



SLATE | INTUITIVE EVOLUTION®

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SLATE®

AN INVITATION

ELEVATE | CONSIDER | FROM WITHIN

Before we enter the unknown, a place we have yet been but might be familiar with, we come to another crossroad. A place where we do not have the answers but know they will come, with every question and step of our journey. We wish to find the right way, one that has our best interest, one that can benefit others - yet we find ourselves in a place of uncertainty. Thankfully, there are guides, there are sources, and there is our intuition. With all three I open-heartedly invite you on a journey into the self that's carefully constructed into 66 artifacts.

If one chooses to explore the Slate Shadow Deck in numerical order, each card/artifact will sequentially guide you through a process of deep character development. A process that fortifies self-awareness by the deconditioning and exploration of the magnitude of society, with its dense and unconscious impressions on our decision-making and self-image. As it is inevitable, we must confront these intersections of life with our best intention for ourselves, whether daily, hourly, or momentarily. Our best guide is our intuition. It latches onto and opens questions that can be reflected upon using the tools of contemporary divination (a process to gain insight by way of a standardized process or ritual) namely, (Slate Shadow Deck) to uncover and decode the present version of the self. One that has been built by soft and hard directives from all the influences of society, culture, religion, and our misappropriation of unconscious information.

Each artifact helps exfoliate the moment and gives us a place to uncover our perspectives, gradually building a scope of awareness that will undeniably shift into a state of empowerment as we commit to personal development.

When left up to chance, with serendipity, divination, and truth, I engage Slate Shadow Deck while I blindly shuffle...

Again, I am finding myself at these familiar crossroads. Every time I know there is a question, I know that more will follow and more will be answered. With every intersection I have passed through, I gain faith when I approach another. Undoubtedly holding onto the reflection of where I once started. I must clear space for myself, clear it of the world's chatter and demand, since it's so easy to get lost and lose touch of my own hand. The one I grab for help up and out of the places of darkness and the unknown. Not always in a state of confusion I sometimes lose sight of my own hand in the excitement and distraction of worldly stimulation and I end up in another familiar place, a place of wonder. So I clear a space mentally and physically and make a place for myself to consult the only thing between me and the next moment.

I find a table, a calm moment, one that can extend as long as I need, and dim the lights so I can welcome tranquility. I grab a tool of divination, a tool to consult. In this case I grab Slate Shadow Deck. As I shuffle the cards, giving each one a chance to be known through my present touch, I begin to meditate. Honing focus on my curiosity, anxieties, and the elements I wish to evaluate and conquer. I find and establish my intention which, I apply and keep in the center of my mind before I access the cards that have been regrouped and reformed, waiting to be cut.

I wonder what may be revealed; I await anxiously, just as I did before I decided to go deeper. I flip and reveal the card/artifact, I pause in bemusement and start communicating with someone I had forgotten. I realize I might not know this person as well as I think I do. I come to the conclusion that in order to build a relationship with this person, I will develop a soft ritual. I make a promise to speak up, and invite them to the moment when I feel like they might be looked over, or when I remember them. Myself is a magic friend, one that will wander distantly, if without a continual dialog between us. So I decide to get in touch daily, if anything, just to touch base, to make sure they are still there. Every card I shuffle, that I pull, that I reveal, returns a favor, guiding me to the next. With care and love, I extend an invitation for you to do the same, for you to find yourself.

