

ignite your sacred spark



artual™





In the beginning there was fire ...

Most things in life start with a spark. A flash of insight, getting lit up with a new idea, or feeling a burning desire to make a change or follow your passions.

Artual was created from that very same kind of creative combustion. I was going thru immense change in my own life and I kept noticing symbols in the most random of ways and places. This certainly sparked my curiosity.

A few particular ones were showing up almost daily. I looked into their history and was blown away to discover that their ancient meanings were exactly the reminders and answers I needed while going thru radical and tumultuous changes. I was in the fires indeed,

and Artual was born from the burning away of my fear of change and for my commitment to ignite my sacred spark, and, equally important to me, the sacred spark of others. It was time to live fearlessly and be on fire in life, love, and with a smoldering sense of purpose.

As an artists I have been fascinated by how people find meaning thru expression. I believe that making art is like starting and feeding a fire within. The kindling is our life experiences and the spark is our passion to express our own unique flame within the bonfires of life. We go thru the fires of taking risks just to see what comes of it on the other side. Sometimes it burns away the old and we are regenerated thru the ashes, much like a forest after a fire. In art making the canvas can be the pit where we start, build, and burn thru beliefs and possibilities.

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Symbols have been around for millennia. Their creation dates back to the times of cave people who painted spirals and shapes on cave walls to show a visual storybook of their lives. Cultures the world over have used them in spiritual and religious ceremonies, rituals, and texts. Spiritual leaders and shamans relayed their power and meaning as symbolic expressions of the divine energy and messages of truths that connect all of life.

They work thru very deep layers of the human mind and speak to the heart of being alive. Carl Jung, a world renowned spiritually inclined psychologist and teacher, stated;

“The ancient history of man is being meaningfully rediscovered today in the symbolic images and myths (ARCHETYPES) that have survived ancient man. Researchers have followed the thread of RITUALS, SYMBOLS, and MYTHS from ancient history to small, tribal societies still existing today....This research has corrected the one-sided attitude of those modern men who maintain that such symbols belong to the peoples of antiquity or to ‘backward modern tribes’ and are therefore irrelevant to the complexities of modern life.

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Yet the connections are there and the symbols that represent them have not lost their relevance for mankind....the human mind has its own history and the psyche retains many traces left from previous stages of development.

More than this, the contents of the unconscious exert a formative influence on the psyche. Consciously we may ignore them, but unconsciously we respond to them and to the symbolic forms in which they express themselves. ”

~Carl Jung

The intention with Artual is to invite you into a sacred relationship with yourself thru art + ritual. Your new sacred symbols can be used as portals to tune into your intuition and inner knowing. Their energy or message is held within their original wisdoms. Think of them as a ‘visual prayer’.

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How to start getting fired up ...

Sacred symbols help ignite your sacred spark so that you can charge forth and fan the flames of your most authentic self.

Using Artual sacred symbols is not about doing or trying to have a profound shift in your awareness. Allow the symbols to BE in your space and invite them in with the processes explained as part of the Sacred Symbol Sessions™ starting on page 22 of this free ebook. And pay attention! A symbol that feels especially ‘hot’ may be because its energy is needed in your life to spark a new awareness or burn thru obstacles that hold you back from living your white hot life.

As you engage these symbols by stenciling them in your journal, displaying them around your space, and meditating on them, you will gradually become aware of how the energy is working in your

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life. Subtle shifts will lead to breakthroughs and changes that will lead you to greater joy, authenticity, and fulfillment. Get ready to ignite!

