The background of the cover is a stylized illustration. It features a large, gnarled tree with dark, intricate branches. A person wearing a dark hooded sweatshirt is sitting on the ground, leaning against the base of the tree, looking away from the viewer. The sky is a deep blue with a large, pale, textured moon. The overall color palette is dominated by dark blues, greys, and a touch of yellow for the text.

BRINGING ANCIENT WISDOM INTO MODERN LIFE

REETTA RANTA

# NORDIC FOREST RITUALS

eBOOK

GUIDEBOOK

3<sup>RD</sup> EDITION  
ENGLISH



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*REETTA RANTA*

**NORDIC  
FOREST RITUALS  
ORACLE CARDS**

Bringing ancient wisdom  
into modern life



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REETTA RANTA

# NORDIC FOREST RITUALS ORACLE CARDS

ANCIENT WISDOM FOR THE MODERN  
PEOPLE

**NORDIC FOREST RITUALS ORACLE** Cards bring forth the wisdom of Finnish nature and folk tradition: myths, rituals, and stories that help us pause and remember our roots. The cards invite you to explore your relationship with nature, your ancestors, and the cycle of the seasons, and to build a deeper connection with yourself and the world around us.

Each card draws its power from the Finnish forest and folklore—from sacred trees, guardian spirits, nature beings, and the stories of forest animals and plants that form the very heart of our cultural heritage.

The cards offer an opportunity to reconnect with northern nature, listen to the voice of intuition, and embark on a journey toward self-understanding and inner transformation. Along

the way, you may also discover something new about yourself and your relationship with nature.

This guidebook supports you in interpreting the cards: it explains the meaning and symbolism of each card and suggests a ritual to help you deepen and embody the card's message.

## HOW TO USE THE NORDIC FOREST RITUAL ORACLE CARDS?

1. **CREATE A PEACEFUL** space. If possible, connect with nature – sit outside or bring a natural element indoors.
2. **ASK A QUESTION** or set an intention. What kind of guidance do you need right now?
3. **SHUFFLE THE CARDS** while focusing on your question. Trust your intuition.
4. **DRAW A CARD** or lay out several cards face down in front of you.
5. **TURN THE CARDS** over one by one and reflect on their images and messages.



**6. OPEN THE GUIDEBOOK** and read more about the card's story and ritual. How do they resonate with your situation?

**7. WRITE DOWN YOUR** experience in a journal or share it with a friend.

**YOU CAN ALSO DO** this together with friends: discuss the images and messages of the cards, perform the ritual together, or immerse yourselves in Finnish folktales.

## FINNISH NATION, FOLK TRADITIONS, AND CULTURE

INSPIRED BY FINNISH and Finno-Baltic roots, this deck invites you into the wider Nordic world where myth, tradition, and nature's wisdom are deeply intertwined. The cards draw inspiration from the worldview of northern indigenous peoples, in which humans lived in balance with nature—not above it.

The territory of Finland has been inhabited since the end of the last Ice Age—according to archaeological findings, for at least 11,000 years. The first settlers arrived during the Mesolithic period, around 9000 BCE, mainly from the direction of present-day Baltic countries and Northwestern Russia, as well as along the Norwegian coast. These people were hunter-gatherers whose lives were closely tied to nature. Evidence of these early inhabitants is found in stone tools and numerous settlement sites, es-



pecially in southern and eastern Finland. The languages spoken by these people were diverse, and some remain unknown to us, but traces of them survive in place names.

During the Bronze Age (approximately 1500–500 BCE), new populations arrived in Finland, including groups from the middle Volga region, bringing with them Western Uralic languages and the tradition of textile ceramics. Over time, some of these communities developed into the Sámi people. The ancestors of the speakers of Finnic (Finno-Ugric) languages arrived later, in several waves, approximately 1200–800 BCE. The earliest form of the Finnish language began to diverge during the Iron Age, and the cultural differentiation of various tribes became evident in jewelry and dialects. The earliest written references to Finnish tribes are found in medieval sources; these tribes included, for example, the Häme, Savo, and Karelia peoples.



Throughout history, Finns have lived under Swedish and Russian rule, receiving influences from both the West and the East. Despite this, the Finnish language, culture,

and national independence have remained exceptionally strong. Finland is one of the few countries where all these elements have survived through history, even though the nation has been subject to great powers, colonialism, and religious pressure.

Today, Finns form the majority in their own nation-state. Finland declared independence from Russia on December 6, 1917. This date is now celebrated as Finland's Independence Day. The declaration was approved by the Finnish parliament, and later that month, Soviet Russia officially recognized Finland's independence.

Finland is not part of Scandinavia, but it is one of the Nordic countries. The term "Scandinavia" refers specifically to Norway, Sweden, and Denmark, while the "Nordic countries" include Finland, Iceland, Norway, Sweden, and Denmark, as well as their autonomous territories.

Finland has repeatedly been named the happiest country in the world, reflecting long-term well-being. This well-being is based on trust in society, equality, education, safety, and a close connection to nature. Finland still upholds the unique "Everyman's Rights" (*jokaisenoikeudet*),

which allow everyone to move freely in nature regardless of land ownership. You may walk, ski, cycle, or ride a horse without damaging the land, boat, swim, travel on ice, pick wild berries, mushrooms, and unprotected plants, fish with a line or ice fish, and camp temporarily—as long as you respect nature and do not cause harm. These rights are based on centuries-old traditions that date back to pre-Christian times and reflect a worldview in which land was seen as a shared resource.

Although Finns are not classified as an indigenous people in the legal sense, Finnish culture demonstrates a strong continuity from the Stone Age to the present day. The Sámi, on the other hand, are the only internationally recognized indigenous people in Europe. Three Sámi languages are spoken within Finland: Northern Sámi, Inari Sámi, and Skolt Sámi. Finns and Sámi share the Finno-Ugric language family, partially overlapping genetic heritage, as well as a deep relationship with nature and an animistic worldview in which nature was seen as sacred: forest spirits, guardians of plants and animals, and ancestors were present in daily life and rituals.

Finnic folk tradition is exceptionally rich and extensive. The Finnish Literature Society (SKS) has systematically collected and studied this heritage since the 19th century. The SKS archives contain mil-



lions of texts and index cards of oral tradition, opening a window into the world and wisdom of past generations. The national epic, the Kalevala, and the collections of runic poetry that inspired it are among the most significant sources of Finnish-Karelian cultural heritage. The poetry and symbolism of the Kalevala have profoundly influenced Finnish identity, mythology, and art. The Nordic Forest Rituals oracle cards also draw their inspiration from this tradition.

## *ABOUT THE CREATORS*

**WE ARE TWO SISTERS** – a visionary writer and a creative designer – born in Eastern Finland into a family with a rich and varied background: a nomad-spirited, artistic father and a language-teacher mother with an endless curiosity for learning.

We grew up surrounded by stories of small creatures, nature spirits, and gnomes dwelling in the Finnish forest – a mystical world vividly imagined by our father. Our mother, in turn, showed us the power of language, the importance of meeting people from different walks of life, and how reading opens doors to new ideas and skills.

With this heritage, we create stories and products inspired by Finnish nature, mythology, and folktales.

The writer and visionary behind the Nordic Forest Rituals Oracle Cards is Reetta Ranta – a storyteller, coach, TV producer, and media entrepreneur. In Finland, Reetta is best known as the co-host, writer, and producer of the acclaimed TV series *Metsien Kätkemä* (Back to Nature Finland, [backtonature.tv](http://backtonature.tv)). She is the author of



several non-fiction books, including *Rituaalikirja* – Timeless Nordic Rituals (SKS Kirjat, 2023), *Pyhät puut* – Sacred Trees (SKS Kirjat, 2025), and *Sielulinnut* – Soulbirds (SKS Kirjat, 2025).

Her passion lies in creating stories that reconnect people with nature, ancient wisdom, and self-reflection. Reetta is also the CEO of our shared company, Power Animals United.

Riikka Haro, Reetta's sister, is a seasoned graphic designer. At their family company Power Animals United, she leads brand development, graphic design, and project execution. Her expertise spans brand identity creation, book layouts, and illustrations, bringing depth and authenticity to every project she undertakes.

We hope these cards bring you joy, insight, and inspiration.

*Reetta & Riikka*

MÄNTY / PINE  
*PINUS SYLVESTRIS*



## ROOTED WISDOM

Longevity | Roots | Boundaries



## ROOTED WISDOM

Longevity | Roots | Boundaries

THE MIGHTY ANCIENT PINES have long been regarded as sacred trees, at whose roots people brought offerings to ancestors and nature spirits. Pine also served as a *karsikkopuu*, a memorial tree where the initials and year of death of a deceased person were carved, and from which branches were cut in their honor. The *karsikko* marked a boundary tree – a threshold that spirits were not allowed to cross.

In Finnish mythology, the tree symbolizes the structure of the cosmos: its roots extend to the underworld, the realm of spirits and the dead; its branches reach into the upper world, the domain of the gods; and its trunk represents the middle world of the living – our reality. Standing at a sacred tree, a person could be connected to all levels of the universe.

In our mythology, *Hongotar*, the spirit of the pine, is also the guardian of bears. When a bear

was hunted, it was treated as a human: a ceremonial feast, *peijaiset*, was held in its honor. At the end of the feast, the bear's skull was lifted onto a special pine tree, the *karhunkallohonka* (bear skull pine). From the branch of this tree, the bear's soul was believed to ascend back to the heavens, to the "shoulder of the Great Bear" – the brightest part of the Ursa Major constellation – where the bear was thought to be reborn and return to Earth again as game.

One of the oldest living trees in Finland is a pine that has grown in the wilderness of *Sápmi* for over 800 years.

## MESSAGE

The pine reminds us that we live in the middle world, *keskinen*, the world of the living. The stronger we grow our roots, the higher we can reach, and the more resilient we become. Know that the ancestors guide you, and guardian spirits are offering unseen support. But remember, you are the protector of your own domain.

Set healthy boundaries, deciding who and what energies you allow into your sacred space. Like the mighty pine, stand and be strong.

## RITUAL

*To commune with the essence of the pine, sit with your back against its sturdy trunk. If one is not within reach, close your eyes and visualize yourself seated in the comforting shadow of a pine. Take a deep breath and feel your roots extend deep into the underworld, or alinen, which connects us to the world of the departed. Cast your gaze upward, witnessing the branches reaching towards ylinen, the realm of Gods and Goddesses. Feel how you are part of a timeless and eternal continuum between these different levels, above and below.*

HAAPA / ASPEN  
POPULUS TREMULA



## LISTENER OF SORROWS



Compassion | Sanctuary | Sensitivity

## LISTENER OF SORROWS

Compassion | Sanctuary | Sensitivity

THE ASPEN IS A sacred tree, a good listener, and a healer of sorrow. Its leaves rustle in the wind in a unique way, bringing both comfort and joy amidst sadness or anxiety.

In terms of biodiversity, the aspen is a true tree of life: hundreds of species of insects, lichens, and fungus live in the shelter of its soft sanctuary, and it provides nesting sites for many cavity nesting birds. Aspen is used medicinally for various ailments, including fever and skin disinfection.

Haapa—the Finnish word for aspen—is a very old word, found in all Finnic languages. It is related to the word haapio, which refers to a dug-out canoe carved from a single aspen log. These vessels were used as early as the Stone Age, and similar single-log boats are known among many Indigenous peoples around the world. In Finland, traditional sauna benches have often

been made of aspen, as its soft wood doesn't overheat and is comfortable to sit on.

## MESSAGE

The aspen calls you to offer shelter to those who need it now. It reminds us that even the most humble and smallest life is important. However, you don't have to carry the sorrows of others; you can simply be present and in so doing offer a moment of protection and compassion.

## RITUAL

*Find an aspen or another old, large tree. Wrap your arms around the tree and embrace it. Close your eyes and take a deep breath in, allowing an inner sorrow to surface and even tears to flow.*

*Take another deep breath and with your exhale, release the sorrow, worries, and anxieties that weigh on your heart. Repeat until you are calm. Feel the steady peace of the tree against your body, gently returning your embrace. Listen for a moment to the gentle rustling of the leaves, the comforting whispers of the aspen.*





KOIVU / BIRCH  
BETULA PENDULA



## TREE OF VITALITY

Protection | Fertility | Renewal



## TREE OF VITALITY

Protection | Fertility | Renewal

**BIRCH HAS BEEN CONSIDERED** a world tree among Finno-Ugric peoples. In Finland, the “home birch” has traditionally been an important protective and guardian tree planted near many houses. Birch still holds a significant role in both love spells and sauna traditions. On Midsummer’s Eve, birch branches are used to decorate doorways, symbolizing fertility, good fortune, and abundance.

The sauna whisk, *vasta* or *vihta*, is an essential part not only of cleansing and healing rituals but also of love magic and bridal saunas. A bridal whisk was made from birch branches gathered at three crossroads and woven with seven different wildflowers. When the bride was gently whipped with the whisk, the tree’s protective and magical powers were believed to be transferred to her.

In spring, birch sap was collected to enhance health, beauty, and vitality. In the Kalevala, the wise Väinämöinen carves his famous kantele from birch—a magical instrument whose melodies enchant people, animals, and even worms. The knotted twig clusters that sometimes appear in birches, known as witches' brooms, were believed in folklore to be the work of witches.

Birch has long been a vital material for household crafts and the making of furniture and tools. Its bark was a valuable raw material for traditional footwear (*virsut*), baskets, backpacks, and other practical or decorative items. The silver birch (*Betula pendula*) is the national tree of Finland.

## MESSAGE

Birch wraps you in its gentle protection, like a loving embrace in the midst of life's turbulence. It brings with it love, vitality, and hope for a new beginning. This card reminds you that you are in a fertile phase of life—something new, beautiful, and abundant may soon begin to grow. Open your heart to receive this abundance—you deserve it.

Birch is also a strong protector. Its spirit guardians stand beside you, warding off negative influences and creating a safe space around you where you can grow at your own pace.

## RITUAL

*Gather leafy birch branches (or other suitable ones if birch is not available) and tie them into a small bath whisk. Awaken the tree's essential oils in the heat of the sauna or by soaking the whisk in warm water for a moment. At the same time, set your intention: I am ready to receive love and abundance.*

*Press the whisk gently against your face and breathe in its scent deeply. Let the birch's essential oils fill your senses. Repeat three times. If you wish, you can continue the ritual on other parts of your body, using gentle, nurturing strokes.*

*End the ritual by thanking the healing palm of the forest. Be grateful that you are part of the living natural world and can receive the caring energy of the trees.*

KUUSI / SPRUCE  
*PICEA ABIES*



**ANCESTRAL WISDOM**

Healing | Home | Heritage



## ANCESTRAL WISDOM

Healing | Home | Heritage

THE SPRUCE TREE HOLDS sacred significance for many healers and seers. Its vibrant greenery amidst winter's chill brings the promise of life into our homes, reassuring us during the dormant season of nature. The horizontally growing, topless spruce was seen as “the table” of the Finnish forest good Tapio. Beneath such trees offerings of food and drink were placed to ensure hunting success. Symbolizing home, ancestors, and familial roots, the spruce tree embodies a deep connection to the land and our heritage.

