idea of the content and identifying the exercises you are drawn to, is a good way to start. Then get familiar with the exercises and set an intention to start using them regularly.

You may find that some of the exercises are more effective if you record yourself reading them out loud. Then you can close your eyes and follow along with the recording.

Have fun and enjoy yourself!

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PART ONE

Part One consists of three simple short exercises. All require some active participation.

• **Exercise one**: the affirmation should be repeated three to five times a day, in front of a mirror or reflective surface. Speaking the words out loud, with actions and as much emotion as possible will make this exercise even more powerful. Have as much fun as you like with this one. When you are ready, you can write a new affirmation for yourself.

• **Exercise two**: enables you to get in touch with how you are breathing. Doing this regularly can help you adjust your breathing pattern, bringing you back into a state of calm, clearing your mind or quiet the chattering mind at night.

• **Exercise three**: a wonderfully quick and simple exercise to do any time any where. It is very effective when you are feeling stressed, unable to think clearly and you have neck and shoulder tension.

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SIMPLE AFFIRMATION TO SUPPORT CHANGE

Affirmations can be a very powerful way of giving yourself a positive message several times a day. Your subconscious mind believes what you say and by delivering the message in a fun and active way, it becomes even more powerful.

1. Stand in front of a mirror. Then say out loud this affirmation, while looking at yourself in the mirror.

   "I am slim and fit, healthy, wealthy and happy"

2. Now let's have some fun…….
   Change the way you say the affirmation, make it more animated, sing it, change the tone of your voice, the volume, and so on. See how each variation makes your feel.

3. Smile as you say this affirmation out loud.

4. Time to add some actions…….these can be anything, for example moving your body in a sexy way, as you say, I'm slim, making the actions of jogging as you say you are fit, holding your hands up and rubbing your fingers together for wealthy and holding your hands high, waving them from side to side and in a singing voice say you are happy.

5. Do whatever feels right for you. The more animated you are, the more effective and powerful is the exercise. You can change the way you do this as often as you like.

6. Now do this exercise 3 x daily and repeat the affirmation 5 times.

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BREATHE AND RELAX

Many people are unaware of how they are breathing; yet how we are feeling greatly affects our breathing. By becoming aware of our breathing pattern, we can change it, and return to a greater state of peace and relaxation.

Here are a few simple breathing exercises that can increase awareness and relaxation.

A. To find out how you are breathing

1. Place one hand on your stomach and one hand on your chest and close your eyes. Breathe normally and focus on your hands.

2. Are you breathing from your abdomen or your chest? Are you taking deep, slow breaths or short shallow breaths? Do you feel short of breath?

3. How are you feeling? Relaxed or anxious, calm or agitated, peaceful or fearful?

4. Now you have an idea of the way you are breathing and how it is making you feel.

B. This is a simple exercise that can be done quickly anywhere and has a wonderful relaxing effect.

1. Sit comfortably and close your eyes. Breathe normally and become aware of your breath.

2. Breathing through your nose, focus your attention on your nostrils. Focus on your right nostril and feel the breath as it goes up this nostril. You may feel it like coolness or a slight breeze.

3. Focus on the left nostril as you breathe out, feeling this breath.

4. Now reverse, focus on the left nostril as you breathe in and the right nostril as you breathe out.

Now keep going. After only a few breaths you will feel yourself relaxing. This is a good exercise to do if you are having difficultly getting to sleep or feeling stressed.

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RELEASE THE TENSION

This is a simple exercise to take some deep, slow breaths, release tension in your shoulders and increase relaxation.

1. Take a deep, slow breath in filling your abdomen and then your chest, lifting your shoulders to almost touch your ears.

2. Now hold your breath as you slowly count to yourself, one, two, three, four

3. Now breathe out slowly, as you slowly lower and relax your shoulders.

4. Take another slow, deep breath in, raising your shoulders. Hold your breath for a count of four, one, two, three, four. Release the breath and relax the shoulders.

5. Do this one more time. Take in a deep breath, lifting your shoulders towards your ears. Hold for a count of four, one, two, three, four. Breathing out and relaxing your shoulders.

6. Feel your mind clearing, your shoulders relaxing and a sense of peace. Repeat this at least once an hour.

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PART TWO

• Part two consist of eight exercises that are done sitting down, with eyes closed. Each takes you through a simple relaxing short process. The more you do these exercises, the more relaxed you will feel.

• You may find some of the exercises more effective if you record yourself reading them. Then close your eyes and follow along with the recording. This way you can really use your imagination, using all your senses and relax even deeper.

• Do these exercises as often as you like. It is a good idea to include exercises one and two in your daily routine. Exercise seven would be good to include as part of your preparation for bed and exercise eight can be done once in bed to help you relax into a deep sleep.

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START YOUR DAY PRESENT, GROUNDED AND PROTECTED

Do you ever have days when you feel off balance, bump into things, drop things, can't remember even simple things, struggle to stay focused or transpose numbers or letter? Here is a simple exercise to bring you present, grounded and protected.

1. Sit down and get comfortable, put your feet flat on the floor. Close your eyes. Take a deep, slow breath and as you breathe out, feel yourself relaxing. Take another slow, deep breath feeling yourself fill with cleansing, energizing air and breathe out all stale, low vibrational energy. Feel yourself relaxing more and more.

