

uzplaukt

metaphorical associative cards "augt"

“augt” is a set of metaphorical associative cards created within the framework of the solidarity project “uzplaukt”. The 32 cards combine artistically designed illustrations with key words, playing with the metaphor of life’s seasons - spring, summer, autumn, and winter - each bringing its own revelations.

These cards invite you to seek, share, trust, transform, overcome, renew, and find balance... They open the door to conversations with yourself and others. Metaphorical associative cards deepen the process of self-discovery, help express emotions, and unlock creativity because when we look at the images, we are not just seeing art; we are projecting our inner world onto them, revealing what has previously gone unnoticed and gaining the opportunity to view our lives with fresh eyes.

The “augt” deck is accompanied by a booklet that offers five ideas for using the cards either individually or with others as well as two thematic questions for each card.

The metaphorical associative cards “augt” are an invitation to get to know yourself and to see the world as a place where every season of life has its purpose.

Content

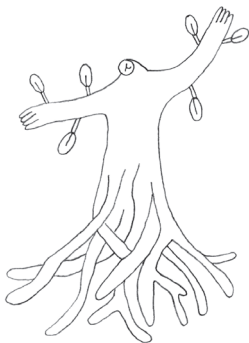
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Summer

bloom

Which part of my life is currently blooming?

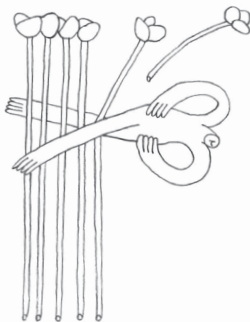
How can I nurture this growth even more?

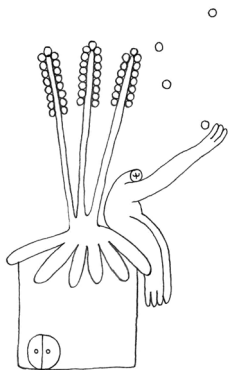


release

What do I need to release in order to move forward?

Am I able to let go without guilt?

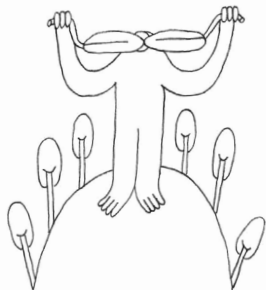




gather

What skills or insights have I gathered that can support me in the next phase of life?

From where do I currently wish to gather inspiration?



hide

How do I feel when someone truly sees me?

What part of me longs to be accepted rather than hidden?

enrich

In which areas of my life do I feel the desire to enrich myself?

What part of myself do I usually offer to others, and how does it enrich them?



challenge

What is currently challenging me?

K What person or situation has recently touched one of my inner boundaries? What did it teach me?

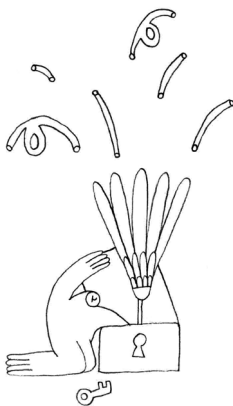


investigate



What feels mysterious to me in the world or within, and how might I explore it more deeply?

How can I explore myself and the world with curiosity rather than criticism?



search

What am I currently searching for in my life?

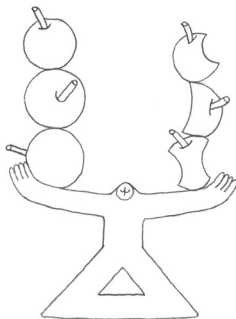
What emotions accompany my search - hope, disappointment, curiosity?

Autumn

balance

Which areas of my life do I need to learn to balance?

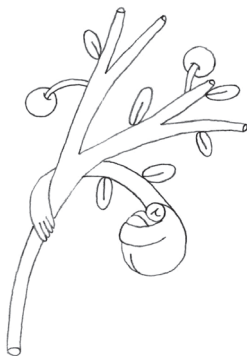
How do I divide my energy between "doing" and "being"?



connect

Who or what do I wish to connect with right now - a person, a feeling, a part of life?

What part of me is currently seeking connection, attention, or presence?



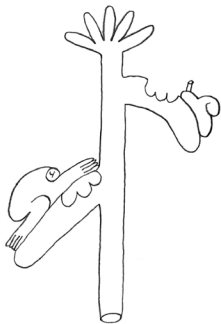
arrange



In which area of my life do I currently feel the need for greater clarity?

What feelings or thoughts feel "scattered" within me right now?
How could I begin to arrange them?

use



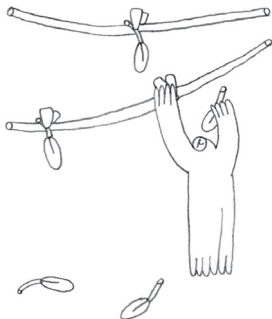
What could I use right now as a foundation for growth?

How could I use my experience as support for myself or others?

attach

What am I attached to in my life?

Am I able to love without fearing loss?