From spruce buds potent cough medicine can be made, rich in nutrients like vitamin C, carotene, and essential oils. Spruce resin has been used for centuries to treat wounds and skin ailments, with its salve exhibiting antimicrobial properties to prevent inflammation and suppress bacterial growth. Folk medicine also utilized spruce-infused beer and other fermented drinks.

The spruce tree embodies both joy and sorrow: during Christmas, its verdant branches bring cheer, especially in the dark Northern days. Sometimes, as a symbol of celebration, a wedding spruce or Midsummer Solstice spruce was erected in the yard and the branches of the spruce were pruned except for a lush crown.

Its evergreen presence serves as a reminder of eternal life even amidst grief. Spruce is often used in funeral decorations, and it's a common sight in cemeteries, particularly the narrow-crowned "mourning Spruce," *Picea abies f. pendula*.

## MESSAGE

The spruce reminds us of our connection to the earth we come from and the legacy we carry. It invites you to strengthen your bond with your roots – your home, your ancestors, and the land you belong to. The healing power of the spruce and the wisdom of your ancestors bring stability during life's transitions. It reminds you that you have great wisdom available to you – if you only pause and listen.



## RITUAL

*Find a quiet place near a spruce or another evergreen tree. Pick up a cone and feel its texture. Reflect on how much knowledge and life force can be contained in a single small seed.*

*Take a moment to contemplate your own roots: where you come from, whose footsteps you follow, whose knowledge and legacy you carry within you.*

*Silently give thanks for the wisdom and strength that generations before you have held and passed on.*

*Finally, place a small food offering or a drop of drink at the base of the spruce – as a gesture of respect to nature and your ancestors. This simple act expresses gratitude and strengthens your sacred connection to your lineage and the land.*

LEHMUS / LINDEN  
*TILIA CORDATA*



**SACRED FEMININITY**

Love | Fertility | Resilience



## SACRED FEMININITY

Love | Fertility | Resilience

LINDEN HAS BEEN REVERED since ancient times for its association with feminine energy. Its heart-shaped leaves symbolize love and fertility, embodying nurturing and growth. In ancient European traditions linden was dedicated to goddesses like Freyja, the divine feminine aspect of love and fertility. Women performed rituals for the linden, hoping for fertility. In Finland and Estonia linden is also a tree to which to make offerings.

Since the stone age the linden's inner bark has been used to make nets, ropes, and other materials. Craftspeople favor linden for its workability and resilience, and it's used both for sacred sculptures and practical purposes. As a medicinal plant, its flowers make a soothing tea, calming the mind and belly, and can guide us to the nurturing and feminine energy within and around us.

## MESSAGE

Have you felt a lack of love lately? The card brings you a powerful message of self-love. Embrace the sacred feminine within – a source of nurturing energy, creativity, and strength. Cultivate love for yourself and trust in the well-spring of feminine power that resides in each of us.

## RITUAL

*Find a quiet spot, under a linden tree if you can. Close your eyes, breathe deeply, and imagine love radiating from within.*

*Feel a gentle, nurturing energy and let that fill you. Whisper silently affirmations such as “May I be happy,” “May I be worthy,” “May I feel loved,” “May I trust myself.”*

*Let the energy of love wash over you. If tears rise to your eyes, let them flow—crying soothes and heals. You are allowed to love yourself. When you feel ready, gently open your eyes and carry this feeling of self-love with you throughout the day.*



LEPPÄ / ALDER  
*ALNUS GLUTINOSA*



## SOUL TREE



Nurturing | Anticipation | Life energy

## SOUL TREE

Nurturing | Anticipation | Life Energy

**ALDER IS THE SOUL** tree of the North, and in Finnish, its name—leppä— has even been given to the red ladybug—leppäkerttu, Finland's national insect and a mystical messenger. Ladybugs have been sent off into flight carrying whispered wishes and messages: if one lands on you, you can share your wish with it. Interestingly, the names of both the tree and the insect originate from the color red—in some Finno-Ugric languages and Eastern Finnish dialects, leppä also means blood. The red hue of alder bark symbolizes blood, which is why the tree is often associated with women, love and fertility.

In Sámi culture, alder has been widely used for dyeing clothes, hides, and jewelry. After bear hunts, hunters chewed alder bark to produce red saliva believed to protect them from the bear's revenge. The red bark of the alder and

the blood of the game were seen as deeply and mystically connected. The tree was revered, as it was believed to house *Leaibealmmái*, the Sámi god of small game hunting.

Alder wood has been used in sculptures and religious art. It is traditionally burned in smoke saunas, where it produces a gentle, healing steam. Alder is also favored for smoking fish, giving it a unique, rich flavor. Black alder thrives near springs and lakes—its presence can indicate nearby water.

## MESSAGE

Do you feel lost – as if your inner voice is drowned out by the noise of the outside world? Alder invites you to return to yourself. Now is the time to nurture your soul, to slow down and listen to what arises from deep within. You don't need to know the direction yet – it's enough to pause, to breathe, and to let the silence speak. The gentle power of alder reminds you that true connection to your core is found through softness, not force.



## RITUAL

*The flow of life can easily carry us far from our own center. In the morning, before the rush of the day begins, pause – even if only for five minutes. Find your quiet space, a place where you feel safe and held. Sit down and take a deep breath. Gently ask yourself: “What do my body and heart need today?”*

*Listen inwardly, seek your own voice – the one that reminds you of who you truly are. Be patient. Let the answer emerge without forcing it. It may come as a feeling, an image, a word, or even a long message. Write it down or carry it with you through the day.*

*Remember: the voice of your soul is never judgmental – but loving and kind. That’s how you’ll recognize it.*

**KATAJA / JUNIPER**  
***JUNIPERUS COMMUNIS***



## **RESILIENT SPIRIT**



**Protection | Purification | Strength**

## RESILIENT SPIRIT

Protection | Purification | Strength

JUNIPER IS A POWERFUL medicinal plant and a protective sacred tree, long believed to ward off evil forces. It has been burned as incense in ceremonies to cleanse energy and drive away malevolent spirits. Fresh juniper branches were hung above doorways for protection, and juniper wood has been used for centuries to carve household objects, like butter knives and storage boxes, often decorated with protective patterns.

The forest spirit has also been known as Katajatar, the beautiful maiden of the juniper, invoked especially to protect livestock when threatened by bears.

Juniper berries have been used for healing, as a spice, and in the making of alcoholic drinks such as beer and gin. Growing on the rocky cliffs of the North, along outer archipelago

slopes, and on the fells of Lapland, the juniper is a true master of survival—resilient and adaptable. Its wood is so durable it has been used to craft bows.

Finns sometimes call themselves a “juniper people”—perhaps because the spirit of the juniper holds the essence of *sisu*: the indomitable life force of the North.

### *MESSAGE*

Juniper reminds you that you carry within you a deep strength to overcome difficulties—just like the juniper takes root in barren soil and withstands even the harshest conditions. It teaches you to stand firm in your own power, even when the world around you is in turmoil, and to clear away what no longer serves your growth. Juniper encourages you to build an invisible shield around yourself: healthy boundaries that protect you and preserve your energy. Trust in your inner resilience—you carry the northern grit that will carry you through even the toughest times.

## RITUAL

*Light an incense stick or a bundle of herbs—juniper is an excellent choice, but you can also use other cleansing plants like sage. Blow out the flame and let the smoke drift. Gently direct the smoke toward yourself or fan it softly around your body. Imagine the smoke cleansing and dissolving heavy or negative energies from your field. Feel your inner strength begin to rise. Stay for a moment in the embrace of the smoke and allow it to form an invisible energetic shield around you. You are safe.*

**PAJU / WILLOW**  
**SALIX PHYLICIFOLIA**



## **WEAVING VITALITY**

**Rebirth | Flexibility | Blessing**



## WEAVING VITALITY

Rebirth | Flexibility | Blessing

THE WILLOW HAS LONG been revered as a symbol of life force. In the Orthodox tradition and spring equinox rituals, its branches have been used to bless people and homes. As one of the first trees to awaken after winter, the willow was believed to hold special powers as the bringer of renewal.

Its flexible branches have been woven into baskets, and its bark twisted into nets. The Finnish tradition of *virpominen*—blessing with willow branches—originated as a fertility charm. In Orthodox customs, decorated willow twigs were taken to church on Palm Sunday to be blessed, and then used to touch household members, wishing health, vitality, and fertility to both people and animals.

Willow also holds healing powers: its bark contains salicin – nature's own aspirin – and has been used for thousands of years to ease inflammation, fever, and pain.

## MESSAGE

Have you been too hard on yourself? Stuck in rigid routines or fixed patterns? Do you feel stiffness or tension in your body? The willow invites you to soften and renew. Its branches bend – but do not break. In the same way, you can find your strength in flexibility. When you loosen your grip, your life force begins to flow more freely once again.

## RITUAL

*Find a quiet space and focus on your intention to cultivate flexibility. Take a deep breath, close your eyes, and sense where in your body you are holding tension. Then begin gentle movement: roll your shoulders and wrists, sway your hips, and allow your body to move freely.*

*When you feel tightness, bring your breath to that area and imagine releasing it—softening the stiffness from within. Don't force anything; let your body guide you in its own rhythm. Be like the willow – flexible, light, alive.*

*Finally, lie down or sit in stillness. Take a few more deep breaths and allow the experience to settle in.*



*When you open your eyes, feel the life force flowing through you. Carry this feeling with you into your day. Your connection to your body helps you respond—rather than react—to life's challenges with ease and grace.*

**PIHLAJA / ROWAN**  
**SORBUS AUCUPARIA**



## **GUARDIAN TREE**

**Protection | Strength | Love**



## GUARDIAN TREE

Protection | Strength | Love

IN EARLY SUMMER, THE rowan tree bursts into a bridal-like bloom of white flowers, and in autumn, its bright red berries glow with vitality. The rowan has been regarded as a sacred tree in many cultures, including the Finnic, Baltic, Scandinavian, and Celtic traditions. In Finland, the rowan was often considered a *pitämyspuu* – a sacred tree growing near the house, to which offerings were brought to maintain the household's luck and fertility.

The rowan has especially been seen as a protector of women and homes. It was often the first tree planted in the yard of a new home. The tree was associated with Rauni – the consort of Ukko, the god of thunder – and it was believed that lightning would not strike a house protected by a rowan. The pentagram, or five-pointed star, visible at the base of the rowan berry, is an ancient symbol of protection.

The rowan was also connected to cattle magic: in spring, when cows were led out to pasture, they were passed under rowan branches to ensure protection from predators and evil forces. Rowan branches were used to make sauna whisks for love spells and fertility rites. Because the rowan was believed to ward off evil, its wood was sometimes crafted into shepherd's staffs or even wizards' wands.

## MESSAGE

Do you feel the need for protection or find yourself feeling vulnerable? The Rowan card reminds you that you are being watched over. There are people and guardian spirits around you who love you and wish you the best – even when you're not aware of it.

The rowan has long been regarded as a sacred and protective tree, believed to ward off harmful forces and keep away what no longer serves you. Its strong yet graceful presence is a reminder that sensitivity and strength can co-exist.

## RITUAL

*Craft, draw, or carve a five-pointed star. The pentagram symbolizes ancient wisdom and protective power, and it has been known across cultures for thousands of years. The five-pointed star has been associated with the Babylonian goddess Ishtar, the planet Venus, and even with Finnish folk magic for protecting livestock.*

*If possible, use rowan wood – a sacred tree believed to enhance the power of protective symbols. Place the pentagram in a visible spot, such as on your altar or on a wall in your home, to invite a sense of safety and shield yourself from negative energies.*

TAMMI / OAK  
QUERCUS ROBUR



## THE WORLD TREE

Connection | Wisdom | Eternity



## THE WORLD TREE

Connection | Wisdom | Eternity

THE OAK TREE HOLDS a central place in Baltic-Finnic mythology as the World Tree, connecting the heavens, the earth, and the underworld. Its role as the cosmic axis is also familiar in many Indigenous traditions around the world.

In the Kalevala, a great oak tree grows so large that it darkens the land—until it is finally felled, and light returns to the world. The oak was believed to hold magical powers that were released when the tree was cut down:

*“Whoever took a branch from it, received eternal happiness;  
whoever snapped its top, gained eternal magic;  
whoever trimmed a leaf, found eternal love.”*

In folk medicine, oak bark was used to treat warts, sore throats, and stomach ailments. Acorns and oak wood have long been seen in

folk belief as symbols of strength and fertility, and oak has played a role in various rituals intended to bring luck and enhance fruitfulness. In some European traditions, acorns were worn as amulets to attract love and vitality.

## MESSAGE

Do you feel ungrounded, rootless, or lost? The oak reminds you that your strength lies both in your roots and in your ability to grow toward the light. When your roots run deep, you can reach ever higher.

Remember where you come from, and the wisdom of your ancestors will flow through you—supporting and strengthening you with every step you take.

## RITUAL

*Through our roots, we come to understand ourselves more deeply – and strengthen the soil from which our own growth emerges.*

*Close your eyes and quiet your mind. Ask yourself:*

*Who or what in my lineage speaks to me the most?*



*Let names, faces, or places rise freely to the surface. If you have old photos, heirlooms, or family stories, take a moment to hold them in your hands. Look at them slowly and imagine the life stories they carry – whose lives they've touched, what memories they hold.*

*Write down what you remember or feel. Focus especially on the stories that stir something positive in you – inspiration, connection, or strength.*

*Finally, take a moment to give thanks.*

*Thank your ancestors for what you have received from them – and for the fact that you are here. Imagine yourself as a tree whose roots reach deep into the soil of your lineage. Feel their strength, wisdom, and resilience begin to flow through you, supporting your own growth.*

**TUOMI / BIRD CHERRY**  
**PRUNUS PADUS**



## **BLISSFUL BLOSSOMS**

Joy | Beauty | Celebration



## BLISSFUL BLOSSOMS

Joy | Beauty | Celebration

THE SWEET FLORAL SCENT of the bird cherry is one of the first signs of summer – a message that light is returning. The bird cherry is a tree of forest spirits, joy, and beauty, cherished in many ways. Its berries have been eaten, its fragrance admired, and its branches shaped into useful objects.

Bird cherry branches were believed to have healing powers and were thought to protect against lightning, thieves, and other harmful forces. They were also burned to repel mosquitoes and flies, and its leaves were believed to keep mice away from food stores – likely due to the presence of amygdalin, a compound toxic to many animals.

The tough wood of the bird cherry has long been valued by artisans. Its bark was used to produce a reddish-brown dye, and its dried leaves and bark were used in traditional folk medicine.