The Triple Spiral



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I AM INTUITIVE AND CONNECTED TO THE FLOW OF LIFE

The triple spiral is here to remind you that life, thought, being, action...are all operating in continual spirals. Connection happens by going inside first and then to spiral back out with your inner knowing. Your intuition connects you into that natural flow of life. The Triple Spiral is also known as the Triskelion symbol in the Celtic spiritual tradition, emphasizing again, movement, cycles, revolutions, the spinning of eternal time and the three-fold nature of mind-body-spirit, maiden-matron-crone, the triple goddess and the Trinity. Instead of two, more linear in organization, THREE invites you to expand outwards into a greater expression of you as a spiritual being having a human experience. Connect to the void, represented in the center, where all creation begins and where you can access infinite wisdom and knowing When you do this Spirit, your Higher Self, or whatever it is for you, can communicate to you

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and empower you to live more authentically and freely. The Triple Spiral knows no boundaries, no limitations—only creative, intuitive knowing!

The Adinkra Symbol for Mother Earth



I AM SAFE TO CREATE AND GROW.

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This symbol is about reconnecting you to your regenerative and creative self, capable of deep connections that nurture you and others.

As you meditate on this Mother Earth symbol, feel yourself sitting in the soft, fertile ground of Mother Earth. See where your sit bones connect with her roots. We are connected to the infinite love and magical, manifesting powers of Mother Earth. This symbol can help GROUND you, especially in challenging times, and allow you to release any negativity or pain that is no longer serving you. Give Mother Earth your “manure” and she will use it to fertilize NEW GROWTH. It is within the depths of Mother Earth that we can birth our greatest desires, just as she continuously creates mountains, forests, rivers and oceans. You are resourceful just like mother earth and your manifesting powers are strong. The native peoples knew this. They saw no separation between them and the source of all their food and shelter—everything that gave them life was provided

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the Mother. Now, this sacred symbol is here for you to root you in your oneness and nourish your deepest desires. When you regularly bring this symbol into your physical plane, you will find that you are steadier in the “storms”. Your roots are deeper and you have a new confidence in your ability to solve problems, create the change you want to see in your world.

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The Adinkra Symbol for Strength of Heart



**I AM STRONG AND SURRENDER TO MY HEART'S
WISDOM.**

This symbol reminds us that we are entering a new paradigm in which true power and strength comes from love.

This is not proud, ego-centered strength, but humble and

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compassionate strength. The symbol was drawn from the image of two rams butting horns—rams who will fight fiercely, but also surrender humbly. When we all choose to serve the greater good rather than just our own, we give strength to our hearts. We also gain the ability to move boldly and fearlessly because our strength comes from within and is not selfish or bull-headed. A strong heart allows us to accept when we have acted wrongly and also to act boldly when we know we are coming from our heart. As times continue to change, new ideas, structures and paradigms will continue to surface. All newness can be met with compassion and a heart-felt desire for the benefit of all, the global family. If we resist the change because it challenges our previously held belief we do not serve the greater good. More and more we will learn to listen to and follow our heart. We will not give away our power to others because we fear judgment or criticism, but learn to stand strong for that which we believe in because our beliefs find a new source in wisdom

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and truth, heart-centered and from a place of interconnectedness.

This symbol will give you this strength, to stand tall and proud when before you may have played small or muted your voice. Enjoy your new conviction and sense of peace as you reconnect to your heart's knowing.

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The Sanskrit Symbol for the



Seventh Chakra

I AM OPEN TO DIVINE GUIDANCE.

Imagine that right now a large crown is being placed on your head. It could be gold & bejeweled, ringed with feathers and beads, or a tall

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sculptural piece Egyptian style. Regardless of the style, crowns have always been a symbol of the leader's, or royalty's, connection to the divine. The crown was there to highlight and promote this person's ability to communicate with the unseen worlds, God, Goddess, or Source. This Sanskrit symbol for the Seventh, or Crown, Chakra is here to create, or further amplify, this same connection for you. It is about connecting you to your higher self and to hear divine guidance that is pure truth for your life and for the greater good of all.

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The Lotus Flower



I AM OPENING TO INFINITE JOY.

This symbol reminds you that it is the “muck,” or life’s challenges, that are actually preparing you to BLOOM.

