



A TALE ABOUT THE SUN

Working on ourselves through a story is an exciting task, but it is not at all straightforward. In a fairy tale, order is restored by the end, the hero of the tale takes a general journey and moves into a next stage of self-development.

This is our task too - to interpret the turns and 'codes' of the fairy tale for our own lives, to find the steps that will help us to become better masters and mistresses of our own lives.

This set of 21 illustrated cards is designed to accompany you on your self-discovery journey through the folk tale "A Tale about the Sun".

YOUTHFOLKTALE.EU



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The Dark Country and the hut-dwellers

IN THE DARK COUNTRY, PEOPLE LIVED IN
UNHEATED HUTS WITHOUT ANY PROSPECTS.

- HAVE YOU EVER FELT BEING IN GREAT DARKNESS IN YOUR LIFE?
- WHAT CHARACTERIZED THIS PERIOD, WHAT FEELINGS, WHAT PHYSICAL SENSATIONS?
- WHAT HELPED YOU IN THIS LIFE SITUATION?



The house of the shadowy siblings and the thousand reindeer

THE SHADOWY SIBLINGS LIVED ON THE
HILLTOP IN A WARM HOUSE AND KEPT THE
REINDEERS LOCKED AWAY.

- HAVE YOU EVER FELT UNABLE TO
ACCESS YOUR OWN INNER RESOURCES
BECAUSE SOMETHING PARALYZED YOU?
WHAT HAPPENED?
- HAVE YOU EVER ENCOUNTERED A
SITUATION WHERE SOMEONE ELSE HAD
SOMETHING YOU NEEDED, BUT YOU
COULDN'T GET IT? WHAT DID YOU
FEEL? WHAT HAVE YOU DONE?



The giant old man with nice eyes

THE HUT-DWELLERS ARE VISITED BY AN OLD MAN WHO BRINGS GOOD NEWS.

- WHAT GIVES YOU A GOOD IMPRESSION OF ANOTHER PERSON? DO YOU THINK YOU MAKE A GOOD IMPRESSION ON OTHERS? HOW CAN THIS BE ACHIEVED?
- HOW DO YOU SEE WHAT KIND OF A PERSON THE OLD MAN IS? WHAT QUALITIES DOES HE HAVE THAT YOU HAVE OR WOULD LIKE TO ACQUIRE?





The old man speaks

THE OLD MAN CLAIMS THAT THE SUN
EXISTS.

- WHO DO YOU FIND TRUSTWORTHY?
WHOSE WORD DO YOU TRUST? WHY?
- HOW MUCH DO YOU ACCEPT THE LIFE
EXPERIENCES OF PEOPLE OLDER THAN
YOU? TO WHAT EXTENT DO YOU THINK
OLDER PEOPLE ARE WISER?



The shadowy siblings incite

THE SHADOWY SIBLINGS DISCREDIT THE OLD MAN AND SAY NEGATIVE THINGS ABOUT HIM.

- ARE YOU USED TO BELIEVING THOSE WHO SAY BAD THINGS ABOUT SOMEONE OR SOMETHING? DO YOU CHECK THE VERACITY OF THE CLAIMS? IF SO, HOW?
- DO YOU HAVE AN INNER VOICE THAT OFTEN TELLS YOU THAT YOU WON'T SUCCEED ANYWAY?



The old man leaves because people don't believe him

THE OLD MAN LEAVES DISAPPOINTED, BUT GIVES
THE VILLAGERS ANOTHER CHANCE.

- HAVE YOU EVER BEEN IN A SITUATION WHERE THE PEOPLE DIDN'T BELIEVE YOU, EVEN THOUGH YOU WERE RIGHT? HOW DID YOU FEEL AND WHAT DID YOU DO?
- HAVE YOU EVER WANTED TO CHANGE YOURSELF, YOUR ENVIRONMENT, YOUR COMMUNITY, OR YOUR LIFE SITUATION, BUT YOU ENCOUNTERED RESISTANCE/REJECTION FROM OTHERS? HOW DID THAT FEEL? WHAT HAVE YOU DONE?
- HAVE YOU EVER BUMPED INTO YOUR OWN INTERNAL RESISTANCE? WHAT HAVE YOU DONE?



The proud, prestigious young man

THE HERO OF THE TALE IS A PRESTIGIOUS,
PROUD YOUNG MAN.

- HOW DO YOU SEE WHAT KIND OF PERSON THE YOUNG MAN IS? WHAT QUALITIES DOES HE HAVE THAT YOU HAVE OR WOULD LIKE TO ACQUIRE?
- THE YOUNG MAN BELIEVES THAT IT CAN BE BETTER - IS THERE A PART OF YOU THAT BELIEVES IN THIS? HOW COULD THIS INNER VOICE OF YOURS BE STRENGTHENED?



