

Old Butterfly Sultanas Manifesto

Today, we **commit** to embodying our spiritual wisdom
as Female Elders.

We **create** space for change by letting go of thoughts & habits that no
longer serve us.

We **practice** healing & elevating conscious living by example.

We **revitalize** through self-care & service to community,
radiating joy & unconditional love.

We **breathe** into rhythmic health & give voice to truth.

We **choose** laughter, friendship & curiosity.

We **interconnect** as tribe to increase soul power.