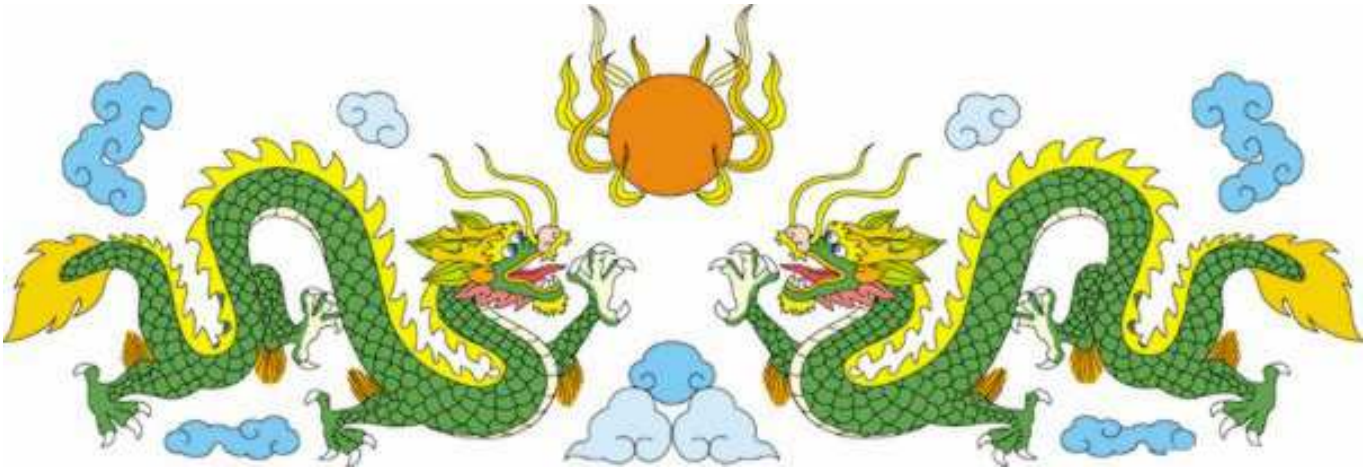
International LightWorkers



Butterfly Empowerment LightWorker™ Series

Buckeye Butterfly

Channelling by Nan Fahey
Manual by Nan Fahey
Final layout by Jens Søeborg

Butterfly Empowerment (LightWorker™ Series)

Butterfly Empowerment (LightWorker™ Series) is made by Nan Fahey as a part of the Light-Worker™ Animal Empowerment Series ...

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... and other places, but let us get back to the butterflies ...

Legend of the Butterfly

Once as a child many years ago...
on a balmy summer's eve.
I sat in the yard at my Mother's side...
and a butterfly lit at my sleeve.

"It's a sign of good luck", my Mother said.
As the butterfly stayed at my arm...
"It's a symbol of all the beauty in life.
Make sure you do it no harm."

First butterflies are eggs and after they hatch...
they see that their life's just beginning.
They're content with their lot in life,
so, they go out on a limb and start spinning.

They stay out awhile in a magic cocoon....
then emerge like flowers in spring.
Then they share the story of their victory and success...
through each of the colors of their wings.

The gold in their wings is the
"Golden Rule"...
To follow that is a must.
The blue....That means true blue.
Always be someone people can trust.

The green of the tip of their wing
is saying Stay green, and you'll always grow.
The silver is the lining in the clouds of doubt...
that you must look for as you go through life.

Butterflies bend with the wind, it's true.
Still they get where they want to go.
They arrive by persistence through their own insistence...
A lesson more people should know.

Sought and valued by the whole human race...
For their beauty, tenacity and charm.
If a butterfly ever chances to stay at your sleeve...
remember, my friend, don't fight it, but,
learn all you can from the butterfly clan.
And you too, may become a rare item.

An Indian Butterfly Legend

If anyone desires a wish to come true they must capture a butterfly and whisper that wish to it.

Since they make no sound, they can't tell the wish to anyone but the Great Spirit.