## MESSAGE

Is your spirit feeling low? The bird cherry, tree of joy and beauty, brings a message of lightness and hope. Its beautiful blossoms remind us that the light always returns – even when the darkness seems to linger. Today is a good moment to celebrate the good things already present in your life, even if they are small and ordinary. Open the door to joy and let your inner light shine. Joy doesn't need grand reasons – sometimes it's found simply in taking a deep breath and allowing yourself to see the beauty around you.

## RITUAL

*A gratitude journal is a simple yet powerful ritual that helps you focus on what is good in your life. Each day, write down a few things you are grateful for. They can be very small: a beautiful ray of sunshine, a lovely cup of coffee, a stranger's smile, or a meaningful moment with a friend or family member.*

*Acknowledge the good that already exists in your life. When you realize that good things happen to us*

*regardless of who we are or what we do, it can create a sense of connection to something greater than yourself – to your ancestors, to other people, to nature, or to a higher power.*

VAAHTERA / MAPLE  
ACER PLATANOIDES



**PLAYFUL ABUNDANCE**



Music | Sweetness | Play

## PLAYFUL ABUNDANCE

Music | Sweetness | Play

BIG, KNOBBY-BRANCHED MAPLES OFTEN bring back childhood memories. In autumn, their large, colorful leaves invite playful hiding and jumping into freshly raked piles. And still today, when I see a maple seed pod, I can't help but split it open and stick the "maple nose" on the tip of my own. The maple tree has a wonderfully light, playful energy and radiates abundance and generosity.

Maple sap is rich in sugar and full of energy—many birds, woodpeckers, and squirrels are drawn to its sweet scent. For this reason, the maple is sometimes called "the singing tree." Its wood is also commonly used to make musical instruments such as guitars and violins.

Although Finnish maples aren't as sugary as their North American cousins, they still offer a taste of nature's sweetness. While maple blos-

soms are short-lived, they attract bees and other pollinators—and can also be brewed into tea or added to salads. Maples have long been valued as yard trees on traditional farms and are still considered sacred. The maple's five-lobed leaf, which resembles an open hand, has held symbolic meaning among witches and druids, and wands carved from maple are often associated with love, prosperity, and longevity.

## MESSAGE

Maple invites you to curiosity and play. Joy and play open the door to abundance—an overflowing richness that arises in moments where laughter, silliness, and wonder are allowed to bloom. Let your inner child come out. When you meet the world with open eyes, you'll find small miracles everywhere. In those very moments may lie surprises and encounters you never even dared to dream of.

## RITUAL

*Connect with your inner child: look at the world as if you're seeing it for the very first time. Remind yourself of a joyful childhood memory—what did*



*you love to do as a kid? Let that memory fill you with happiness. Be curious, playful, and a little silly. Hum to yourself, dance freely, or move wildly. Let your imagination roam. Your inner child—the one you once were—is still within you, reminding you just how magical life can be!*

**MUSTIKKA / BILBERRY**  
**VACCINIUM MYRTILLUS**



**HIDDEN SUPERPOWERS**

Modesty | Simplicity | Strength

## HIDDEN SUPERPOWERS

Modesty | Simplicity | Strength

**BILBERRY – THE BLUE** treasure of our forests – is perhaps the most iconic of all northern wild berries. Its fruits are small and humble, yet they are a vital source of nutrition and vitamins for both people and animals living in the North. This tiny but powerful superberry carries a strength that goes beyond nourishment: it can dye your clothes – whether you meant it to or not.

All Finns know the saying “Your own land is strawberries, other lands are bilberries” (Oma maa mansikka, muu maa mustikka). The saying dates back to a time when slash-and-burn agriculture reduced the number of bilberries near settlements, while strawberries thrived in the open fields nearby. Over time, strawberries and bilberries came to symbolize the boundary between cultivated land and wild nature – a reminder of how human activity

continues to shape the environment around us.

The bilberry is not only delicious but also a true health powerhouse: it's rich in vitamins C and E as well as fiber. According to research, bilberries support eye health, reduce inflammation, and may even improve memory.

### MESSAGE

You don't need grand words to be seen. There is strength in you, even when you're not constantly in the spotlight. Embrace the power of modesty and simplicity, just like the bilberry. Despite its small size, it carries immense nourishment and vitality within. Trust that your true power lies not in speaking out, but in simply being present. Even something small can be essential. You are already enough – just as you are.

### RITUAL

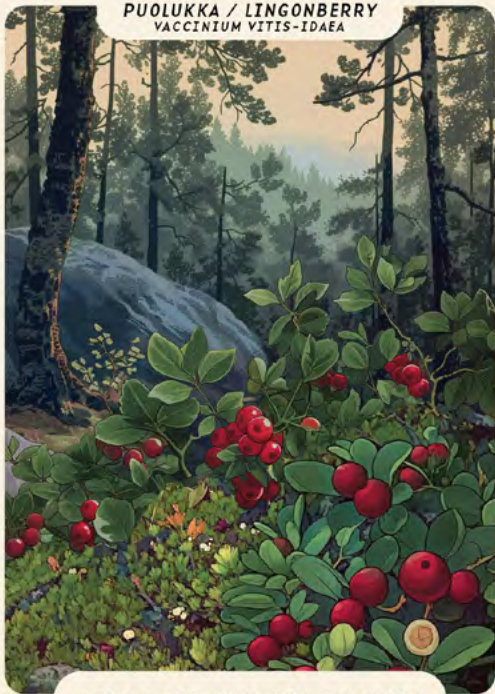
*Sit down and close your eyes for a moment. Take a few deep breaths. Let your body and mind settle into stillness. Open yourself to the idea that great power can reside in smallness.*

*Write on a piece of paper: What skill, strength, or part of me does not need to be emphasized or validated by others? And what hidden part of myself longs to be seen and appreciated?*

*Finally, close your eyes again and imagine yourself on the forest floor, beside a patch of bilberries. Feel your oneness with the forest and understand that your quiet presence is enough. Say silently or out loud:*

*“My presence is enough. I am enough.”*

**PUOLUKKA / LINGONBERRY**  
**VACCINIUM VITIS-IDAEA**



**RED GOLD OF THE FOREST**

Bounty | Nourishment | Fertility

## RED GOLD OF THE FOREST

Bounty | Nourishment | Fertility

LINGONBERRY, CHERISHED BY THE bright summer nights of the North and protected by the winter snow, embodies vitality and resilience. Its taste is tart yet pleasant, and it's a true power berry—rich in polyphenols and antioxidants.

Beyond its health benefits, the lingonberry holds a special place in Finnish culture. Growing wild in our forests, it is a staple of everyday food: made into juices, jams, jellies, added to porridge, and baked into round rönttönen—a Kainuu cousin of the Karelian pasty, where a rye crust is filled with sweetened potato flavored with lingonberries.

In Finnish folklore, the lingonberry symbolizes fertility. In the final poem of the Kalevala, Marjatta eats lingonberries and becomes preg-

nant. She gives birth to a son in a stable, but the child disappears and is later found in a swamp. Väinämöinen condemns the fatherless child to death, but the boy is saved—and eventually crowned King of Karelia.

## MESSAGE

If life sometimes tastes a little tart, remember that sweetness will follow—and it will taste even sweeter! Now is the time to invite more sweetness into your life. Align yourself with the feminine and loving energy of the lingonberry – the gentle power that nourishes, nurtures, and carries you forward.

Even the smallest things can have a big impact: today, choose to stand on your own side. Speak kind words, take healing actions, and embrace the joy that rises from within. You deserve sweetness, beauty, and all that is good in your life!

## RITUAL

*Nurture yourself from inside out – awaken your feminine power and prepare to receive the abun-*



*dance life has to offer. Dance, sing, and surround yourself with inspiring friends. Pamper yourself with nurturing rituals, caress your skin with a scented oil, and wear whatever makes you feel beautiful.*

*Speak to yourself with kindness. Be gentle. Allow yourself to feel the soft, nourishing energy that surrounds you. And notice how the tartness of the lingonberry slowly transforms into a juicy, honey-like sweetness.*

LAKKA / CLOUDBERRY  
*RUBUS CHAMAEMORUS*



**GOLDEN TREASURE  
OF THE MARSH**



Vitality | Sensitiveness | Abundance

## GOLDEN ABUNDANCE

Vitality | Sensitiveness | Abundance

CLOUDBERRY IS THE GOLDEN treasure of northern marshlands—a symbol of vitality and abundance, yet deeply sensitive to its environment. Its journey from flower to ripe, golden fruit is delicate: the lack of pollinators, summer frosts, or heavy rains can prevent its ripening and affect not only this year's harvest but also future growth.

As it ripens, the cloudberry changes color—shifting from greenish-yellow to reddish hues, and finally into a juicy, golden delight. It is rich in vitamins C and E and truly a northern super-berry.

Cloudberryes grow best in the mythical bogs of Sápmi (the Sámi homeland). Their sensitivity and very specific growing conditions make them the most coveted of all northern berries. While they can be eaten fresh, they are traditionally enjoyed as jam: golden cloudberry jam

served with Finnish squeaky cheese or pancakes is considered the most luxurious of treats by many. Cloudberry liqueur is also well known in many places. This berry is known by several names in Finnish: lakka, hilla, suomuurain, and valokki.

## MESSAGE

Does it feel like you're rushing something? The Cloudberry card invites you to slow down and reminds you of the power of patience. Just like berries ripen in their own time, you too need time to grow and gain strength. When you wait for the right moment, you'll get to enjoy a richer harvest – and true abundance.

Are you rushing something? The Cloudberry card reminds you to be patient. Like its berries, you need to wait until the fruits are ready to be picked. When harvested at the right time, you'll enjoy greater flavor and abundance.

## RITUAL

*Find a quiet place where you can be alone for a little while. Take out your journal and take a few deep*

*breaths. Write freely as you reflect on the following questions:*

*What part of my life feels rushed right now? Is it daily life, a work project, a relationship—or something else? Why do I feel the need to hurry? Does the feeling of urgency come from outside of me—or am I creating it myself?*

*Then, pause and explore the root causes of this rush. Are you afraid of missing out on something? Are you trying to control a process too tightly? What if you allowed things to unfold at their own pace?*

*Finally, reflect on this: what goodness might emerge if you gave it just a little more time? All things of value need space to ripen — and so do you. Don't rush life. It unfolds like a cloudberry, in its own unique rhythm, and there is beauty in every stage, if you just allow yourself to see it.*

**KANERVA / HEATHER**  
*CALLUNA VULGARIS*



## **PURPLE BLISS**

Healing | Wisdom | Empathy



## PURPLE BLISS

Healing | Wisdom | Empathy

HEATHER, THE GENTLE GUARDIAN of the moors, paints the Nordic landscape purple in the summer. Honeybees buzzing around their flowers produce delicious and highly valued heather honey from the nectar of these tiny blooms. The heather honey has a strong aroma, reddish-brown color, and marmalade-like texture. It possesses antimicrobial properties that may support wound healing and help prevent infections.

Heather thrives in dry, sunny pine forests, marshlands, sandy areas, and rocky terrain. While slightly toxic, small amounts are harmless. Some believe heather can enhance memory and empathy. Its flowers and buds are used as spices and tea ingredients. Heather is also a natural and versatile dye: young heather before flowering gives bright yellow, while branches depending on the technique can yield green or

orange. Flowers produce gold or rust-colored hues. Traditionally, heather has been used for tanning leather and crafting brooms. Its botanical name, *Calluna*, comes from the Greek word *kalluna*, meaning 'to brush.'

## MESSAGE

Heather's vibrant purple hue speaks of royalty, creativity, and a deep spiritual connection. It encourages you to cultivate empathy alongside ambition. As you develop, or climb a ladder of success, remember that true strength lies in understanding the hearts and minds of others.

## RITUAL

*Empathy, the ability to understand the feelings of others even without experiencing their situation, is a powerful tool for emotional connection. Actively listening and focusing on the other person's emotions are key practices to improve empathy. Pay attention to their body language, gestures, and facial expressions for deeper understanding. Listen to the values behind words and ideas.*



*Consider sharing what you observe and hear. Reflect on how this makes you feel. Being open and vulnerable allows us to experience deeper connection with others.*

*Reflect on how your observations impact your interactions and deepen your empathy for others.*

**SAMMAL / MOSS**  
BRYOBIONTA



## **LUSH TRANQUILITY**



Healing | Tranquility | Sustainability

## LUSH TRANQUILITY

Healing | Tranquility | Sustainability

THE NORTHERN FOREST IS cloaked in a soft, green carpet of moss. Mosses stretch across tree branches, fill rock crevices, and blanket the forest floor, creating a moist and enchanting miniature world whose tones and textures have inspired poets, artists, and wilderness wanderers for centuries. There are thousands of moss species worldwide; in Finland, the most well-known include feather mosses, fork mosses, and sphagnum mosses.

In folk medicine and everyday life, moss has had many practical uses: it has been used to bind wounds, wrung for drinking water to quench thirst, packed into walls for insulation—and even served as an ecological diaper.

Moss symbolizes resilience and nature's quiet care: it acts as an important carbon sink. Its medicinal properties—such as its antibacterial and antifungal effects—were especially valuable

during times of war. The greenness of moss not only pleases the eye but also creates a sense of calm. Perhaps it's because it once offered our ancestors a soft bed—or because its presence still whispers to us of untouched, sacred nature.

## MESSAGE

Do you carry concern for the state of the environment? Moss invites you to slow down and reminds you to be gentle – also with yourself. Worry shows that you care, but worry alone won't change the world. Instead, even the smallest actions that come from the heart and compassion can create real transformation. Moss grows slowly, almost imperceptibly, yet it has a powerful impact on the ecosystem. In the same way, your everyday choices – no matter how small – can help build a more vibrant and gentle world.

## RITUAL

*Pause for a moment and create a calming bubble in the midst of everyday busyness. Step into a mossy forest—or build yourself a cozy nest at home with pillows, soft blankets, and dim lighting. Imagine*

*yourself as a little squirrel in its nest, surrounded by soft moss, much like in the Finnish song by Alexis Kivi: 'Sweetly the squirrel lies in its mossy home.' Try surrounding yourself with or visualizing green, a color that brings soothing and relaxing feelings and can reduce anxiety. Breathe deeply and let your worries melt away. You are safe here.*

JÄKÄLÄ / LICHEN  
RHIZOCARPACEAE



**SYMBIOTIC HARMONY**

Symbiosis | Sensitivity | Humility

## SYMBIOTIC HARMONY

Symbiosis | Sensitivity | Humility

LICHEN IS A BEING born from the symbiotic relationship of two organisms: a fungus and an alga. The fungus provides the alga with protection, water, and structure, while the alga produces sugars through photosynthesis. Both benefit from this collaboration, and neither would typically survive independently in the same conditions.

