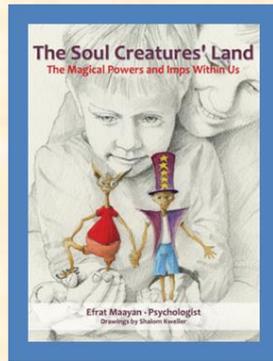


The Soul Creatures' Land Virtual Handbook for Coronavirus Days

By: Efrat Maayan, Clinical Psychologist

In this handbook you will find exploration pages about powers and imps that are suitable for everyone – children and grownups



The Soul Creatures' Land is an emotional language that helps us to discover and express the inner powers and strengths within us, to get to know the "imps" (negative thought patterns) that bother us, and to strengthen our inner management ability.

These tools are always important – but during crises they can really help us cope!

**We can't choose the unpleasant things happening to us in life –
But we can choose how we cope with them!**

Remember that during hard times, we get a special chance to look into ourselves, to recognize the patterns and imps that cause us trouble, to discover new magic powers and to turn disadvantages into advantages! This way we are able to treat this period as a time that allows us to make a change, free ourselves from the control of some imps, discover new things about ourselves and expand our inner freedom.

For additional details, explanations, and demonstrations about The Soul Creatures' Land please visit our website or send an email:

www.soulcreaturesland.co.il

info@soulcreaturesland.com

You can order the package of cards over the Internet. We make deliveries to every country.

For purchase in the link below:

<https://bit.ly/2Qv6mXX>

The Power to Change



The current situation requires us to change many habits and behaviors. We all need to get along, giving up on lots of activities that we were used to: hikes, friends, visiting relatives, going to the beach, attending school, going to the movies, going out to restaurants and so on. Instead of meeting people face to face we meet them through screens. So many changes... Through this kind of situation we can sometimes discover new things about ourselves.

- * **How have I changed as a result of the situation?**

- * **Do I notice any changes for the better in my behavior?
And maybe some unpleasant ones as well?**

- * **Is there a change in the way I think about myself, about others
or about the world? If so, what kind of change?**

- * **How would I like to change now? What things do I want to change
in my life and behavior?**

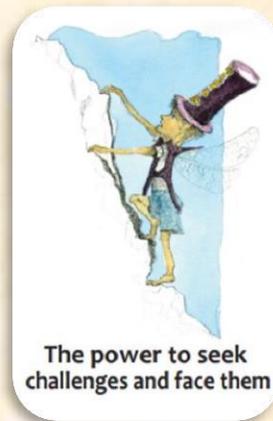
The Power to Remember there is Place in my Heart for Opposite Emotions



The corona crisis causes many of us to feel frustration, anger, impatience, fear, and concern. On the other hand, it also has some **bright sides**: lots of time at home with our families, lots of new things we can learn through Internet, lots of helping and giving around us, a feeling of belonging between different people from different countries and nations: we are all going through similar experiences now. Creativity is awakened by the need to solve things differently from the ways that we are used to...

- * What contradictory feelings do I have in my heart lately?
- * Can I treat the situation as being hard and challenging but also as a situation that opens new opportunities for me?
- * Write about a specific moment when you were able to contain opposing emotions.
- * What does this power allow you to do?
- * How can you remind yourself to use it more?

The Power to Look for Challenges and Cope with Them



The corona crisis creates many challenges. There are many hours at home alone or with your close family which is sometimes not easy to deal with. We don't meet friends or relatives, which makes keeping in touch a serious challenge. Lots of our studies, work, meetings and lectures have been moved to our screens, which requires getting used to. We need to keep ourselves from getting infected, which means wearing masks, washing our hands endless times and staying away from people. For many people it is a great challenge to continue making a living during quarantine and maintaining self-isolation as well.

- **What challenges have I been able to deal with in the past?**
- **What did I learn about myself dealing with those challenges?**
- **Which magical powers did I discover within me, thanks to the challenges I have faced in life?**
- **What are the challenges I am currently dealing with as a result of the coronavirus?**
- **What are the powers I already have, that can help me deal with such challenges?**

The Power to Support Others when They Are Having a Hard Time

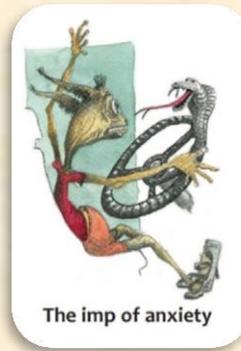
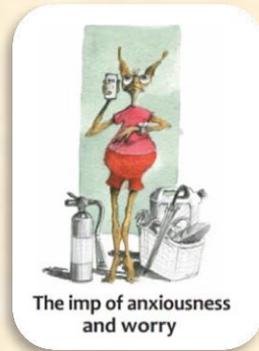


Even in hard times – we have wonderful powers within us to help others. During the coronavirus times many people around us are in need of help: Grandma and Grandpa who are left alone at home and not allowed to have visitors, bored younger siblings who don't understand the situation, poor families, children who don't have any friends even in normal times that no one bothers to call, animals, and many other people around the world who are sick or in self-isolation.