-Christopher Scott Lee

Slate Shadow Deck
Slate | Intuitive Evolution
by Christopher Scott Lee

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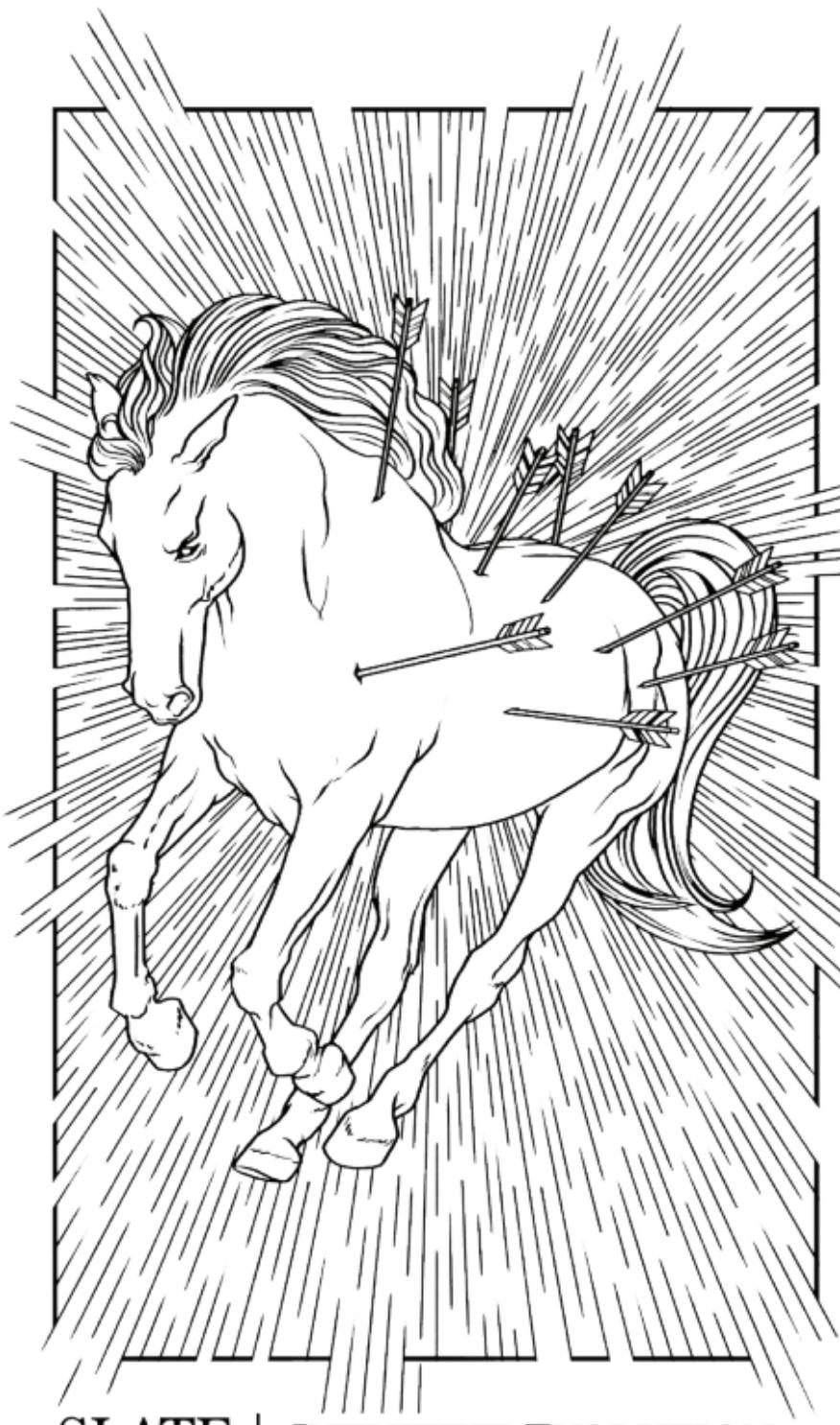
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| A Concise Overview of Slate Shadow Deck |

*Insight into the self is the ground floor of spiritual practice. With creative empowerment and self-reflection we can start the journey into creating a spiritual practice of our own.

*All people use forms of symbols and language to produce their own reality.

*Our existence through language and intent provides us with true control over our immediate and future reality.

*We must break down our arrangements of thought and the associations of our values attached to physical and theoretical things. We must highly consider the nature of our essence in the process of the reassignment of our meanings and values.

*In doing so we embrace individuality with systemic freedom allowing for free agency to guide our spirit into our desired reality.

*Language, in its many shades, shapes, and symbols is our truth.

*We can negotiate our truths with rephrasal, a process that informs our thoughts and re-directs them.

*We can break down the process or learn to use rephrasal with philosophy, psychology, and semiotics as we use these and many other considerations within Slate Forum and the Slate Shadow Deck.

*We can creatively develop an authentic world of our own from the systems of context that are built from our assessment, our inquiry, and of our individual making.

*By shifting between multiple lenses of perspective, the process of rephrasal, and acting out of authenticity we can get in touch with what we truly want.

*Each of the 66 artifacts offer an opportunity to explore the flexibility of the mind and how we interpret ourselves and our personal values of the world.

| A Comprehensive Overview of Slate Shadow Deck |

Slate Forum products are supportive tools that allow and invite the user to explore personal individuation. Promoting the development of a creative and spiritual practice combined.

When consulted, Slate explores the self, allowing for deep insights to emerge and for us to ascend our levels of awareness. We can generate abundance by supporting inner personal, therapeutic connections and by using the creative bedrock formed by accountable metamorphosis.

We focused on six main concepts throughout the research and development of Slate Shadow Deck (SSD).

1. Addressing Individuation
2. Creative and Personal Inquiry (self-exploration)
3. Ritual through Physical Consultation
4. Bridging Philosophy and Spirituality
5. Intuitive Evolution
6. The Second Self: Retooling the Present Self

The goal is to develop a system and process that helps one to authentically create and be created by individuation through personal inquiry, vulnerable reassessment, and genuine conception.

We need the question, to initiate the journey. We need the journey to ask for action, and we need this action to be in complete service of our integral repositioning of the newly developing second self.

1. Addressing Individuation

We should start by asking what it is to develop the second self, actualization, and why it is crucial to our personal and universal fulfillment.