Lichen is widely utilized in crafts, interior decoration, and as padding material. Lichens also act as indicators of air quality, reflecting the environment's condition. Reindeer lichen and Icelandic lichen have also been used by humans as food during harsh times. Nowadays you may see lichen used as a garnish in gourmet restaurants.

There are an estimated 20,000 species of lichens. They can grow on rocky surfaces, hang from trees, or adorn the weathered boards of old

buildings. You might not notice lichens at first, but once you start paying attention to them, you realize they are everywhere. They can be bright yellow, modest gray, or light green. In the *Kalevala*, the wise man Väinämöinen is referred to as "naavaparta" – "lichen beard" – a nod to the beard-like hanging usnea lichen that drapes from the branches of ancient trees.

## MESSAGE

Lichen invites you to pause and reflect on the closest relationships in your life. Who or what do you cling to tightly? Are these relationships nourishing for both sides – or might they be one-sided or overly dependent? The card encourages you to seek balance and to nurture the connections where both people are free to grow and strengthen.

Lichen reminds us of the wisdom of symbiosis: true connection is born when each gives and receives – when both can thrive together, each in their own unique way.



## RITUAL

*Curious about how creatures survive in the wild? Teamwork, even between unlikely partners, is often the key.*

*Practice sharpening your skills in recognizing symbiotic relationships – those fascinating partnerships where two (or more) species depend on each other.*

*Find a comfortable spot outdoors and become an observer. Choose a specific plant or animal, watching its behavior and interactions with its environment.*

*Ask yourself questions: "Does this creature rely on another species for something? Does it benefit another in any way, and does the other reciprocate?" Write or note observations and thoughts. Deepen your understanding by exploring more about the symbiosis between species. When you begin to observe nature more closely, you start to see its deep connections – and you might also discover something important about your own life.*

**HAUKI / PIKE**  
**ESOX LUCIUS**



**THE ANCIENT  
RULER OF WATERS**

Power | Wisdom | Connection



## THE ANCIENT RULER OF WATERS

Power | Wisdom | Connection

WITH ITS SHARP TEETH, formidable jaws and a creature capable of reaching majestic proportions with age, the pike commands respect as the ruler of the waters. Known in ancient tales also as “water dog” or a “chow hound”; eating everything that comes its way. In one of most famous poems in The Kalevala, Väinämöinen crafted his stringed musical instruments, the kantele, from a pike’s jaw bone.

This predatory fish inhabits sluggish streams, shallow weedy areas in lakes, and cold, clear, rocky waters. As ambush predators, they lie still for long periods before striking with remarkable speed. Symbolizing strength and power, and the potential for greed, the mythical and powerful fish commanded respect and fear. Those who lived poorly were said to end up in the underworld inside a pike’s belly.

Believed to traverse between the realms of the living and the dead, the pike's bones held significant meaning in magical rituals. The pike's head was said to contain a hundred bones, each with its own name.

## MESSAGE

There is more strength and wisdom within you than you may realize. Water—the element of intuition and emotion—and the pike, the powerful guardian of the depths, invite you to dive inward. Listen closely: what is your intuition trying to tell you right now? Is a decision ripening? Is it time to act?

When you know what you truly want, move forward with clarity and courage. The pike reminds you that the power of one who acts at the right moment is unstoppable.

## RITUAL

*Connect with your inner wisdom by sitting near a body of water—it can be a lake, sea, river, fountain, bathtub, or even a glass of water. Sit quietly, take a few deep breaths, and gaze beyond the surface of the*

*water. What do you see? How do you feel?*

*Now imagine a great pike emerging from the depths and pausing in front of you. What is it bringing—perhaps a message, a piece of wisdom, or a warning?*

*Write down what you saw, felt, and realized. Trust that your inner wisdom is speaking to you through this guardian of the waters.*

ILVES / LYNX  
LYNX LYNX



**REVELER OF SECRETS**

Stealth | Intuition | Mystery



## REVELER OF SECRETS

Stealth | Intuition | Mystery

THE TUFT-EARED AND SLEEK lynx is Finland's only native wild cat, and a protected predator. With its distinctive spotted fur and agile movements, the lynx embodies the mystery and grace of the Finnish wilderness. This elusive creature is harmless to humans, preferring to avoid human contact while expertly hunting small game like hares and birds, sometimes even small deer. Its yellow eyes possess keen vision, symbolizing foresight and the power to reveal secrets, allowing it to navigate the dense forests with ease.

In ancient times, the lynx was referred to as "metsän kave" which translates to "woodland spirit". This name reflects the lynx's almost supernatural ability to blend into its surroundings and its reputation as a silent, ghost-like presence in the forest – it's very rare to see lynx in the wild.

## MESSAGE

The lynx invites you to stay open to life's mystery and trust your instincts.

Have you recently had a strange feeling, seen the same symbol appear again and again, or had dreams you couldn't quite explain?

The lynx urges you to explore these signs.

Your intuition is like the gaze of the lynx: sharp, clear, and authentic. Walk your own path with gentle alertness and trust in your inner senses – and keep your heart open to the mystery of life.

## RITUAL

*Intuition is the ability to understand or know something without conscious reasoning or logical thought. It is immediate, often wordless knowledge that allows you to make decisions or insights without fully understanding why. Intuition is often rooted in experience and previously learned information, operating quickly and automatically alongside conscious thought.*

*Perform a ritual to strengthen your intuition.*



*Find a quiet place where you can be alone for a moment. Sit down comfortably, close your eyes, and take a few deep breaths. Allow your body and mind to settle.*

*Bring to mind a question or decision that is currently relevant in your life. Visualize each option, one at a time. As you imagine each possibility, focus on how it feels in your body: Does your body feel light or heavy? Relaxed or tense? Do you feel openness in your heart, or a sense of discomfort? Let your body speak — it often knows before the mind can catch up. Write down what you experienced.*

KETTU / FOX  
VULPES VULPES



## THE CLEVER GUIDE

Curious | Playful | Spirited



## THE CLEVER GUIDE

Curious | Playful | Spirited

THE FOX IS A creature that embodies playfulness, intelligence, and curiosity. Its fiery coat and elegant movements make it a skilled traveler of both forest and city. In winter, it leaves behind delicate, winding tracks in the snow – like messages from another world. In Finnish folklore, the fox serves as an ally to those in need, often assisting with clever solutions and resourcefulness. Some legends tell of the fox's quest for the magical components of the first beer, aiding the beer brewer Osmotar in ancient times.

The fox has also lent its name to the aurora borealis, known in Finnish as revontulet, which translates to “fox fires.” According to an ancient tale, the lights are born when a fox runs across snowy hills and its tail sweeps the snow, sending sparks into the sky that become the Northern Lights. In the folk traditions of Eastern and

Northern Finland, the fire fox, or tulirepo, is a mythical creature coveted by every hunter. Capturing one symbolizes the fulfillment of a life's goal; the hunter who catches a fire fox is said to gain great wealth and fame.

### *MESSAGE*

The Fox card represents the balance between playful curiosity and deep wisdom. It reminds you that life doesn't always have to be taken so seriously—alongside intelligence, there is space for lightness, play, and clever insight.

This card invites you to look at life from a more creative perspective. Is there a situation where you could let go of some control and lean into curiosity instead? Perhaps humor and a lighter attitude could offer you the exact insight you've been seeking.

Remember: wisdom isn't always solemn. Sometimes it's a glimmer in the eye, a bold leap off the beaten path, or an unexpected moment of freedom in the middle of a busy day.

## RITUAL

*Find a quiet and natural setting where you feel at ease, whether it's a park, garden, or your favorite spot in nature. Close your eyes briefly and visualize a fox, with its fiery coat and graceful movements, appearing before you. Envision its playful demeanor and keen intellect merging into a harmonious presence. Open your eyes and imagine yourself embodying the playful spirit of the fox.*

*Allow yourself to explore your surroundings with curiosity, much like how the fox explores its environment. Observe the world around you – the details, sounds, subtle movements – and consciously register them in your mind.*

*After some time of playful exploration and observing, start playing with your intuition – sense what might happen next in your environment. Did you guess correctly?*

*Take a few moments to reflect on your experience. What insights did you gain from the exercise? How can you apply the fox's intuitiveness and playfulness in your daily life?*

KURKI / CRANE  
GRUS GRUS



## GRACEFUL DANCE



Longevity | Responsibility | Commitment

## GRACEFUL DANCE

Longevity | Responsibility |  
Commitment

TO OUR ANCESTORS, THE crane was the revered king of birds, a symbol of good fortune and longevity in many cultures—and indeed, these majestic birds can live up to 30 years. The crane was seen as a bearer of responsibility: according to ancient beliefs, it supported the vault of the sky, and in Finnish, the main horizontal beam of a house is even called *kurkihirsi* (“crane beam”). Overall, the crane was considered a good and welcome bird—its arrival marked the coming of spring and the melting of the ice.

The crane’s courtship dance on spring fields or wetlands is a breathtaking sight. An adult crane stands over a meter tall, with a wingspan of more than two meters. As it performs its unique choreography, it evokes the elegance of a Renaissance court dancer—and it’s easy to understand why it has long been called the king

of birds. Cranes are monogamous and stay faithfully by their partner's side for life.

The timeless calls of cranes across northern wetlands resonate deep in the soul—they've echoed over our bogs for thousands of years. Their autumn migration stirs a sense of longing: will we meet again?

### *MESSAGE*

The crane symbolizes responsibility, commitment, and dignity. Its majestic presence invites you to remember what is sacred and important in your life. Despite its long legs, the crane never falters – it moves with determination, self-respect, and unwavering loyalty to what it has committed to.

Let the crane inspire you to stand by your values, even when the world around you feels unstable. Fulfill your promises – both to others and to yourself – with integrity and grace. The crane reminds you that true strength comes from perseverance, inner steadiness, and devotion born from the heart.



## RITUAL

*Connect with the spirit of the crane by visiting a tranquil natural setting, perhaps near wetlands or a quiet marshland in person or in your mind.*

*Sit quietly and attune yourself to the landscape; let the ancient shapes of the surroundings speak to you. Reflect on your commitments and responsibilities: what are you carrying with you, and what have you pledged yourself to? Meditate on how you might embody the crane's personality traits and symbolic qualities in your own life, fostering lasting relationships and fulfilling your responsibilities with grace and integrity.*

*Let these reflections sink deep into your heart. Then move forward with the steadiness of a crane, and open your wings – ready to dance or take flight.*

**LAULUJOUTSEN / WHOOPER SWAN**  
**CYGNUS CYGNUS**



**BIRTH OF THE WORLD**

Purity | Beauty | Cosmos



## BIRTH OF THE WORLD

Purity | Beauty | Cosmos

THE WHOOPER SWAN, FINLAND'S national bird, symbolizes purity and beauty. It also embodies the ancient Finno-Ugric peoples' understanding of the cosmos: the swan can look beneath the water's surface into the underworld, move within this reality, and fly to the heavens – the realm of the gods and light. The swan's egg represents the myth of the world's creation.

In Karelian folk tradition, harming a swan was forbidden, and in the prehistoric rock carvings found along the shores of Lake Onega and the White Sea in Eastern Karelia, the swan appears as a central figure. Swan bones have been found only rarely at prehistoric settlement sites, but in Denmark, a Mesolithic-era grave was discovered in which a newborn had been buried with a swan's wing. This suggests the swan may have held a ritual role or been protected by a hunting taboo. In the Finnish national epic Kalevala, the

swan appears in the dark river of Tuonela, the realm of the dead, and killing the swan of Tuonela was considered either impossible or fatal.

Each spring, swans return from the south, and their trumpet-like calls echo across the skies. Seeing the V-formation of swans flying north along the Milky Way stirs many Finnish hearts with joy – spring is finally here! For millennia, this majestic sight has signaled the arrival of spring for the northern peoples: winter's grip loosens, and new life begins.

### MESSAGE

Do you ever feel like you don't belong anywhere? Like you're adrift, an outsider? The swan reminds you of a deep, invisible connection that links you to all that exists. It is a being that moves gracefully between worlds – from the depths of the water to the realm of the stars. So can you.

There is a teaspoon of stardust in you. That's not just a poetic idea – it's a scientific fact. You came from the stars. The swan invites you to remember that you are part of a greater story. Sometimes we feel we don't belong anywhere.

But the truth is, we belong everywhere. You are already home.

## RITUAL

*Connect with the universe by gazing up at the night sky and the Milky Way. The embrace of millions of stars doesn't just comfort – it restores your sense of belonging. You were never truly alone.*

*Find a place far from city lights and light pollution. Let your eyes adjust to the darkness. You may catch a glimpse of a misty band stretching across the sky – that is the Milky Way, “Birds’ Way” in Finnish.*

*Take a deep breath and let peace settle in. Can you spot Cygnus – the Swan constellation? It resembles a cross, but if you look closely, it takes the shape of a swan. Its brightest star, Deneb, means “tail” in Arabic and sits at the tip of the bird's tail. Another bright star, Albireo, marks the beak pointing downward.*

*Let the starry sky draw you in. Feel yourself once again becoming part of the silent flow of the cosmos – like a swan flying through the night along the Milky Way.*

KORPPI / RAVEN  
CORVUS CORAX



## MYSTIC MESSENGER



Intelligence | Companionship | Longing

## MYSTIC MESSENGER

Intelligence | Companionship |  
Longing

THE RAVEN, WHO LIVES in the depths of the ancient forest, holds a special place in Finnish folklore. On one hand, the raven is seen as a bearer of sorrow and longing, a wise and noble spirit ally of the shaman. With its human-like traits and remarkable intelligence, it walks beside us, offering support in difficult times. On the other hand, its dark appearance and reputation as a scavenger have long linked it to the underworld and realms beyond.

By nature, the raven is both cautious and curious. It observes from afar, but when something piques its interest, it dares to draw closer and investigate. The raven's intelligence, memory, and keen observation skills are exceptional. It has even been considered almost human-like, capable of learning to mimic speech. For those wandering in nature, the raven's familiar call

brings comfort: “Krrak-krak! You are not alone, even in the wilderness.”

## MESSAGE

Do you carry an unnecessary burden on your shoulders? The Raven offers you companionship and support during life's difficult moments. It wishes to share your sorrows and lighten your load.

## RITUAL

*Write down everything that weighs on your mind. Then draw a circle in the middle of the paper.*

*Inside the circle, write down the worries you can influence. Outside the circle, list the ones that are beyond your control. Draw a cross over those burdens – let the raven carry them away from you.*

*Instead, focus on what you can change. Reflect on the issues inside the circle and write a small action plan: what can you do, one small step at a time?*

*Remember, the raven is beside you – you are not alone in your sorrow. It invites you to trust your own*



*intelligence and resilience. Wisdom means focusing your energy on what you can change – and releasing the rest.*

**HIRVI / ELK**  
**ALCES ALCES**



**WARDEN OF THE WILDS**



Reverence | Protection | Cycle of Life

## WARDEN OF THE WILDS

Reverence | Protection | Cycle of Life

The elk, the majestic largest mammal of the northern forests, arrived in what is now Finland thousands of years ago after the Ice Age retreated from the land. The elk did not come alone – following in its footsteps came humans, who relied on this big game animal for food, warmth, and a chance to survive in the harsh conditions of the North. Adapted to a cold climate, the elk rose to become a significant totem animal in the culture of the hunter-gatherers who lived here, and it was also a guardian spirit for shamans and wise ones journeying to the underworld. Its ochre-painted figure appears on ancient rock paintings more frequently than any other symbol.