2. Now place your attention on the soles of your feet and imagine a strong grounding cord flowing out from the soles of both feet, going deep into the earth. Going down, deeper and deeper, all the way to the center of the earth. Imagine these cords wrapping around the center of the earth, as you allow the earth to support you.

3. Place your right hand on your left knee and your left hand on your right knee and push down gently, feeling your feet connecting with the ground. Locking in your connection with Mother Earth. Feel yourself being held and supported. Feeling present and balance.

4. Now tap the outside of both hands together, fifteen times as you correct any general energy reversal, allowing the energy to flow, clearing and calming your mind, improving your focus and bringing you present.

5. Imagine yourself being surrounded by a bubble of light and protection. This bubble strengthens your boundary, deflecting anything that is not for your highest good.

6. You are now grounded, present and protected. Slowly open your eyes now, stretching and coming back completely. Looking forward to the wonderful day ahead.



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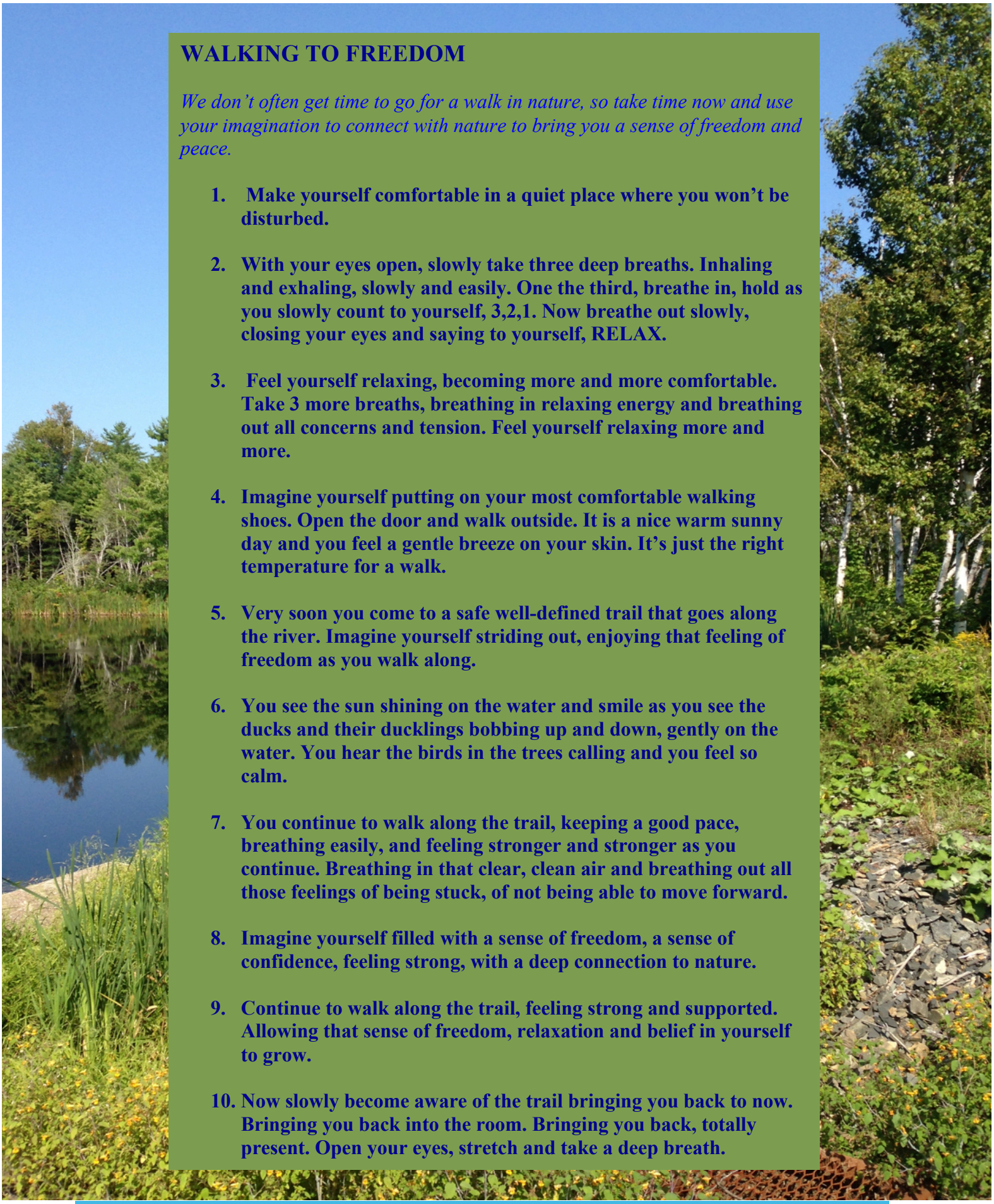


TAKING TIME TO CONNECT

We lead such busy lives we often have no idea how our body is feeling so it's time to reconnect and allow yourself to release the tension you are carrying and relax.