So by making the wish and releasing the butterfly it will be taken to the heavens and be granted.
© Original Author

[Perhaps a form of prayer. Our Heavenly Father is my Great Spirit. pk]

The above information was obtained at
my.homewithgod.com/pkbutterfly/legendofbutterfly.html

The Butterfly

A butterfly is an insect of the order Lepidoptera, from either of the superfamilies Hesperioidea (the skippers) or Papilionoidea (all other butterflies). Some authors have also suggested the inclusion of the superfamily Hedyloidea, the American butterfly moths. They are notable for their unusual life cycle with a larval caterpillar stage, an inactive pupal stage and a spectacular metamorphosis into a familiar and colorful winged adult form. The diverse patterns formed by their brightly colored wings and their erratic-yet-graceful flight have made butterfly watching a popular hobby.

Red Lacewing

Etymology

The Old English word for butterfly was *buttorfleoge* apparently because butterflies were thought to steal milk. A similar word occurs in Dutch and German originating from the same belief. This is believed to have led to the evolution of its present name form - butterfly.
An alternative folk etymology, prevalent in Great Britain, is that it originated as a contraction of butter-colored fly referring to the Brimstone Butterfly *Gonepteryx rhamni*, often the first butterfly of spring. Another such view is that the word butterfly came from a metathesis of "flutterby".

Male Cairns Birdwing, the largest butterfly in Australia (Melbourne Zoo).

Origin and distribution

Butterflies are believed to have evolved from a branch of ancestral forms of moths. This branching is believed to have happened in the Cretaceous Period, 65 million to 135 million years ago. The oldest known fossil is a Metalmark butterfly (*Voltinia dramba*) from 25 million year old Dominican amber.

Zebra Swallowtail

Butterflies are today distributed throughout the world except in the very cold and arid regions. There are an estimated 17,500 species of butterflies (*Papilionoidea*) out of about 180,000 species of Lepidoptera.

Classification

Blue Morpho, Family *Nymphalidae*

Presently butterflies are classified in two superfamilies, *Hesperioidea*, consisting of the 'skippers' and *Papilionoidea* or 'true butterflies'. These are sister taxa, so the butterflies collectively are thought to constitute a true clade. Some taxonomists place them all in superfamily *Papilionoidea*, distinguishing the skippers from the other butterflies at the series level only. In this system, Papilionoidea consists of the series *Hesperiiformes* (with one family only, the skipper family Hesperiidae) and the series *Papilioniformes* (with five families).

Butterfly families

The five families of true butterflies usually recognized in the *Papilionoidea* are:

- Family *Papilionidae*, the Swallowtails and Birdwings
- Family *Pieridae,* the Whites and Yellows
- Family *Lycaenidae*, the Blues and Coppers, also called the Gossamer-Winged Butterflies
- Family *Riodinidae*, the Metalmark butterflies
- Family *Nymphalidae*, the Brush-footed butterflies

Meadow Argus, a common species of Australia

Butterflies and moths

The *dichotomous* classification of *lepidopterans* into butterflies and moths is one that is popular but not used in taxonomy. The folk groups of butterflies and moths can be distinguished using several features but there are exceptions to most of these rules.

The four stages in the lifecycle of a butterfly

Unlike many insects, butterflies do not experience a nymph period, but instead go through a pupal stage which lies between the larva and the adult stage (*imago*). Butterflies are termed as holometabolous insects, and go through complete metamorphosis.

- Egg
- Larva, known as a caterpillar
- Pupa (*chrysalis*)
- Adult butterfly (*imago*)

Mating butterflies

It is a popular belief that butterflies have very short life spans. However, butterflies in their adult stage can live from a week to nearly a year depending on the species. Many species have long larval life stages while others can remain dormant in their pupal and egg stages and thereby survive winters.

Egg

Egg of Ariadne merione

Butterfly eggs consist of a hard-ridged outer layer of shell, called the *chorion*. This is lined with a thin coating of wax which prevents the egg from drying out before the larva has had time to fully develop. Each egg contains a number of tiny funnel-shaped openings at one end, called *micropyles*; the purpose of these holes is to allow sperm to enter and fertilize the egg. Butterfly and moth eggs vary greatly in size between species, but they are all either spherical or ovate.

Butterfly eggs are fixed to a leaf with special glue which hardens rapidly. As it hardens, it contracts deforming the shape of the egg. This glue is easily seen surrounding the base of every egg forming a meniscus. The nature of the glue is unknown, and is a suitable subject for research. The same glue is produced by a pupa to secure the *setae* of the cremaster. This glue is so hard that the silk pad, to which the setae are glued, cannot be separated.