Individuation is a fundamental change in one's personality involving conjointly the resolution of personal dilemmas and the expansion of consciousness resulting in greater personality integration. Our fulfillment through the form of our own development is truly a creative venture that binds purpose with action to advance our inner immaterial world.

Individuation can come from actions of the individual without a governing catalyst or an event, these experiences can be so profound in their own right that they can cause paradigm shifts within the self. If your awareness of individuation as a concept is not settled within your daily motives or at least a consider-

ation nestled in the back seat of the mind, then any event or action of the self will float aimlessly until addressed and reorganized with your full attention.

2. Creative and Personal Inquiry (Self Exploration)

We highly believe creativity, well-being, and personal inquiry are intrinsically attached.

We develop the self/our voice through inner personal articulation and intuitive interpretation that comes from the heart of our most authentic expression. This spirit of expression, meditation, and the pulse of these elevated engagements serve as the best counsel while we walk through each passage of life, unveiling our true directive and meaning.

The journey into the inevitable moments and stages of life will take place regardless of the state of our well-being. Thus, we must establish who we are through individuation to be able to lovingly accept the world we are gifted. We must consider our own development heavily through the context of our present state, our past, and the signifiers, biases, and intentions that are directing our mind while simultaneously controlling our actions.

3. Ritual through Physical Consultation

We wanted to go tactile alongside the familiar elements inspired by the mechanics of the tarot. We pushed it further by adding additional textural features to each artifact that physically accent each card, notifying our touch. In doing so, we can support and open up a new channel of perceived textural communication that bridges the gap between intuition and what we physically feel. Traditionally, when using any form of intuitive direction, we accept that the governing forces at work are internal and subconscious. The closer we connect to and recognize the gap between sensory input (in this case the raised texture of each card) and intuition, the more we can trust our awareness.

Building ritual brings grounding and harmony between our expectations and actions with a level of consistency. With the textual mapping of each artifact and physical interaction, kinesthetic awareness anchors our therapeutic developments while using Slate Shadow Decks tactile experience to guide or challenge our intuition. The more we engage with ourselves through inquiry and build physical ritual, the stronger the union between the external world and our inner world becomes.

By diving deep into the unconscious and excavating the inner truths, we find that the value of our own personal relationship might be disowned, but as we employ ritual to unearth the story within we get to rewrite the story we tell.

Ultimately, giving power to the present and releasing it from the past amidst shaping our future self.

4. Bridging Philosophy and Spirituality

When looking for grounding and stability, awareness starts by going inward. Yet, it calls for an external governing force. Something that initiates, inspires, reveals or compels the meeting of what we know and what we want to know. With that, both influences of philosophy and spirituality are used passively and therapeutically throughout Slates development.

There are many elements and considerations while focusing on this project. The ability to bridge the contemporary world of personal development with the influences of philosophy, semiotics, multiple approaches of psychology, modern art and design are some of the many components of constructing a unique approach to investigating the human condition with the use of (SSD).

Creative strategies have been carefully integrated when addressing interpersonal development to provide a special introspective experience that Slate Shadow Deck represents. While we have Slate Forum and Slate Shadow Deck to help with our personal individuation/actualization/self-reflection, we are also finalizing a third component, the Tabula Rasa (pioneered by Karen Calcaterra, LCSW). A resource that integrates clinical therapy within Slate Forums' intuitive applications and design. When combined and authentic, we can explore the subconscious and unconscious mind while we investigate the world inside and around us.

The better we know ourselves, the closer we are to the source that will provide us with answers to support and fulfill our happiness. With every intention we set, we can bring these elements together to ignite individuation and create a new perspective, a new world within.

Language | Philosophy | The Human Condition

*Outlined below are the three elements that infuse individuation with creative exploration, and Slate Shadow Deck's fundamental philosophies. Please keep these in the forefront of your mind while exploring the (SSD).

Language: Semiotics is the study of signifiers (a signifier is any form of language, a symbol, a letter, and the meaning they represent) and how they relate, define, and structure cultural phenomena. By mapping the journey of meaning, and symbol, creating new organizations of meaning and emphasizing the value given by the individual, we see that all that is experienced and known is through subjective awareness. These symbols are traditionally created for you, not by

you, but used by you.

Understanding Communication: Communication between others, the self, and the symbols / language that makes up the world, can be clear definitions set before us, yet they are forever evolving as we import new context day by day. Our ability to communicate successfully results through the flexibility of interpretation, one that's generally free of emotion yet shares deep consideration through our exchange. Personal investigation builds a relationship with the signifiers around us, connects us to the universal and collective dialog, clarifying our truths and preparing them to be authentically available.

