

A Call To Be Responsible With Our Energy

With all things, humans have the possibility to create good or evil.

1. The Ball Metaphor

Energy is like a ball in our hands. We can:

- **Throw it gently** to someone else, inviting them to play, to connect, to share joy.
- Or we can **hurl it with force**, turning it into a weapon that bruises instead of bonds.

The ball itself isn't good or bad — it's neutral. What matters is the **intention and direction** behind the throw.

2. The Elastic Band Metaphor

Energy is like an elastic band. We can:

- **Stretch it and release it carefully**, letting it propel something forward, creating motion and momentum.
- Or we can **snap it carelessly**, sending pain and sting in the wrong direction.

The elastic holds great potential — but it requires awareness and control, or it can cause harm instead of progress.

3. The Candle Flame

Energy is like a flame.

- In one hand, it lights a room, warms hearts, and guides the lost.
- In another, it burns down walls, destroys, and consumes.

The flame itself is power — but whether it **illuminates or incinerates** depends on how we tend it.

A Small Spell to Ward Off Negatively Used Energy

*"By ball, by band, by flame of light,
I turn back harm and keep what's right.
No sting, no wound, no heavy chain,
Only good shall here remain.
With shield of soul and heart set free,
All dark intent shall pass from me."*