The magic reindeer

THE REINDEER HELPS TO GET TO THE OLD MAN AND THE SUN AS WELL.

- WHAT ARE YOUR EXTERNAL AND INTERNAL RESOURCES THAT BRING YOU TO YOUR GOALS AND THAT FILL YOU WITH JOY?
- WHAT QUALITIES DO YOU NEED TO LIVE WITH THESE RESOURCES?
- PRINT THE OUTLINE OF THE REINDEER AND COLOR IT. WRITE THE THINGS THAT MAKE YOU HAPPY TO ITS ANTLERS AND WRITE THE QUALITIES YOU NEED TO BE ABLE TO EXPERIENCE THIS JOY TO ITS HOOVES. YOU CAN ALSO PUT IT ON YOUR WALL.







Meeting with the old man

THE REINDEER TAKES THE YOUNG MAN TO THE
OLD MAN.

- HAS THERE EVER BEEN AN ENCOUNTER IN YOUR LIFE THAT HAD A GREAT IMPACT ON YOU? WHY?
- WHO DO YOU LISTEN TO, WHOM DO YOU ASK FOR ADVICE AND DO YOU ACCEPT IT?
- DO OTHER PEOPLE LISTEN TO YOU?





Speaking with people and collecting hair

THE YOUNG MAN TALKED WITH PEOPLE AND
ASKED THEM FOR A HAIRBREADTH.

- IF YOU WANT TO GET SOMETHING FROM
SOMEONE, WHAT DO YOU DO?
- WHAT DO YOU THINK IT MEANS THAT
THEY GAVE HIM HAIR? HOW CAN YOU
APPROACH OTHERS IN A WAY THAT MAKES
THEM FEEL ACCEPTED AND TRUSTED?
- HOW CAN YOU TREAT YOURSELF THE WAY
YOU TREAT OTHERS? TO ACCEPT AND
KNOW YOURSELF?



The basket woven from hair

WHILE MAKING THE BASKET, THE YOUNG MAN BECAME WISE AND STRONG.

- WHY IS THE BASKET NECESSARY FOR STRENGTH AND WISDOM? WHAT CAN YOU GET FROM OTHER PEOPLE MENTALLY AND PHYSICALLY?
- WHAT DO STRENGTH AND WISDOM MEANS TO YOU? WHY DID THE YOUNG MAN GROW IN STRENGTH AND WISDOM WHILE MAKING THE BASKET?
- WHAT JOB IS TO BE DONE WITH YOUR OUTER AND INNER SELF TO BE WISE AND STRONG?



Encountering the Sun

THE YOUNG MAN REACHED THE SUN ON
THE REINDEER'S BACK.

- WHAT DOES THE SUN, LIGHT AND WARMTH MEAN TO YOU?
- MAKE A DRAWING, A MONTAGE, A PICTURE OF HOW YOU FEEL IN A "SUNNY LANDSCAPE".
- WHAT DO YOU NEED TO DO TO FEEL THIS WAY? MAKE A LIST AND TAKE ACTION TO REACH THIS IN THE NEXT FEW DAYS.



Gathering a bit of the Sun

THE REINDEER ASKED IF THE YOUNG MAN
WAS AFRAID OF FIRE.

- ARE YOU AFRAID OF THE UNKNOWN?

WHAT DO WE FEAR WHEN WE FEAR THE
UNKNOWN?

- WHAT ARE YOU MOST AFRAID OF?

WHAT CAN HAPPEN IF THAT SITUATION
OCCURS?

- HOW DO YOU DEAL WITH FEAR AND
DOUBT?

- WRITE DOWN YOUR FEARS ON A PIECE
OF PAPER AND BURN THEM BY THE
LIGHT OF A CANDLE.





Homecoming

THE YOUNG MAN RETURNS HOME TO THE
PEOPLE WITH A PIECE OF THE SUN.

- WHEN DO YOU "GET HOME"? WHAT DOES HOME MEAN TO YOU?
- THE YOUNG MAN REPORTS HOW HE USED WHAT HE RECEIVED FROM PEOPLE AND WHAT HE NOW GIVES IN RETURN.
- THINK ABOUT YOUR RELATIONSHIPS! WHAT DO YOU GET FROM WHOM AND WHAT DO YOU GIVE?



The fight with the shadowy siblings

THE SHADOWY SIBLINGS DON'T WANT THE SUN,
AND THEY DO EVERYTHING AGAINST IT.