The Lotus has found sacred meaning in many cultures because of the fact that it blooms in murky, muddy ponds, but emerges from the

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muddy waters pure and clean. In Egypt it was a symbol of rebirth as it sunk into the waters each night, to be reborn even more beautiful the next day. Buddha is pictured often sitting on a lotus and as such is a symbol of purity and spiritual awakening. The Lotus wants to share its ability to nourish itself from the muckiest muck and bloom into the most breathtakingly pure and beautiful bloom. In modern culture we have been taught to avoid mistakes and failure, to flee from discomfort, pain, hardship, but, yet, we all know that we learn the most from our challenges, not from smooth sailing.

Where are you “in the muck” right now or unable to see clearly for the muddy water? Lotus is here to remind you that you are being prepared, strengthened, and nourished to BLOOM. We have free will and can choose to get stuck in the mud, with excuses and negative self-talk, or you can allow the Lotus energy to raise you out of the muck and take the nourishment from whatever situation and bloom that much more beautifully and JOYfully. As you surround

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yourself with the Sacred Symbol of the Lotus, you will find yourself more and more effortlessly turning lemons in lemonade. You will find more joy, even in the simplest pleasures. You will look for the lessons within each trial and choose to see these trials as part of your preparation for greater self-awareness, spiritual connection and peace. Enjoy the Lotus energy and open up to your own BLOOM!

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The Sun Yantra



I AM LOVE AND RADIATE MY LIGHT.

The sun yantra has found you to shower you with love and light. But it's not the external love it is referring to ... Its self love. This is HUGE! Simple but not easy.

It

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also super sneaky how we have been led to believe, many of us at least, that it is bad to be selfish, to think of yourself first, etc. But there is a difference to being self-centered and centered in self. Next time you are trying to make a decision, ask yourself, “Is it loving me to... or is it not loving me to...?” Yes! LOVE yourself shamelessly! Take care of yourself. Speak your truth. Do not fear upsetting others over keeping yourself small or muted. Claim, “I AM SELF-LOVE,” and bring yourself to YOUR center. When you bring this sacred symbol into your physical space you are shining divine, unconditional, sacred love on yourself. You are loving your own light AND your shadow. One person standing centered in their divine self is more powerful than an army of people who are not centered and living authentically. The world is rising up to meet those who claim, “I AM LOVE AND RADIATE MY LIGHT” because we need more love, less fear, more light, less dimming of beauty and kindness.

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The sun is the source of life for all of us and this Sun Yantra sacred symbol is here to give you your most authentic, joyful, light-filled and loving life possible. It's power is to help silence any negative self-talk and illuminate for you a way to love yourself unconditionally. As your light grows, others will flock to your flame, seduced by the love shining from within. This sacred symbol of the Sun Yantra is one you can visualize in your mind's eye and feel the warmth, the love, seeping into your pores and enlivening, quickening your spirit, bringing it into the light for all to share. Shine on!

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3 Days of Art + Ritual ...

Day #1 Journal your Symbol

Stencil 3 different images of your Artual sacred symbol portals in your journal (any art or writing journal) and write or draw any personal reflections on the symbol. Here are some suggestions...

- **This sacred symbol spoke to me because ...**
- **If this sacred symbol could speak, it would say to me...**
- **I love the shape of this sacred symbol because...**
- **My understanding of the energy of this sacred symbol is...**
- **I am asking for the energy of this sacred symbol to create this specific change in my life...**
- **Set your intention for what clarity you want from your sacred symbol experience. Use your time with these questions and your journal to slow down and listen.**

This are a few ways Artual helps you to create ritualized, devoted

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time in your life to honor your connection to the your self and the wisdom within you.

Day #2 Sacred Symbol Acupuncture

Now that you have engaged your Sacred Symbol on a personal, intentional level in your journal, it is time to infuse your space with the magic!

