

# *Becoming A Butterfly*

by Jess Sermak

BONUS Chapter from 'Becoming a  
Butterfly'

Due For Release in January 2020



## *Retreating Inside!*

I had spent years rebuilding the life I dreamt of but despite loving being a mother and a wife, most of the time, I still felt that something was missing in my life. Parenthood is a wonderful journey, but it can also be boring, monotonous, and let's be honest... *gross!* I felt like there had to be more to my life than just being a great parent and wife. I didn't want all the crap I had been through and my mother's death to have been just for nothing...

I had everything I believed I wanted; I had finally met the love of my life, I had 5 amazing kids whom I adored, and I didn't have any pressures from work. Externally, life was finally amazingly good. But internally I was a mess; I began putting on weight and never looking at myself in the mirror anymore. And when I finally did, I did not recognise my own reflection. I was tired emotionally and physically and trying to mask my pain with wine on the weekends. Don't get me wrong, I adore my kids, but I was lost beyond words. I was drowning in my boring, monotonous, draining life. Motherhood had robbed me of my essence, I didn't know who I was anymore or what I wanted.

My 3 daily loads of washing and folding, the constant cooking, the cleaning up after myself, the 5 kids and my husband was depleting me. And seriously, for what? I was losing my essence at an exponential rate. I'm sure some of you know exactly what I was feeling – I wanted to run away, I wanted more excitement in my life than having the night off from cooking. I wanted to leave it all behind and travel to some exotic destination where someone else was cooking and cleaning for me and I had some peace and I could sleep, even if it was just for a couple of days.

I finally realised I wasn't giving anything to *me*. I didn't buy clothes because I loathed the way I looked as I still hadn't lost my baby weight. I didn't have the time or the energy to put on make-up and do my hair nicely in the morning. I didn't take any time for myself to do the things that brought me joy. I figured it was too hard to organise a baby-sitter for 5 kids and my husband was always at work and would make me feel guilty for asking him to take time off. I went to work with my husband in our business, but that was his dream, not mine, so it didn't fulfil me in any way either.

After months of feeling like this and becoming increasingly resentful towards Alex and the kids I finally realised 2 things - that in order to serve them I first had to serve myself and secondly that I had neglected to continue to rebuild my life internally on a spiritual level! When I realised this, I felt so incredibly sad. I had allowed everyone to take, take, take from me and I didn't feel worthy enough to give anything back to myself or do the things I loved to fill my cup up again. No wonder I was cranky, tired and bitchy!

I was so incredibly emotional about these epiphanies that I began journaling every day, I wrote down how I was feeling, my desires, my deepest secrets and what I believed my soul was trying to share. I found myself regularly asking 'What is my purpose'. As I began to journal and open up more; I found myself walking deeper down the staircases of my spirituality. I began to write as a way of expressing myself and from that evolved a beautiful book about motherhood and the importance of self-care which I finished earlier this year. I wrote it during

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some of my darkest days when I felt like I was drowning so it's juicy, delicious and well inspiring! So please stay tuned for its release in 2021.

As my spiritual inquisition and desire for connection deepened my best friend from University, Kara, suffered a stroke on her way to work. I was shocked! I remember questioning her saying but your only 32 years old. People don't have strokes at 32 years old especially incredibly healthy, fit 32 year olds. We both believe that it happened for a couple of reasons one to get her to slow down because she was doing way too much and secondly it really prompted her to delve deeper into her spiritual journey. I have loved going on this journey with her by my side to ask questions, go to courses and crystal shopping with! I look forward to the day she publishes her story because it sure is an incredible one! Kara is ok she has suffered some brain damage but miraculously she is still the incredible woman I've come to know and love. She has a long road to recovery but she is making progress in leaps and bounds both physically and spiritually!

A few months after Kara's stroke she encouraged me to read 'There are no Goodbyes' by Elizabeth Robinson. It shook me and moved me. I had known for a long time, after countless encounters with my mother in the spirit world that souls never die. I decided to have a healing session with Elizabeth which had me inquisitive about soul contracts, karmic debt and the after-life. It was an incredible experience and I believe really helped in my healing journey.

After reading Elizabeth's book I began to engulf book after book about spirituality, death and soul contracts. Finally, I found myself giving my soul the food it desired! It was during this time that I finally realised that the things I felt and experienced as a child like seeing people's auras and people who had passed was not the work of the devil – they were in fact gifts! I decided it was time to learn how to use those gifts and to unwrap them like a present one layer at a time.

I started to research spiritual development courses and mediumship courses close to where I lived. And one Sunday afternoon I stumbled across a mediumship course offered by Deb Bullions every Sunday over 6 weeks. I contacted her about the course asking a mountain of questions.

I walked into Deb's class scared shitless about crossing over into this side of spirituality. What if this really was the work of the devil and I was walking into a Witches lair! As I reluctantly turned the handle and entered the room I was greeted by a beautiful lady with long blonde hair, and eyes filled with light and love. She stood there like an angel welcoming me to come and take a seat. I knew in that moment that I was in the right place.