- WHAT ARE THE THINGS AND QUALITIES THAT PREVENT GOOD THINGS FROM HAPPENING AROUND US AND WITHIN US?
- HOW DO THESE "SHADOWY SIBLINGS" FIGHT AGAINST US? HOW IS IT POSSIBLE TO FIGHT THEM?
- HOW DO YOU GET IN THE WAY OF GOOD THINGS HAPPENING TO YOU?
- ARE THERE "SHADOWY SIBLINGS" IN YOUR ENVIRONMENT WHO HOLD YOU BACK?



The light flickers, the shadowy siblings burned to death

WHEN THE SUN BREAKS FREE, THE BLACK
BROTHERS CRUMBLE TO DUST.

- WHAT HELPS US TO ELIMINATE OUR
INNER DOUBTS AND FEARS?
- HAVE YOU EVER BEEN IN SUCH A
SITUATION WHEN YOU EXPERIENCED THIS?
WHAT HAPPENED? WHAT DID YOU DO?
- HAS IT EVER HAPPENED TO YOU WHEN,
AFTER SOLVING A VERY DIFFICULT
SITUATION, SOME QUALITY IMPROVEMENT
OCCURRED IN YOUR LIFE?



People amazed by the colourful world

AFTER THE SUN PARTIALLY BREAKS FREE, THE WORLD BEGINS TO BECOME COLORFUL AND PEOPLE ARE MARVELING.

- GO OUT INTO NATURE, TO A GARDEN OR PARK, OR TAKE TIME TO MARVEL AT NATURE, ANIMALS, AND PLANTS AROUND YOU. WHAT DO YOU FIND BEAUTIFUL ABOUT IT? WHAT MAKES IT SPECIAL TO YOU?
- WHAT KIND OF THINGS THAT ARE BEAUTIFUL TO YOU SURROUND YOU? HOW CAN YOU TRANSFORM YOUR ENVIRONMENT INTO SOMETHING THAT BRINGS YOU JOY?



Obtaining the reindeers

PEOPLE RELEASE THE REINDEERS.

- WHAT SKILLS DO YOU HAVE THAT YOU CAN STILL DEVELOP? MAKE A LIST.
- GO THROUGH THE LIST AND CHOOSE THE THREE THAT YOU WILL FOCUS ON IN THE NEAR FUTURE AND PLAN YOUR NEXT STEPS.
- TRY NEW THINGS TO GET TO KNOW THE POSSIBILITIES WITHIN YOU AND YOUR ENVIRONMENT! CHOOSE ONE THING TO TRY IN THE NEXT WEEK, IT COULD BE A NEW FOOD, HOW TO PREPARE IT, A SPORT, OR EVEN A WALK TO A NEW PART OF TOWN.
- WHAT HAVE YOU LEARNED ABOUT YOURSELF?



The common ride for the Sun

TOGETHER, HUMANS AND REINDEER CAN
BRING BACK THE SUN.

- WHAT ARE THOSE THINGS IN YOUR LIFE THAT YOU CAN ONLY DO WITH OTHERS?
- CAN YOU ACCEPT IF THEY ARE HELPING YOU? CAN YOU ASK FOR HELP? ARE YOU USED TO HELPING OTHERS? WHAT HELP DO YOU OFFER?
- HOW DO YOU COLLABORATE WITH OTHERS? WHAT IS THAT HELPS YOU WITH THIS AND WHAT IS YOUR DIFFICULTY?





Way home with the Sun

PEOPLE BROUGHT BACK THE LIGHT ON THE
REINDEERS' ANTLERS AND IN THEIR OWN HEARTS.

- WHO DO YOU LOVE? WHO ARE CLOSE TO YOU?
HOW DID YOUR RELATIONSHIP DEVELOP AND
HOW CAN IT BE FURTHER STRENGTHENED?
- IS THERE A COMMUNITY YOU BELONG TO?
WHAT DO YOU LOVE ABOUT THIS COMMUNITY?
- WHAT DO YOU LIKE ABOUT YOURSELF? HOW
CAN YOU SHOW YOUR LOVE FOR YOURSELF?
- CREATE RITUALS FOR HOW YOU SHOW YOUR
LOVE TO YOURSELF AND OTHERS.





Brave new world

PEOPLE LIVE IN HARMONY AND PEACE WITH
NATURE AND THEMSELVES.

- WHAT IS YOUR RELATIONSHIP WITH NATURE? HOW CAN YOU STRENGTHEN IT?
- THINK ABOUT HOW YOU WANT TO LIVE YOUR EVERYDAY LIFE. WHAT HAVE YOU ALREADY ACHIEVED AND WHAT ARE YOUR NEXT STEPS?
- HOW CAN YOU MAINTAIN YOUR INNER PEACE? WITH WHAT KIND OF ACTIVITIES, BEHAVIOR, TOOLS?