



The Butterfly

A symbol of hope and new life

The butterfly is a symbol of hope, the symbol of new life and the symbol of those who are bereaved. Before it becomes a butterfly, though, it must spend time in a cocoon.

We have to grieve, hurt, cry, be angry and struggle to free ourselves from the cocoon of grief. And one day we do emerge – a beautiful butterfly – a stronger person, a more compassionate person, a more understanding person.

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