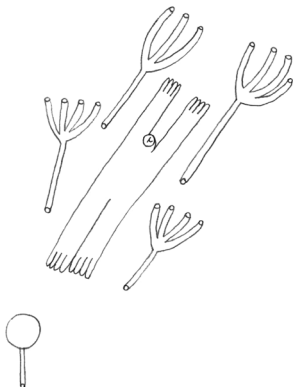
resist

What am I currently resisting in my life?

What truth lies behind my inner "no"?



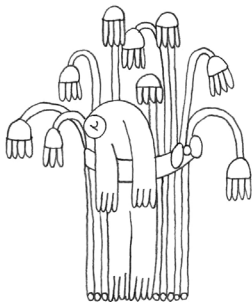
trust



What am I currently learning to trust?

What helps me trust oneself and others?

burn out



In which areas of my life do I give more than I receive?

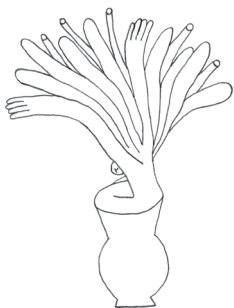
What does rest mean to me?

Winter

share

What do I gain when I share with others - and how does it change me?

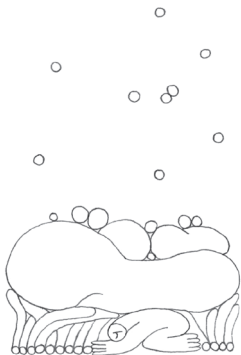
What story or experience from my life could I gift someone today?

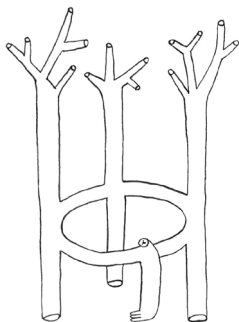


avoid

What am I avoiding in my life?

What would happen if I stopped avoiding?

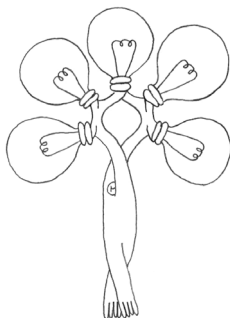




include

What can I do today to help someone else feel included in my presence?

When was the last time I felt like I truly belonged, and what created that feeling?



illuminate

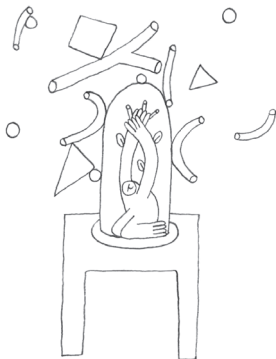
What have I kept in the shadows
- and what would happen if I
illuminated it?

What knowledge, experience, or
quality of mine could serve as
light for others?

guard

What am I trying to protect myself from?

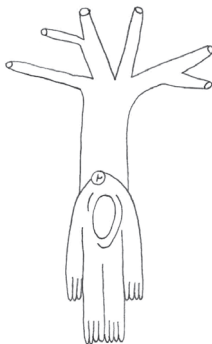
What inner boundary do I need to acknowledge and strengthen right now?

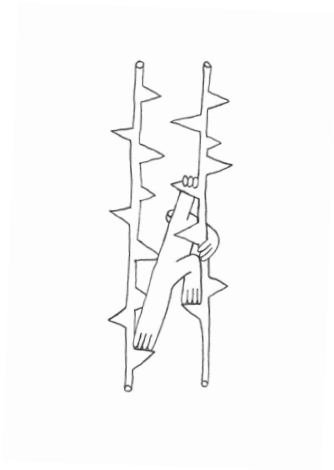


restore

What helps me restore myself?

Which part of myself (physical, emotional, or spiritual) have I currently been neglecting?





overcome

What have I overcome that I still haven't thanked myself for?

What am I currently trying to overcome on my life path?



construct

What am I currently trying to build in my life?

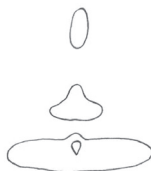
What foundation do I need in order to build what I desire?

Spring

inspire

What gives me energy and motivation?

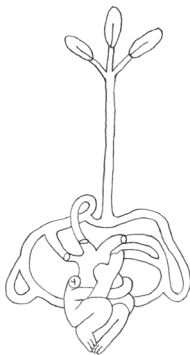
What people or ideas am I currently inviting into my life as sources of inspiration?



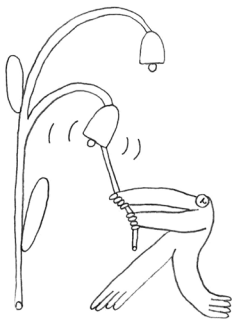
sprout

Which external conditions currently support or hinder my personal growth?

How do I know when something new has begun growing in me even if I can't see the outcome yet?



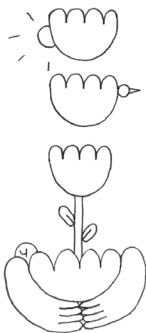
wake up



What has recently made me
“wake up” and see things
differently?

