BREATHE

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

Story adapted from:

- C.S. Lewis's "Voyage of the Dawn Treader" (Ch. 7)
- Armenian tale "The Sun-Girl & Dragon-Prince"
- African folk tale, "My Inner Song"
- George Lucas – the story of Anakin Skywalker

The Dragon & The Healer *(by Chaplain Donnel)*

In a small village, there was once a person whose inner song was to help others become who they truly are. He helped others, and did really well. After a series of painful and traumatic life struggles, he was lured by the treasure of power and control. The person's obsession with power and control eventually led him into the dark caves where the treasure was located.

In the dark cave, he was able to have all of the gold he wanted, but little did he know that the cave had a dark spell in it. As soon as a person entered the cave of power and control, that person ended up becoming trapped, and he grew scales in his body and became a dragon.

This person who turned into a dragon became intoxicated with fear, anger and despair - an energy, which when released, came out as red fire. The fire of fear, anger and despair ignited when the dragon suspected that someone else was going to steal the gold from him. Fully obsessed with its golden treasure, this dragon, who used to be a person, has now forgotten who he used to be. He has forgotten his sacred song - the song of helping others become who they truly are.

Years passed, and in that very same village, there was a medicine woman who made medicine by growing medicinal plants. This woman was said to also have powers just like the dragon; but her power comes from a different source: from the warmth of the light of the sun - which creates peace, joy, hope and new life.

The medicine woman of the village took it upon herself to find the lost person who had disappeared into the dark caves. She entered the dark cave, and saw the dragon guarding its treasure. Unsurprisingly, as she approached the dragon guarding its gold, the dragon started to breathe out fire - the fire of fear, anger and despair.

However, she stayed calm, and said: "I see your pain, your inner conflict. And I know who you truly are. I see the good in you. You are a beloved child of the creation. Your true song is to help people become who they truly are."

After saying these words, the medicine woman gave the dragon a kind embrace, and sang his sacred song to the dragon's ear.

Why have you come to earth? Do you remember?
Why have you taken birth? Why have you come?
To love, to serve and remember.
To love, to serve and remember.

And when the sacred song struck the ears of the dragon, tears started rolling from the dragon's eyes. Then something miraculous happened: the tears melted away the dragon's scales and he became a person once more. With the dragon scales melted away by the tears, he started embracing his inner sacred song once again. Together with the medicine woman, they went back to their community to help others heal, and guide people to become who they truly are & remember their sacred song.

REFLECTION: Reflect on the wondering questions below with a friend by taking turns in answering each question.

- Which part of the story did you find most important? What resonated with you?
- Which part of the story is about you? Where are you in the story?
- Notice moments in your journey when you felt trapped & lost your freedom.
- Notice moments in your journey when someone guided you towards your healing & reminded you of your sacred purpose.
- Notice what your sacred purpose or "inner song" might be.

Remember, keep on sharing your stories. Keep on listening to each other's stories

WHICH PART(s) OF THE STORY IS ABOUT YOU?

CAVE

What dark caves are you drawn into that keep you trapped or imprisoned?

THE DRAGON

In what ways have you embodied the dragon? – fear, anger, despair?

YOUR HEALER

Who is your guide towards healing? Who leads you towards peace, joy, hope and new life?

YOUR INNER SONG

What is your inner song? – what sacred gift do you want to share with the world?

THE SYMPTOMS & POSSIBLE SOURCES

Symptoms: What people can see

Hitting

Impulsivity Rage Self-harm

Break things Irritable Hostile

Annoyed Yell Self-medicate Anger

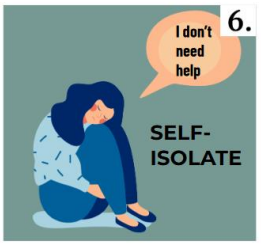
Mean words

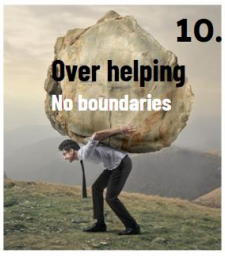
Source: Hidden/Unseen

Sadness	Exhaustion
Despair	Overwhelm
Disappointment	Jealous
Embarrassed	Rejection
Grief (Sorrow)	Insecure
Stress	Fear
Hurt	Hungry
Anxiety	Shame/Guilt
Pain	Lonely (Isolation)
Anxiety	Hopelessness
Trauma	Self-loathing
Loss of Autonomy	Vulnerable

GOLD:
What actions do you get automatically drawn to that feels very familiar to you?

(*but does not tame the dragon in the long term)





WHAT HELPS THE DRAGON REMEMBER? What tames the dragon?

MY INNER SONG

Your "inner song" is your sacred vocation that goes with your true authentic self that is connected with Life.

PICK ONE FROM BELOW, OR CREATE YOUR OWN NAME FOR YOUR "INNER SONG":

- **The Protector**
- **The Guide**
- **The Nourisher**
- **The Giver-of-Joy**
- **The Peacemaker**
- **The One-Who-Gives-Hope**
- **The Dancer**
- **The Fast Runner (Athlete)**
- **The One Who Makes Others Laugh**
- **The Searcher**
- **The Seeker**
- **The Builder**
- **The Creative Artist**
- **The Compassionate One**
- **The One Who Loves Nature**
- **The Music Maker**
- **The Healer**
- **The Leader (Organizer)**

OR NAME SOMEONE YOU LOOK UP TO (SOMEONE WHO INSPIRES YOU)

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(Write above your Inner Song – by picking one from the list above OR by making up your own**)**

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(Write above the name of someone you look up to OR **admire** – someone who embodies flourishing & thriving.**)**