Use of Symbols & Signifiers: Symbols and language hold meaning, whether we are consciously aware of it or not. While we choose how we communicate and strategize our approaches to connection and creation, we have every right to redefine the value we place on the signifiers we exchange. The lineage of meaning that's been reappropriated over time through the general interpretation of language gives us a road map to what's brought us here today. But, if we operate out of intent instead of the symbols we have before us, language becomes a byproduct of communication, allowing us to re-assemble our relationships with the collective whole as an individual.

Separating Ourselves from Constructs: The systems and constructs that hold us together can marginalize us if we are not available to break through them graciously. Our view and perspective of the world should be defined and specifically constructed by ourselves. Thus, encouraging the deconstruction of the language that has built and shaped the beliefs we hold presently. Honoring your own authentic version of this world forces you to live in it, instead of passively existing in someone else's creation.

Philosophy: The subjective meaning that we create holds us accountable for our vision of the world and our experience in it. Existential influence (the influence of our genuine, authentic human experience) weaves its way through all our values, noting that we can't hide from life but we can define all of the parts of life we have encountered. Phenomenology (a philosophy establishing that the ultimate source of all meaning and value is in the lived experience of all human beings) allows our understanding of consciousness to encompass reality and how it is reflected in society. This leaves each of us with uniquely particular experiences and representations in the collections or societies of others, while we all search for our personal meaning of being.

Accepting Subjective Reality: If we consider our lives to be subjective, accountability guides our rationale, while subjectivity can liberate us from the powers that be. Keep in mind that perspective can prove our experience, but our experience is limited to the language we use and have yet to challenge. Our

reality is just that, ours. While we all have a voice, our growth will stagnate or be stunted if we stick with the echo of someone else's.

Our Purpose: Finding our purpose in a subjective world has its challenges. Life is full of purpose and is purposeful, if we choose to acknowledge its gifts. Our top priority and responsibility is to continue to explore and traverse all of which we want, until we find what we need. Finding your purpose means creating it, and to do so you most definitely need to know yourself.

To Create Meaning: If we want to create meaning we must actively search for it. Thought and analysis are the catalysts to the fermentation (the making of, through breaking down) of any meaning we have originated. To find and extract the essence of ourselves in a predefined world, we need to be introspective and not afraid of refuting the subjective realities that everyone else operates in, as these are not of our own.

The Human Condition: We all are handling, investigating, and exploring the human condition. This condition is one that is distinctly individual, yet shares commonalities amongst us all. It binds all the elements of life to ground us in a place of our existence - as a being - and allows human rationality to exist. History reveals the genuine nature of the human as the class set that creates reason, builds/destroys systems of influence, and contains views limited by our degree of awareness.

Why Ritual: Ritual becomes one of the main focuses when considering the development of a spiritual practice. This focus is nurturing and unique to yourself which allows for a state of personal ownership and awareness to develop. Action, with true positive intent and dedication to the self, arranges the narrative of the world we enter, while ritual plays a vital role in grounding our personal faith.

Our Emotion & Awareness: To experience the human condition, by the way of the collective whole, is nothing more than a daily affair of normalcy. But, to own the human experience we have to embrace all of our emotions through the awareness of our individual operations. Thus, we must be 100 percent accountable for our emotions and be aware of the effects on ourselves and others. Operating with emotional regulation guarantees a fair exchange of information with the self and keeps us present.

Operating out of Authenticity: Our authenticity is what grants us true access and the ability to harness the power of the natural laws of cause and effect. To be fully integrated with the self and emotionally regulated gives us the best opportunity to experience truth amongst us all, allowing others to react to the actions and the language of our authentic intentions. This state of harmony

eliminates the fallacies that try to corrupt and the corrosive effects of our ignorant deceptions.

5. Intuitive Evolution

The origin of all forms of knowledge that we build upon, structuring the books and theories we study, and the knowledge of the people before us all comes from one native place, the self. What we experience on the exterior is years of self-knowledge and the natural law of cause and effect. What we experience on the interior are states of our compliance, and the alignment or misalignment of the knowledge we intuitively and independently contain - with or without confirmation from the exterior world and its collaborators.

| Intuition and The Mind |

How do we experience the world and knowledge that has crafted the external experiences we interact with, live in and abide by? We do so through the mind and its natural disposition to construct our perspective by melding our feelings, thoughts, and sensations giving each and everyone of us a distinctly unique lens of perspective and experience. The mind will register these anchors of our distinct experiences, catalog them and use them as a reference as we examine what is before us. It will also re-engage our past experiences with variable accuracy.

When we apply the Ego as the next layer of interpretation, we may find that we have an unaware dependency on external validations. This may be material or immaterial possessions graded by societal impressions. A lack of exploration into or knowing what you need, who you are, and your true personal value, allows the outer world to direct your happiness, image and identity. A very helpless, painful place upon reflection. To remedy this we use self-exploration, creation, and meditation through question and intention with the help of the (SSD).