1. Daily spend a few moments connecting with your body
2. Sit in a comfortable position and close your eyes. Take a deep breath in and out, allowing yourself to relax.
3. Now place your attention on your body and get a general impression of how it is feeling. Are you aware of any tension, discomfort, tightness, pressure, stiffness?
4. Place your attention on the top of your head and start to connect even deeper. Starting at the top of your head, scan your body, slowly going down to the tips of your fingers and the tips of your toes.
5. Really become aware of how your whole body is feeling.
6. Now imagine a ball of relaxing energy above your head. Take in a deep breath, breathing in this relaxing energy, allowing it to enter the top of your head, moving out and filling your entire body.
7. Imagine waves of relaxing energy flowing in the top of your head and flowing down your body to the tips of your fingers and the tips of your toes.
8. Feel your body relaxing and begin to enjoy this sensation.
9. When your whole body feels relaxed, imagine this energy flowing out through the bottom of your feet deep into the earth. As it flows out, the energy takes with it all the tension, discomfort, tightness, and worries that have dissolved into it, deep into the earth for transmutation and transformation.
10. Now feel another wave of relaxing energy flows into the top of your head filling your entire body with fresh, powerful, relaxing energy.
11. Slowly open your eyes, coming back completely, feeling relaxed and calm.

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WALKING TO FREEDOM

We don't often get time to go for a walk in nature, so take time now and use your imagination to connect with nature to bring you a sense of freedom and peace.

1. **Make yourself comfortable in a quiet place where you won't be disturbed.**

2. **With your eyes open, slowly take three deep breaths. Inhaling and exhaling, slowly and easily. One the third, breathe in, hold as you slowly count to yourself, 3,2,1. Now breathe out slowly, closing your eyes and saying to yourself, RELAX.**

3. **Feel yourself relaxing, becoming more and more comfortable. Take 3 more breaths, breathing in relaxing energy and breathing out all concerns and tension. Feel yourself relaxing more and more.**

4. **Imagine yourself putting on your most comfortable walking shoes. Open the door and walk outside. It is a nice warm sunny day and you feel a gentle breeze on your skin. It's just the right temperature for a walk.**

5. **Very soon you come to a safe well-defined trail that goes along the river. Imagine yourself striding out, enjoying that feeling of freedom as you walk along.**

6. **You see the sun shining on the water and smile as you see the ducks and their ducklings bobbing up and down, gently on the water. You hear the birds in the trees calling and you feel so calm.**

7. **You continue to walk along the trail, keeping a good pace, breathing easily, and feeling stronger and stronger as you continue. Breathing in that clear, clean air and breathing out all those feelings of being stuck, of not being able to move forward.**

8. **Imagine yourself filled with a sense of freedom, a sense of confidence, feeling strong, with a deep connection to nature.**

9. **Continue to walk along the trail, feeling strong and supported. Allowing that sense of freedom, relaxation and belief in yourself to grow.**

10. **Now slowly become aware of the trail bringing you back to now. Bringing you back into the room. Bringing you back, totally present. Open your eyes, stretch and take a deep breath.**

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TIME TO GO TO THE 'GYM'

Research has shown that doing activities in your imagination can be almost as effective as doing the activity in reality. I know how hard it can be to go to the gym; so today you can do it from home using your imagination.

1. Get ready to go to your own personal gym. Get comfortable, with your feet on the floor, and your back supported. Take a deep, slow breath in, and as you breathe out, close your eyes. Take another deep, slow breath in, feeling that refreshing energizing air entering your lungs and breathe out all that stale air. Feel yourself relaxing.

2. Imagine a screen in front of you. You see yourself on the screen starting to get ready to go to the gym. You put on your favorite gym clothes and your comfortable trainers. See yourself arriving at the gym. Take a deep breath, breathing out and relaxing even more, you are ready for your work out, Excited to get going, knowing how good this will make you feel.

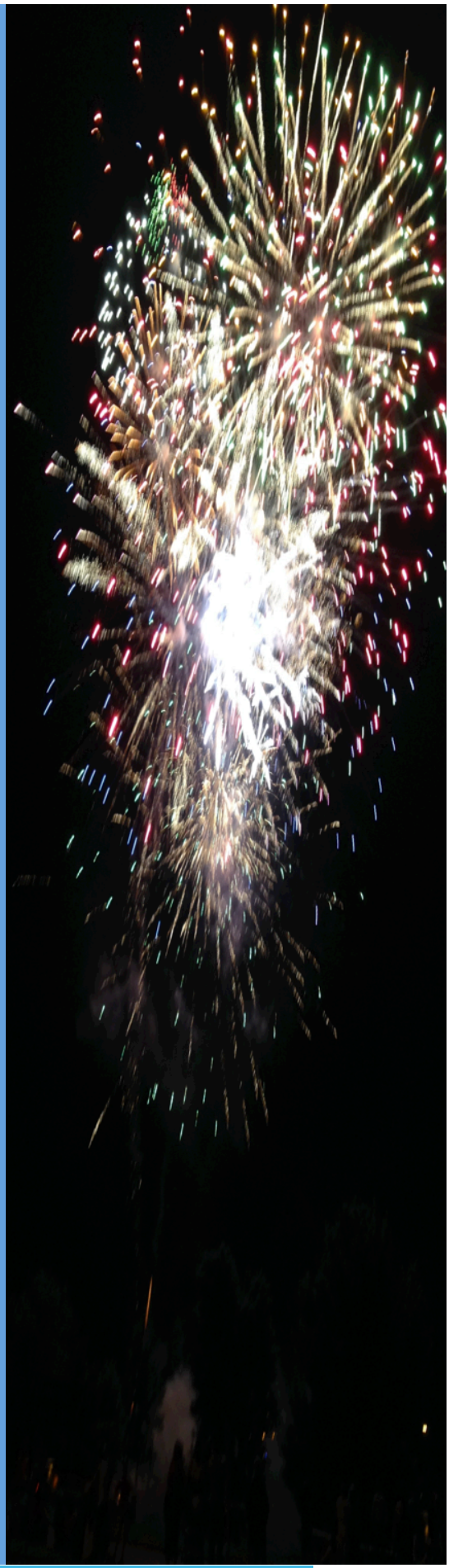
3. Walk over to the treadmill and as you reach it, freeze the image on the screen and imagine you are getting up and stepping into the screen and imagine it is you standing by the treadmill. Stepping carefully on, start the machine, going slowly at first, at a walking pace, feel your legs stretching out, as you change the gradient and you are walking up a gentle slope. Feel that slight pull on your leg muscles, as they walk a little harder. Keep going, breathing easily, as you walk faster, feeling your legs stretching out, your hips moving easily, moving your arms in rhythm. Feeling your muscles working and strengthening.