Finland's most famous archaeological find is also elk-related: the Elk's Head of Huittinen – a wooden sculpture from the Mesolithic Stone

Age that once adorned the prow of a boat thousands of years ago. In winter, bull elk shed their grand palmate antlers and begin growing new ones in spring. As summer progresses, the antlers strengthen and reach their full glory just before the autumn rut. In many cultures, elk and deer symbolize the eternal cycle of life: with the rising sun between their antlers in spring, a new annual cycle begins.

### **MESSAGE**

Does it feel like you're walking through the storms of life right now? The elk brings you a calming message: lift your head high with quiet dignity, breathe deeply, and face the wind and turmoil with honor. You have more strength within you than you may realize.

Just as the elk moves gracefully through harsh and rocky landscapes, so too can you endure—one step at a time. Trust your inner wisdom. Your roots run deep, and your path will carry you forward, even when the way feels difficult.

## RITUAL

*Stand barefoot, feet hip-width apart, and feel your connection to the Earth beneath you. Straighten your spine and take a deep breath. Imagine breathing in the power of the Earth – and as you exhale, release the doubt that you're not strong enough for this. Let uncertainty melt away with every breath out.*

*Close your eyes and picture a majestic elk standing beside you. Its great antlers reach toward the sky. Feel the presence of your ancestors – they walk beside you, and their strength flows into you. With the elk and your ancestors by your side, lift your chin and step forward bravely, one step at a time. You are not alone.*

KARHU / BEAR  
URSUS ARCTOS



## KING OF THE FOREST

Strength | Respect | Ancestry

## KING OF THE FOREST

Strength | Respect | Ancestry

THE BEAR, THE GREAT totem animal of northern peoples and the symbol of many clans and tribes, is revered in Finnish mythology as the king of the forest, a grand deity who descended from the heavens, from the shoulders of the Great Bear (Ursa Major), part of the Big Dipper constellation. The bear was revered as an ancestor or sacred brother, and hunting it was surrounded by elaborate rituals and strict rules.

It was forbidden to cowardly kill a sleeping bear in its den – instead, it had to be awakened with a song before being slain. To honor the fallen bear, a ceremonial feast called *peijaiset* was held. The bear's bones were buried like human remains – all except the skull. The skull held special significance: it might be used as a drinking vessel for beer and passed from one participant to another during the feast. In the end, the

skull was often placed high in a tree, usually a pine, so that the bear's spirit could return to the sky. There, it would be reborn and eventually return to the forest to continue nature's eternal cycle.

The Finnish reverence for the bear ran so deep that people avoided using its real name. Instead, over 200 euphemisms were used. Even the modern Finnish word *karhu* refers to its fur, not the animal itself. The bear was affectionately called names like honey-paw, apple of the forest, golden lord, or simply teddy bear. Once a frequent predator in our forests, the bear has become a much rarer sight since the king of the woods avoid human interaction.

## MESSAGE

The bear reminds you to honor both your own boundaries and those of others. A symbol of ancestral wisdom, strength, and inner peace, the bear lives in harmony with the seasons, resting in winter and conserving energy by listening to its body and inner voice.

The bear teaches that true strength isn't found in constant pushing, but in the courage to pause



and set boundaries. Its message is clear: respect yourself so deeply that you dare to draw boundaries with love. Healthy boundaries are like an invisible shield that safeguards your life force and helps you stay in your own power.

## RITUAL

*Ask yourself: In which area of your life do you currently need clearer boundaries? How could you protect yourself gently yet firmly?*

*Take a moment to reflect, how it would feel to set boundaries right now? Imagine a bear standing a short distance away – strong and calm. Its presence quietly but clearly says: Respect my space. Let the bear teach you what healthy boundaries feel like.*

*Then, visualize a soft yet clear energy bubble forming around you – your own peaceful protective space. Know that within this bubble, you don't need to explain, prove, or please anyone. You are safe within your own field. When you respect your own boundaries, others will begin to respect them too.*

JÄNIS / RABBIT  
*ORYCTOLAGUS CUNICULUS*



**MYSTIC TALISMAN**

Luck | Abundance | Fertility



## MYSTIC TALISMAN

Luck | Abundance | Fertility

RABBITS are considered symbols of good luck in many cultures. In Finland too, seeing a rabbit was seen as a positive omen—if a rabbit hopped into your path, it was believed to bring good fortune. People would sometimes carry a rabbit's foot (jäniksenkäpälä) on their belt as a lucky charm and a talisman for protection against evil.

In Finnish and Karelian folklore, Hittavainen is known especially as the guardian spirit of hunting and the wilderness—a primal mother figure (known as the emuu) of rabbits to whom hunters might offer bread, a shot of alcohol, or silver before setting out for a rabbit hunt. This reflects the respectful relationship hunting peoples maintained with game animals and their spirits: the balance was preserved by giving something in return and only taking what was truly needed.

Due to its rapid reproduction, the rabbit symbolizes fertility in many cultures and is strongly associated with the moon, spring, and the beginning of new life. In folk tales, the rabbit is also often seen as a clever trickster.

## MESSAGE

A rabbit hops towards you carrying good news: luck and abundance are coming into your life! This lively talisman of fortune reminds you that a new, fertile phase may be beginning for you. Your path opens lightly when you trust your intuition and follow the magical signs ahead.

But remember: true abundance is not born only from receiving, but also from sharing. When you give back—joy, kindness, gratitude—abundance and fertility will flow to you.

## RITUAL

*Bring a touch of magic into your life by creating your own lucky talisman. You can crochet a rabbit's foot, carve an amulet shaped like a bunny from wood, or make your magical object in any way that feels right to you.*

*As you create it, charge the talisman with good intentions—think of luck, abundance, generosity, and joy for life. Once the object is ready, keep it with you: on your belt, as a keychain, or in your pocket, so you can touch it in passing. This small talisman will travel with you and remind you that you can invite abundance into your life by giving to others.*

**SAMMAKKO / FROG**  
**RANA TEMPORARIA**



**MIRACLE OF  
TRANSFORMATION**

Adaptability | Fluidity | Support

## MIRACLE OF TRANSFORMATION

Adaptability | Fluidity | Support

FROGS live in moist environments – ponds, lakes, and wetlands. Their life cycle begins in water as spawn, which develop into tadpoles and eventually mature into adult frogs that can live both in water and on land. As cold-blooded creatures, they adapt to the temperature of their surroundings and play a vital role in the ecosystem: they help control insect populations and serve as food for other animals.

Frogs carry many meanings across different cultures. They are often associated with transformation and rebirth and are considered symbols of good luck. In Finnish folklore, the frog has been seen as a bringer of good fortune and even as a spirit of the land or the cowshed.

In some myths, the frog is such a powerful being that it supports the entire sky. Interestingly,

in the Finnish language, the word *sammakko* (frog) can also refer to a pillar or support – such as those used in old watermills or mechanical structures. This may be a derivative of *sampo*, the mythical, treasure-producing mill of Kalevala poetry.

## MESSAGE

Don't underestimate yourself. Just as the frog rises from water to land and adapts to a new environment, you too have the ability to change, grow, and find your place. You may not yet see the full landscape ahead, but that doesn't mean you're not on the right path. You carry the gift of adaptability—the ability to move with the current of life and find your footing even when the ground feels uncertain.

The frog carries the secret of transformation, and so do you. Hidden within you are abilities waiting for the right moment to emerge. Trust that when the time is right, you will find the strength you need—and leap forward in your life.



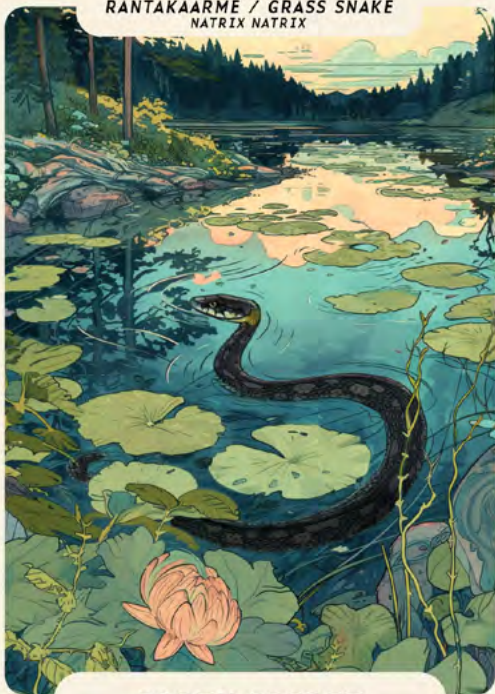
## RITUAL

*Go to the shore of a lake, sea, or river. Collect a handful of stones of different sizes, either in your pocket or in your palm. Sit down and begin to stack the stones into a tower, finding a balanced spot for each one. If the tower falls, don't be discouraged – enjoy the process of rebuilding. Same stones, new arrangement, new possibility.*

*Try out different combinations and build at your own pace. Just as the stones can find balance in many ways, you too can transform and discover new ways of being in the world. When you're happy with your tower, pause for a moment to admire it: it stands as a reminder of you and your capacity for transformation.*

*Just like the frog, you too know how to adapt to whatever life brings your way.*

**RANTAKÄÄRME / GRASS SNAKE**  
NATRIX NATRIX



**EARTH SPIRIT**



Rebirth | Protection | Creativity

## EARTH SPIRIT

Rebirth | Protection | Creativity

**SNAKES ARE ANCIENT SYMBOLS** found in nearly every culture. They symbolize for example fertility, creativity, wisdom, and eternal life. Their ability to shed their skin has made them powerful metaphors for renewal and healing, which is why snakes still appear in the symbols of medicine and pharmacies today.

In Finnish folklore, the grass snake, known as rantakäärme (in translation "beach snake") holds a special place. This harmless yet beneficial creature was respected for keeping mice and rats away from food stores. The grass snake was also known as the "guardian snake" or "blessing snake" (suojeluskäärme, lyylitys-käärme). These names reflect its role as a protector of the home and livestock. People would bring offerings and food for the snake—just as they would to guardian spirits and sacred trees.

## MESSAGE:

Feeling like your old skin is getting too tight? The snake teaches us that growth requires letting go. It cannot grow without shedding its former skin—and the same is true for us humans. At some point, old beliefs, roles, or relationships begin to restrict rather than protect us.

Renewal and healing begin the moment we dare to release what no longer serves us. Remember: you can be reborn in your own life again and again. You are not bound to the past—you hold the power to grow, expand, and step forward as you are now, in all your wisdom, courage, and vulnerability. Growth isn't always painless, but it is always possible.

## RITUAL

*Remember that you, too, are constantly renewing—every single day, even on a cellular level. Take some time for yourself. Step away from external demands and gather a few supplies: paper, magazines, glue, and colors.*

*On one sheet of paper, write down the things you wish to nurture and invite back into your life. On*

*another, write what you are ready to release. Ask yourself: What feels stagnant or constricting? What am I ready to leave behind? Burn the release list safely as a small ritual of transformation.*

*Then, tap into your creativity: paint, draw, or make a collage using words and images that represent your renewed self. Don't aim for perfection—trust your instincts and let the energy of the snake guide you. Finally, write down a few practical steps you can take to begin walking toward this new version of yourself.*

MIELIKKI



## FOREST GODDESS



Sacred Offerings | Rituals | Nature's Bounty

## FOREST GODDESS

Sacred Offerings | Rituals | Nature's  
Bounty

IN FINNISH FOLK TRADITION, the respect felt towards the forest was deep and unconditional. The word *metsä* (forest) originally meant a space in between—a wooded area between human settlements, governed by its own natural laws. The forest was, on the one hand, an important source of nourishment, and on the other, a wild and unpredictable wilderness. For this reason, maintaining good relations with the spirits of nature was considered vital.

Of these nature spirits, one of the most significant ones was Mielikki, the Lady of the Forest, protector of small game and birds, and the consort of Tapio, the King of the Forest. She watched over the treasures of the forest, its animals, and its trees. Men and women heading into the woods would bring her gifts to gain permission to move safely in the forest and not

be disturbed by bears. The first catch or harvest was carried to the foot of a sacred tree as thanks to Mielikki—as a gift, not as a sign of ownership. Protection for livestock was also sought from Mielikki, so that predators would not take cows and sheep grazing in the forest.

## MESSAGE

In the Finnish language, game is not taken—it is asked for. The word *pyytää* (to ask/request) contains a deep cultural understanding of coexistence with nature. The Mielikki card is a reminder that every bite on our plate is a gift from nature, from the earth, from animals and plants.

Mielikki invites you to pause and recognize where your nourishment truly comes from. At the same time, she guides you towards ancient ways that teach respect, gratitude, and connection to the land. When you eat, eat mindfully, with an open heart and a humble mind.

## RITUAL

*When you next time walk in the forest, pause for a moment in a peaceful spot. Leave a small gift for the*



*forest, such as seeds, a splash of drink, a flower, or a stone at the base of a tree. Quietly reflect on everything you have received from the forest: food, shelter, joy, health. In your mind, thank Mielikki, the Lady of the Forest, for all the abundance that nature provides. Let this gesture remind you that you are part of nature—everything you receive comes from it.*

*Perform the ritual in your own way, even with a smile or playfulness. The most important thing is presence and gratitude. The ritual does not require solemnity or a special belief in forest spirits; its essence is experiencing gratitude and connection with nature.*

ILMATAR



SKY MAIDEN



Creator | Cosmic Birth | Divine Feminine

## SKY MAIDEN

Creator | Cosmic Birth | Divine  
Feminine

ILMATAR, THE MAIDEN OF the air, is in the Kalevala—the collection of Finnish-Karelian folk poetry—the mother of the world and Väinämöinen, the mother of all existence. According to the Kalevala, Ilmatar, bored in the heavens, descends to the waves of the sea, where the wind impregnates her. A goldeneye (duck) builds its nest on Ilmatar's knee and lays its eggs there. When her knee begins to heat up, Ilmatar shifts it, causing the eggs to fall and break—and from their shells the world is born. Later, she also gives birth to Väinämöinen, the great shaman of the Kalevala.

The maiden of the sky becomes the creator of the world, embodying the energy of creation and the feminine divine. Ilmatar represents new beginnings, creativity, and motherhood.