We all have an Ego, a mind, and self-knowledge but if we have yet to explore or observe ourselves from within, then we might be very far from our truest destiny or at the very worst, absent from a place of personal refuge. If we have not discovered the path to our destination, we might need to reconcile the fact that we pilot our own program. This thought might be overlooked in favor of the comfort of our present situation, but when left to ourselves only we will know if something is missing. Traditionally, when something is missing, we start looking/or hiding.

While we start to explore the mind, intuition might engage and reveal that we have multiple perspectives within us, offering an opportunity to get familiar

with the nature and social dynamic of the many selves we carry and walk with internally. The self of the past, the self of shame, the self of a recent relationship, the self of love, and an ever-growing list as you contain parts of yourself to time, place, experience. This recognition will offer a prismatic place of reflection that connects the inner self, strengthening the standing version currently reading this text. Try to observe your thoughts without judgment, as we know judgment and shame will congest the healing process. As a healthy reminder, you might be far away from where you think you need to be. Chances are, that is because of the exterior world's impressions of where you should be. A moment of judgment free introspection brings you closer to freedom from societal constraints.

Intuition will guide the process of individuation, allowing for us to rely on our internal knowledge to direct us where to explore next. The metaphor is referred to as "following the golden thread" meaning that, for every inch of life we traverse, an experience is to follow revealing the next and so on. What makes the thread "gold" is how it's constructed, and it is what guarantees your best next revelation along the way... So how do we construct and how do we follow our path / "follow the golden thread?"

First, we should consider the elements that construct our character, how they affect us, what they represent, and how authentic they are. We need to heavily consider our emotions, sensations, the stimuli we experience, and how they interact. The philosophies from which our thinking is crafted, and our emotions, will play a vital role in how the world before us appears or reacts. In all, these sculpt a majority of our perceptions and experienced realities.

Desire becomes a driving force and a variable that influences our automatic decision-making if we have not strengthened the power of personal will. Desires are very independent of each other and influenced internally/externally. We should explore these desires with a sense of seriousness, as they can overpower many decisions, especially when we are in a vulnerable state. As a side note, we are not here to identify what desires are wholesome, true, pure, or on the contrary. We just feel it is essential to acknowledge their power.

This leads us to the governing body and energy of our actions, especially when we feel resistance or some force against us. That is the power of will. To find freedom, we need control, but we don't need *to* control. We need awareness and we need stability, especially in a world of many influences. We need will to guide our spiritual and philosophical essence to a place that can, with the best odds, guarantee a grounded, secure sense of self. Otherwise we face the well known existential crisis. Will pushes our awareness to new levels of ascension without divine intervention. It is the causation of our own development.

Intuitive evolution costs us only one thing, the same degree of energy

that we would place on the exterior world for its validation. Our consciousness is our most valuable asset in this process and the territory in which we live with the many selves and degrees of awareness we interact with. As we navigate our internal/external journey without shame, judgment, or self-criticism, we find that with all the questions we have, we have all the answers. With self directed discovery, we not only claim freedom from the external world, but we claim our power. That is the same power that can be seen as the energy that fuels our will.

6. The Second Self: Retooling the Present Self

Where we reside, where we live, and from where we react is in our landscape of thoughts, perceived facts, and an algorithm of original expectations from which we operate. Generally we will retreat to the familiar, tousel nest of our own existence regardless of the emotions we have, especially when they are positive. When we encounter pain, negativity, or fear, we can come to question our familiar nest of thought and safety. This experience challenges us to change, dissociate, or with physical intervention - remove ourselves. Once we gather that this echo chamber of thinking is always changing, ever malleable - then with the use of intent, we can be built from a new logic and essence of our choice.

To become the architect, carpenter, and foreman of the soul, the second self, we must take everything that we covered above and apply it. Note that our overall development comes with the steady application of actions done with practice, reflection, and revision. All the while being conscious that our mind can always ascend into greater degrees of practicality and self awareness. Regardless of the feelings of discomfort and confusion from traversing the vast spectrum of ourselves, self-awareness is the true panacea for all. We also must consider when we take such a bold directive and place our attention on something we want to develop, recover or heal, that we act as if it were a seed to be planted. We cannot force the seed to grow, yet we can encourage it with fundamental support and genuine care. This is all we can do for its best opportunity to blossom.

At the very least - it will take reflection to counter all of our past habits, effort in refining our mental reflexes, and the fostering of self-compassion, to lubricate our transformation from our past rituals and daily traditions to new ones. A holistic approach is achieved by learning to cultivate self love. Thus, we must make every choice with our mental and physical health in consideration by truly studying all that we consume. When we relinquish ourselves to the fact that every impression we make or take on is our responsibility, we take back the misguided power of victimization and exchange it for integrity.

Before we embark into the (SSD) we must note*

*If we have settled on beliefs or systems of thought that are so rigid there is no chance of change then, we will not ever be able to evolve. Having an authoritative stance on things is not as important as the mastery of open-mindedness.

