



NORTHERN FABLE: SEALKSIN, SOULSKIN

Élményakadémia



individual
(group)
N° of pax
1-50



45 mins



storytelling



indoors | outdoors



mental
well being

PURPOSE

- reflection on ourselves
- understanding personal boundaries
- finding creative energies
- understanding and cherishing our personal needs

MATERIALS

- headphones + mobile phone or laptop if you want to listen the audio file
- audio file available: <https://bit.ly/3OhYx4L> (16 minutes)
- Youtube: Sealskin , Soulskin Story
"Women who Run With the Wolves"
(Clarissa Pincola Estés)

PREPARATION

- collect the materials needed - decide whether you would like to listen to the story or read it.
- prepare a comfortable place/spot indoor or outdoors - make sure you have mats or chairs to sit on or blankets to lie down.

INTRO

The Soulskin/Sealskin story is derived from a northern myth that puts the origins of humans in the sea and supposes that before we were people, we were seals. One of these creatures comes ashore to ease the loneliness of a man, lives with him for seven years and mothers his child, but as her soul, extracted from its natural element, begins to wither, she is compelled to return to the sea. Parting from her son, Ooruk, is heartbreaking. The myth of losing one's pelt or of it being stolen speaks deeply to the more subtle position of so many women in being divested of their time, resources and creative energy in the service of psychic support of others. The world, like the man in the story, is lonely for comfort, and for the hips and breasts of women, and that it is the work of women to 'stop running the milk train' and turn themselves towards home.



STEPS

1. Find a comfortable indoor or outdoor space where you can sit or lie in comfort - take care that you prepare a spot where you can listen (16 mins) or read the story in peace and undisturbed.
2. After sitting/lying comfortably, make sure that your body parts are relaxed (not crossing each other) and take 3 big breaths - inhale and exhale loudly. Use your nose to inhale and mouth to exhale. Make sure your thought process has quieted so you can be absorbed into the story for the coming moments.
3. Listen to the story! or Read the story!
4. Take some minutes to finish the process, again take 3 big breaths - use your nose to inhale and your mouth to exhale. Once you have thus completed the circle, you can go for your personal reflection.

REFLECTION

- what emotions did the story evoke in you?
- are there similarities between you and the main character? If yes, what?
- what was the most touching for you in the story?
- what questions would you ask yourself?

COMMENTS

The story was collected from the book: "Women who Run With the Wolves" by Clarissa Pincola Estés, if you want to read her analysis on the story it is worth getting the book.

The activity can be enriched with a drawing which is added to the story. Once the participant has listened to the story, he/she can create a drawing which represents his/her impressions, imprints, aka harvesting of the fairy tale. The drawing is not about being an item of beauty but more a processing of the exercise, to highlight and evaluate the essence for the listener.

The drawing can take another 20 minutes in time. The reflection questions can follow after.