## MESSAGE

Are you in the process of creating something new? Perhaps there's a project, an idea, or even a whole little universe simmering in your mind, waiting to be born. Ilmatar, the mythical daughter of the air and the source of all beginnings, whispers you a message: new insights are not born in haste, under the pressure of a packed calendar, or amid a constant flood of stimuli. Creativity needs quiet, idleness, and above all, empty space. If you fill every moment by staring at a screen, getting through daily routines, or endlessly doing, you never have a chance to get bored—and it is precisely in boredom, in those still moments, that the seeds of creativity are sown.

Give yourself permission to be without direction or a plan for a while. Dare to linger in uncertainty. Trust that it is there—in the silent in-between—that creativity begins to bubble up and the beginnings of something new take shape.

## RITUAL

*Find a high or windy place – a hill, a cliff, a balcony, or the seashore will do. Stand or sit down, and close your eyes. Let the wind blow across your face and bring your breath deep into your body. Just be here for a moment – doing nothing.*

*Feel how the air flows around you and within you. Sense how life has traveled through generations – the breath, heartbeat, cells, and stories of your foremothers have brought you to this moment, into this body, into this life.*

*Send your gratitude to life. Let the wind carry your wordless thanks to the skies. Rejoice with Ilmatar – for you are part of life's great continuum, a stream that never ends. It lives in you, renews in you, and creates through you – even when you do nothing at all. Trust that your breath is enough.*

LOUHI



## QUEEN OF THE NORTH



Autonomy | Resilience | Underworld

## QUEEN OF THE NORTH

Autonomy | Resilience | Underworld

IN FINNISH MYTHOLOGY, LOUHI is the Guardian of the North, her domain encompassing the realm of the dead, Tuonela. Known by various names like Loviatar or The Mistress of Pohjola, she is the true matriarch of The Kalevala, Finland's national epic, a collection of Finnish and Karelian oral folklore in poems. Feared for her potent magic, Louhi can shapeshift, control the weather, and even influence the celestial bodies. Louhi embodies the duality of life, wielding the power of both illness and healing. As Guardian of the North, she embodies authority and power over the unseen realms.

### MESSAGE

Even though we do not consciously seek suffering, Louhi reminds us that difficulties are a part of life—just like joy, love, and happiness. They are not a sign of failure, but part of the human

experience. It is precisely through adversity that we learn resilience, mature, and gradually come to terms with our own strength, shadow, and potential.

Louhi, the mighty and feared Mistress of the North, carries within herself the power of both creation and destruction. She does not hide the darkness, but masters it. Her message is not easy to accept, but it is true: pain can be a gateway to growth. She invites us to bravely look at those areas of our lives that feel heavy, unfinished, or rejected—for it is precisely there that new strength begins to sprout. Louhi's wisdom guides us to notice that renewal can also happen in the dark.

## RITUAL

*Find north on a map or with a compass. Turn to face that direction. Remind yourself of a difficult situation you have experienced, or think of a person with whom your relationship has been conflicted. Reflect: What did this challenge or person teach me? How did the experience make me stronger? What is important to me?*



*Write down your thoughts and send a silent thank you to Louhi. Acknowledge her role as a shaper of your journey and as an awakener of your inner strength. Give thanks for your challenging experience—these may be our greatest teachers. Even though the experience itself may be heavy and draining, such difficult situations also remind us of what is truly important to us and what we want to protect.*

KUUTAR & PÄIVÄTÄR



WEAVERS OF  
LIGHT AND SHADOW



Cosmic Harmony | Sisterhood | Destiny

## WEAVERS OF LIGHT AND SHADOW

Cosmic Harmony | Sisterhood |  
Destiny

IN KARELIAN-FINNISH FOLK POETRY and the stories of the Kalevala, the moon goddess Kuutar rules the night, while her sister Päivätär, the sun maiden, rules the day. They are nature spirits who weave garments—Kuutar from gold thread, Päivätär from silver. In spells, people might ask them for help in healing illnesses or soothing a child who cries at night. Young maidens, in turn, ask them for golden and silver jewelry and clothes to enhance their beauty. They are sometimes seen in the sky weaving—perhaps the golden-edged clouds and the beams of sunlight and moonlight reflected between the clouds were imagined to come from their handiwork.

Kuutar and Päivätär are also guardians of nature's balance and have dominion over bees and

wasps. Sky maidens or fate goddesses who influence people's destinies by weaving are found in many cultures. In Greek mythology, they were called the Moirai. Päivätär was likely the Sun goddess of Finnish mythology, a role later taken over by the Virgin Mary with the arrival of Christianity.

## MESSAGE

There is no light without shadow—and no shadow without light. Like Kuutar and Päivätär, we too can find balance within ourselves when we understand that these forces belong together. This card is a reminder of the interconnectedness of everything and the cyclical nature of existence: day follows night, spring rises after winter, joy and sorrow alternate in the flow of human life.

Light is not better than darkness—they simply reveal different things. Päivätär illuminates our path, but Kuutar brings forth inner truths that can only be seen in the twilight. When you learn to look at both with love, your life deepens. Your own shadows can reveal strengths you have not yet embraced, and your own light can

shine more gently when you no longer fear the dark. The message of the card helps you accept that both light and darkness are part of our human experience, and invites you to find beauty, meaning, and wisdom in both.

## RITUAL

*Find a quiet, sacred space to connect with the energies of Kuutar and Päivätär. Consider performing this ritual at night, under the Moon, or when both the Sun and Moon are visible in the sky together. Or simply close your eyes and visualize the Moon and the Sun both.*

*Light a candle or burn incense to invoke the celestial realms. Feel the moon's cool, silvery light bathe you in serenity, and the sun's warm, golden glow fill you with strength. Call upon Kuutar and Päivätär, the Weavers of Light and Shadow, to guide you on your journey.*

*Reflect on the balance between light and darkness in your life, acknowledging the beauty and wisdom each brings. Conclude the ritual with a sense of harmony, knowing that you are aligned with the cosmic dance of light and shadow.*

MAAEMO



MOTHER EARTH



34

Nurturer | Source | Sacred Connection

## MOTHER EARTH

Nurturer | Source | Sacred Connection

MOTHER EARTH IS KNOWN in almost all cultures and is called by names such as Gaia, Pacha Mama, Mother Nature, and Mother Earth. She embodies the feminine principle of the earth, a nurturing and life-giving energy. She is the mother goddess, the protector of all living beings, and the enabler of all life. As the nurturer of life, Mother Earth maintains the delicate balance of ecosystems and provides a home and nourishment for all creatures of the earth.

In the Kalevala, the sowing incantation calls upon the powers of the earth to aid in growth and to secure the harvest, invoking mannun eukko (“the Old Woman of the Earth”), and maan emäntä (“the Mistress of the Earth”) for assistance.

## MESSAGE

Mother Earth reminds us of the cyclical nature of existence and the interconnectedness of all living things. She carries us, nourishes us, and gives us life—but at the same time, she reminds us of our responsibility to care for her. This card invites you to pause and recognize how deeply your own well-being is intertwined with the well-being of nature.

Mother Earth encourages you to live in harmony with the rhythms of nature: to rest when the earth rests, to flourish when nature bursts into bloom. She urges you to see the planet as more than a resource—as a sacred being, where every rock, plant, animal, and microorganism is part of the same living web as you. Mother Earth's message is gentle but clear: when you care for the earth, you are also caring for yourself.

## RITUAL

*Find a peaceful place in nature where you can connect with the energy of Mother Earth. You can invite friends to join you and form a sacred circle together.*



*Close your eyes and take deep breaths, allowing yourself to become grounded and balanced. Speak words of gratitude for the gifts of life and nourishment that Mother Earth provides us. Listen to the sounds of nature, touch the plants, observe insects and animals, and also imagine all the unseen life underground: earthworms and bugs in the soil, fungal networks, and other microorganisms. Remember that Mother Earth offers a shared home for us all.*

*Conclude the ritual with a feeling of harmony and connection. You can also make a small commitment to support Mother Earth, such as reducing the use of environmentally harmful chemicals, choosing food that supports the well-being of the planet and people, limiting travel, or simply consuming less and living more simply*

TELLERVO



## FOREST MAIDEN



Stewardship | Compassion | Playfulness

## FOREST MAIDEN

Stewardship | Compassion |  
Playfulness

TELLERVO IS THE DAUGHTER of the forest goddess Mielikki and the forest king Tapio. In Finnish mythology, she is known as a beautiful forest maiden, the nurturer of the forest's vitality and animals—a gentle guardian who moves lightly and freely in the shelter of the woods.

As the guardian of the forest, Tellervo walks among the trees and streams, caring for the forest's inhabitants and ensuring its health and balance. She protects and nourishes the animals of the forest, from birds to small mammals, creating safety and opportunities for life. Tellervo represents the spirit of compassion and responsible care, guiding us to respect the delicate balance of nature.

Tellervo also looks after the domestic animals that graze in forests and fields. She maintains the connection between humans and nature,

reminding us that the well-being of animals is also linked to our own well-being.

## **MESSAGE**

In her leaping dance through the woodland glades, Tellervo invites us to playfully reconnect with the wild and embrace what roles we can as stewards of the Earth. Tellervo dances lightly in the shelter of the forest and playfully invites you to return to your connection with nature and to that part of yourself that is wild and free, open and full of life.

She reminds you that being in nature doesn't have to be an achievement, but rather a childlike, enchanted state you can return to again and again. Tellervo encourages you to protect nature through joy, by seeing all the beauty and goodness that surrounds us. Each of us can act as a protector and caretaker of nature in our own way, and when you remember a childlike and light-hearted relationship with nature and the forest, fighting for nature doesn't feel so heavy.

## RITUAL

*Find a peaceful spot in the forest, a grove, or a park. Close your eyes and take a deep breath, letting the sounds and scents of the forest fill your senses. In your mind, invite Tellervo, the forest maiden, to guide you toward a deeper connection with nature.*

*Take a moment to reflect on what brings you joy in nature and how, even through small actions, you can cherish and protect it in your daily life. Listen for the messages of the forest—perhaps a thought or feeling will arise that encourages you to act for nature out of joy rather than guilt.*

*End the meditation with a quiet moment of gratitude for the sacredness of nature, recognizing that you are part of this unique web of life. Simply being present in nature and feeling gratitude already increases your well-being and joy.*

AHTI



**GUARDIAN OF THE WATERS**

Abundance | Balance | Moderation



## GUARDIAN OF THE WATERS

Abundance | Balance | Moderation

AHTI, the water god and guardian of fish in Finnish mythology, rules over the realm of waters and its creatures. He was honored as the protector of the waters and the giver of bounty rising from its depths. Fishermen would offer sacrifices and sing incantations to Ahti, hoping for a plentiful catch and the favor of the waters. *Anna ahti ahvenia* (“Ahti, give us perch”) was a common plea when heading out to fish, and offerings such as a splash of spirits were given to him.

Water, considered the origin and prerequisite of all life, was believed to be filled with *väki*—supernatural power present in places and elements of nature. The saying *Vesi vanhin voitehista* (“Water, the oldest of remedies”) is still familiar to many. Throughout the ages, water has been used for various magical and healing

purposes—to care for both body and mind.

## MESSAGE

Ahti's card reminds you of the sacredness of water and how every drop is part of the cycle of life. Clean water is not a given—it is a finite natural resource and the foundation of life. Seas, rivers, and lakes sustain the ecosystems of our planet, and their balance is delicate. Only a tiny fraction of all water on Earth is fresh water, and human activity increasingly affects both the quantity and quality of water.

The card urges you to pause and ask yourself: What could I do today for the good of water? Perhaps it means reducing consumption, choosing non-toxic products, avoiding plastic, or even cleaning up litter from a small stream. Equally, it can be a mindful moment by the water, recognizing your connection and committing to the protection of waters.

## RITUAL

*Create a mindful morning ritual in honor of the sacredness of water. When you wash your face, take a*



*morning shower, or drink water to replenish what you lost overnight, take a moment to consider the journey the water has taken to reach your tap. Is it groundwater, purified lake water, or perhaps water from your own well? If you don't know, find out.*

*Be aware that the same water has been circulating on Earth for millions of years. The water cycle—evaporation, condensation into clouds, and returning to the land and waterways as rain—has continued almost unchanged since liquid water first formed on our planet. This means that every water molecule in your body could once have been part of an ancient sea, a dinosaur's body, or an Ice Age glacier.*

*Reflect on your own relationship with water and its significance in your daily life. Clean water is becoming increasingly rare on this planet—use it with moderation and remember the sacredness of water in the cycle of life.*

HIISI



## SACRED GROVE

Forest | Ancient Sites | Worship



## SACRED GROVE

Forest | Ancient Sites | Worship

IN ANCIENT FINNISH TRADITION, Hiisi was revered as a sacred forest spirit and protector of holy groves and sites. These hallowed places, often marked by a unique rock formation or a circle of ancient trees, were sites of gathering and spiritual significance. In Western Finland, Hiisi was associated with places the ancestors were worshiped, while in Eastern traditions, Hiisi was considered the lord of large forest animals and game.

As Christianity spread, these sacred groves were often transformed into church lands or demonized, leading to the evolution of Hiisi into more mythical, somewhat negative troll-like beings in folklore. Nevertheless, the echoes of Hiisi's sacred presence remain in the landforms named after him, such as the Finnish words for giant's kettles in river rocks "Hiidenkirnut" and "Hiidenkiukaat", ancient stone structures. Hiisi

represents the deep connection between the Finnish people and their natural surroundings, embodying the spirit of the forest and the reverence for sacred natural sites.

## *MESSAGE*

Hiisi calls you once again into connection with nature and your ancestors. It is a reminder of ancient wisdom, encouraging us to live in harmony with our environment and to recognize the sacredness of nature.

The card invites you to reflect on whether you see sacredness around you and whether you treat nature with respect. Hiisi's message is also practical: seek out a place in your surroundings that feels special, pause there, and listen to what it may teach you. Likewise, you can check the National Board of Antiquities' map service to see if there are hiisi sites—ancient sacred forests or prehistoric burial or ritual places—near your home.

When you begin to recognize sacred places in nature around you, you deepen your connection to the land, your ancestors, and the tribes who walked here before us.

## RITUAL

*Find a place in nature that feels special or sacred to you. It could be an old tree, a uniquely shaped stone, or a peaceful spot in the forest, by the shore, or in a park.*

*Walk to this place quietly and mindfully. Open your heart and mind to the spirit of the place.*

*Leave a small offering—a piece of food, a coin, or an object that is meaningful to you—as a thank you to the spirits of the place.*

*Sit for a moment in silence. Reflect on the meaning of the place and your own connection to nature and your ancestors. Leave with gratitude, and carry in your heart the intention to honor and protect the sacredness of nature in your everyday life.*

TAPIO



## SPIRIT OF THE FOREST



Stewardship | Connection | Wilderness

# THE SPIRIT OF THE FOREST

Stewardship | Connection |  
Wilderness

TAPIO IS THE FOREST spirit and god of the forest in Finnish and Karelian folklore, under whose authority all the animals of the forest lived. He was the one to whom hunters prayed for game, and he had the power to grant or withhold hunting luck. Tapio ruled over Tapiola, the realm of the forest, assisted by the spirits of the forest and predatory animals. Also important were Tapio's wife, Mielikki, the mistress of the forest, and their children Annikki, Nyyrikki, and Tellervo, who were also invoked to protect hunters and cattle in the forest or to be favorable in granting a successful hunt.