*The things we know now are only of our past mind. Our intelligence will grow as we receive every new impression and sensory input with less influence from the identity we once held. One easy way to take notice if we are on autopilot or using past self-knowledge, is if we have an immediate reaction to something or someone.

*We need to establish an integral vision, something that we can aim for that holds the essence of the values from which we want to conduct all of our intent. This will be the core of all of our operations. We have outlined 24 (values | ethics | considerations) associated with the Twin Companion cards to help provide a foundation if needed.

*For true metamorphosis to commence, we will have momentary conflict between the old and new self. This feels like one is being pulled in different directions, confusion or vulnerability. Before a brick is hardened and put to use, it is raw material, soft, malleable, and waiting to be shaped. For that we need force, time and energy. This is power you can claim as every brick in your new foundation has come from you, the creator.

*We cannot stress enough that self-ritual and practice help collect and form our awareness. Consistency with self care allows for continual growth while transitioning past perplexing, abstract thoughts and considerations into newly realized understandings.

Transcending of the human condition into our soul directive will be a journey that is guided by inner knowing and inner trust. As we ascend into our new levels of consciousness, our self awareness considers that no stage of our journey is better or worse, as each one is dependent on the other. Thus, as we find harmony throughout our choices and with ourselves, the goal is not to begrudge our present state but to love the ever changing possibilities that come with each new move we make.

(I) THE THOROUGHBRED ®



POWER | NOBLE | POTENCY

| Overview of Deck and Instructions / Directions |

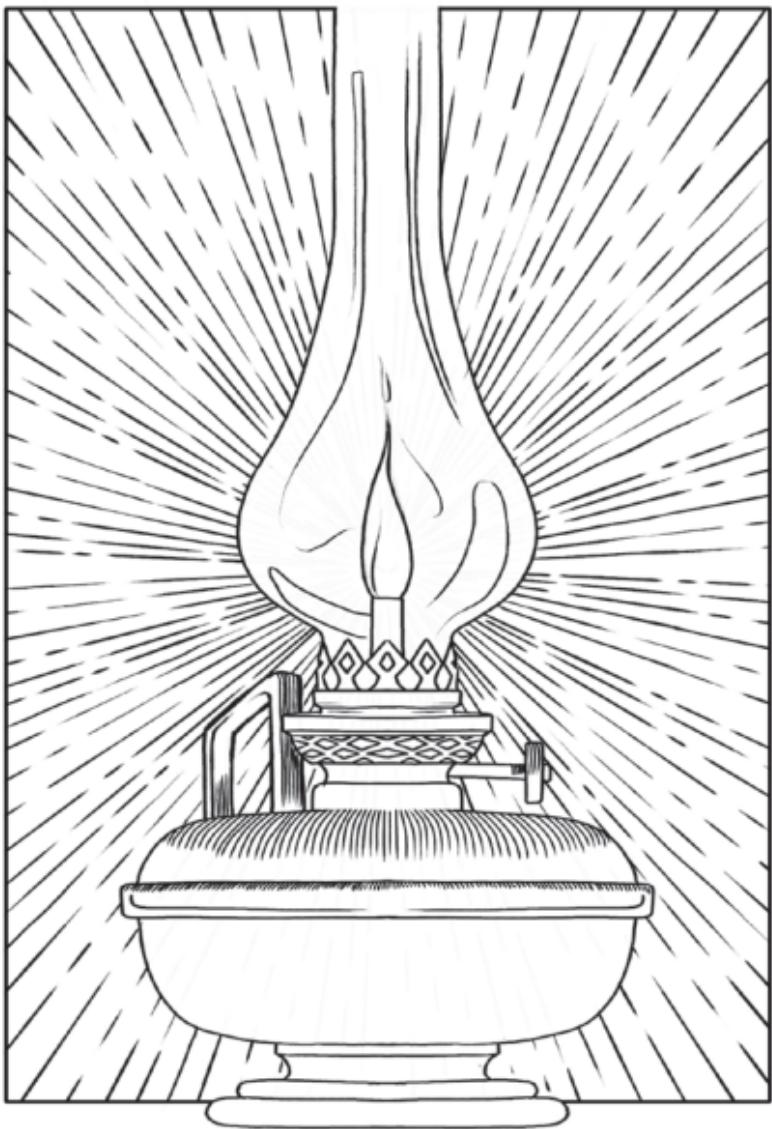
A common way to use the Slate Shadow Deck is to first shuffle. Close your eyes, hold cards in hands after allowing yourself and the deck to fill with accountability for your thoughts and intention, then pull a single card for inspiration or insight into a question, meditation or for guidance. You can also perform spreads like the ones offered in the directions below that are similar to the use of tarot cards. If you're new to using Slate Shadow Deck try starting each morning with a Single card meditation to develop a deeper intuitive connection.

