

## Sesame

### A Gate to Your Inner Magic

#### Directions for working with Sesame Cards kit:

**Sesame Cards kit** includes 12 force cards portraying assistance agents who possess magical powers. These agents are ready to stand at your side and assist you. You can present them to your fairytale heroes in order to change the plot as you see fit. You could also charge these assistance agents with characterizations, meanings and roles from your own world as you wish.

For example:

1. The frog who encourages change
2. The book of knowledge
3. The sword of resolution
4. The rose for change of atmosphere
5. The crown of leadership
6. The mirror to the future
7. The apple of recovery
8. The wise old man to show you the way
9. The wishing cap
10. The crystal ball of reason and motivation
11. The broom that sweeps away fear
12. The owl of truths and lies

#### Special attention should be paid to the following points:

- Are the forces of nature involved in your plot?
- What are your hero's beliefs at the beginning, and do they undergo any change processes during the course of the plot? How?

-3-

- Place the deck face-up. Openly choose three cards that represent three aspects or relationships in your life. Try to associate each card with a fairytale. Try to see how the fairytale's plot, or the hero's conflicts, challenges and resolutions describe similar occurrences in your life. What are the powers that the hero found inside himself or herself and where do they exist in you?
- Choose a card. Try to identify all the values involved in the plot, such as the value of friendship, truth etc. How were these values expressed in the actions taken by all participants? Which values did they give up on, and how was it manifested in the plot? Choose three values and list them from 1 to 3 according to order of importance. Try to see where they meet you in your life.
- Choose a card. Choose one of the characters portrayed and tell the story from its narrow point of view. Note the relationship network between the characters: which relationships are out in the open? Which are unrevealed? Which character distressed you? Who did you experience as offensive? Who did you identify with? What insights can you gain from this analysis? Can you identify certain angles of these characters inside yourself? How? Would you have liked to embrace their gifts or attributes and possess them? How could they have empowered you in your life?
- Choose a card. Tell the story or fable in gibberish, and conduct a discussion with the participants about the story – in gibberish, once seriously and once jokingly. Do it again as a dialogue in which one side speaks seriously and the opposing side speaks jokingly.
- Tell the story as if it takes place inside your own body. Try to place your heroes in various locations in your body according to the developments which occur in the plot. For example: where would you have placed Cinderella? Her Stepmother? Her step sisters? The good fairy?

-2-

- Does your hero or heroine seek or ask for help? Who do they turn to?
- In what stage do the forces of assistance become involved in the plot?
- In which location within the magical world does the plot take place?
- Did your hero or heroine accept their quest voluntarily or is it a task that was forced upon them by reality?
- Imagine that your hero decided against taking the journey. What would have happened then?

#### Suggestions for projective work with Sesame Cards kit:

- Choose one or two of the above forces and explain how they can help the hero of your fairytale deal with the difficulties he or she encounters in the course of their voyage. Can one of these balancing agents assist you too in dealing with a certain challenge in your own life? How? Is there any other assistance agent you lack right now? Draw it on a separate sheet of paper.
- Place the deck face-up or face-down, depending on your intent. Choose a card and observe the picture carefully. Allow your feelings, memories and emotions to rise. Try to remember where and when you have heard this fairytale before. Who was the story teller? How did it make you feel? Imagine you are telling the story to your child or to the child in you. Elaborate. Begin the story and elaborate upon the points where you feel the hero encounters a difficulty or an internal conflict. Understand this conflict. Try to imagine your hero or heroine dealing with it. Choose an additional card and invite one more character into the plot to assist the hero in solving the conflict. How does this new character deal with the problem? What forces does it lean on? Try to identify this conflict and forces in your own life, inside yourself.

-4-

- ✧ Move them around as you please inside your body as the plot develops. For example: did the hero arrive at your heart or step away from it?
- ✧ It is possible to move the plot as a whole from one place to the other. Note the connection you make between the area of occurrence and the context of occurrence.
- ✧ What insights did you gain from this process?
- A group's or a couple's story: choose a card. The first participant begins to tell the story. After several sentences they stop and let a second participant take the story from there. This way the card will travel from side to side or from participant to participant until all participants have contributed, or until some kind of previously defined ending point has been reached. Create two completely different endings. Try to understand the world-views which are reflected by those endings and the differences between them. What insights did you gain from this process?

**Sesame Cards kit** can be used in any creative manner. You can use the cards to diagnose others, define your own cards by yourself or choose to do so by receiving feedback. The more you use your cards the greater your creativity will be, and the better your diagnostics abilities will become.

Create your own ways of working with **Sesame Cards** and share your experience in our website.

For more information visit:  
[www.itzicards.co.il](http://www.itzicards.co.il)