

True Reflection Retreat Culminates: Celebrating Transformation, Preluding the Grand Butterfly Gathering

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-- The True Reflection Retreat has successfully concluded, leaving an indelible mark on the lives of its participants.

Hosted in the serene and picturesque environment in Teton Village, Jackson, Wyoming, the retreat provided a transformative platform for deep self-reflection and growth, setting the stage for the highly anticipated [Grand Butterfly Gathering](#) event, scheduled for Saturday, June 28, 2025.

Guided by the renowned James Uqualla, the weekend was an immersive experience filled with profound teachings, ceremonies, and creative expressions. Participants were encouraged to reflect deeply on their personal journeys, identifying areas for growth and envisioning a brighter future.

The retreat, curated by [The Trueness Project](#), featured moments of shared storytelling, fostering a sense of community and connection among the twelve attendees. It also included a morning dedicated to creating art as a means of visualizing transformation.

An inspiring art therapy session, led by an experienced artist and facilitated by M. Teresa Lawrence, encouraged participants to visualize their current state and their aspirations through art.

Teresa, who co-facilitated the retreat, emphasized the significance of art in the journey of self-discovery: "Art is vital. It is a tool through which we share our stories."



Group photo of True Reflection Retreat participants.
Photo: Trueness Project

Beyond the walls of the retreat and the reflective and creative sessions, participants enjoyed enriching excursions, including a visit to the Wind River Tribal Buffalo Initiative, where they witnessed the inspiring efforts to reintroduce bison to tribal lands.

The group also explored the stunning natural beauty of Grand Teton National Park and the vibrant Town of Jackson Hole, immersing themselves in the region's rich culture and breathtaking landscapes.

The retreat culminated in a powerful transformation ceremony led by Uqualla, where participants symbolically emerged as butterflies, embodying their personal growth and new intentions.

The experience inspired the formation of a mastermind group among the twelve attendees, who set their collective intention to reunite at the Grand Butterfly Gathering event in June 2025.

The four-day experience provided an unparalleled platform for participants to connect, reflect, and envision their future selves. It served as a profound reminder of the power of reflection in transforming lives and building meaningful futures.

It concluded with the formation of a mastermind group comprising twelve participants, united in their intention to gather again on June 28, 2025, for the Grand Butterfly Gathering.

This highly anticipated event will once again be guided by Uqualla, who will deepen the transformative journey initiated during the retreat. Its legacy will continue to inspire and guide personal transformation.



James Uqualla, the retreat facilitator. Photo: Trueness Project



Retreat participants envisioning their future selves through art and introspection. Photo: Trueness Project.

Reflecting on the weekend, Uqualla shared a powerful insight: "By looking back and reflecting on our journey, we have the ability to plan and look forward to a brighter future."

About the True Reflection Retreat

The True Reflection Retreat was a transformative experience that blended reflection, art, and personal growth. It empowered participants to examine their past, embrace their present, and envision their future selves through guided teachings, introspection, art therapy, and ceremonies.

About the Grand Butterfly Gathering Event

The Grand Butterfly Gathering, happening on June 28, 2025, is a transformative event designed to inspire and empower individuals from diverse backgrounds. Our goal is to foster a strong sense of community and connection, providing a platform for learning, sharing experiences, and being inspired by stories of resilience from our speakers.

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The team visited the Wind River Tribal Buffalo Initiative to see the reintroduced bison and appreciate nature. Photo: Trueness Project



Symbolizing their intentional and envisioned transformation, the participants finally emerged as butterflies. Photo: Trueness Project.

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