



The Boy, The Guru & the Butterfly

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This worksheet is a supplement training guide to “The Boy, The Guru & the Butterfly” video published on July 16, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Challenges in life are not only inevitable, they are certain. Especially when you strive for personal greatness and to avoid mediocrity. The goal in life is not to totally avoid all struggles, instead, it's about finding the meaning and lessons in the struggle so you can use it to empower your growth. The boy, the guru and the butterfly is an oldie but a goldie. Let me share some thoughts to give you a little nutrition for the soul.

The story

There's a story attributed to Henry Miller, the writer, about a little boy in India who went up to a guru who was sitting and looking at a cocoon in his hand. The little boy asked if he can have it. The guru replied yes, but he made the little boy promise that when the cocoon splits and the butterfly starts to come out and is beating its wings to get out of the cocoon, the little boy should not help it. The little boy agreed, and went home with it.

The little boy watched the cocoon and he saw it begin to split in half. Inside was a beautiful butterfly, beating its wings against the cocoon, and trying hard to get out. The little boy tried to help the butterfly by pushing the two halves of the cocoon apart. The butterfly flies out, but after a few seconds, it fell to the ground and was dead.

The little boy picked up the dead butterfly and went back to the guru and showed it to him. The guru explained that when the butterfly comes out of the cocoon, the only way he can strengthen its wings is by beating them against the cocoon. By helping the butterfly, the little boy prevented it from becoming strong enough to fly and that is why it was killed.

I like to believe that people are all similar to the butterfly. When we encounter obstacles in our lives that they are sent to enable us to develop, grow and become stronger. These learning experiences are what give us the knowledge to take our lives to the next level. So the next time you are having a tough time, run into the fire, embrace the struggle, and spread your wings.

Run into the fire. Face your problem. List your problems and your possible solutions.

Problem	Solution

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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