

THE POWER WITHIN YOU

FIVE-WEEK OPEN CLASS

FAIRY TALE HANDOUT

WEEK TWO

1. Call in the Light for yourself.
2. Fill in the blanks with body parts or areas, or information about your emotional or mental levels. Just put down what comes to you.

Once upon a time there was a person who lived in a wonderful city and knew a great many very special people. These people were very enthusiastic and often asked this person to join them in fun and adventure. But this person would say, "I can't today, my _____ isn't quite up to it." And the person would stay home to focus on the _____ that was out of balance.

The person had a decent job, but didn't go quite as far as they might, or enjoy it quite as much as they might because their _____ interfered. This person has a beautiful spiritual focus and regularly sat down to do meditate, but sometimes a discomfort or imbalance in _____ got in the way.

One day, the person saw how these _____ were blocking their fun, success, and progress. The person prayed, "Lord, please help me to just heal and move past these _____."