Eggs are usually laid on plants. Each species of butterfly has its own host plant range and while some species are restricted to just one species, others use a range of plant species, often members of a common family.

The egg stage lasts a few weeks in most butterflies but eggs laid close to winter especially in temperate regions go through a diapause stage and the hatching may take place only in spring.

Caterpillars

Ant tending a lycaenid caterpillar

Larvae, or caterpillars, are multi-legged eating machines. They consume plant leaves and spend practically all of their time in search of food. Although most caterpillars are herbivorous, a few species such as *Spalgis epius* and *Liphyra brassolis* are entomophagous (insect eating). Some larvae, especially those of the Lycaenidae form have mutualistic associations with ants. They communicate with the ants using vibrations that are transmitted through the substrate as well as using chemical signals. The ants provide some degree of protection to these larvae and they in turn gather honeydew secretions.

Caterpillars mature through a series of stages, called instars. Near the end of each instar, the larva undergoes a process called *apolysis*, in which the cuticle, a mixture of chitin and specialized proteins, is released from the epidermis and the epidermis begins to form a new cuticle beneath. At the end of each instar, the larva molts the old cuticle, and the new cuticle rapidly hardens and pigments. Development of butterfly wing patterns begins by the last larval instar.

Butterfly caterpillars have three pairs of true legs from the thoracic segments and up to 6 pairs of prolegs arising from the abdominal segments. These prolegs have rings of tiny hooks called crochets that help them grip the substrate.

Some caterpillars have the ability to inflate parts of their head to appear snake-like. Many have false eye-spots to enhance this effect. Some caterpillars have special structures called *osmeteria* which are everted to produce smelly chemicals. These are used in defense.

Host plants often have toxic substances in them and caterpillars are able to sequester these substances and retain them into the adult stage. This helps making them unpalatable to birds and other predators. Such unpalatibility is advertised using bright red, orange, black or white warning colors. The toxic chemicals in plants are often evolved specifically to prevent them from being eaten by insects. Insects in turn develop countermeasures or make use of these toxins for their own survival. This evolutionary arms race has lead to coevolution in the insects and their host plants.

Papilio Troilus larva

Wing development

Wings or wing pads are not visible on the outside of the larva, but when larvae are dissected, tiny developing wing disks can be found on the second and third thoracic segments, in place of the spiracles that are apparent on abdominal segments. Wing disks develop in association with a trachea that runs along the base of the wing, and are surrounded by a thin peripodial membrane, which is linked to the outer epidermis of the larva by a tiny duct.

Wing disks are very small until the last larval instar, when they increase dramatically in size, are invaded by branching tracheae from the wing base that precede the formation of the wing veins, and begin to develop patterns associated with several landmarks of the wing.

Near pupation, the wings are forced outside the epidermis under pressure from the hemolymph, and although they are initially quite flexible and fragile, by the time the pupa breaks free of the larval cuticle they have adhered tightly to the outer cuticle of the pupa (in obtect pupae). Within hours, the wings form a cuticle so hard and well-joined to the body that pupae can be picked up and handled without damage to the wings.

Last instar wing disk, Junonia coenia

Pupa

When the larva is fully grown, hormones such as prothoracicotropic hormone (PTTH) are produced. At this point the larva stops feeding and begins "wandering" in the quest of a suitable pupation site, often the underside of a leaf.
The larva transforms into a pupa (or chrysalis) by anchoring itself to a substrate and molting for the last time. The chrysalis is usually incapable of movement, although some species can rapidly move the abdominal segments or produce sounds to scare potential predators.

Pupation of *Inachis io*

The pupal transformation into a butterfly through metamorphosis has held great appeal to mankind. To transform from the miniature wings visible on the outside of the pupa into large structures usable for flight, the pupal wings undergo rapid mitosis and absorb a great deal of nutrients. If one wing is surgically removed early on, the other three will grow to a larger size. In the pupa, the wing forms a structure that becomes compressed from top to bottom and pleated from proximal to distal ends as it grows, so that it can rapidly be unfolded to its full adult size. Several boundaries seen in the adult color pattern are marked by changes in the expression of particular transcription factors in the early pupa.