4. Look up and you see a clock, already ten minutes have gone by, you smile to yourself, feeling good, knowing that each time you do this exercise your body is getting stronger and stronger.

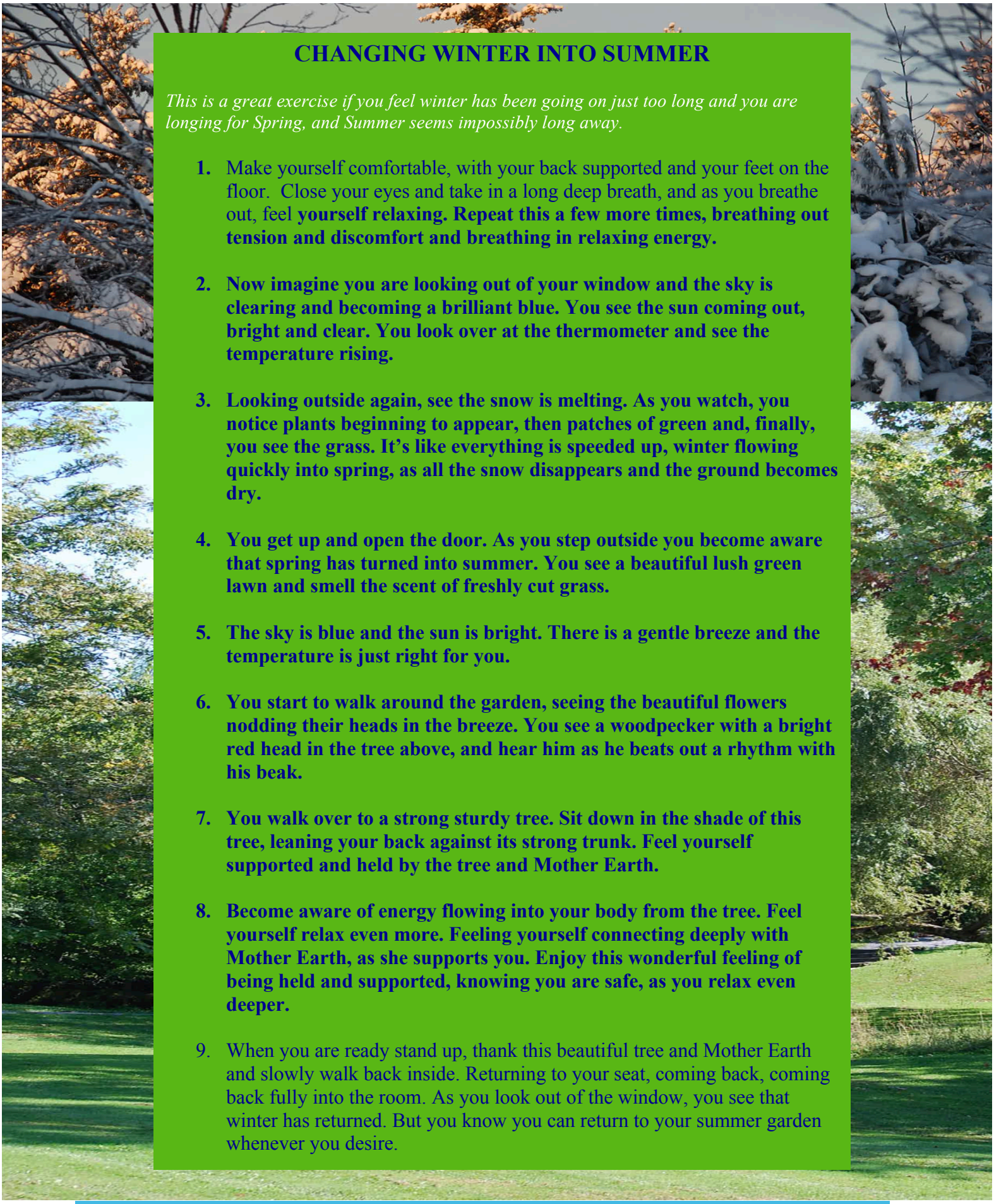
5. You start to move faster, breaking into a gentle jog. You are breathing easily, your legs are feeling stronger and stronger as you keep going. You are feeling more relaxed, your mood has lifted; you can't help smiling to yourself. Feeling good.

