



## Themes

**Which of the themes from the tale of Snow White have shown or might be showing themselves in your life?** (Consider the following themes, and others if you wish: Connection with elementals, Vain earth consciousness, Divinity working through the body, Age 7, Awakening, Fall from Paradise, Conscience breaking through, Freeing nature, Christian cycle of the year)

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

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



# Contemplations on the Tale of Snow White

## Elements & Symbols

**Which elements and symbols from the tale of Snow White have shown or might be showing themselves in or related to your life experience?** (Consider the following, and others if you wish: Mid Winter, Inward turning/thinking, Threes, Kings other wife, Looking Glass, Sevens, Envy, Huntsman, Lung & Liver, Stone from heart, Boar, Cook, Beasts, Cottage, Mountains of ore, Table with white cover, Housekeeping, Supper prepared, Let no one in, Transparent coffin, Birds, King's son, Wicked Woman, Iron slippers) 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 Snow White

## 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 Snow White bring awareness of the effort required to turn inward and find/know/be oneself? How might this awareness be of support?**

