



Interview with Meg Nocero

Author of *Butterfly Awakens: A Memoir of Transformation Through Grief*

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1. Who is Meg Nocero?

She is a magical manifester, an inspirational speaker, a transformational coach, and an award-winning storyteller who inspires hope and empowers frustrated creatives to align with purpose. She is the author of **The Magical Guide to Bliss: Daily Keys to Unlock Your Dreams, Spirit & Inner Bliss, Sparkle & Shine: 108 M.A.N.T.R.A.s to Brighten Your Day and Lighten Your Way**, and in September, **Butterfly Awakens: A Memoir of Transformation Through Grief**. After being brought on stage in Miami with Oprah Winfrey in 2014, she founded Butterflies & Bliss L.L.C. and S.H.I.N.E. Networking Inc., a nonprofit that provides educational scholarships to young innovative leaders in her community. Along with online magazines, she appeared on CNN Español, BookOnline and hosts her own YouTube/podcast called *Manifesting with Meg: Conversations with Extraordinary People*. She just delivered a TEDx entitled, **Wake Up! How to Create A Better Story for a Happier Village!**

2. What makes my journey magical so far?

I love to inspire and be inspired by others. When I wake up in the morning and start my day with the mantra, "Something wonderful is about to happen," -inspired by one of my favorite authors Pam Grout- I get ready to pay attention to people, places, and things that align there. While I embrace the vulnerability of my humanity, I genuinely empower myself to be the writer of my own story of becoming the best version of myself. Facing many internal challenges, I prefer to look at the unfolding of my beautiful tale as an opportunity to truly embody the mantra that appears on my mother's epitaph- *Live Love Laugh* or in Italian because those are my roots: *Vivere, ridere, amore!*

3. How did I awake to powerful personal and professional change?

When my mother passed away in April of 2011, I was not ready to lose her. The grieving process hit me like a ton of bricks. Not only did I miss her physical presence in my life and felt like my heart was breaking, but I also could not comprehend the loss. I relied upon her for so much and did not realize it until she was no longer physically there. Before she passed away, she told me that overwhelming stress would kill me and that I should focus on not having regrets at the end of my days. At that time, I practiced law as a federal immigration prosecutor with the Department of Homeland Security. I had to take a long hard look at whether that was the path that I wanted to continue to walk.



Because I still searched for her guidance, I started to write a guide of my own that contemplated what she taught me over the years. And, in 2015, I published my first book called **The Magical Guide to Bliss, Daily Keys to Unlock Your Dreams, Spirit & Inner Bliss**. And, when I started to follow my guide, so many beautiful things began to unfold.

4. Tell us about the Butterflies & Bliss Trilogy?

In October 2020, I published my second book called **Sparkle & Shine: 108 M.A.N.T.R.A.s to Brighten Your Day and Lighten Your Way**. It is a book of affirmations that can uplift your spirit and give you tools to shine brighter when practiced daily. And, on September 7, 2021, my memoir entitled **Butterfly Awakens: A Memoir of Transformation Through Grief** will be published by She Writes Press. In this must-read journey of transformation through personal loss, health challenges, and professional struggles, I tell how I overcame adversity by embarking on a spiritual and physical journey. I wrote it because I wanted to be the light I wish I had in my darkest moments. I wanted to help others believe that there is, indeed, a light at the end of the tunnel. In the end, like the metamorphosis from caterpillar to butterfly, this story is a beautiful love letter that honors my mother's legacy while detailing the awakening of my own.

My three books, *Butterflies & Bliss Trilogy*, are companions. To truly comprehend how I transformed my life in **Butterfly Awakens**, you can experience the channeled wisdom in **The Magical Guide to Bliss**. Then, to keep moving forward on the hero's journey, **Sparkle & Shine** is the handbook that adds a meditative mantra practice to brighten your day and lighten your way. With all three, it is time to get inspired and come alive to the beauty of your dreams.

5. Is bliss an attainable state of being, and what does one have to do to manifest the life of their dreams?

As a fan of positive psychology and everything surrounding happiness and bliss, I believe bliss is an attainable state of being. The real key to this state of mind is perspective. Truly become aware or awake to what moves you and what you are passionate about is a significant first step in the right direction. Many people strive to accomplish things for many reasons that do not align with purpose. For instance, doing things solely because they believe they will bring financial rewards or external approval (this was my kryptonite for a long time!) In the end, if you are not aware of your "Why?" then you will not honestly know what path will lead you to manifest the life of your dreams. I know that it is a good idea to stop and get intentional around your life and ask yourself these questions: what makes you come alive? What do you love doing and brings you great joy? And what can you do today to bet on yourself?

I love this poem by Mary Oliver, "Instructions for Living a Life. Pay attention. Be Astonished. Tell About it." It is so simple. If you set your intentions, start to pay attention to who shows up, what opportunities unfold, and where the path takes you, then get excited about the unfolding

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of a story that genuinely you will love. Then, as an author, tell whoever will listen all about it because when you share your life from a place of vulnerability—that might be the answer to another person's prayers. And, there is no more incredible feeling of bliss to be a part of the reason why another person did not give up on the beauty of their life.

6. How can readers connect with you?

Manifesting with Meg: Conversations with Extraordinary People.