6. You glance at the clock again and see another ten minutes has gone by. You have reached your goal for today, hooray! You are ecstatic. You start the cool down. Walking slowly and steadily, feeling good.

7. Stopping the treadmill you step off. The picture on the screen freezes and you imagine yourself stepping out of the screen and coming back into the room. The screen disappears and you sit down, coming back into the present moment. Open your eyes, stretch, completely back, feeling wonderful.



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CHANGING WINTER INTO SUMMER

This is a great exercise if you feel winter has been going on just too long and you are longing for Spring, and Summer seems impossibly long away.

1. Make yourself comfortable, with your back supported and your feet on the floor. Close your eyes and take in a long deep breath, and as you breathe out, feel **yourself relaxing. Repeat this a few more times, breathing out tension and discomfort and breathing in relaxing energy.**

2. **Now imagine you are looking out of your window and the sky is clearing and becoming a brilliant blue. You see the sun coming out, bright and clear. You look over at the thermometer and see the temperature rising.**

3. **Looking outside again, see the snow is melting. As you watch, you notice plants beginning to appear, then patches of green and, finally, you see the grass. It's like everything is speeded up, winter flowing quickly into spring, as all the snow disappears and the ground becomes dry.**

4. **You get up and open the door. As you step outside you become aware that spring has turned into summer. You see a beautiful lush green lawn and smell the scent of freshly cut grass.**

5. **The sky is blue and the sun is bright. There is a gentle breeze and the temperature is just right for you.**

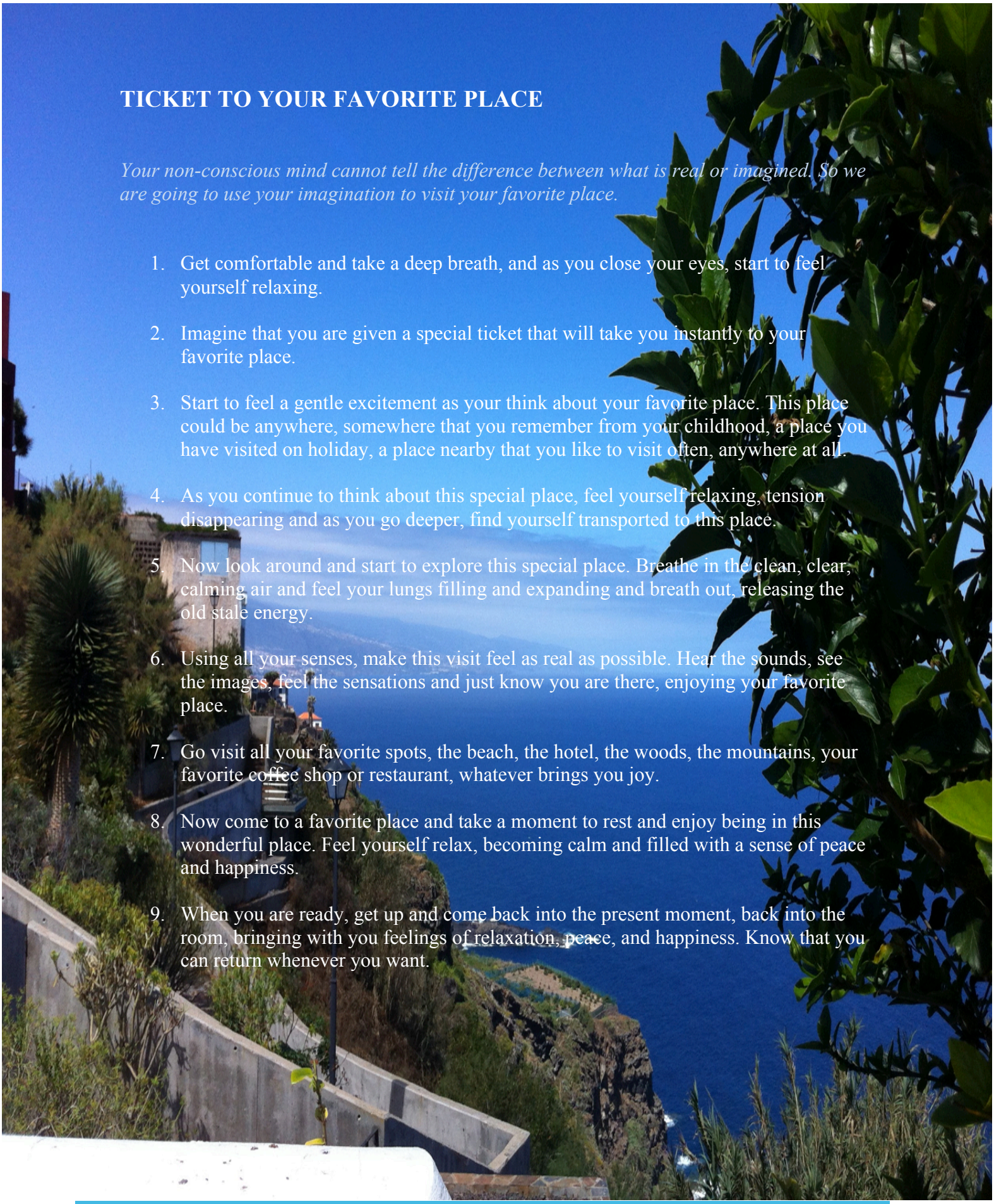
6. **You start to walk around the garden, seeing the beautiful flowers nodding their heads in the breeze. You see a woodpecker with a bright red head in the tree above, and hear him as he beats out a rhythm with his beak.**

