

BUTTERFLY MEDICINE: Illumination of Knew Realities *(yes, you already know)*

Use the Manure of Life to Grow

*"If you want the rainbow,
you gotta put up with the rain."*

-Dolly Parton

I try not to think about just how strange I am when I realize that the highlight of my week is getting a truck load of manure for my gardens. My gardening is a very special type of meditation and therapy. As I relish the thoughts of the potential this manure offers my precious seedlings and bulbs, I cannot help but make some human comparisons.

The manure is never a problem to the farmer. He can use it to fertilize his crops. He can even sell it to eager gardeners like me.

Many people see their lives as full of manure, and often the word they use for it is somewhat less refined. The obstacles, problems or life situations are often seen as difficulties that stink up their lives. Many people do not even see the way to shovel themselves out of the muck they find themselves in.

The natural world shows us how to turn rotting and decaying matter into new life. Henry Beston wrote "Into every empty corner, into all forgotten things and nooks, Nature struggles to pour life, pouring life into the dead, life into life itself." Could there indeed be life and growth from the manure in our lives?

Maybe a better question would be, "Can we even grow without some manure in our lives?" It seems a common response to adversity to view it as character building. Emily Dickinson said that a wounded deer leaps the highest. Perhaps we might never know how high we can leap without the wounds of life or as some people see it, the manure.

Sometimes it seems as if certain people really get a very big pile of this stuff in their lives. It may even seem like it is more than the average. Maybe those who are getting more than their fair share simply have more growing to do.

Movies and books are filled with stories of people who have transformed the manure of life into golden opportunities. Shakespeare tells us that sweet are the uses of adversity. Yes, we can use the manure to strengthen our mind, emotions and spirits.

Our lives are filled with new beginnings. Each challenge or difficulty provides us with an opportunity to grow, change and develop. The manure of these situations is the perfect growing medium, the Miracle Grow for the soul so to speak.

When we quickly shovel away the problems, tidying up our inner and outer environment, we may be getting rid of something very valuable. Perhaps we should think about a personal compost system. This could be a place to let the manure of our lives ripen until we are wise enough to be able to use it to the best advantage, or to interpret its meaning.

So many people feel that life is better for others. Maybe the grass is always greener on the other side of the fence because we have not been using the manure in our lives to help our own grass grow.