



OK, OK - Here's a garden update after all:

The garlic is FINALLY FLOPPIN' & I'll get it out soon. Let the corn, garbs, & artichokes, & squash finally breathe potatoes & possibly cukes rotting in from the secret compost pile.

Tomatoes caged, PUS BAKIL'D, KEEP GROWING! of potatoe

It boggles my mind, what they go through & how they know what to do in these radically different bodies PLUS, flying to MEXICO after three generations or so?!  
 How in which organisms of a particular species perceive & experience the world

Inside, the previously "dormant imaginal cells" awaken while the rest of the caterpillar's body dissolves. These cells guide the rebuilding of transformation we know love. Seeing their first flight, letting them go, is just PURE MAGIC.

After 10 days, it emerges and is a beautiful monarch butterfly.

We found FOUR BB "cuts" After shedding their skin 5 times (leveling up the tried-and-true plastic container setup, wide mouth for wings) into a "J" shape, & shed their last caterpillar skin to reveal the BEAUTIFUL jade & gold chrysalis underneath.

These cuties are true EATING MACHINES that just keep growing ventilation natural

Not pictured: paper towel floor for all the FRASS

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Nature is always whispering reminders of who we are and what we are becoming. In winter, when everything looks barren, something unseen is stirring beneath the surface. Spring arrives, not because winter is defeated, but because something has been growing in the dark.

This is the invitation of imaginal cells.

Inside the body of every caterpillar are clusters of dormant, undifferentiated cells, each containing the blueprint of the butterfly it is destined to become. These cells don't appear when the caterpillar decides to transform—they've been there all along, quietly holding a pattern for something fantastic, almost unimaginable in the caterpillar's future.

And yet, as George Bernard Shaw wrote, "Imagination is the beginning of creation."

When the caterpillar enters the cocoon, something miraculous—and terrifying—happens. It dissolves completely. It becomes goo. The old self melts away. And within that goo, the imaginal cells awaken. At first, they are attacked by the immune system of the caterpillar—as if transformation itself is perceived as a threat. Kind of like how our minds and systems react when faced with unexpected change or disorientation.

But these cells persist. They change their vibrational frequency. They begin to find each other. They connect.

Scientists tell us that this clustering is driven by biochemical signaling, a process called chemotaxis, but many also suspect something more mysterious is at work—an energetic resonance that compels these cells to gather, communicate, and build something entirely new out of the formless goo.

This is a deep and enduring metaphor at the heart of my work. It's not just science; it's a mirror for how we transform in our lives, our leadership, our families, and our culture. Because all of us, at one time or another, find ourselves in the goo.

We experience seasons when nothing makes sense—when everything familiar feels like it's dissolving. The old story no longer fits, and the new one hasn't yet formed. It's disorienting, messy, and frightening. But what if we're not falling apart? What if we're falling together?

...

*The caterpillar spends its life overeating, over-consuming, driven by an insatiable appetite. Sound familiar? Our systems—economic, environmental, cultural—have done the same. We've gorged ourselves past sustainability.*

And now, the structure is dissolving into goo. The old forms are falling apart. It's disorienting and uncomfortable, but it's also necessary. Because inside the goo, the imaginal cells begin to vibrate differently. They hold within them the instructions for the butterfly—but they cannot transform alone. First, they must find each other. They cluster. They connect. And together, they build something new.

This is how true transformation happens—not just in nature, but in us.

Whether it's your family, company, community, or our planet, there are imaginal cells everywhere—people and ideas vibrating at the frequency of what's possible, not what's falling apart. But none of us can transform alone. We have to find each other.

It's messy. It's awkward. It's uncomfortable because we're all in the goo. We don't yet know who we're becoming.

The most beautiful truth about imaginal cells is that they find each other—not because of a plan, not because someone told them to, but because they vibrate at a frequency that attracts one another. They connect, cooperate, and create something that has never existed before.

And when the butterfly emerges, it doesn't stay to admire its beauty. Its job is to pollinate, to nourish, to create the conditions for others to grow.

The lesson of the imaginal cells is not just about transformation—it's about what we do next, how we serve, how we lead, and how we trust that in the very moments we feel like we're unraveling, something extraordinary is forming.

Leadership, healing, and growth all require the same thing: persistence, surrender, and the willingness to unbecome who we were so we can become who we are meant to be.

Here's the truth:

*The butterfly isn't coming.*

*It's already here.*

*It's us.*

I invite you to look around.

*Who are your imaginal cells?*

*Where are the people, ideas, and values vibrating at the frequency of what's possible?*

*Can you allow yourself to trust that in the goo, something magnificent is gathering?*

Because nature never tires of reminding us:

**We are always becoming.**



alienation/burnout  
DRENCHING STANDBILL

When a complex system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to shift the entire system to a higher order.

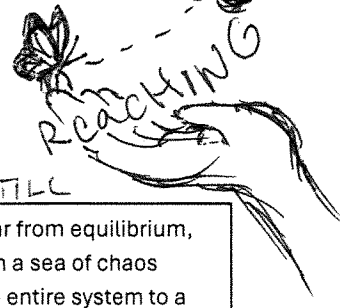
Ilya Prigogine, Nobel Prize winning chemist

For digging deeper:

- Joanna Macy's *The Great Turning*  
[ecoliteracy.org/article/great-turning](http://ecoliteracy.org/article/great-turning)
- "Screw this...Let's try something else" podcast (based in the UK, but could totally be us, too!)

A responsive relationship to the world... in which SUBJECT + WORLDage mutually transformed

TOWARDS RESONANCE



crises of modernity & social acceleration



terminology from sociologist Harmut Rosa