7. **You walk over to a strong sturdy tree. Sit down in the shade of this tree, leaning your back against its strong trunk. Feel yourself supported and held by the tree and Mother Earth.**

8. **Become aware of energy flowing into your body from the tree. Feel yourself relax even more. Feeling yourself connecting deeply with Mother Earth, as she supports you. Enjoy this wonderful feeling of being held and supported, knowing you are safe, as you relax even deeper.**

9. When you are ready stand up, thank this beautiful tree and Mother Earth and slowly walk back inside. Returning to your seat, coming back, coming back fully into the room. As you look out of the window, you see that winter has returned. But you know you can return to your summer garden whenever you desire.

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TICKET TO YOUR FAVORITE PLACE

Your non-conscious mind cannot tell the difference between what is real or imagined. So we are going to use your imagination to visit your favorite place.

1. Get comfortable and take a deep breath, and as you close your eyes, start to feel yourself relaxing.

2. Imagine that you are given a special ticket that will take you instantly to your favorite place.

3. Start to feel a gentle excitement as your think about your favorite place. This place could be anywhere, somewhere that you remember from your childhood, a place you have visited on holiday, a place nearby that you like to visit often, anywhere at all.

4. As you continue to think about this special place, feel yourself relaxing, tension disappearing and as you go deeper, find yourself transported to this place.

5. Now look around and start to explore this special place. Breathe in the clean, clear, calming air and feel your lungs filling and expanding and breath out, releasing the old stale energy.

6. Using all your senses, make this visit feel as real as possible. Hear the sounds, see the images, feel the sensations and just know you are there, enjoying your favorite place.

7. Go visit all your favorite spots, the beach, the hotel, the woods, the mountains, your favorite coffee shop or restaurant, whatever brings you joy.

8. Now come to a favorite place and take a moment to rest and enjoy being in this wonderful place. Feel yourself relax, becoming calm and filled with a sense of peace and happiness.

9. When you are ready, get up and come back into the present moment, back into the room, bringing with you feelings of relaxation, peace, and happiness. Know that you can return whenever you want.

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FLOWING WITH THE WATERFALL

This is a simple exercise that can be done in the morning to clear and energize, or before going to bed to clear and relax.

1. **Sit down and get comfortable. Close your eyes and take a deep, slow breath, and then slowly breathe out. Take two more deep, slow breaths, and then breathe out feeling yourself relax.**

2. **Imagine in the distance you can see a small wood and you notice something glistening. You get up and walk over to the wood. As you enter, you feel the peace and calm and relax even more.**

3. **You soon come to a clearing and here you see a small beautiful natural pool filled with clear blue water. At one end you notice a waterfall. The water is cascading down, glittering in the sun and falling into the pool.**

4. **You walk over to the waterfall and take off your clothes and step on the platform under the waterfall. Feeling the water as it gently flows down over your body, splashing on the platform and flowing into the pool. As the water flows down over your head and down your body, feel yourself relaxing. Surrender and allow yourself to release all you are ready to release into the water.**

5. **The water flows on into the pool. The pool is magical and transmutes and transforms this energy into what ever you need to support and heal you. When you are ready, step off the platform and gently lower yourself into the pool.**

6. **Feel yourself held and supported by this beautiful blue water. You are safe. Give yourself permission to receive all that you need. Feel positive energy flowing into your body, filling you. Ask now for whatever you desire, love, courage, confidence, happiness, whatever you desire: Allow yourself to receive and feel your whole body filling with this wondrous energy.**

7. **When you are ready step out of the water. On the bank you see two piles of clothes. One is for use during the day and the other is for sleeping. Whichever clothes you choose they will surround you with a powerful layer of protection, deflecting everything that is not for your highest good. Wearing the day clothes will energize you, helping you to be focused, present, and feel confident and calm. Wearing the sleeping clothes will quieten your mind and relax your body, for a good nights rest. Choose which you need and put them on. Immediately you feel that positive energy flowing into your body, calming your body and mind.**

8. **Walk back now and sit down, returning to your room. Coming back completely. Opening your eyes, stretching, yawning, fully back.**

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AND SO TO SLEEP

Our minds are often still very active when we go to bed, reliving the day, usually focusing on the things that have gone wrong. Our worries seem to increase, taking on greater significance, making us feel anxious and stopping our minds from finding solutions. When we eventually fall asleep our minds are still occupied by our concerns and we wake feeling exhausted and anxious.

Here is a simple exercise to help you relax, and give your mind a positive suggestion to work with as you fall asleep, and wake refreshed.

