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"BUTTERFLY BOX"

The "Butterfly Box" experience is a therapeutic intervention which marries expressive and cognitive behavioral theory and techniques to create a metaphorical object representing the soulful, intuitive self. The creator then utilizes this resulting "self-symbol" to increase awareness, connection, and transformation of thoughts, feelings, and actions. The "Butterfly Box" is constructed by collaging a small "Celestial Seasonings" tea box with intuitively chosen images symbolizing the "self". Embellishments and a closure are then added as well as a small, decorated paper butterfly on which a thought, feeling, or action the creator wants to invite into her or his life is written. The paper butterfly is then rolled to symbolize a caterpillar and placed into the "Butterfly Box" (chrysalis). The creator practices mindful breathing to transform the "chrysalis" into a thought, word, or action she or he desires.

ETC: All

MDV: HC, R and F, S

POPULATION: Children, Adolescents, and Adults. Tasks can be adapted to accommodate needs (i.e., tearing rather than cutting, painting the box, using tissue paper rather than magazine or personal images, etc.)

MATERIALS:

box w/top

Modge Podge Adhesive/Varnish (matte or gloss~ **note: gloss is more viscous and leaves more noticeable brush strokes)

magazines, color copies of personal images or photographs

scissors (small, sharp for details)

¾" firm but flexible paintbrush *(NOTE: wash periodically to prevent adhesive from accumulating and drying.)

small container w/top to hold adhesive (top keeps adhesive/Varnish from developing a skin on surface)

water container

paper towels

two flat buttons for closure

10" to 14" piece of waxed linen thread

embellishments: stickers, beads, charms, buttons, feathers, sequins, etc.

sewing needle and thread

PROCEDURE:

The Box:

- 1) Tear or cut images from magazines or color copies of personal artwork (*suggestion: tear background pieces of solid or patterned colors to lay down first and then add detail images.)
- 2) Cover entire box (inside and out) with images by coating the area of the box upon which the image will lay with Mod Podge, then layering desired image atop coated surface, finishing by coating over the image with Mod Podge. Overlap images to hide underlying manufactured images. To eliminate air bubbles, push varnish with firm pressure on brush from center out to edges of torn pieces, folding or trimming around corners and edges.
- 3) Allow to dry. *(NOTE: Mod Podge is quick drying so it shouldn't take long if coating is not too thick).
- 4) Add embellishments and allow to dry.
- 5) Decide on placement of button closure and sew one button to the top and one to the front of your "Butterfly Box". *(NOTE: poke a guide hole through button from outside of box, then remove needle and begin sewing from inside of box to hide the knot in your thread.)
- 6) Cut a piece of waxed linen thread 10" long (if you are not adding beads and/or charms) or 13" long (if adding beads and/or charms).
- 7) If adding beads and/or charms, add beads first to each end, then add charm and tie a double knot to secure (a dab of clear fingernail polish or fabric glue will also add additional security).

- 8) To close: hold one end of waxed linen thread in right hand. Leaving a 3-4" tail, wrap thread under and around left side of top button, cross under in a "Figure-8" configuration, wrap under and around right side of bottom button, bring that end up to meet other in the middle between the two buttons and tie in a bow.
- 9) Draw, decorate, and cut out, and a small paper butterfly. Write the thought, feeling, or action you want to invite into your life on the back. Roll the butterfly into a caterpillar shape and place inside your "Butterfly Box".

Mindful Breathing Exercise:

- 1) Set a timer or alarm for 20 minutes or longer. (*NOTE: It takes your mind at least 15 minutes to settle down, so to experience the benefit of mindful breathing, 20 minutes or longer is optimal.)
- 2) Sit or lie down in a comfortable position. Close your eyes and focus on the point between your eyebrows (spiritual eye). Take a deep breath in and let it out slowly bringing your focus to your breath. Imagine the caterpillar message you placed inside your "Butterfly Box". Now continue to breathe in and out counting each inhalation and exhalation, starting with number one and ending with number eight, then beginning back at one. Keep your focus on your breath and if a thought comes in, acknowledge it and let it go. Continue until your timer sounds.
- 3) Practice your Mindful Breathing exercise at least once a day until the thought, feeling, or action you desire becomes present in your life.

"Being in touch with oneself is the meaning of meditation (mindful breathing), to be aware of what is going on in your body, in your feelings, and in your mind." -Thich Nhat Hanh

BREATHE RELAX SMILE

"CREATIVE FLOW: THE BUTTERFLY BOX"

- "AWAKENING THE BUDDHIST HEART" - Lama Surya Das
- "AWAKENING THE BUDDHA WITHIN" - Lama Surya Das
- "AWAKENING TO THE SACRED." - Lama Surya Das
- "A NEW EARTH" and "THE POWER OF NOW" - Eckhart Tolle
- "ZEN OF CREATIVITY" - John Daido Koori
- "ESSENTIAL WRITINGS" - Thich Nhat Hanh
- "CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE" - Wayne Dyer
- "CATCHING THE BIG FISH" - David Lynch
- "EAT, PRAY, LOVE," - Elizabeth Gilbert
- "THE WISE CHILD: A SPIRITUAL GUIDE TO NURTURING YOUR CHILD'S INTUITION". - Sonia Choquette

CREATIVE FLOW: HEALING MY ARTIST WITHIN

BIBLIOGRAPHY

- THE ZEN OF CREATIVITY John Daido Looi
- THE HEART HAS ITS SEASONS Helen McMahon
- RUNNING WITH THE WOLVES Clarissa Pinkola Estes
- AWAKENING IN TIME Jacqueline Small
- SPINNING INWARD Maureen Murdoch
- THE HEART OF THE SOUL Gary Zukav
- NO MORE SECOND HAND ART Peter London
- EXPLORE YOURSELF THROUGH ART Vicky Barber
- CREATIVITY: WHERE THE DIVINE AND THE HUMAN MEET Matthew Fox
- SUCCULENT WILD WOMAN sark
- COACHING THE ARTIST WITHIN Eric Maisel
- SOURCE IMAGERY Sandra Shuman
- WHAT WE ACHE FOR Oriah Mountain Dreamer
- KID'S PLAY: IGNITING CHILDREN'S CREATIVITY Michele Cassou
- LIFE, PAINT, AND PASSION Michele Cassou and Stewart Cubley
- ON BECOMING AN ARTIST Ellen J. Lansen
- ART IS A WAY OF KNOWING Pat Allen
- AWAKENING TO THE SACRED Lama Surya Das