Chrysalis of Gulf Fritillary

Adult or Imago

The adult, sexually mature, stage of the insect is known as the imago. As Lepidoptera, butterflies have four wings that are covered with tiny scales (see photo), but, unlike moths, the fore and hind wings are not hooked together, permitting a more graceful flight. An adult butterfly has six legs, but in the nymphalids, the first pair is reduced. After it emerges from its pupal stage, a butterfly cannot fly until the wings are unfolded. A newly-emerged butterfly needs to spend some time inflating its wings with blood and letting them dry, during which time it is extremely vulnerable to predators.

Polymorphism

Many adult butterflies exhibit polymorphism, showing differences in appearance. These variations include geographic variants and seasonal forms. In addition many species have females in multiple forms, often with mimetic forms. Sexual dimorphism in coloration and appearance is widespread in butterflies. In addition many species show sexual dimorphism in the patterns of ultraviolet reflectivity, while otherwise appearing identical to the unaided human eye. Most of the butterflies have a sex-determination system that is represented as ZW with females being the heterogametic sex (ZW) and males homogametic (ZZ).

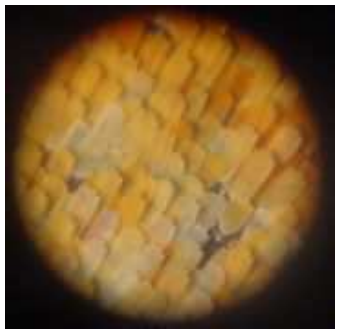
Genetic abnormalities such as gynandromorphs also occur from time to time. In addition many butterflies are infected by Wolbachia and infection by the bacteria can lead to the conversion of males into females or the selective killing of males in the egg stage.

Close Up Detail of a Butterfly wing

Batesian and Mullerian mimicry in butterflies is common. Wing markings called eyespots are present in some species; these may have an automimicry role for some species. In others, the function may be intraspecies communication, such as mate attraction. In several cases, however, the function of butterfly eyespots is not clear, and may be an evolutionary anomaly related to the relative elasticity of the genes that encode the spots.

Scales

Scales on the wing give the colors



Butterflies are characterized by their scale covered wings.

The coloration of butterfly wings is created by minute scales. These scales are pigmented with melanins that give them blacks and browns, but blues, greens, reds and iridescence are usually created not by pigments but the microstructure of the scales. This structural coloration is the result of coherent scattering of light by microstructure of the scales.

Habits

Butterflies feed primarily on nectar from flowers. Some also derive nourishment from pollen, tree sap, rotting fruit, dung, and dissolved minerals in wet sand or dirt. Butterflies play an important ecological role as pollinators.

As adults, butterflies consume only liquids and these are sucked by means of their proboscis. They feed on nectar from flowers and also sip water from damp patches. This they do for water, for energy from sugars in nectar and for sodium and other minerals which are vital for their reproduction.

Several species of butterflies need more sodium than provided by nectar. They are attracted to sodium in salt and they sometimes land on people, attracted by human sweat. Besides damp patches, some butterflies also visit dung, rotting fruit or carcasses to obtain minerals and nutrients. In many species, this behavior is restricted to the males and studies have suggested that the nutrients collected are provided as a nuptial gift along with the spermatophore during mating.

Butterflies sense the air for scents, wind and nectar using their antennae. The antennae come in various shapes and colors. The hesperids have a pointed angle or hook to the antennae, while most other families show knobbed antennae. The antennae are richly covered with sensillae. Chemoreceptors are also present on the tarsi and work only on contact. Many butterflies use chemical signals, pheromones, and specialized scent scales (androconia) and other structures (coremata or 'Hair pencils' in the Danaidae) are developed in some species.

Monarch butterfly feeding during migration

Vision is well developed in butterflies and most species are sensitive to the ultraviolet spectrum. Many species show sexual dimorphism in the patterns of UV reflective patches Color vision may be widespread but has been demonstrated in only a few species.
Some butterflies have organs of hearing and some species are also known to make stridulatory and clicking sounds.

Many butterflies, such as the Monarch butterfly, are migratory and capable of long distance flights. They migrate during the day and use the sun to orient themselves. They also perceive polarized light and use it for orientation when the sun is hidden.

Many species of butterfly maintain territories and actively chase other species or individuals that may stray into them. Some species will bask or perch on chosen perches. The flight styles of butterflies are often characteristic and some species have courtship flight displays. Basking is an activity which is commoner in the cooler hours of the morning. Many species will orient themselves to gather heat from the sun. Some species have evolved dark wing bases to help in gathering more heat and this is especially evident in alpine forms.

