

*the butterfly rises*



*kit tremaine*

*one woman's transformation  
through the trance channeling of  
verna v. yater, ph.d., kevin ryerson and others.*

**"The Butterfly Rises** is a sensitive, well-written, down-to-earth account of Kit Tremaine's spiritual explorations, especially as they are informed by her conversations with the trance channel, Verna V. Yater, Ph.D. and others. There is much lore of the inner life in this book, and some useful inquiries about karma, reincarnation, UFO's, mystical insights, and other esoteric matters, all of which is informed by Kit Tremaine's intelligence, good sense, and adventurous spirit."

—Michael Murphy, Founder, Esalen Institute

"I like what I've read so much and would like to read more if I'd picked up the book at a bookstore! I'm not a believer but I'm prepared to believe by Kit Tremaine's no-nonsense approach."

—Barnaby Conrad, Author, *Time Is All We Have*

"Anyone who enjoyed Shirley MacLaine's *Out On A Limb* will surely be interested in Kit Tremaine's story of the evolution of a soul, *The Butterfly Rises*. I recommend it highly and heartily."

—Ben Weininger, M.D.

"Kit Tremaine, a well-known resident of Santa Barbara, California, discovers the meaning of metaphysical wisdom given through the channeling of Verna V. Yater, Ph.D., Kevin Ryerson, and other channels. Indira Latari and Chief White Eagle, two of the spirit guides channeled by Verna Yater, show her life linked with those of her lover, John, whose tragic death was followed by the death of her elder daughter, Diana.

"Kit's widely-known work with progressive projects helping humanity, show only a public aspect. The deeper wisdom comes from her own experience, and ultimately her understanding of the web of human interaction in which we all play divine roles."

—Alan Vaughan, Author, *Edge of Tomorrow*

photo: kevin mckiernan



# Contents

CHAPTER		PAGE
One	From There to Here	11
Two	On Karma, Reincarnation and God	38
Three	The Path of the Channel	57
Four	Light, Sound, and Vibrations	69
Five	Past Lives	79
Six	The Essenes, President Reagan, and John Lennon	107
Seven	Some Thoughts on Neutralizing Radiation, the Earth Shift, and Native Americans	125
Eight	Spiritual Service	140
Nine	Extraterrestrials	160
Ten	Dolphins	178
Eleven	Karmic Completion	188
Twelve	FutureVision: The Gaia Spirit	204

## Introduction

I WAS LYING quietly under the influence of a mild drug waiting to go into the operating room for minor eye surgery and thoughts about butterflies were running around my head. I pondered how the butterfly must first unravel from the bonds of its cocoon and then transform itself from an earthbound caterpillar into the skyborne butterfly. It must then BELIEVE that it can fly. Suddenly it came to me that the image of the butterfly's metamorphosis was appropriate for the title of this book, because in a number of ways the butterfly's evolution mirrors my own progress from earthbound materialist to spiritual seeker.

Through the trance channeling of Verna Yater, I absorbed the words and guidance of my spirit teachers—notably, Indira Latari, a Hindu woman of the nineteenth century, and Chief White Eagle, a Cherokee medicine man of no time and all time. In the course of over three years work, I received astonishingly varied and interesting information and also increased my spiritual knowledge of how best to progress on my own path toward soul growth.

One of the most stunning realizations of my ever-growing awareness is the tragic consequences of our current ways of thinking. What irony it is to reflect on the wars that have been and are presently being fought over the question of whose path to God is the correct one. If, as we believe, God is Love, how can it be that God would differentiate between Buddhist and

Jew, between Muslim and Hindu, Christian and atheist? Why do we fight bloody wars, killing brothers, parents, children and strangers in the curious belief that because others pronounce the name of God differently than we, they are therefore inferior and thus fair game for killing?

It seems to me that we have a long way to go, and I am everlastingly grateful to have been helped along my path by those in the spirit world who have given me of their wisdom. To all who have spoken from "the other side of the veil," my thanks, my blessings, my heartfelt gratitude. On the earth-bound side of this great mystery, I could not have written this book without the help of my friend and editor, Steve Diamond, himself a writer and constant source of advice and encouragement, as well as initiator into the esoteric world of the word processor. Thank you, Steve, and ten thousand thanks to Verna for being the talented transmitter of my new wisdom.

Finally, I am aware of the great changes which have occurred in me through spirit information. As I was told at the beginning of my work, it was not being transmitted for myself alone, but to share with others, and I am grateful for the opportunity to be of service in this way. As a result, my entire life orientation is different and my realization of the "why" of my life is quite clear to me now. It is my hope that perhaps the readers of this book will be similarly awakened.

*Kit Tremaine*  
*June 1987*