YouTube channel: <https://www.youtube.com/channel/UCati3jiHnBi5ym6z8Pcu5iQ>

Anchor Podcast: <https://anchor.fm/meg-nocero>

Website: www.megnocero.com

Facebook: www.facebook.com/meggiebliss

Twitter: @megnocero

Instagram: @megnocero

Linked In: www.linkedin.com/in/meg-nocero-esq-686b8715

7. Why are you so passionate about helping women SHINE?

My passion is to help others grow in their belief in themselves to come alive to their brilliance. Confidence, a feeling of self-assurance arising from an appreciation of your abilities and talents, is, in my estimation, an essential attribute to both personal and professional success in life. If one genuinely believes in oneself, then anything is possible. And, if I can share this wisdom through sharing my "shine," what I say, or how I live my life, and my story impacts just one person to wake up to the reality that they are on this Earth for a purpose or a calling that is unique to themselves and important for the world, then I am a success. It is only because I, too, have struggled with a lack of confidence and insecurities throughout my life that I know how important it is to tune out the naysayers, really believe in the beauty of my dreams, and show up as authentically "Meg" as I can.

8. What does sharing your story mean to you?

Sharing the vulnerability of your story through memoir is very empowering and cathartic for both you and your audience. Together, through a powerful story, we can unite through the challenges and shine a light on our strengths and talents to set out to be of service to each other and start a ripple effect beyond our wildest imaginations.

9. How did you overcome the pain in your life? (Dark Place you were in)

I once wrote this to a dear friend of mine when she was going through a challenging time: "Don't rush life to get to a place where you suddenly will be enlightened, feel happy, and experience no sadness. Just be. Know you can feel the pain because you were really in love! That's good; that is what we are here for, to be in love with love and all the people and experiences that come our way. Know that you will come out of this period better than before,



feeling more happiness than ever. Love and just let go, slowly and in your own time." My friend resent this to me during my darkest hour after the loss of my mother in 2011. I needed these words to inspire me to continue.

I still have dark times, especially after the pandemic, and I am working through overcoming pain in varying degrees. I don't think that pain in life ever ends; my father has said that is the price we pay to be human. However, the key, I believe, is not to unpack and stay there. The root of the word emotion is *e-motere*, to move through. With all feelings that arise from different circumstances, instead of pushing them down or ignoring them, it is imperative to feel what you feel and trust the process of life to learn thoroughly. On the other side of the coin, this is a welcome bit of advice when you feel joy or happiness, truly embrace that and feel every bit of the good stuff as you can as well. We are here to enjoy the process too!

10. Any tools or wisdom to share from your journey?

I did reach out to get help during that dark time when I realized that I could not go it alone. And, once I asked, believed, and was ready to receive, I slowly was able to see the light of others to remind me of my own that I could not see. Suppose you keep moving forward in life and trust the process? You might discover that the universe is rigged in your favor; then, having learned the hard-earned lessons of life, it does get easier, especially when you start to pay attention to the synchronicities all around. Most definitely, synchronistic moments become the magic and miracles that transform a journey into a blissful one. While struggles exist, lack of confidence and insecure moments return, perhaps having the wisdom of the ages or even great books to help guide your way, it won't be as hard the second, third, or fourth time around. We are all in this together and need each other. Isolation is not the key when depression meets despair. Connecting to another person from a place of love is a much better option; you only have to ask. And if you are someone who sees another in need, reach out. You might be the one person who could be their lifeline.

11. What is your core message to those who feel like giving up?

In my book, the month of April is all about Transforming Dreams into Reality. One of my favorite insights on this is "So Never Quit, Never Quit, Never Quit!" So my core message is NEVER QUIT! And the excerpt of this insight from **The Magical Guide to Bliss** is as follows: "If you dream big, don't get discouraged on the journey. As long as you put one foot in front of the other, you are one step closer to realizing your dream than you were the day before. So never quit. If you dream big, don't let mistakes turn you away. As long as you make them a part of your learning process and take the lesson as you go, your reward will be great. Continue to make commitments that you proudly stand by. Set firm yet flexible deadlines to guide you along. Never quit! If you dream big- even if you falter along the way- as long as you keep your

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vision close, you will continue to guide yourself despite the enormity of the task at hand. As long as you do something each day and use your intuition as a guide, you will meet success face to face with the pride that comes from never having given up on that burning desire within. So never quit! With your dreams, your life journey becomes exciting. With your dreams, you will know magic. And with your dreams, you must be open to all the connections that you attract to yourself. As long as you proceed to manifest your dreams, the field of potential will react in kind and deliver those miraculous surprises if you stay the course. So never quit!"

That is what happened as I started to walk my journey in **Butterfly Awakens**; I decided never to give up. Yes, there are times when you need to rest. But when you get your strength back, get up and start walking your Camino again.

12. What is the truth that you live by?

There is a quote by Carl Jung that I love. It goes as follows: "The privilege of a lifetime is to become who you truly are." Simply put, to truly become "Meg" means to let go of my need to seek approval from others for my value or worth. While this is a shortcoming of mine, I can change what no longer serves me and let it go by calling it out. I am not fully there yet, but I am better than yesterday, and tomorrow will be even better than today as long as I trust the process of life. I believe in magic and the miracles that I get to discover each day. I know a divine source loves me and put me here on this Earth for a reason. It is my job to pay attention to what makes me come alive and figure out what that is. Paying attention, being astonished, and so very grateful, I share my story with others as a magical storyteller. Then, I get to forgive and be forgiven, love and be loved, cry, get angry, dance, sing, and experience all the emotions life has to offer, but most of all, embrace the possibilities each day as they unfold. And, that ultimately is where peace lies and a freedom that is like no other.