BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

The Bird in the Golden Cage

(a story from India)

There was once a ruler of a kingdom, who heard the sweet song of a bird. A bird that was able to fly to different branches of different trees, roam in the clear blue sky or thunderous showers. It could see the whole world. The bird enjoyed its freedom. However, the ruler was in love with the birdsong and wanted to hear it every morning. So the ruler's assistant caught the bird and placed it in a golden cage filled with diamonds, and other precious stones.

But the bird didn't like the cage. It could no longer fly, and it was deeply upset. The bird would weep, but the ruler thought the bird was singing a beautiful song and was immensely happy.

The ruler believed that the bird appreciated the golden cage with precious gems. After all, who wouldn't love it?

One day, the assistant was assigned to clean the cage, and when the cage door was open, the bird flew out and flew to the nearest branch it could find.

Watching all this was a parrot. The parrot was annoyed at the bird and said to the bird, "What are you thinking? You had such an amazing home. All you had to do was sing the most beautiful songs for the King and you were given a golden cage. You're an idiot for giving up the gold and the precious gems. You didn't even take one out when you left. You have lost everything with your so-called freedom."

The bird listened to the parrot. And after giving it some thought, the bird replied to the parrot, "You may live in the cage if you like it so much. But I prefer the freedom of roaming in the sky, living day by day and being happy because I am alive."

Before the bird was able to finish his point, the parrot flew inside the cage.

Which part of the story is about you?

Notice moments in your life when you felt free.	Notice moments when you felt trapped and lost your freedom. Also notice when the cage provided some comfort /relief.	Notice moments when you broke out of your trap and regained freedom?	What action or social support in your life enabled (or will enable) you to regain your freedom?

Notice if any of these of spiritual distresses pertain to you:

- Vulnerability
- Helplessness
- Despair
- Emptiness
- Isolation
- Resentment
- Sorrow
- Fear / Anxiety
- Lost

What keeps you: trapped? or in constant chaos (no safety)?

1.

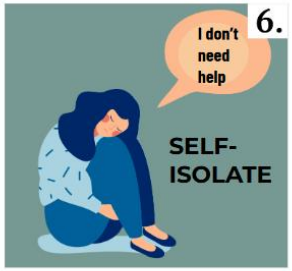
2.

3.

4.

5.

6.



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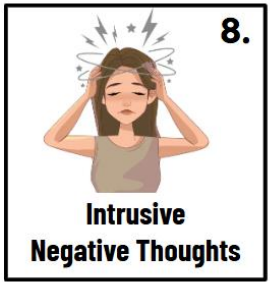

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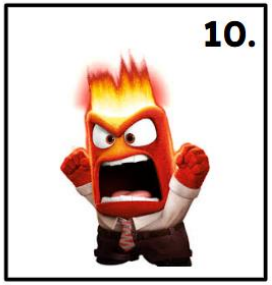

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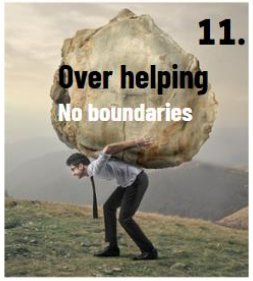

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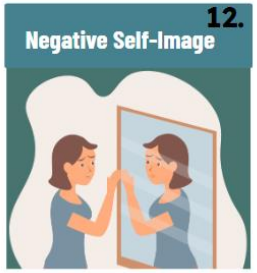
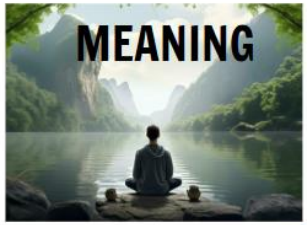


13.

What spiritual gift of healing will enable you to (A) spread your wings OR (B) provide safety?



CIRCLE A FEW LISTED BELOW THAT YOU FIND HELPFUL IN MOVING TOWARDS YOUR FLOURISHING & THRIVING

COPING TOOLS

RISE **Self-care basics:** Learning to transform through actions that might help us rise above obstacles we encounter.

INSTRUCTION: Out of the 4-letter acronym, name one that you can commit to while you are in the hospital.

R - Regulate breath:

As intense feelings arise, take slow deep breaths.

Do not ignore or distract - be mindful with your body, feelings & emotions. Be gentle with yourself.

Slow breathing is like an anchor in the midst of an emotional storm: the anchor won't make the storm go away, but it will hold you steady until it passes.

I - Investigate Thoughts:

Notice thought patterns. Utilize different tools to process:

- **JOURNALING**
- **COUNSELING**
- **SUPPORT GROUP**
- **READ A BOOK**

S - Sustenance:

Put nutrition in your body.

E - Exercise:

Move your body, do something positive: create art, go outside - breathe in fresh air & feel the sun, play in the gym.