



# A TALE ABOUT THE SUN

Working through a story is an exciting journey, though not always a straightforward one. In a fairy tale, balance is restored by the end, and the hero completes their journey by stepping into the next stage of self-development.

This is our task too: to interpret the twists and “codes” of the fairy tale in our own lives, and to discover the steps that will help us become better masters and mistresses of our own destiny.

This set of 21 illustrated cards is designed to guide you on your own 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 EXPERIENCED A PERIOD OF GREAT DARKNESS IN YOUR LIFE?
- WHAT CHARACTERIZED THAT TIME FOR YOU—WHAT FEELINGS AND PHYSICAL SENSATIONS DID YOU HAVE?
- WHAT HELPED YOU DURING THAT CHALLENGING SITUATION?





# The House of the Shadowy Siblings and the Ten Thousand Reindeer

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

- HAVE YOU EVER FELT UNABLE TO  
ACCESS YOUR OWN INNER RESOURCES  
BECAUSE SOMETHING PARALYZED YOU?  
WHAT HAPPENED DURING THAT TIME?
- HAVE YOU EVER FACED A SITUATION  
WHERE SOMEONE ELSE HAD SOMETHING  
YOU NEEDED, BUT YOU COULDN'T  
OBTAIN IT? HOW DID YOU FEEL, AND  
WHAT ACTIONS DID YOU TAKE?



# The Wise Old Man with Nice Eyes

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

- WHAT QUALITIES GIVE YOU A GOOD IMPRESSION OF ANOTHER PERSON? DO YOU BELIEVE YOU MAKE A GOOD IMPRESSION ON OTHERS? HOW CAN YOU ACHIEVE THIS?
- WHAT ARE YOUR PERCEPTIONS OF THE OLD MAN? WHAT QUALITIES DOES HE POSSESS THAT YOU HAVE OR WOULD LIKE TO ACQUIRE?







# The Old Man's Message

THE OLD MAN CLAIMS THAT THE SUN  
EXISTS.

- WHO DO YOU FIND TRUSTWORTHY?  
WHOSE WORD DO YOU TRUST, AND  
WHY?
- HOW MUCH DO YOU VALUE THE LIFE  
EXPERIENCES OF THOSE OLDER THAN  
YOU? TO WHAT EXTENT DO YOU  
BELIEVE OLDER PEOPLE POSSESS  
WISDOM?



# Challenging the Messenger

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

- ARE YOU INCLINED TO BELIEVE THOSE WHO SPEAK NEGATIVELY ABOUT SOMEONE OR SOMETHING? DO YOU CHECK THE VERACITY OF THEIR CLAIMS? IF SO, HOW DO YOU GO ABOUT IT?
- DO YOU HAVE AN INNER VOICE THAT OFTEN TELLS YOU THAT YOU WON'T SUCCEED? HOW DOES IT AFFECT YOU?







# A Disappointed Departure

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

- HAVE YOU EVER BEEN IN A SITUATION WHERE 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 ENCOUNTERED RESISTANCE OR REJECTION FROM OTHERS? HOW DID THAT FEEL, AND WHAT ACTIONS DID YOU TAKE?
- HAVE YOU EVER FACED YOUR OWN INTERNAL RESISTANCE? WHAT DID YOU DO TO OVERCOME IT?



# The Proud, Prestigious Young Man

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

- HOW DO YOU PERCEIVE THE YOUNG MAN'S CHARACTER? WHAT QUALITIES DOES HE POSSESS THAT YOU HAVE OR WOULD LIKE TO ACQUIRE?
- THE YOUNG MAN BELIEVES THAT THINGS CAN IMPROVE—DO YOU HAVE A PART OF YOU THAT SHARES THIS BELIEF? HOW COULD YOU STRENGTHEN THIS INNER VOICE?



# The Magic Reindeer

THE REINDEER HELPS IN REACHING THE OLD MAN  
AND THE SUN.

- WHAT EXTERNAL AND INTERNAL RESOURCES DO YOU HAVE THAT HELP YOU ACHIEVE YOUR GOALS AND BRING YOU JOY?
- WHAT QUALITIES DO YOU NEED TO FULLY UTILIZE THESE RESOURCES?
- PRINT THE OUTLINE OF A REINDEER AND COLOR IT IN. WRITE THE THINGS THAT MAKE YOU HAPPY IN ITS ANTLERS AND THE QUALITIES YOU NEED TO EXPERIENCE THIS JOY IN ITS HOOVES.

CONSIDER DISPLAYING IT ON YOUR WALL AS A  
REMINDER!







## Meeting with the Old Man

THE REINDEER TAKES THE YOUNG MAN TO  
MEET WITH THE OLD MAN.

- HAS THERE EVER BEEN AN ENCOUNTER IN YOUR LIFE THAT SIGNIFICANTLY IMPACTED YOU? WHAT MADE IT SO IMPACTFUL?
- WHO DO YOU LISTEN TO FOR GUIDANCE, AND WHOM DO YOU ASK FOR ADVICE? DO YOU ACCEPT THE ADVICE YOU RECEIVE?
- DO YOU FEEL THAT OTHER PEOPLE LISTEN TO YOU WHEN YOU SHARE YOUR THOUGHTS OR INSIGHTS?



