

Luma and the Feelings in the Cocoon

A gentle story about learning to speak your truth

Hi little heart, I'm Luma the Butterfly. I want to tell you a story about a time when I had big, big feelings... but didn't know how to say them out loud.

When I was in my cocoon, everything felt quiet on the outside... but inside, my heart was full of emotions. I felt sad... I felt scared... I even felt a little angry. I wanted to say something, but the words got stuck like little clouds in my throat. No one could hear what I was feeling - and that made me feel even more alone.

I wiggled and twisted inside my cocoon. I huffed and puffed. I thought, "Why can't I just say how I feel?"

Then I remembered something soft and simple... I closed my eyes and took a butterfly breath. In through my nose... and out through my wings. I did it again. And again. And slowly... my feelings started to make more sense.

I wasn't broken. I was becoming.

One day, I whispered my feelings to myself. "I feel lonely." "I feel nervous." "I need someone to hear me."

And guess what? That whisper became a little voice. My voice. And when I flew out of my cocoon, I was ready to share it - without fear, without rush, and without needing to be perfect.

You can do that too, little heart. Take a breath, stay soft, and speak your truth - even if it starts as a whisper. I'm so proud of you.

Reflection Time

- Have you ever felt like Luma with feelings stuck inside?
- What helps you feel calm when your emotions feel big?
- Can you try whispering one feeling out loud now?
- If you had a cocoon, what would you fill it with to feel safe?
- What would your wings look like when you're ready to speak up?

"This story is close to my heart. Like Luma, I once found it hard to share my feelings. But healing taught me that we all deserve space to be heard - gently, honestly, and without fear.

You are not alone. You are not broken. You are becoming."

- Vim