1. Go to bed, making sure you are comfortable, have the room at the right temperature for you, and remove any distracting noise. Turn the clock away if this helps, but feel secure that the alarm is set for the morning.

2. Now close your eyes and start to focus on your breath. Just breathing in and out normally. Become aware of your thoughts. If there are things that you are concerned about, imagine you are pulling out these thoughts and putting them in a special box that is labeled 'solutions'. Know that your wise mind will be working on these thoughts to find the right solution that is for your highest good.

3. Now focus again on your breath. Take a breath in, counting to yourself from 1 to 4, hold your breath counting from 1 to 4 and then breathe out slowly as you count to yourself from 1 to 4. Repeat this three more times. Become aware of how relaxed you are feeling

4. Breathing normally, say to yourself slowly, **RELAX, SLEEP, RELAX, SLEEP, RELAX, SLEEP.....**

5. As you feel yourself drifting off to sleep, repeat to yourself '**EVERY DAY IN EVERY WAY, I AM BETTER AND BETTER"** Keep repeating this until you fall asleep.

6. Pleasant Dreams!

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PART THREE

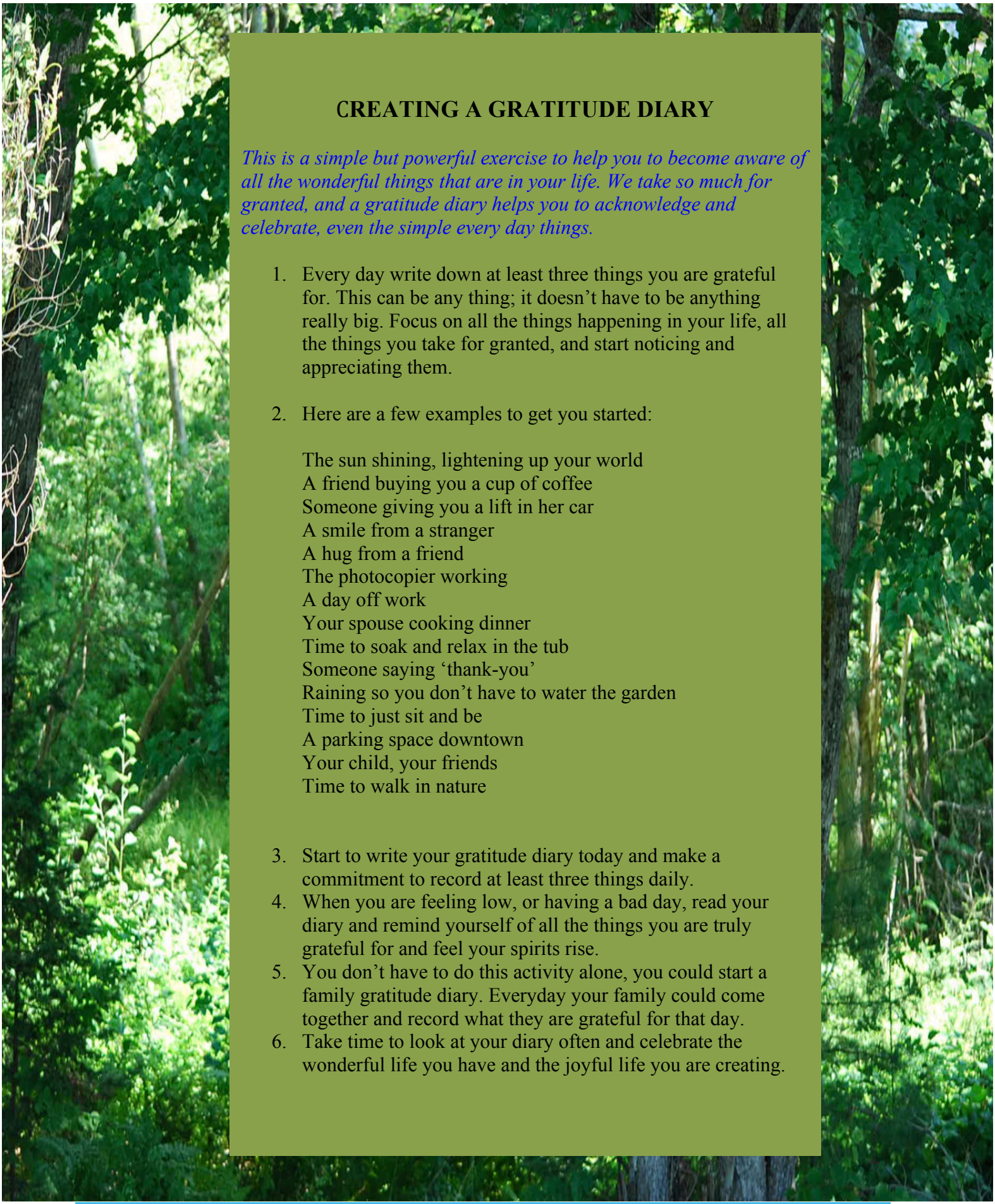
• Part three contains three simple exercises that require pen and paper.

• The first exercise should be done daily. You may want to purchase a small notebook or journal to record all the things you are grateful for each day. This activity can also be done with your family.