Create your Sacred Symbol Portals onto individual pieces of paper, notecards, or anything you have handy. This isn't about being a fine artist. Let yourself be curious about infusing your living or professional space with the energy & wisdom of this sacred symbols. Here are a few examples;

- **Hang a sacred symbol on your bathroom mirror to create intention for your day.**
- **Hang a sacred symbol over the door of your home or office to create another “sacred portal”.**
- **Display the sacred symbol in your kitchen, the heart of many of**

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our homes.

- **Hang the sacred symbol on a window that faces east so the morning sun shines through the symbol to spread its light through your space.**
- **Stencil your sacred symbol stencil on a piece of paper long enough that you can connect the ends to form a cylinder and place around a votive candle. The candlelight will now filter through the energy of your sacred symbol. Place this somewhere in the north side of your home or space to honor the element of fire and change.**

Your sacred symbol wants to bless your car, your garden (stencil them onto flower pots) with their sacred energy. You are the life artist creating the energy you desire with these symbols.

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Day #3 Meditate on Your Sacred Symbol

You do not have to try to “figure out” the message from you’re the symbol that calls to you. You can simply allow it to work its magic.

We have been taught that life is hard, and that we have to learn, to study...in order to understand or “get ahead” in life. In the new paradigm it is about allowing not doing. It is about following the life clues rather than “figuring it out”.

You have been getting to know your sacred symbol like an old friend the last couple of days. You may have already welcomed in some intuitive insights surrounding why this symbol is showing up for you. Now...meditate on your symbol. Trust that it is here to serve your highest and greatest good and just soak it up like sunshine.

Here are 3 ways to meditate with your Sacred Symbol...

- **Close your eyes and visualize your sacred symbol. Follow wherever it takes you, however it appears in your mind’s eye. You are inviting in this sacred energy on subtle levels. It can**

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only serve your highest good.

- **Look at your sacred symbol, with eyes open or closed, before you go to bed. Know that as you sleep, your subconscious mind is attracting whatever experience, opportunities or insights into your life that you can use to more fully expand into your most authentic self.**
- **Slowly trace or color in, paint or otherwise adorn, your sacred symbol. Whether you stencil it on a piece of computer paper, watercolor paper or a canvas, simply trace its shape with your marker or brush, over and over.**

More Ideas for You + Your Sacred Symbol ...

There are nothing but possibilities swirling all around you,

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possibilities for your life and for your symbol experience. Here are some other ideas and paths to follow should you so choose.

- **Creating an acrylic painting with your sacred symbol is a powerful way to both meditate on and expand the energy it carries You can stencil it into the layers of your painting and then paint anything you want as the final layer or paint your symbol as the final image.**
- **Stencil your Sacred Symbol onto containers that contain your food + drink. With any kind of acrylic paint, you can stencil your Sacred Symbols onto your water bottles or pitchers, the jars that contain your rice & pastas, your flower pots or pottery.**
- **Send Sacred Symbol energy to a friend by creating note cards. Share with them the mantra for the sacred symbol and invite**

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them to allow the energy into their life.

- **Stencil Sacred Symbols onto your pillow case with acrylic fabric paint or by adding fabric medium to your artist acrylic paint (it makes it softer). Create your Sacred Symbol onto the border of the pillow case or even on the inside of the pillow case with a complimentary color so that it is not visible, but the energy is still there, working on subtle levels as you sleep. Carl Jung would have loved this!**
- **Stencil Sacred Symbols onto your WINDOWS with acrylic glass paint. Imagine the color and the symbshine, illuminated by the sunshine and infusing your space with its energy!**

Sacred Symbol Sessions™...

I would love to share with you a personalized sacred symbol session

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just for you. I work with close to 100 sacred symbols through an intuitive process. You can read about sacred symbol sessions [HERE](#).

It is time to let our creative fires be fanned by our spirits so that we burn with aliveness and vitality.

Thank you for your amazing spark! Our collective embers and flames can enlighten and brighten our world.

Artfully yours,



CREATIVE MUSE ~ ARTIST ~ AUTHOR

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Notes and INsights:

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