



Living Not Dying: A Song titled “Butterfly”

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Introduction

Nursing is not merely a profession it is a vocation. Being a nurse means giving of oneself even in difficult circumstances. Our society has made it difficult to age, to become ill and to die. Yet death is inevitable and how we treat those who are terminally ill is reflective of the values that our society holds. Accepting death means that the quality of life improves. As a nurse with the lived experience of seeing mothers hold their stillborn babies in their arms to holding my terminally ill father in my arms, I have come to realize that death can be beautiful. If we remove all the fear, the anger, and frustration and focus on the beauty of the life that blessed our hearts, we understand a little more of what life is truly about.

A beautiful woman who battled cancer three times in her life inspired this song. Upon her third diagnosis, I asked her, “Do you ever wonder why? Do you get angry and question God’s motives?” Her reply was humbling to me. “No, I never do....If I do, then I lose sight of all my wonderful blessings.” I realized, that as a nurse, I am called to help patients focus on their life...not their illness.

The butterfly goes through a transformation, a period in time where there is self-reflection and solitude with oneself. A time to decide if one will focus on life or death. Once the realization is made, the butterfly has the option to come out of its transformational place and fly. May every butterfly you see be a reminder that life is precious, fleeting and that love carries on, transcends death and makes this journey bearable. To those who have lost loved ones, please rest assured, they are not far from here, for they and their love reside in our hearts.

<https://youtu.be/Ge7NSjXeaqQ>



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Lyrics to “Butterfly”

Once upon a time, there was an angel in disguise
A precious little lovely butterfly
Though she had reasons to be frail, you would see her
flying high

Spreading love and hope to all who passed her by

Chorus:

**Although she may seem far from here, the love will
never die**

From this precious little lovely butterfly

She was one to count the blessings for the simple
things in life

And she never let her pain disrupt her flight
She was blessed, so highly favored, you would often
hear them say

She was a soldier in God’s army everyday

Chorus:

**Although she may seem far from here, the love will
never die**

From this precious little lovely butterfly

She lived her life for Jesus, not for glory, not for fame

Yet she touched so many lives along the way
Then this precious little butterfly, flew through
heaven’s gates one day

When God Our Father proudly called her name

Chorus:

**Although she may seem far from here, the love will
never die**

From this precious little lovely butterfly

Mommy, our precious butterfly...our love will never
die

We’ll be loving you for the rest of our lives
We’ll be loving you our Precious Butterfly