Included are 66 signifiers and archetypes that can be used sequentially (1-66) starting with the (The Thoroughbred) and ending with (Between the Sacred), without any intuitive guidance. One can simply explore each card in sequence one after another achieving awareness from the basic fundamentals of the therapeutic process, cards (1-33) and then connect and apply integrated self awareness tool sets that are considered in cards (34-66) building a comprehensive grounding and confidence in our personal development.

Each card has 7 elements to strengthen and develop the power of your own inner guidance and help direct you to a deeper understanding of the self...

1. *The Title* (Designated Talisman)
2. *The Visual* (A visual vernacular structuring a 2D plain visual)
3. *The Key* (Road map to intuitive directive, use these three word associated with the image as doorways into the subconscious)
4. *The Depth* (Description dedicated to card and depth into the visual connected to title guide)
5. *The Extension* (Helping expand and give greater context to the energies of the deck)
6. *Interpretation 1 | Supplementary* (Another perspective given to broaden general scope of meaning)
7. *Interpretation 2 | Psychotherapist* (A licensed therapists adaptation to integrate a clinical view/meaning of each card)

(XXXII) THE LANTERN®



ILLUMINATE | IGNITE | SEARCH

| Overview of Deck and Instructions / Directions |

To fully utilize the deck to its full potential consider using the cards in this fashion:

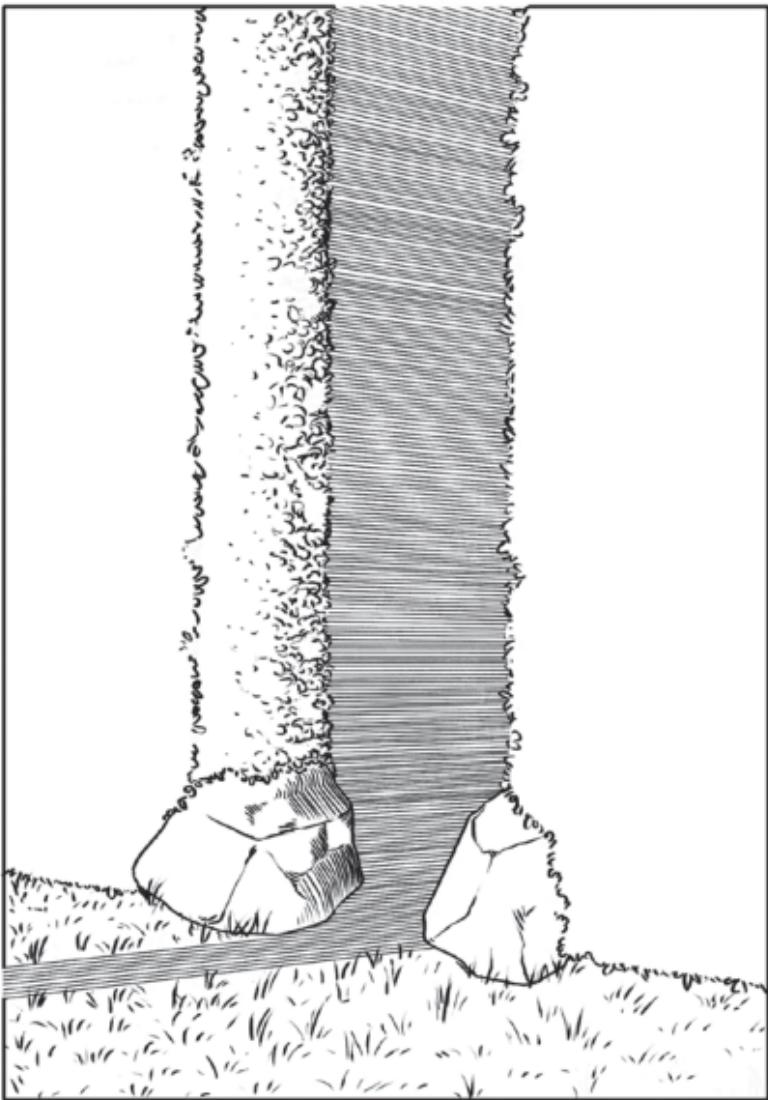
**Refrain from reading descriptions in book until you formulate your own from the three key words provided.*

After pulling a dedicated spread, (1,2 or 3 cards) read cards in this order.