A special spruce with horizontally spreading branches was known as Tapio's table, and offerings were brought there in multi-stage rituals to gain the favor of the king of the forest. An ant-

hill could also serve as a place of sacrifice.

## MESSAGE

The Tapio card calls for stewardship. The forest provides us with food, building materials, shelter, and abundance, but it also requires respect. As king of the forest, Tapio reminds us of the delicate balance between taking and giving.

When you receive this card, pause to reflect on your own relationship with nature: do you live in balance with it—or do you perhaps take more than you give? Tapio invites each of us to walk in the forest without leaving a trace, thinking of future generations and honoring the sacredness of nature.

## RITUAL

*Perform a concrete act for the good of the forest. First, throughout the day, list all the materials, food, and other things you use that come from the forest—for example, wooden objects and structures, paper, medicines, food, the oxygen you breathe—everything that has its roots in the forest.*

*Then, pause to consider whether what you give back*



is in balance with what you receive from the forest. Reflect on how you can protect forests and help Tapio's folk in their task. Next, take concrete action for the forest: pick up litter from the woods, support a conservation area, plant a tree, or share information about the importance of forests. The core of the ritual is to become aware of the gifts the forest provides, to give back, and to strengthen your connection to Tapio's realm in the spirit of folk tradition.

UKKO



**GOD OF THE  
SKY AND THUNDER**

Harvest | Mastery | Power

## GOD OF THE SKY AND THUNDER

Harvest | Mastery | Power

UKKO IS ONE OF the most revered and worshipped deities of the ancient Finns. He is the god of harvest, the sky, and thunder—Finland's counterpart to the Scandinavian Thor. The Slavic thunder god was known as Perun, and the Baltic one as Perkunas. The strong Finnish curse word *perkele* derives from this name, and with Christianization, it later became synonymous with the devil.

When Finns transitioned to slash-and-burn agriculture and animal husbandry, weather conditions became crucial for a successful harvest. Around this time, Ukko became an essential deity whose favor was sought through rituals and festivities. In early summer, people prayed to Ukko for rain during the “Ukon vakat” ceremonies, and during harvest, for dry weather. Ukko was thought to strike lightning with an axe, and

he is often depicted as a figure carrying a battle axe. The axe resembles boat-shaped tools used by coastal Finns at the end of the Stone Age in the Kiukainen culture, and similar pendants have been found from the Iron Age. The Finnish words for thunder—*ukkonen* and *ukonilma*—are named after *Ukko*, and thunder was also called “God’s weather.”

There are few written sources about ancient Finnish deities. Most information has been passed down orally, in poems and songs. Mikael Agricola’s preface to the Psalms from 1551 is a rare written glimpse into these beliefs—he mentions fertility rites held for *Ukko*, where people would eat, drink, and engage in “shameful acts” to secure a good harvest.

## MESSAGE

*Ukko*, the supreme god of the ancient Finns, rules over weather, rain, and thunder. His power embodies both the fury of nature and its fertility and life force. This dual force also lives within you: the ability to break down the old and give birth to the new.

This card urges you to recognize and give voice

to your anger, sorrow, or frustration, and to channel this energy constructively into your own growth. Allow yourself to be wild. Allow yourself to be powerful. The rage that churns inside you may be frightening, but within it lies the power to transform. Remember, too, that after the storm, the air is fresher and the moist earth is more receptive to new growth.

## RITUAL

*Raise a toast in honor of Ukko—and celebrate the storms of life! Ukko represents the untamed rhythm of the forces of nature: thunder, rain, fire, and the power that gives rise to life. In ancient times, the Ukko festival was held in his honor, when people gathered to wish for rain, fertility, and the continuation of life. So gather your loved ones, organize a meal, raise a glass, or celebrate in your own way the life-giving power of thunder and rain.*

*During the celebration, keep in mind Ukko's essence—untamed, wild energy that can shake, renew, and bring forth the new.*

SIENET / MUSHROOMS  
FUNGI



MYCELIAL WHISPERS



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Unknown | Subconsciousness | Invisible

## MYCELIAL WHISPERS

Unknown | Subconsciousness |  
Invisible

THE MYCELIA OF FUNGI weave an invisible world beneath the ground—a network through which information, nutrients, and messages travel between fungi and trees. What we see above the surface—the mushroom’s cap and stem—is only the fruit, the visible part of a much larger whole.

In Finnish culture, mushrooms are highly valued—chanterelles, porcini, and black trumpet mushrooms are beloved treasures of the forest. In the shamanistic traditions of Siberia and Northern Finland, the highly poisonous fly agaric (*Amanita muscaria*) was considered a gateway to another world. It aided journeys to the beyond through drumming, dance, and spiritual guidance, and the knowledge gained was used, among other things, for healing and divination.

World-renowned mycologist Paul Stamets believes that fungi are the key to our survival. They renew ecosystems and can even transform worlds. According to the latest research, psilocybin-assisted therapy has shown promising results, especially in the treatment of severe depression and substance addictions, when used as part of supervised psychotherapy.

## MESSAGE

The Mushroom card whispers: look beneath the surface, open yourself to the mystery of life. Not everything is as it seems. Just as the mycelium of northern forests hides a network of connections below ground, there are also invisible links in life that guide and unite us. Listen to this communication—the wisdom of the subconscious, the forest, and silent beings.

Mushrooms remind you to trust in what you cannot see. Behind relationships, events, and coincidences, there is often something deeper. You are already part of a greater connection, even if you do not yet realize it.

Listen to the voice of your subconscious, pay attention to recurring symbols, and observe the



quiet messages of the forest. You may find that it is precisely what is hidden and invisible that brings you answers to your biggest questions.

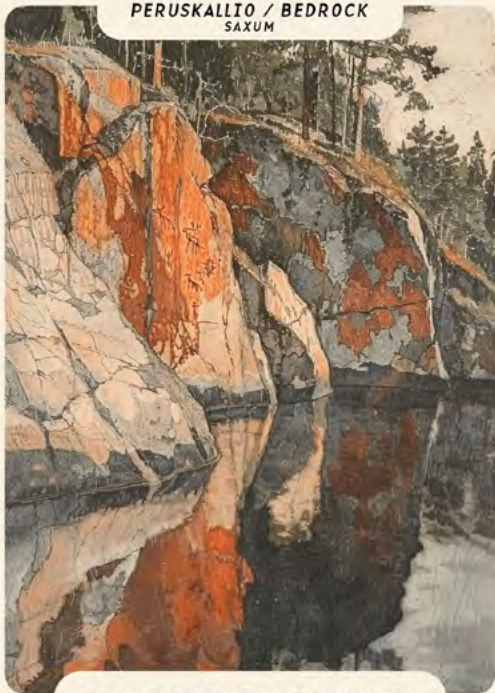
## RITUAL

*Practice looking beneath the surface: the world of mushrooms offers endless fascination. Find a mushroom in the forest and study it with your eyes—observe every wrinkle, shade, and surface. Resist the urge to pick, touch, or eat it; let it remain a part of the forest's great ecosystem.*

*Imagine the flow of information within this delicate little being—as part of an invisible network that spans the entire forest. Feel how the wisdom of a humble mushroom can transform your perception of both itself and the vast nature around you.*

*Also, learn to identify the best edible mushrooms, and remember that it's best to admire unknown beauties from afar and focus on collecting only clearly identifiable and safe species.*

**PERUSKALLIO / BEDROCK**  
SAXUM



**ELEMENTAL FOUNDATION**

Stability | Timelessness | Relics



## ELEMENTAL FOUNDATION

Stability | Timelessness | Relics

THE Finnish bedrock tells a story of the earth's ancient forces: it was formed billions years ago deep within the crust, where glowing magma slowly cooled and crystallized into rocks such as granite and gneiss. Mountain-building events, ancient volcanoes, and layers of sediment have shaped this age-old bedrock into a diverse whole. Over time, erosion caused by ice ages and the weather has, in places, revealed beautiful smooth rock surfaces that make up one of the oldest bedrock formations in the world.

Some of our vertical rock faces, often opening westward toward the setting sun, have also served as stages for ancient stories: on their surfaces, elk, shamanic figures, boats, snakes, and other animals were painted with red ochre, blood, and other natural materials, telling of times we can now reach only through our imagination. These paintings were made during

the Stone Age and Bronze Age, over 7,000–3,000 years ago, and their purpose can only be guessed. Perhaps they were part of sacred rituals, marked tribal territories and hunting grounds, or otherwise depicted the lives of people of their time, from hunting to the shaman's spiritual journeys.

The rock paintings of Saraakallio in Central Finland are the largest in Fennoscandia, with over 200 images known. These rock paintings continue to fascinate and inspire us even today, inviting us to reflect on the rituals and ways of life of ancient peoples beside these same age-old cliffs.

## *MESSAGE*

The bedrock invites you to ground yourself and trust that you can lean on its stable and ancient surface—both literally and symbolically. For millions of years, the bedrock has carried life on its back: it has endured earthquakes, the weight of ice ages, and the thunder of ancient mammoth feet. It does not tremble easily and is strong enough to support you as well.

Pause for a moment and reflect: who or what

is the bedrock of your life? Is it a close relationship, the rock at your summer cottage, or perhaps an inner landscape of the soul to which you return again and again? Visualize that rock in your mind. Return to it whenever you need safety, clarity, or comfort.

## RITUAL

*Find a quiet, rocky place and lie down on the ground. Close your eyes and let your breath deepen. Relax your body and imagine yourself embraced by the ancient bedrock—a rock whose surface, faded with time, bears the memories of the past in its rock paintings.*

*Feel how the earth beneath you is steady and unchanging. Let the timeless energy of the rock support you. Breathe calmly and imagine that you, too, are part of this ancient stone—one with its stillness, weight, and strength.*

*Open your mind. Does some feeling, symbol, or thought rise from the depths of the rock? Listen quietly. When you feel ready, open your eyes and gently return to this moment. Write down any messages, images, or thoughts that emerged.*

SUO / SWAMP  
PALUS



## MYSTIC MARSH



Transition | Preservation | Femininity

## MYSTIC MARSH

Transition | Preservation |  
Femininity

A SWAMP IS A place—or rather, a threshold—where earth and water intertwine, and where the realms of this world and the beyond seem to meet. Mysterious and enigmatic, the marsh hides secrets of the past deep within: in the acidic and oxygen-poor peat, objects and traces from ancient times can be preserved for thousands of years. Swamps offer a unique habitat for many specialized species, such as mosses, bog butterflies, and cranes. These creatures, adapted to the wetland environment, thrive precisely because of the bog's special conditions.

About one third of Finland's land area is covered by bogs, which is exceptionally much by global standards. Worldwide, bogs and wetlands are among the last refuges for many endangered species. In Finland, too, about two thirds of endangered mire species are especially dependent on the preservation of fens and forested mires.

## MESSAGE

The Swamp card invites you to pause in a liminal space—a moment between two eras, relationships, jobs, or other phases of life. It reminds you that not everything needs an answer right now. Life isn't a constant search for solutions; it is also about resting, listening, and simply being.

Just as the marsh holds within it thousands of years of history, seeds of plants, and ancient remains, you too have layers within you that require the right moment to surface. You can allow your thoughts, feelings, and decisions to mature in their own time, without hurry. The wetlands never rush—and neither do you need to solve everything immediately or forcefully. Trust that when the time is right, the solution will rise from the swamp. And sometimes, some things are meant to remain a mystery, unresolved and quietly unfolding.

## RITUAL

*Do you have a problem in your life that you've been searching feverishly to solve for a long time, but still haven't found an answer? Let go of the idea that you*



must resolve it right now, and consciously allow the problem to “sink into the bog.”

Write down on a piece of paper the problem, feeling, or situation you wish to resolve. Then, imagine symbolically placing this paper deep into the swamp—into a place where it can remain unchanged. If you wish, you can color or paint an image of a bog over your problem.

Trust in the healing energy of the marsh—that it will carry and preserve what is valuable, and bring the issue to the surface only when you have the time and energy to begin dealing with it. Or perhaps, with time, the problem will resolve itself mysteriously, as if by its own accord.

KUU / MOON / LUNA



## LUNAR ENCHANTMENT



Intuition | Cycles | Transformation

## LUNAR ENCHANTMENT

Intuition | Cycles | Transformation

THE MOON, THAT ANCIENT companion of the Earth, has fascinated humankind throughout the ages. Our ancestors observed the phases of the moon, timing their sowing, harvesting, weather predictions, and rituals accordingly. Finns, like many other indigenous peoples, once worshipped the moon. Mikael Agricola mentions this in the preface to his 1551 Finnish translation of the Psalter: “They also worshipped many other things—stones, stumps, stars, and the moon.”

The moon’s influence reaches deep into the rhythms of our planet. It moves the oceans with the tides, stabilizes the climate and Earth’s axis, guides the growth of plants and the behavior of animals, and serves as inspiration for countless myths and stories.

The new moon symbolizes the energy and fertility of spring—it is the right time to plant new thoughts and habits, and to sow seeds for

the future. Among Finno-Ugric peoples, it was customary to wish for well-being and good fortune at the time of the new moon. Folk wisdom held that during the waxing moon, all fluids rise upward and vitality increases. In Finnish tradition, the full moon was a time for rest and celebration. As the moon wanes, energy draws back toward the earth, making it a good time to plant root vegetables and potatoes, to deepen and review plans, and to let go of things that help balance life.

### *MESSAGE*

In various folk traditions, the moon is associated with fertility, femininity, intuition, and the subconscious. The waxing and waning of the moon has traditionally been seen as a reflection of the cycles of nature and life. The different phases of the moon have also served as metaphors for the stages of a woman's life: the new moon represents the young maiden, the full moon the mother, and the waning moon the wise old woman.

This card encourages you to tune into your own rhythm and emotions. The moon teaches us to live with change and to trust our inner move-

ment. The phases of the moon remind us that there are times for growth, maturation, and letting go in life. The ever-changing moon affects our lives here on Earth in many ways: just as it pulls the oceans, it can also draw forth emotions, memories, and insights.

