

THE PALM OF MY HAND

BACKSTORY

Sal is a sorcerer/sorceress who has been chosen as the reluctant advisor to the corrupt King Marty. Sal feels that the position is demeaning after a lifetime of being self-reliant and serving the world as a free spirit. As the country prepares for war, Sal has been asked to serve the King, who is vulgar and disrespectful of his subjects.

PREVIOUS CIRCUMSTANCES

Sal and King Marty are taking a walk. The King has asked Sal for advice on how to handle the enemy. As Sal speaks, the King is nothing less than dismissive and insulting. Finally, Sal loses his/her patience and casts a spell, causing the King to levitate at the edge of a massive cliff.

SAL

Do you feel weightless? Or do you feel every one of your fatty, repulsive pounds pulling you to your death? Not that your feelings matter, really, since I am the one holding you up. I am also the one who is going to drop you as soon as I tell you my feelings. The way you eat your breakfast is repulsive. Cream in your whiskers. And the people who hate you most - everyone in your kingdom, it's safe to say - don't even see that side of you. They all hate you for their own reasons. How you've abandoned their needs while gilding your gates. Then there's the way you creep - always creeping. Into beds of chambermaids who do not want to see your disgusting member. Yet you still creep. Then, while I'm taking a walk so that I may advise your feeble mind on acts of war, you insult and poke fun at me. But now, you are in the palm of my hand. *[Sal drops his/her hand and down goes King Marty, not over the cliff, but into an outgrowth of bushes]* I'm going back to work.

EMOTIONAL FLEXIBILITY EXERCISE

- 1) Emotional/sense memory of a time when you took back your power.
- 2) Personalization: someone whose behavior disgusts you.
- 3) Sensory condition: overall sensation of rays of light shooting through your fingers.