What would my daily life look
like if I lived fully awake?

transform



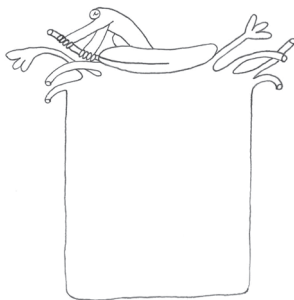
In which area of my life am
I currently experiencing
transformation?

What within me no longer fits
who I am or want to be?

flow

What helps me enter a state of flow?

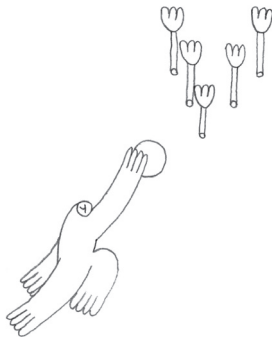
What would my daily life look like if I trusted the flow?



play

What do children, art, or nature teach me about the importance of play in life?

In which area of my life would I like to invite more lightness and playfulness?



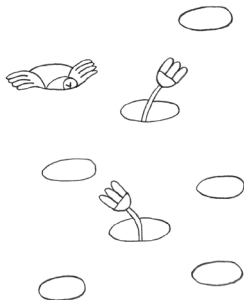
express



What message do I currently wish to share with the world?

Through which actions or symbols do I currently wish to express my inner world?

leave



What would my daily life look like if I were truly ready to leave behind what no longer serves me?

Do I tend to hold on to things that no longer bring me fulfillment?

Methods

Each of the suggested methods is easy to adapt and can be applied both in individual work and in working with small or large groups.

Roadmap

This method helps you focus on a meaningful goal and maintain a positive inner dialogue throughout the week.

- At the beginning of the week, look through the cards and choose one that resonates most with your inner state and the goal you want to keep in mind in the days ahead.
- Take a closer look at the chosen card and pay attention to the first feelings, thoughts, and associations it evokes.
- Then, write yourself a short motivational letter. In it, describe the goal you wish to achieve during the week and add warm, encouraging words that will help you stay determined and joyful on your way toward it.
- Once your letter is written, place it together with the chosen card somewhere you will see it often. Even a brief glance at this “reminder” will inspire and motivate you to keep moving forward and not give up.

Self-Dialogue

This method helps you open up to a deep conversation with yourself.

- Shuffle the cards and draw one at random.
- Take a close look at the card you've chosen. Notice your first feelings, thoughts, or memories that arise as you look at it. While observing the illustration or the keyword on the card, ask yourself:

What message does this illustration or keyword hold for me right now?

How does what I see on the card relate to my current life situation?

What emotions does this card evoke in me?

- You can also open the “augs” booklet and find the reflection questions suggested for this card. If you wish, answer those too and write down your thoughts.

This kind of self-dialogue can become a beautiful and meaningful morning or evening ritual whenever you need to return to yourself.

Thread of Stories

This method helps you access your subconscious by structuring your emotions, thoughts, and experiences into a narrative, revealing challenges, resources, and possible solutions through images.

- Choose a meaningful topic or question you want to explore. Then pick 3-6 cards you can either select them intentionally or draw them at random. Look at each card carefully and arrange them in an order that feels logical and emotionally right to you.
- Now let the story come to life: describe what is happening in these images, who the characters are, what emotions they experience, and what challenges they face. Ask yourself whether and how these challenges are being resolved.
- Once your story is told, take a step back and look at it from a distance: how does it relate to your real life? What are the main obstacles, and what resources do you have available? Are you using all of them? What could you change to give your story a new, more fulfilling ending?

This creative process helps you understand your inner world more deeply and discover new perspectives on situations that matter to you.

Image Mosaic

This method offers an opportunity for creative self-expression while helping you get to know yourself more deeply.

- Begin by looking through the cards and intentionally choose one that resonates most with your inner state. Pay attention to the first thoughts, feelings, or memories it evokes.
- Next, create a collage that reflects the message this card holds for you. You can use magazine and newspaper cutouts, words, symbols, colors, drawings, or any other materials you have on hand.
- Once your collage is complete, look at it together with the chosen card and ask yourself:

What message do this card and collage convey to me?

What do I want to invite into my life?

What do I want to let go of?

First Step

This method is designed to spark authentic conversations and help participants get to know each other better.

- Shuffle the cards and place them in a circle with the illustrations facing up.
- Each participant chooses one card that best reflects their current feelings or thoughts.
- You can also pose thematic questions, such as “Why are you here?” or others relevant to the context.
- Each participant then takes a moment to observe their chosen image closely and shares why this particular card spoke to them.

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The material was created by the NGO "Youth Initiative Center "Involvement for Change,"" 2025.

Project Nr. 2024-3-LV02-ESC30-SOL-000282850

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Agency for International
Programs for Youth
Republic of Latvia



Co-funded by
the European Union