## RITUAL

*Check what phase the moon is in right now. Sit outside or by a window and, if possible, spend a moment meditating in the moonlight. Let the moon's gentle glow illuminate your inner landscapes—the labyrinths of your subconscious and your hidden feelings.*

*Perform a simple ritual that matches the current phase of the moon:*

*At the new moon, sow new intentions.*

*During the waxing moon, consider what you need to achieve your goals.*

*Under the full moon, celebrate your achievements and abundance.*

*As the moon wanes, let go of what no longer serves you.*

*Let the moon's energy guide you, and allow each phase to support your personal growth and self-reflection*

AURINKO / SUN / SOLIS



## SOLAR RADIANCE



Vitality | Divinity | Enlightenment

## SOLAR RADIANCE

Vitality | Divinity | Enlightenment

THE SUN IS THE radiant heart of our solar system and the very foundation of life—a star around which all our planets revolve. It was born nearly five billion years ago, when interstellar gas and dust condensed, and ever since the formation of the Earth, it has illuminated and warmed our planet, providing the essential conditions for all life.

The significance of the Sun has been recognized in every culture around the world. The sun cross—a circle with a cross inside—symbolizes the cycle of the year and the day, and was also considered a powerful protective symbol. This mark has been found everywhere, from Scandinavian graves to Egyptian stone carvings. In Finland, sun wheels were also painted on the walls of houses to protect the home and bring good fortune.

In Finnish folklore, another name for the Sun

was Päivä, and the Sun's goddess was possibly Päivätär—the goddess of life and light. Later, in folk tales, this goddess merged with the Christian image of the Virgin Mary, symbolizing maternal protection and the sustaining force of life.

## MESSAGE

The Sun card invites you to shine your light—both outwardly and inwardly. The Sun awakens nature each spring, makes plants grow, and gives us humans strength, joy, and hope. Your own inner sun is a similar source of energy, allowing you to radiate and grow.

The card also symbolizes the brightening of consciousness and the opening of the heart—a moment when something in your life takes a new direction. It may relate to an insight, healing, or finally daring to stand in your own power and show your true self to the world.

Remember that the Sun rises every day, even if you don't always see it. The card reminds you that there is a light burning within you that never goes out, even if it is sometimes hidden by clouds. Your life does not have to be perfect



for you to shine. It is enough to give yourself permission to radiate in your own way.

## **RITUAL**

*Rise at sunrise and allow yourself to linger for a moment in the gentle embrace of the morning light. Turn your face toward the rising Sun, breathe deeply, and feel how warmth and light fill your body and mind. Give thanks to the Sun for its life-sustaining warmth and light, and let the rays of our home star soak into you—feel how your inner light merges with the Sun's brilliance and attunes you to the new day.*

*If the polar night or cloudy weather prevents you from seeing the sunrise, you can instead light a candle or a fire in honor of the Sun. Sit in its light and let a sense of gratitude fill your heart. Let the flame remind you that light and warmth reside within you—even when the sky is gray.*

KEVÄT / SPRING / VER



## AWAKENING BLOSSOMS



Renewal | Growth | Air

## AWAKENING BLOSSOMS

Renewal | Fertility | Air

IN SPRING, THE SUN rises ever higher in the sky and daylight increases, while the tilt of the Earth causes temperatures and light levels to rise across the northern hemisphere. This change triggers plant growth: seeds begin to germinate, shoots emerge from the depths of the earth, and forests fill with birdsong.

There is also a special kind of magic in the spring breeze. It's as if it carries a breath from somewhere far away, from a land where everything is different—perhaps from Lintukoto, the warm and happy place where our ancestors believed migratory birds would fly for the winter along the Milky Way. The element of spring is air: increasing light and warmth lift the morning dew, migratory birds, and even our thoughts into the air. Many indigenous peoples and cultures consider the spring equinox to be the true beginning of the new year, a time dedi-

cated to fertility, growth, and the gods and goddesses who preside over them.

## MESSAGE

The Spring card brings you a message of hope, awakening, and renewal. It reminds you that life is cyclical, just like the seasons—and that every ending holds within it the seed of a new beginning. Even after the darkest winter, the earth thaws, the light increases, and tiny shoots push up from the cold soil toward the sun.

This card invites you to notice the first signs of life in your own world as well. Perhaps you have been in a state of waiting, sheltered like a seed beneath the snow. Perhaps you have felt tired, uncertain, or stuck. Spring reminds you that you don't need to rush—just trust that the right time to sprout will come.

## RITUAL

*Spring invites you to turn toward the light, to nourish yourself, and to make space for new beginnings—in your thoughts, feelings, and actions. You can start with small steps, clearing space in your home, your*

mind, or your calendar. Plant a seed—literally or metaphorically—and follow its growth alongside the awakening of nature.

Choose a seed that feels meaningful to you, whether it's a flower, herb, pumpkin, or bean. Plant it in soil at the time of the next new moon, and as you do, write down your goals and dreams. Care for the plant and observe its journey; at the same time, you can make a plan for realizing your own dreams.

Keep a journal about both the plant's growth and your own process. It's exciting to see whether your dream will blossom at the same time as the plant you are nurturing.

KESÄ / SUMMER / AESTAS



## RADIANT GLOW

Flourish | Passion | Fire



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## RADIANT GLOW

Flourish | Passion | Fire

THE BRIGHT SUMMER NIGHTS of the North are full of magic. Yet our summer is short, and so we often feel pressure to make the most of it. It might be wise to retreat to a cottage for rest, but instead, we tend to fill our holidays with parties, festivals, cottage trips, family visits, and other activities. Unlike the farmers of the past, whose most important work took place during the summer months, for the modern urban seeker, summer should be a time for rest, as most businesses take their holidays then.

Ironically, our inner clock tells a different story: now is the time to find a mate, roam, and gather everything we will need to survive the winter. The animal or hunter-gatherer within us, whose body we still inhabit, is at its most active. The increase in sunlight affects our alertness and hormone activity, and all of this makes our bodies hum with a new frequency of sexual energy.

Summer is also a time of romance, love, and pleasure.

The element of summer is fire, which is present in sunlight, midsummer bonfires, and the intensity of our emotions. Around the world, midsummer rituals have long centered on fertility and love magic.

### *MESSAGE*

The Summer card ignites a spark within you. It invites you to open your mind and heart to life—to experiences, feelings, and the possibilities of new beginnings. Whether it's the awakening of new love, a blossoming of creativity, or a strengthening of your own joy for life, this card reminds you: the fire of summer also burns within you.

Allow yourself to fall in love—with life, with the moment, with yourself. And remember to balance the heat with rest, grounding, and cooling down—take a nap, walk barefoot, or swim in a lake. Live as if summer were eternal—even if just for a little while.



## RITUAL

*This ritual is suitable for any time of year—the most important thing is being together and creating a meaningful moment. Invite your friends to gather for a celebration where you create floral decorations in honor of the joy of life, love, friendship, and fertility.*

*Use natural materials such as seasonal flowers, herbs, feathers, grasses, shells, or other small objects that are meaningful to you. Together, you can weave these into wreaths, decorations, or small talismans, symbolically tying your own wishes into them.*

*Once the decorations are ready, hold a storytelling circle where everyone can share what they've woven into their creation. In this way, you create a connection not only to your own inner wishes but also to each other.*

SYKSY / FALL / AUCTUMNUS



## EARTHY ABUNDANCE

Harvest | Fulfillment | Earth



## EARTHY ABUNDANCE

Harvest | Fullfilment | Earth

IN AUTUMN, NATURE REVEALS its final blaze of glory, as if using its last strength. The fluttering of bright yellow aspen leaves dazzles in the low autumn sun; the vibrant reds, oranges, and golds of maples, oaks, and other noble trees ignite the landscape; rowan berries burn crimson on bare branches. For many of us, autumn also brings a last surge of energy before the quiet descent into winter. It's the season of new school years, new hobbies, and for many, it feels like a second New Year.

The autumn equinox – falling on the 22nd or 23rd of September – symbolizes balance: day and night are approximately equal in length. In daily life, it can be a reminder to seek equilibrium between work and rest, giving and receiving, solitude and connection. Early autumn is also a time of active harvest. It is time to gather the gifts of the forest and garden, fill cellars with juices and jams, dry mushrooms, and freeze berries.

At the same time, autumn carries the quiet sorrow of letting go, reminding us of the cycle of life and helping us accept death as part of it. Bright colors gradually give way to earthy browns and soft grays, days shorten, and trees and shrubs release their leaves, preparing for winter rest. Around the world, many cultures celebrate both the harvest and their ancestors during this time: the Celtic Samhain and its American descendant Halloween (All Hallows' Eve), Mexico's Día de Muertos (Day of the Dead), and the Finnish Kekri all echo one another. As the harvest season ends, it is time to honor the cycle of life by feasting, remembering the departed – and in Finland, of course, by sharing a sacred sauna.

## MESSAGE

Autumn invites you to pause and look back – what have you accomplished, what have you learned, what burdens have you carried? Celebrate your growth, whether your harvest has been big or small. Give yourself permission to feel proud of your journey.

At the same time, autumn teaches the wisdom of release. Just as trees shed their leaves to pre-

pare for the next season, you too can gently let go of habits, beliefs, or obligations that no longer serve you. In releasing, you create space for new creativity, inner peace, and clarity.

## RITUAL

*Create a mandala from your own harvest or treasures gathered in nature. A mandala is a sacred circular pattern found in many cultures, representing the cosmos – both internal and external. Its center often symbolizes the flower of life and the birth of the universe, with gateways opening to the four cardinal directions. Used in meditation and ritual, the mandala's creation is itself a grounding and meditative act. Drawing, building, or contemplating a mandala is believed to promote balance, reflection, and calm.*

*Use natural materials like mushrooms, flowers, cones, berries, seeds, and twigs to make your mandala. You can place it on your altar indoors or somewhere meaningful outdoors – under your favorite tree, atop a rock, or on soft earth. Creating a mandala from natural elements grounds your energy, and simply looking at the beautiful pattern of an autumn mandala can bring peace and presence.*

TALVI / WINTER / HIEMS



## DREAMY TRANQUILITY

Stillness | Subconscious | Water



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## DREAMY TRANQUILITY

Stillness | Subconscious | Water

WINTER IS A TIME for stillness and quiet. Nature around us has already been preparing for rest. The plants and animals adapted to the long, dark northern winter shift into conservation mode, because their deeply encoded genetic memory tells them that sunlight, warmth, and food are now scarce — and with what little is available, they must survive the season.

We humans often ignore the messages from our own bodies. We try to resist the shortening days with trips to the south, light therapy lamps, and extra cups of coffee — instead of accepting that we are part of nature and understanding that, like the trees and the animals, we too need rest in winter.

If we lived like bears or our ancient hunter-gatherer ancestors, we would now be in a state of hibernation, nourished by the harvest of autumn. Winter teaches us to slow down. It offers the

perfect conditions for rest, inner reflection, and quiet joy at home — the essence of hygge. In the heart of darkness, we await the rebirth of light.

## MESSAGE

Have you allowed yourself to rest lately? The Winter card reminds you: this is a time for rest. Balance work and recovery: after a season of hard work, it's essential to slow your pace and give yourself permission to pause. Just as nature retreats for the winter, so too do you have the right to withdraw, restore, and prepare for what comes next. Moments of stillness and rest are vital for you to begin your next cycle with renewed energy.

Water is often seen as the element of winter — symbolizing stillness, introspection, the subconscious, and the realm of dreams. Warm yourself a hot bath, relax, and give your subconscious space to gestate something new.

## RITUAL

*Dreaming and seeking knowledge through dreams is an ancient practice, one our ancestors have fol-*



lowed for generations. Through dreamwork, we can gain insight into ourselves and access deeper knowing that our waking consciousness may not reveal. By learning to interpret our dreams, we come into stronger alignment with our inner guidance.

Before going to sleep, carve out a quiet moment for yourself. Write down a question or topic you'd like to receive insight about in your dreams. Place a notebook and pen by your bedside. As you settle into sleep, silently repeat: "I invite my dreams to offer me insight on this matter."

In the morning, write down anything you remember — dreams, images, feelings, even fragments. The smallest detail may hold meaning. Later, revisit your notes: what were your dreams trying to communicate? What emotions, symbols, or patterns emerged?

By repeating this ritual, you will gradually become more fluent in the language of your dreams and strengthen your connection to your inner wisdom. Dreams can serve as both a map and a compass — helping you navigate toward your truth and direction in life.

## SAUNA



## RITUALS OF PURIFICATION

Sanctity | Tradition | Connection



## RITUALS OF PURIFICATION

Sanctity | Tradition | Connection

THE FINNISH SAUNA IS an ancient and unique part of our national identity, with roots reaching back over 10,000 years to the post-Ice Age era. Originally simple earth-pit saunas, these dwellings have evolved into the modern saunas we know today, where tradition, relaxation, and reverence for nature meet. In Finland, there are more saunas than households or cars.

The ritual of sauna bathing – heating the stove, casting löyly (steam), using a birch whisk (vih-ta or vasta), and alternating between heat and cool – carries deep cultural meaning. In the past, the sauna was also a sacred space: a place for childbirth and preparing the dead for their final journey, for healing the sick, performing love spells, sharing ancestral knowledge, and conducting rituals during life's transitions. The sauna's spirit, or saunatonttu, was traditionally

greeted upon entry and when throwing water on the stones, with the blessing: “Terve löyly, terve lämmin, terve tervehyttäjälle” (“Welcome, steam; welcome, warmth; blessings to the one who brings them”).

Traditional sauna guides often speak of the forest’s healing hand. They work with steam and whisks infused with the power of trees, herbs, fire, stone, water, and healer’s wisdom – creating a space for deep healing, cleansing, and rest. The sauna is a liminal space – a meeting point between the seen and unseen, between life and death. In fact, the Finnish word *löyly* (the steam rising from the stove) originally meant “soul.”

## *MESSAGE*

The Sauna card invites you to cleanse, reflect, and renew from within. You are stepping into a sacred space where you can shed all roles and masks.

The sauna is a sanctuary where everyone is equal. In the quiet heat and steam, you can listen to your inner voice and sweat out what no longer serves you.

What do you wish to release?

What is ready to be born anew within you?

## RITUAL

Turn your next sauna, shower, or bath into a conscious ritual. If a traditional sauna isn't available, create your own sacred space with a steamy bath or hot shower.

Make a small *vasta* or *vihta* from thin birch branches or herbs of your choice. Soak it in hot water first to release its aromatic essential oils. Begin your ritual by holding the whisk in front of your face, breathing deeply through the branches, and savoring the green, herbal scent. Then slowly sweep the whisk over your body, from face to feet, letting it soften your skin and melt away tension and worry. Let each gentle stroke release physical and emotional burdens. End the ritual by immersing yourself in cool water or stepping under a cold shower, allowing any remaining stress to wash away.

Wrap yourself in a soft robe or favorite towel, sit down in a cozy chair with a cup of herbal tea. In this quiet moment, feel the inner transformation – a sense of rebirth, and balance in body, mind, and soul. Let this feeling stay with you for the rest of the day – or carry you into peaceful sleep.

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