Flight

Large White in flight

Like many other members of the insect world, the lift generated by butterflies is more than what can be accounted for by steady-state, non-transitory aerodynamics. Studies using Vanessa atalanta in a wind tunnel show that they use a wide variety of aerodynamic mechanisms to generate force. These include wake capture, vortices at the wing edge, rotational mechanisms and Weis-Fogh 'clap-and-fling' mechanisms. The butterflies were also able to change from one mode to another rapidly.

Migration

Many butterflies migrate over long distances. Particularly famous migrations being those of the Monarch butterfly from Mexico to North America, a distance of about 4,000 to 4,800 kilometers (2500-3000 miles). Other well known migratory species include the Painted Lady and several of the Danaine butterflies. Spectacular and large scale migrations associated with the Monsoons are seen in peninsular India. Migrations have been studied in more recent times using wing tags and also using stable hydrogen isotopes.

Butterflies have been shown to navigate using time compensated sun compasses. They can see polarized light and therefore orient even in cloudy conditions. The polarized light in the region close to the ultraviolet spectrum is suggested to be particular important.
It is suggested that most migratory butterflies are those that belong to semi-arid areas where breeding seasons are short.

Defense

Blue Morpho

Butterflies are threatened in their early stages by parasitoids and in all stages by predators, diseases and environmental factors. They protect themselves by a variety of means.

Chemical defenses are widespread and are often based on chemicals of plant origin. In many cases the plants themselves have evolved these toxic substances to reduce attack to them. These defense mechanisms are effective only if they are also well advertised. Many unpalatable butterflies are brightly colored. This has led to unprotected butterflies evolving forms that appear like the unpalatable butterflies. These mimetic forms are usually restricted to the females.

Cryptic coloration is found in many butterflies. Some like the oakleaf butterfly are remarkable imitations of leaves. As caterpillars, many defend themselves by freezing and appearing like sticks or branches. Some papilionid caterpillars resemble bird dropping in their early instars. Some caterpillars have hairs and bristly structures that provide protection while others are gregarious and form dense aggregations. Some species also form associations with ants and gain their protection.

Behavioral defenses include perching and wing positions to avoid being conspicuous. Some female Nymphalid butterflies are known to guard their eggs from parasitoid wasps.

Eyespots and tails are found in many lycaenid butterflies and these divert the attention of predators from the more vital head region. An alternative theory is that these cause ambush predators such as spiders to approach from the wrong end and allow for early visual detection.

In culture

Art

Der Schmetterlingsjäger (The butterfly hunter) by Carl Spitzweg (1840), a depiction from the era of butterfly collection.

Artistic depictions of butterflies have been used in many cultures including Egyptian hieroglyphics 3500 years ago.

Today butterflies are widely used in various objects of art.

Symbolism

According to the “Butterflies” chapter in *Kwaidan: Stories and Studies of Strange Things*, by Lafcadio Hearn, a butterfly is seen as the personification of a person's soul, whether they are living, dying, or already dead. One Japanese superstition says that if a butterfly enters your guestroom and perches behind the bamboo screen, the person whom you most love is coming to see you. On the contrary, large numbers of butterflies are viewed as bad omens. When Taira no Masakado was secretly preparing for his famous revolt, there appeared in Kyoto so vast a swarm of butterflies that the people were frightened—-thinking the apparition to be a portent of coming evil.

The Russian word for butterflies, pronounced "bah' bch ka", it also means "bow tie". It's a diminutive of "baba" or "babka" (= "woman, grandmother, cake", whence also "babushka" = "grandmother" in English, "babushka" = "a grandma-style handkerchief"). "and in Greek it

means soul. According to Mircea Eliade's *Encyclopedia of Religion*, some of the Nagas of Manipur trace their ancestry from a butterfly.

In Chinese culture two butterflies flying together is a symbolism for a loving couple. Also a famous Chinese folk story called Butterfly Lovers (a Chinese Romeo and Juliet story). The Taoist philosopher Chuang Tzu once had a dream of being a butterfly flying without care about humanity; however when he woke up and realized it was just a dream, he thought to himself "Was I before a man who dreamt about being a butterfly, or am I now a butterfly who dreams about being a man?"

In some old culture Butterfly also symbolize rebirth into a new life after being inside a cocoon for a while.

