

THE SNAIL & THE BUTTERFLY MANIFESTO

The Snail & the Butterfly often meet
When she flutters by and he's dragging his feet
Come fly with me she says, we won't be long!
Oh, I don't go flying says he, the land is my song

And although she felt saddened, she well understood
That all that we do must always feel good
To each of us daily, we're not here for long
So we just have to find ways to sing our own song

This connection we have with our hearts and our souls
When in tune, is like sound from those fine singing bowls
So go deep inside and just listen and wait
For that voice you will hear, will arrive at the gate

And when it shows up, you'll be jumping for joy
Love that treasure you find just like a new toy
Respect it, enjoy it and have lots of fun
But remember to share it before your day's done

So how do you find it, your path in this life?
With all that surrounds us, this pain or this strife?
You must feel your feelings, all of them, yes!
Even those ones which can leave a big mess

Cause when you allow them and let them be born
And work with their purpose, your life will transform
Sometimes we worry what others will do
But this journey called life is all about YOU!

Slow Coach Sarah exists to provide a supportive and psychologically safe space for you to slow down, explore your life as it is now and to transform how you want to live. From the inside-out.

Sarah's top 5 values are FUN, INTEGRITY, RELATIONSHIP, GROWTH & AUTHENTICITY, which she brings into her coaching with you.

So, when you're in touch with your insides, your-true self
There'll be no need to put your life back on the shelf
You'll be able to feel, then heal all that inside
And then you'll see change appear on the outside

The people and places and things that you love
Will magically fall from the skies up above
When you trust in yourself and walk your real path
You'll love playing and swaying and yes, you will laugh

The past is our map, so we know where we've been
Sometimes it is pretty or ugly, unclean
Yet, so what the hell does that matter, you know?
As long as you're moving, no matter how slow!

Cause life is a journey; you've found yourself here
Because of the changes or challenges near
But know that you don't have to face them alone
Slow Coach Sarah's at the end of the phone

She's been on her own journey to insight from pain
So that she can help you, no need to remain
In that place of uncertainty, where life feels unclear
She holds this work precious, and understands fear

So, whatever you choose now, please know this is true
Your life is important, you're special, you're you
The snail, although small, he knows these aren't lies
And the butterfly sees transformation's the prize

Written By Sarah Thayer, Slow Coach Sarah

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