# Speaking with People and Collecting Hair

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

- WHEN YOU WANT SOMETHING FROM  
SOMEONE, HOW DO YOU APPROACH THE  
SITUATION?
- 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 WITH THE  
SAME ACCEPTANCE AND UNDERSTANDING  
THAT YOU OFFER OTHERS? HOW CAN YOU  
TRULY KNOW AND ACCEPT YOURSELF?







# The Basket Woven from Hair

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

- WHY IS THE BASKET NECESSARY FOR GAINING STRENGTH AND WISDOM? WHAT CAN YOU RECEIVE FROM OTHERS, BOTH MENTALLY AND PHYSICALLY?
- WHAT DO STRENGTH AND WISDOM MEAN TO YOU? WHY DO YOU THINK THE YOUNG MAN GREW IN STRENGTH AND WISDOM WHILE WEAVING THE BASKET?
- WHAT KIND OF WORK MUST BE DONE ON YOUR OUTER AND INNER SELF TO BECOME WISE AND STRONG?



## Encountering the Sun

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

- WHAT DO THE SUN, LIGHT, AND WARMTH MEAN TO YOU?
- CREATE A DRAWING, MONTAGE, OR 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 OVER THE NEXT FEW DAYS TO REACH THIS STATE OF MIND.





## 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 COULD HAPPEN IF THAT  
SITUATION OCCURRED?

- 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 FEEL LIKE YOU'VE  
“GOTTEN HOME”? WHAT DOES HOME  
MEAN TO YOU?
- THE YOUNG MAN SHARES HOW HE USED  
WHAT HE RECEIVED FROM OTHERS AND  
WHAT HE NOW GIVES IN RETURN.
- REFLECT ON YOUR RELATIONSHIPS—  
WHAT DO YOU RECEIVE FROM OTHERS,  
AND WHAT DO YOU GIVE IN RETURN?



# Fight with the Shadowy Siblings

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

- WHAT QUALITIES OR OBSTACLES PREVENT GOOD THINGS FROM HAPPENING AROUND US AND WITHIN US?
- HOW DO THESE “SHADOWY SIBLINGS” FIGHT AGAINST US? HOW CAN WE RESIST THEM?
- HOW DO YOU SOMETIMES GET IN THE WAY OF GOOD THINGS HAPPENING TO YOU?
- ARE THERE “SHADOWY SIBLINGS” IN YOUR ENVIRONMENT WHO HOLD YOU BACK?





## When Shadows Crumble

WHEN THE SUN BREAKS FREE, THE SHADOWY  
SIBLINGS CRUMBLE TO DUST.

- WHAT HELPS YOU ELIMINATE YOUR INNER DOUBTS AND FEARS?
- HAVE YOU EVER EXPERIENCED A MOMENT WHEN THIS HAPPENED? WHAT DID YOU DO?
- HAVE YOU EVER NOTICED A SIGNIFICANT IMPROVEMENT IN YOUR LIFE AFTER OVERCOMING A DIFFICULT SITUATION?



# A World Full of Color

AFTER THE SUN PARTIALLY BREAKS FREE, THE WORLD BEGINS TO TRANSFORM INTO VIBRANT COLORS, AND PEOPLE MARVEL AT ITS BEAUTY.

- TAKE SOME TIME TO GO OUT INTO NATURE—A GARDEN, PARK, OR ANYWHERE SURROUNDED BY ANIMALS AND PLANTS. WHAT DO YOU FIND BEAUTIFUL ABOUT IT? WHAT MAKES IT SPECIAL TO YOU?
- WHAT BEAUTIFUL THINGS ALREADY SURROUND YOU IN YOUR ENVIRONMENT? HOW CAN YOU TRANSFORM YOUR SURROUNDINGS INTO SOMETHING THAT BRINGS YOU EVEN MORE JOY?





# Releasing the Reindeers

THE PEOPLE RELEASE THE REINDEERS.

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





## The Ride to Bring Back the Sun

TOGETHER, HUMANS AND REINDEER CAN  
BRING BACK THE SUN.

- WHAT ARE THE THINGS IN YOUR LIFE THAT YOU CAN ONLY ACCOMPLISH WITH THE HELP OF OTHERS?
- CAN YOU ACCEPT HELP WHEN IT'S OFFERED? CAN YOU ASK FOR HELP WHEN YOU NEED IT? ARE YOU USED TO HELPING OTHERS? WHAT KIND OF HELP DO YOU OFFER?
- HOW DO YOU COLLABORATE WITH OTHERS? WHAT HELPS YOU IN THIS, AND WHAT CHALLENGES DO YOU FACE?





## Bringing the Sun Home

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

- WHO DO YOU LOVE? WHO IS CLOSE TO YOU?  
HOW HAS YOUR RELATIONSHIP DEVELOPED,  
AND HOW CAN IT BE FURTHER STRENGTHENED?
- IS THERE A COMMUNITY YOU BELONG TO?  
WHAT DO YOU LOVE ABOUT THIS COMMUNITY?
- WHAT DO YOU APPRECIATE ABOUT YOURSELF?  
HOW CAN YOU SHOW LOVE FOR YOURSELF?
- CREATE RITUALS FOR EXPRESSING YOUR LOVE  
TO YOURSELF AND OTHERS.





# A Bright and Beautiful World

PEOPLE LIVE IN HARMONY AND PEACE WITH  
NATURE AND THEMSELVES.

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- 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? WHAT ACTIVITIES, BEHAVIORS, OR TOOLS CAN HELP YOU DO SO?