

## The Magic of a Dragonfly

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Dragonflies were some of the first winged insects to evolve, some 300 million years ago. The largest living dragonfly lived over 250 million years ago (before the dinosaurs) and had a wingspan of over three feet! Modern dragonflies have wingspans of only two to five inches.

Dragonflies are expert fliers. They can fly straight up and down, hover like a helicopter and even mate mid-air. If they can't fly they'll starve, because they only eat prey they catch while flying. A dragonfly needs warmth to fly and you will notice they will often land when the sun goes behind a cloud. Nearly all of the dragonfly's head is eye, so they have incredible vision that encompasses almost every angle except directly behind them.

A dragonfly spends most of its life as a 'nymph' (an alien-looking, larvae-like creature) crawling around the bottom of a pond. This stage can last up to four years. Then, one seemingly random day, the nymph climbs out of water, onto a reed and out into the sunlight. There, it sheds its skin and transforms itself into its true dragonfly self. Transparent wings unfurl. Magical colours emerge. And the dragonfly spends the rest of its life soaring. And so it transforms itself from a nymph in the water element into a winged creature that can fly and hover in the air above the water – a creature of the air.

Dragonflies are the keepers of the portals of magic, dreams and mystery. Their wonderful energy can help you to change and grow as they bring you many things, including some of the abilities listed below.

- *To become as fluid and graceful as a dragonfly's flight so that you can change direction rapidly and with ease and grace.*

Dragonflies are characterised by amazing flight patterns as they can change direction swiftly, gliding through the air with no apparent effort. This ability will help you to become more flexible – to be able to flow with whatever is happening around you. It can allow you to see that there is no point in banging your head against a brick wall when, by changing your direction or thinking, you can move past any obstacle in your lives.

- *To transform yourself and rebirth as the person YOU truly want to be.*

The dragonfly spends years in the waters before transforming into its true self. You have spent years learning, growing, absorbing and accepting patterns that have made you who you are today. However, many of these patterns have been put in place to please others or to support what was happening in your life at that time. They may no longer portray who you actually want to be. The dragonfly

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energy will help you to adapt more readily to the constant change that is part of your life.

- *To look past the illusions in your life, both internal and external, to your reality.*

For many different reasons, you often don't allow yourself to see clearly what is happening in your life, both around you and within you. Often this is because you are afraid to step outside of your comfort zone and allow change to happen in your life, and so you choose to remain within the illusion of what is happening, instead of looking through that illusion to the reality. These illusions may also have been developed for your own protection, but you have allowed them to become your reality after they have reached their use by date. You build walls around yourself with these illusions and convince yourself that they are your reality. Dragonfly energy will help you to see your true self more clearly.

- *To help you to bring your dreams into your reality.*

Water is symbolic of the subconscious mind ('deeper mind', 'dreaming mind') and relates to the thoughts we have in the relaxed, meditative, sleeping and subconscious states. And so, during its life in the water, the dragonfly dreams of its reality until it transforms into that reality. Within your subconscious minds are your dreams, dreams that perhaps you don't believe can ever be manifested. Do you know what your dreams are? Have you ever dared to define them to yourself, or are they something nebulous that you are afraid to put into words? Your dreams are your soul's way of guiding you to do and be what you came here to be.

If a dragonfly comes into your life, whether in reality, in a meditation or a picture that you might see, make space at that time to thank it for being there. Tap into the opportunity to really look at who you want to be. Not that person who has collected all the labels and illusions through their lifetime and perhaps forgotten that you have the ability to change and grow. Dragonflies give you the opportunity to acknowledge those dreams that you hold deep within you, and bring them forward with ease and grace, allowing yourself the freedom that the dragonfly has to transform yourself into the beautiful being that you truly are.

If you choose to use the dragonfly energy to help you to change and transform, you may like to carry a picture of a dragonfly with you as a reminder of what you are achieving, and the help that you are receiving. You can download free images of dragonflies at websites such as <https://unsplash.com/s/photos/dragonfly> and <https://www.freeimages.com/search/dragonfly>.

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