As I delved deeper into my spiritual journey, I was shocked to learn that it wasn't rainbows and butterflies – it was tough! The more I started to open up the more I was a mess. I was so excited to finally be using my gifts; however, the more I connected with strangers in the spirit world the more my connection with my mother crumbled. I was so used to talking to her almost weekly, but once I started the mediumship course I had not been able to connect with her for four consecutive weeks. I was angry with myself and I was also angry with Deb, the way she had taught me to connect had somehow severed my connection with my mum.

As I sat in the room one Sunday with another medium listening to her read for me tears began to fall from my eyes. Tears I couldn't stop. I quickly sought out Deb and in between my sobs I asked her why? Why would my mum not connect with me anymore? Ever so patiently

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and gently she explained that sometimes when we change the way we connect to the spirit world it can be hard for spirits to get the memo. She asked me to come back later in the week and sit down with her to see if she could connect me with my mum again.

Later that week Deb worked with me to help me connect with my mother again. She was patient, kind and understanding. After a few attempts and getting so frustrated I found myself in tears again. Deb connected with my mum and through her connection we were able to re-establish my connection with her. I was so relieved to hear her voice again.

On the final afternoon of the course Deb had organised for us to read for someone that we didn't know. I was a bundle of nerves and absolutely doubting my abilities but she looked me in the eyes and told me I could do this. I was gifted the beautiful Bec to read for. During the reading I had managed to get through Bec's grandparents who lovingly brought Bec's older brother through who had died in a car accident. It was like nothing I had experienced before I could envisage what he looked like and I could sense his incredibly funny and playful personality. Bec was in tears and completely overwhelmed with gratitude for the connection. Eventually Bec's brother brought through his younger brother who had sadly taken his own life. It was a completely different feeling and I could feel his shame and his sorrow but also his deep-seated love for Bec. It was an incredible experience and one that I'm so grateful to my spirit team and to Bec for!

After completing Debs Mediumship course, I was excited to move onto her Psychic development course. I was eager to learn how to connect with my spirit team on a deeper level so that I could delve into reading for people about their past, present and their futures. I loved it! I loved being able to read for people but more than anything I was in awe of my spirit team and our new-found connection.

Between writing and developing a deeper connection with my spirit team I was finally following the breadcrumbs my soul was laying out for me. However, as I followed the breadcrumbs I began to question why I was placed on this earth on a deeper level; what really was my purpose?

I found myself becoming increasingly frustrated when my spirit team didn't hand me my life's purpose on a silver platter and say go for it kid! Instead I spent countless hours meditating and learning to be in the stillness – I had to be patient.

I found this a particularly difficult stage for me - I would often find myself seeing the same picture in meditation I would be standing between two canyons as the stream flowed over the rocks slightly down-hill gaining momentum, speed and getting wider and wider as it flowed closer to the ocean.

The universe was trying to teach me a very valuable lesson about vibrational alignment - for me to go with the flow of my life. If I was to race ahead with my purpose in this moment, I would be going against the natural flow of what my life should be. I would be struggling against that under torrent and trying not to slip on the rocks. I would be going up stream and in doing so moving away from discovering my soul purpose instead of leaning into the natural flow of the water. Allowing the universe to truly deliver people, messages and meetings that would bring me closer to what my soul was calling me to do.

Without going inside into my own chrysalis for guidance and listening to the whispers of my soul I don't think I would have discovered what I was truly put on this planet to do. It may

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have looked obvious to others looking in but I'm so grateful that I gave myself the time and space to look deeper inside myself to not only discover my purpose but also to find my passion and what would drive me when times got tough.

Inside that chrysalis, I had to learn that I wasn't a caterpillar anymore; I was morphing into this incredibly beautiful, spiritual and purposeful butterfly. I didn't believe it at first, just like the caterpillar, but the more time I spent inside myself the more my soul convinced me it was time to learn how to fly. She was there the whole time, I just had to believe in her like she believed in me...

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Thank You

I hope you have enjoyed reading a Chapter from my new book 'Becoming a Butterfly'. If you would like to purchase your own copy of Becoming a Butterfly please click on the link below. Remember it's your time to fly beautiful. Xx



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## About the Author

Jess Sermak is a life coach, author, mother of 5 and wife. She holds a double degree in Law and International Business and is a qualified life coach. She is passionate about all things writing and loves being of service to others; sharing her gifts to the world.

She shines the brightest when she is watching other women create their dream life by embracing their uniqueness and basking in their worthiness. Jess is a life coach who supports women to embrace their spirituality and harness the power of their intuition to live a life that is aligned to their innermost values and desires.

You can discover more about Jess at [www.jesssermak.com](http://www.jesssermak.com) or you can follow her incredible journey on facebook ([www.facebook.com/jesssermakauthor&lifecoach](http://www.facebook.com/jesssermakauthor&lifecoach)) and Instagram ([jess.sermak](https://www.instagram.com/jess.sermak)).

