



## Themes

**Which of the themes from the tale of Cinderella have shown or might be showing themselves in your life?** (Consider the following themes, and others if you wish: glory/victory after menial service, stages of illumination, cultivating self-worth, exploration of humility, love of what's enchanted/evil, devotion/faithfulness to the Mother, polarities, cultivation of will to do the impossible, discernment, making room for Grace, true Soul Essence becoming visible.)

**How has the theme(s) played out in your life experience?**

**What overall insights into your own life has the tale of Cinderella brought to light?**



# Contemplations on the Tale of Cinderella

## Elements & Symbols

**Which elements and symbols from the tale of Cinderella have shown or might be showing themselves in or related to your life experience? (Consider the following, and others if you wish: Mother's grave, hazel branch, night school, patience in spiritual development, helpful beings, magical objects)** This is not about finding them literally, but exploring ways similar symbols or elements and their meanings are showing up in your own life that might be offering similar developmental or transformational teachings. Consider these symbols in the realm of your thinking, feeling and will forces or actions.

## Human Development

**In the realm of stages of child and human development, there are a number of themes that the tale expresses. Did these remind you of things from your own childhood?**

**Are there stages of human development you notice in your own child, partnership or other close relationships? How does the tale and understanding of these stages bring compassion for others in their development?**

# Contemplations on the Tale of Cinderella

## Unlearning & Relearning

**What do you see in the original Grimms tale that surprises you as compared to the more modern or Disneyfied versions?**

**In what ways can you see how you've been misinformed or uninformed due to modern versions of the tale? What might need to be unlearned?**

**Are there any ways you think the modern versions are indicative of a shift in consciousness today versus the time the original tales were recorded in writing? In what ways do you feel the tale could be changed to meet modern consciousness?**

**In what ways does the tale, its themes, archetypes and symbols offer you a sense of empowerment?**

**In what ways does the tale of Cinderella bring awareness of the Great Mother and/or the Sacred Feminine so sorely needed in today's patriarchal dominance culture? How might this awareness be of support?**

