Individuation

Simply put, individuation is about transformation. It means being willing to embrace a lifetime of full-fledged metamorphosis analogous to a caterpillar becoming a butterfly over and over again. It means letting go of the defining characteristics that make up our identity for the sake of becoming something further enhanced by the Self, with a capital—Self, the Divine spark within us. The pain in this process is the pain of breaking through our own limitations. The joy is our increased capacity for living and feeling at home within ourselves, and experiencing our wholeness.