Palinurus Swallowtail

Butterfly alphabet

Over a period of twenty-six years, nature photographer Kjell B. Sandved managed to discover all twenty-six letters of the Latin alphabet and numerals one through nine on the wings of butterflies.

Technological inspiration

Studies on the reflection of light by the scales on wings of swallowtail butterflies have led to the innovation of more efficient Light emitting diodes.

The structural coloration of butterflies is inspiring nanotechnology research to produce paints that do not use toxic pigments and in the development of new display technologies.

Gallery

Family Papilionidae- The Swallowtails

Scarce Swallowtail

Palawan Birdwing

Cairns Birdwing

Blue Mormon

Orchard Swallowtail

Crimson Rose

Pipevine Swallowtail

Common Mime

Family Pieridae - The Whites and Yellows

Green-veined White

The Orange Tip

Common Jezebel

Common Brimstone

Family Riodinidae - The Metalmarks, Punches and Judies


Judy


Punchinello


Tailed Judy


Lange's Metalmark

Plum

Family Nymphalidae - The Brush-footed Butterflies


Monarch Butterfly


Common Nawab


Morpho rhetenor helena


Julia Heliconian


Longwing


Glasswing butterfly


Lorquin's Admiral


Leopard Lacewing

Sara


Peacock Butterfly


Comma Butterfly


Common Buckeye


Crimson Patch

Family Lycaenidae - The Blues


Red Pierrot


Small Copper


Monkey Puzzle


Banded Blue Pierrot

The above information was obtained at www.wikipedia.org

Butterfly/Caterpillar's Wisdom Includes:

- The power of the whirlwind
- Reincarnation
- Transformation
- Transmutation
- Magic

Queen Butterfly

Native American Butterfly Legend

As a gift to His human children, the Great Spirit created butterflies. He took black from the maiden's hair, yellow from the warm summer sun, and blues from the lake and sky. Once he gathered the most beautiful of colors, He made them into butterflies.

If you want a special wish to come true, capture a butterfly and whisper your heart's desire to it. Since butterflies make no sound, they cannot tell the wish to anyone but Him. Being so colorful, the butterflies will easily be seen and the heart's prayers quickly answered.

Today this couple, (say couple's name here), has chosen to keep this tradition by performing this unique form of celebration. By making a wish and releasing the butterfly, it will be taken on the wings of love to the heavens and granted.

Softly whisper your wish for their eternal love and bliss, then carefully open your envelope and free the beautiful creature resting inside.

Keyword summary: transformation, joyful dance.

Butterflies are powerful symbols for transformation and change throughout many traditions and belief systems.

- In the caterpillar stage we may be stuck with ideas we don't like or behaviors or paranoias we want to change.
- In the cocoon stage sometimes not a lot appears to be happening although subconsciously and consciously ideas are gestating and changing. Sometimes we can feel a bit lost at this stage.
- Then comes the final transformation to beautiful colorful floating butterfly. The wings pump with blood and we are free to float into our new world, flitting about seeing things from a whole new perspective.

To wear or have around you the symbol of butterfly is to state your intention to flutter through life in joy. Butterfly teaches us that patience brings its rewards and as long as we keep working and developing ourselves the final glorious butterfly stage will come. To wear butterfly is to set your target like an archer - - joy is my goal, joy is my reality, joy will come, joy is here now. When we encounter butterflies in our daily lives they are always a joy to find and a good totem. When one day you open your curtains and a butterfly flutters up you know that a glorious change is taking place in your life. You see the butterfly flutter his wings, almost dancing along. This is what butterfly teaches, that true joy is within the dance of life.

The above information was obtained at www.holisticshop.co.uk/dictionary/butterfly.html

Peacock Butterfly

Receiving the Empowerment

Start with Gassho (prayer posture). Meditate on the light and love energies around you, above you and inside of you. Ask the help of your higher self and others of your helpers such as the mighty I AM Presence, the angels and archangels, masters and mahatma guides of meditation, ascension and initiation. Accept receiving the empowerment from your teacher. Sense the energies! Enjoy! Expand! Relax...

Passing on the Empowerment

To Pass the Initiations to others do the same process as above. Just intend to pass them and read them out loud waiting for a few moments in-between initiations sensing the energies running and the spiritual shifts. Trust in the Higher Wisdom and Power. Enjoy! Expand! Relax...