

# FAITH BOX

GPY-Module 4

## GET STARTED RIGHT AWAY

This activity/exercise was inspired by one of my clients who has created one for herself and has helped her children establish a 'God Box'. I've seen it called an Alchemy Box, Prayer Box, etc. It will go a long way in building our faith when we feel it's waning. The process of giving up challenges, wishes, baggage, concerns, etc. to this Faith Box will be liberating for you!

### How to Set Up Your Faith Box

Gather together a shoe box or a craft box and as many supplies with which you may want to work with. Some may want to buy a pretty box with a lid, others may want to decorate a mason jar with colored paper and glue or want to write words and paint on a cardboard box.

However you feel is best in creating this box will be perfect for your process. Gather the supplies that feels right for you and go about it! You can also start with a bare box and let its decoration and adornment come to you, intuitively.

---

*“Your faith can move mountains...and your doubt can create them”*

---

Once this box is created, you can then establish a place for it in your home. This place will be your special space in which you can turn to turn to and remind us of our faith, when it is needed. This can be used either as a daily practice or on an 'as needed' basis. If you feel guided too, you can write out your problems, challenges of faith, wishes and put the paper into the faith box – while consciously unloading it/giving it up to a faith source of our choosing (God, Higher Self, Angels, Universe, etc.). We can also speak our worries into this space in the same fashion or draw them and place them in our faith box in the same fashion.

When faith flags and/or our baggage bogs us down, turn to your Faith Box!! Allow your sense of Faith in your intuition/higher self to be restored by lightening it in this fashion with your Faith Box. Wishing you much enjoyment with this process!

## GIVING UP WHILE NOT GIVING UP

A Faith Box is a version of giving up your troubles, situation, or quagmires up to a higher power.

You aren't 'giving up' when you give it up to a higher source for assisting you in transmuting the energy.

