

Practice

Imagine your body as a strong oak tree. Your feet are its roots, your torso is its trunk, and your thoughts are branches touching the sky. Think of the strength and stability a tree must have to weather even the worst storms. Remember that you, like a mighty oak, are powerful. As a tree's power comes from its roots, your power comes from within.



Art by Banegas S.

“They claim that they have taken your power, but it’s not true. No one can take that power away unless you give it away.”

Sunny, 2022

Questions

Have you ever been surprised by your inner power? Why?

How have you used your power for good?

Reflect on the meaning of inner power. How is it different from other forms of power?