- Who can I help now in my nearby or faraway surroundings?
- How can I help the people I chose?
- How do I feel when I help others? What does it make me feel about myself? Does it give me strength to deal with the hard things in life?
- How can I use the **power to invent and create and the power to think outside the box** to help others and myself too?

* It is always great getting inspired by other children or adults.
For example, children who make virtual games to play with friends or are keeping in touch with their grandparents through Zoom, adults who prepare lectures, songs or stories through Zoom or Facebook, and so on.

Imps of anxiety and worry



The coronavirus crisis wakens in many people the imp of anxiety and the imp of worry. Each imp has its own message (thought or inner voice that we hear within us), for example:

"I'm scared to catch the virus or that someone I know will catch it", "I'm afraid that we will run out of money...", "I'm concerned about the situation in my country or in the world".

"I worry about my social situation – how will I keep in touch genuinely with my friends?"

"I'm concerned about my development in my studies or at work, and about my ability to be successful in things I have been doing before the crisis."

- * **What are the things that make you scared or concerned?**

- * **What does the imp of anxiety say to you and what does the imp of worry say to you during these days?**

- * **Notice what happens when these imps "talk". How do you feel in your body when it happens?**

- * **Are there any other voices inside you along with these imps? What are they saying?**

- * **What magical powers do you have within yourself, that can help you cope with these imps?**

Remember - it's important to listen to and respect the Imps but we have the choice of letting them control us or not!

The imp of boredom



I'm Boooooored!!!!

There are so many things we used to do but we can't do now: play or exercise outside, take after school classes, visit friends, go to the movies, or even go to school. Sometimes it seems the hours don't pass at home... When will it finally end?

Notice this imp appears because we all have the desire and expectation that someone else will keep us busy. We are used to activities that others set or plan for us, we are used to a world full of stimulations and we have a hard time dealing with quiet or with ourselves. But this is our best opportunity to learn how to use the Power of Initiative and the Power of Creativity, to come up with our own activities and games, to develop the Power to Be Satisfied with What I Have and Enjoy It, and more.

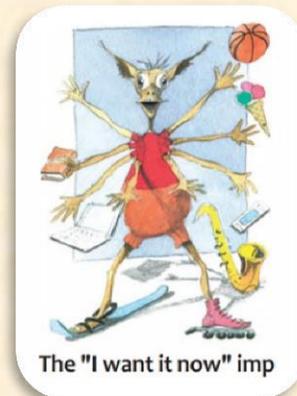
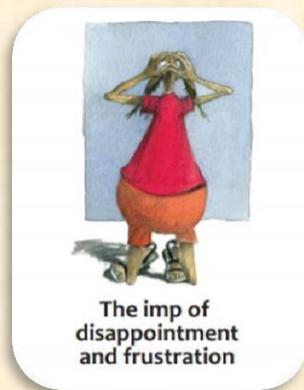
***When does your imp of boredom appear?**

***What does it make you feel or do?**

***It is highly recommended to make a picture of the imp with colors or sculpt it out of Play-Doh or scrap materials and to write down what he says.**

***Which new powers can I discover now *because* of the situation?**

The imp of frustration and the "I want it now" imp



"I feel like doing or getting so many things but I can't now... Ugh!"

So many plans have been changed or cancelled which is really disappointing and frustrating – not going on vacations, not celebrating birthdays with friends, not participating in a competition or game or show I've been preparing for the whole year... The "I want it now" imp thinks you should get everything here and now. If it doesn't, the disappointment imp comes and makes us feel very frustrated.

- *What do you really want to do now that you can't, because of the coronavirus?**

- *How does this imp make you feel or act when you can't do something you really want to do?**

- *What is your biggest disappointment about things that got cancelled or postponed?**

- *What else disappoints you about these times?**

- *Which magical powers can help you cope with the "I want it now" imp and the disappointment imp?**

- *What would you like to say to these imps?**

The imp of anger



Argghh! It's so annoying being stuck at home all the time, can't do this, can't do that...

"I wanna break things, I wanna annoy people, I wanna go exactly where I can't!"

All this stress around me only causes more anger and impatience.

- *What makes you especially angry and annoyed during these times?**
- *Does the imp of anger take hold of you often lately?**
- *What does it make you do?**
- *What is the price you pay for these situations when anger takes over you?**
- *Are you willing to let this imp keep controlling you?**

- * Mention three situations when you managed to calm the anger down. What magical powers did you use?**

- * It is recommended to keep track of when the imp of anger appears and what triggers it during the week, and write about every time you managed to get over it:**
What helped to you do this? The next time the imp comes – try using these ideas.