

*Be  
Transformed*

EMPOWERING  
YOU FOR DESTINY



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Transformed*

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YOU FOR DESTINY

CARMELA E. HEAD



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# *Dedication*



This book is dedicated to the memory and legacy of  
my dear, late husband, Harold E. Head.  
“Em” always encouraged me to have faith and to live  
life to the fullest.

And to my beautiful, two precious children,  
Shomari and Emmett, my wonderful pearls,  
who are always my cheerleaders,  
and always encouraged Mom to write,  
be creative, and live her dreams.

*I Love You!*



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## *Introduction*



*I* am fascinated by the story of the life cycle of the butterfly. I find it has great significance, and it is very profound. Anyone who knows me best could tell you I truly love butterflies. You can rest assured you will find pictures and images of them somewhere in my house, on my office walls, or even embellished on my stationery. Their beauty, each one, is so unique. They represent uniqueness, liberty, peace, and most of all, transformation. Because that is what the life cycle of the butterfly is all about— transformation and process.

In life, we are continually in a process and what we do during the process ultimately determines our outcome. We see the result of the transformation of the butterfly in the beautiful vivid colors, the variations in their patterns, and the fact that the butterfly is free to fly wherever it

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wants. But, we should never forget the caterpillar. The lowly caterpillar is not as highly acclaimed as the beautiful butterfly, simply because few remember the daunting pain and sacrifice the caterpillar has to endure during the chrysalis stage. For in this stage the caterpillar goes through enormous changes. When I researched the life cycle of the butterfly, I found out that when the caterpillar is in the chrysalis stage he is alone. Within the chrysalis, it is dark with no outside influences. Inside the chrysalis, the caterpillar is broken down into a mushy substance. The process is long. The molecular structure of the caterpillar is changed, altered, and reconfigured to prepare him for the next step—his emergence. In that emerging process, the newly formed butterfly has to, literally, squeeze himself through a tiny hole. With no help in sight, the caterpillar emerges slowly, pushing, smashing, for days and weeks on end. Finally, the glorious day arrives when he pushes himself forward, complete, wings and all, and takes flight. I'd like to think the caterpillar knew he would come out triumphantly anyway.

In life, the chrysalis stage is a process where we are fine-tuned, and our lives are restructured to manifest great things. My focus in this book is not necessarily on the chrysalis stage in life. I do believe that very soon, as God gives me more insight and revelation, I'll pen another book. It will focus on how God uses our most treacherous situations in life to help us navigate to a higher level in our purpose.

## *Introduction*

But for now, I want to share a compilation of some the many articles I have written over the years to empower others. For some time, I have had the wonderful opportunity and grace to share these articles as a columnist and contributing writer for SPOLIWA (Springs of Living Water Ministries). My articles were featured in the quarterly column, “Virtue’s Vineyard: For His Godly Daughters Who Are Tapped Into His Vine.” I have been afforded many opportunities to inspire and share these articles with others based on the many tests, trials, and learning experiences I have been through in my own life. Truly, we all haven’t arrived yet because we are still in the learning and growing mode. But we definitely can use what gifts, talents, and abilities God has placed in our hands. My gifts are to empower, inspire and educate others to recognize their gifts and maximize their strengths.

Just like the butterfly, we all are remarkable and unique in every sense of the word. Many of us need a push, clear insight, or more revelation to propel us into transformational moments in life where we realize who we are, what we have, and what we can do makes all the difference. It is in those defining transformational moments we decide to make a positive change in our lives. That is why these moments are so paramount to us. In them, we allow God to become the driving force that propels us to our destiny.

## *Be Transformed*

It is my prayer that the pages of this book empowers and inspires you to greatness! Use the Insight pages and Transformational Moments to help you forge ahead refreshed, empowered and anew. Write on those pages. Revisit and rehearse your affirmations, your vision, and continually take notice of your extraordinary attributes. Soon you will be on your way to your defining moment. Be transformed!

Many Blessings,

Carmela

*You Are . . .*



*D*id you know that who you are carries a significant weight in this life? You are the only one in this entire universe who has your distinct DNA and fingerprint. Everyone has purpose and a destiny within them, a gift, a calling, and talents that must be used. It is up to each one of us to recognize the power God has placed within us. That power enables us to achieve, accomplish great things, and become spiritual thermostats wherever we go. Scripture shows us from the beginning to the end who we are. Truly we are unique individuals. Who we are and whose we are makes all the difference. It is that distinction that empowers others. When we show up, the power of God within us shows out! And, with that, transformation occurs!

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In 2011, I was invited to speak at a women's conference. I was excited about the opportunity because I knew I had a strong conviction to share with others about their individual uniqueness in God and how to celebrate and embrace who they are. I still do. I know it is a part of my calling to empower and inspire others to recognize their potential and their unique attributes.