• Exercises two and three are connected and you need to complete, or at least start, exercise two before starting exercise three. These are ongoing exercises, so set an intention before you start that you will do these exercises, and give yourself permission to receive. Stay open to the possibilities.

Have Fun!

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CREATING A GRATITUDE DIARY

This is a simple but powerful exercise to help you to become aware of all the wonderful things that are in your life. We take so much for granted, and a gratitude diary helps you to acknowledge and celebrate, even the simple every day things.

1. Every day write down at least three things you are grateful for. This can be any thing; it doesn't have to be anything really big. Focus on all the things happening in your life, all the things you take for granted, and start noticing and appreciating them.

2. Here are a few examples to get you started:

   The sun shining, lightening up your world
   A friend buying you a cup of coffee
   Someone giving you a lift in her car
   A smile from a stranger
   A hug from a friend
   The photocopier working
   A day off work
   Your spouse cooking dinner
   Time to soak and relax in the tub
   Someone saying 'thank-you'
   Raining so you don't have to water the garden
   Time to just sit and be
   A parking space downtown
   Your child, your friends
   Time to walk in nature

3. Start to write your gratitude diary today and make a commitment to record at least three things daily.
4. When you are feeling low, or having a bad day, read your diary and remind yourself of all the things you are truly grateful for and feel your spirits rise.
5. You don't have to do this activity alone, you could start a family gratitude diary. Everyday your family could come together and record what they are grateful for that day.
6. Take time to look at your diary often and celebrate the wonderful life you have and the joyful life you are creating.

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WHAT DO YOU WANT?

Most people don't know what they want. This is an exercise to help you find out what you want.

Remember most of your thinking is happening on the non-conscious level and that part of your mind cannot tell truth from a lie, real from imagined. There is a lot of information coming at you every second, and your mind is constantly filtering that information, so you want your mind to pay attention to things that are important to you.

1. Find some paper and a pen.

2. Sit down and make yourself comfortable. Now take a slow, deep long breath, breathing in positive, relaxing energy and breathe out a long slow breath. As you breathe out imagine you are releasing old stale, negative energy. Now repeat this twice more. Feel yourself relaxing and making space for you to receive.

3. Now start to write down a list of things you want. This can be anything: a new job, a new home, a relationship, a change to an existing situation, anything at all!

4. Notice if you are writing down what you want or what you don't want. Many people find it hard to write what they really want. For example you might write, "I don't want to be living in this apartment", rather than "I want a new apartment". Or "I don't want to fight with my family any more" rather than "I want to get on well with my family".

5. If you found it hard to write a list of what you want, then start with writing a list of what you don't want. Once you have this list, use this list to write what you do want by writing the opposite. Now you have a list of what you do want, destroy the list of what you don't want, burn it, tear it up, and get rid of it.

6. Great job! Now you have a list of what you do want. Remember this list can be as long as you like and you can keep adding to it.

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TIME TO MANIFEST WHAT YOU WANT

Now you know what you want it's time to focus and manifest.

1. Let's work on just one thing from your list. Choose something you really want, but something that doesn't create too much discomfort, because it feels completely unattainable to you.

2. Take another sheet of paper and put the name of the thing you want to work on at the top of the page. Now write down at least 10 things that describe the thing or situation you want. For example if it's a new job, you could describe the characteristics, or location, you don't have to know what the job is. You want a job that is located in the city, that provides free parking, has friendly co-workers and supportive boss, pays $50,000 or more, and so on.

3. Now you have your list of what you want. Finish the list with, "this or something better than this, that's for the highest good of all concerned". That way you are not putting any restrictions on what the universe will manifest and everyone benefits.

4. Great Job! Now it's time to work on manifesting what you want. Get comfortable in your chair and place your feet on the ground. Close your eyes and take a long, slow, deep breath, breathing in cleansing, positive, healing energy and breathe out any stale negative energy. Take two more breaths and feel yourself relaxing.

5. Imagine energy flowing in from the universe, entering the top of your head, flowing down through your body and out through your feet. Going down, deep into the earth, all the way to the center of the earth. Imagine this stream of energy, creating a strong cord and wrapping round the center of the earth, creating a strong connection. You are now in the flow, allowing you to attract and ground the energy you need to manifest what you desire.

6. Take another deep breath and start to imagine what it is that you want to manifest. Use all your senses to make it as real as possible. If it's a new home, imagine yourself standing outside, looking at it. Now take your key and unlock the door. Walk inside and start to explore your new home. Feel the joy, the peace, and the happiness as it becomes more and more real.

7. Then when you are ready, come back into the room. Make any changes to your list and put it in a safe place. As you go about your day be aware of any signs, messages, anything at all that will bring you closer to manifesting what you desire. Stay open to receiving. Have fun!

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CONCLUSIONS

I hope you have enjoyed your journey of transformation as you have travelled through this ebook.

This is just the start. Make a commitment to yourself to continue on this path of self-transformation. Opening to new possibilities, releasing what no longer serves, and be open to receiving, as you give thanks for all that you have, all that you have had and all that you will have.

Have fun and enjoy the journey

Vicki

" Embrace each challenge in your life as an opportunity for self-transformation

-Bernie S. Siegel



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The Dragonfly

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions.

Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed.

Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So, he raised his wings and flew off into his joyous new life!

*-Author Unknow*n-



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