



FABLE: THE RED SHOES

Élményakadémia



individual
(group)



40 mins



storytelling



indoors | outdoors



mental
well being



PURPOSE

- to reflect on what is important in your life
- to discover the elements which provide inner fire and lead to "yourself"
- to identify what gives balance into your life

INTRO

The Red Shoes present a symbol of all that is primordial and authentic in us that comes into conflict with social expectations and imposed norms. Originally this is Hans Christian Andersen's story of an adopted young woman and her process with the red shoes she brought with her to her stepmother's house. They represent the dreams, hopes, and desires of a wild child, a sensitive side that society often tries to bring under control or to extinguish.

They teach us that we should protect the wild psyche by appreciating it, defending its interests, and by being careful that we do not hand it over to unhealthy conditions of existence. In addition, we are taught that someone or something always measures this wild part because of its energy, beauty, or because they want to control, tire, reshape, or control it. This metaphor teaches us how to be careful not to let that happen.

MATERIALS

- headphones + mobile phone or laptop
if you want to listen the audio file
- audio file available: <https://bit.ly/3NlLsLV> (12 minutes)
- Youtube: „The Red Shoes”,
as told by Clarissa Pinkola 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.



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 (12 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 message does this story bring to you?
- Do you also have red shoes? What is it that's really important for you in order to be yourself?
- Give your overall feelings and thoughts about the story - what is the moral of the story for you?
- Identify what elements of your life give balance to you!

COMMENTS

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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.

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