You and I are unique. Let's use a large box of assorted crayons or a band of butterflies as an analogy. Each crayon has a unique mix of colors required to create its special hue. It is, therefore, distinct. The same would be true with each butterfly. Every butterfly is different. Different colors, different design patterns, sizes, etc.

Who you are makes a difference. Once you really realize who you are and the greatness that is within you, you will cease having a desire to be like everyone else or to devalue your uniqueness.

As we journey together through this chapter, it is my prayer you will explore and recognize your attributes and identify your strengths.

I created an empowerment workshop entitled "Sparkling Gems Made by Him: Discovering and Celebrating Your Uniqueness in Christ" that I used at a women's conference in 2011. I would like to share some of my notes from that workshop with you in the following chapters of this section. May you be empowered, restored, and inspired to move into a greater



## *You Are . . .*

dimension, a greater awareness of who you are, to move forward into your destiny.

Let's begin!

Did you know that when God created us He made us to be extraordinary? The Greek definition for the word "fearfully" means reverence. So, when God made us by design, He did so with the highest esteem in us. The Greek definition for the word "wonderfully" means set apart or special reserve. Read Psalm 139:13-14.

### **God Made Me Unique**

For we are His workmanship, created in Christ Jesus  
for good works . . .

(Eph. 2:10)

I am convinced God specializes in variety. Each one of us has a uniqueness about us. We are made by His design. He equips us with unique personalities, temperaments, talents, spiritual gifts, skills, abilities, backgrounds, and ways of doing things. Even our own fingerprints are unique.





**ONE**

*A Special Treasure*



## *Chosen*



**B**ack in the day, when I was in grade school, the highlight of recess was who was going to get picked to play kickball. The captains of both teams were adamant about picking the best kickers and runners for their teams. Oh, the dreadful time of weeding out who was going to get picked. Worse yet, it seemed like the end of the world if you weren't even picked to be a contestant. As contestants, we stood there in anxiety waiting to be called, hoping we would be the next one so we wouldn't be the last ones standing. What if we were picked last or what if we weren't picked at all? We asked ourselves if all the ones picked before us had some greater talent for kickball.

We may not be playing kickball anymore, but, in a very real sense, we may feel we are still the last

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ones standing, waiting for some form of acceptance or validation. There may still be times we are passed over for a special project or not included in some activity. You may even have thoughts of uncertainty about your purpose. Why? Perhaps you have not yet received the revelation that you are chosen. In the article, “Identify Your Identity,” God shows us our identity is in Him and our sense of acceptance comes from identifying ourselves with what He has told us in His Word.

Do you know you *are* chosen? God’s love for us is so intense and so strong He had already chosen us before we even born.

Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love.

(Eph. 1:4)

Let that take root, my friend! The Greek word for “chosen” is *eklegomai*, which means to select or make a choice. Webster defines the word chosen as “selected, marked for favor,” or “special privilege.” It also means “elect; one who is the object of choice or divine favor.” Hallelujah! That’s enough revelation right there to make you jump up and down and give God praise, simply because He has thought enough of you and me to choose us, select us, make us the elect, and then to give us privilege and divine favor.

## *Chosen*

Do you feel you do not have anything to give? You have been chosen! Get busy doing what God has placed in your hands to do, and He will bless you. Do you look at yourself and feel you are not up to snuff? Not so, you have been chosen! The Word says we are like “a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper” (Ps. 1:3).

Do you feel you do not measure up, according to the standard of others? Well, we definitely know *that* is not important because, you have been chosen! Why? Because the Word states in Deuteronomy 7:6:

For you are a holy people to the LORD your God;  
the LORD your God has chosen you to be a people  
for Himself, a special treasure . . .

You may be thinking, *Well, I have really messed things up, or, I am having challenges in my life; I am sure God can't use me anymore.* What? Absolutely not so! My dear friend, remember we have been chosen already and have the privileges and rights of citizens of the kingdom of God. That is redemption. So, get back in the race and take your place in destiny! You have much to contribute. You are a special reserve. You are the elect. You are loved. You are cherished. You have living water springing forth from inside of you. Your price is far above rubies. You are highly favored. God has picked you. He has selected the best. Most of all, remember you are chosen.

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I pray you use and enjoy these daily confessions.  
Shout them out loud or speak them into your spirit.  
Be blessed!

### **Chosen Daily Confessions**

I have much to contribute.

I am a special reserve.

I am the elect.

I am loved and cherished.

I have living water springing forth  
from inside of me.

My price is far above rubies.

I am highly favored.

I am a special treasure.

God has picked me.

God has selected me.

God has chosen me.