1. *The Title* (Designated Talisman) This can be used as your guide for the draw.
2. *The Visual* (A visual vernacular structuring a 2D plain of visual intuition) Meditate with the visual by staring at the symbol until a sense of dissociation is experienced. To do this keep a soft gaze on the card (a open eye meditation of 1-5 minutes or however long it takes to induce), and pull out any key ideas and emotions that come to the surface.
3. *The Key* (A road map to intuitive directive, use these associated with Image as doorways into the subconscious) The three keys will give points of guidance or suggested directives to be associated with The visual, and your base intention for pulling your spread.
4. *The Depth* (A description dedicated to the card also giving depth into the visual that is connected to the title guide) Here we use all elements of the card and consider the contrast between its meaning and your interpretation. There are no right associations, only yours. The Depth component gives context and a base of interpretation if one was to remove all other elements. Use at will, let it guide you, but all in all its best to let yourself guide the card.
5. *The Extension* (Helping expand and give greater context to the energies of the deck) This will allow you to dive into other perspectives and interpretations to broaden your peripheral input.
6. *Interpretation 1 | Supplementary* (Another perspective given to broaden general scope of meaning)
7. *Interpretation 2 | Psychotherapist* (A licensed therapists adaptation to integrate a clinical view/meaning of each card)

**After your draw we recommend a journal entry and/or a 5 minute meditation.*

(XLIII) THE PASSAGE®



EXIT | ROOT | BIRTHRIGHT

| One Card : Daily Readings |

The single card pull gives you simple guidance with clear focus for the whole day. Most often the Single card can be a general reference for the whole day, or specifically based on a desired center of attention. You can pull as many cards as you wish for different questions, but a Single card that is considered a daily reference card should only be pulled once.

| Two Card : Spread |

The Slate Shadow Deck can direct signals and concise points from the universe allowing us to find ways to navigate our situations at hand. While only having so much room for dedicated energy and space, one must let go to be invited in.

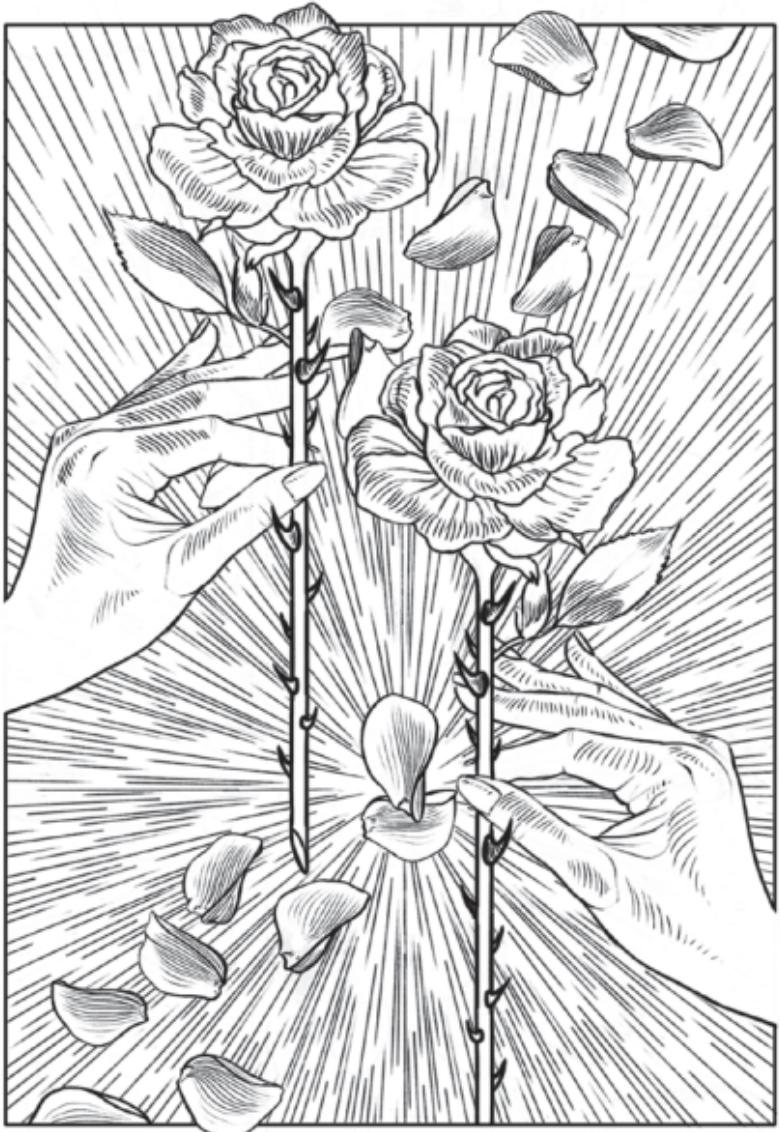
To do so we use the two card spread to reveal what we might want to harness and or remove to make room for other opportunities or better judgment. Let the cards speak fluidly, while you extract exactly what you need to fulfill your transformation.

| Three Card : Release & Focus Oracle Spread |

The universe and our subconscious will extract the major message we need to re-tool, rehabilitate and concentrate on. The objective is to embrace and accept what we have a hand in regardless of how deep the pain or pleasure, and to move forward with empowerment.



TWIN COMPANION®



RENEWAL | COMPLETE | EMPOWERMENT

TWIN COMPANION®

RENEWAL | EMPOWERMENT | COMPLETE

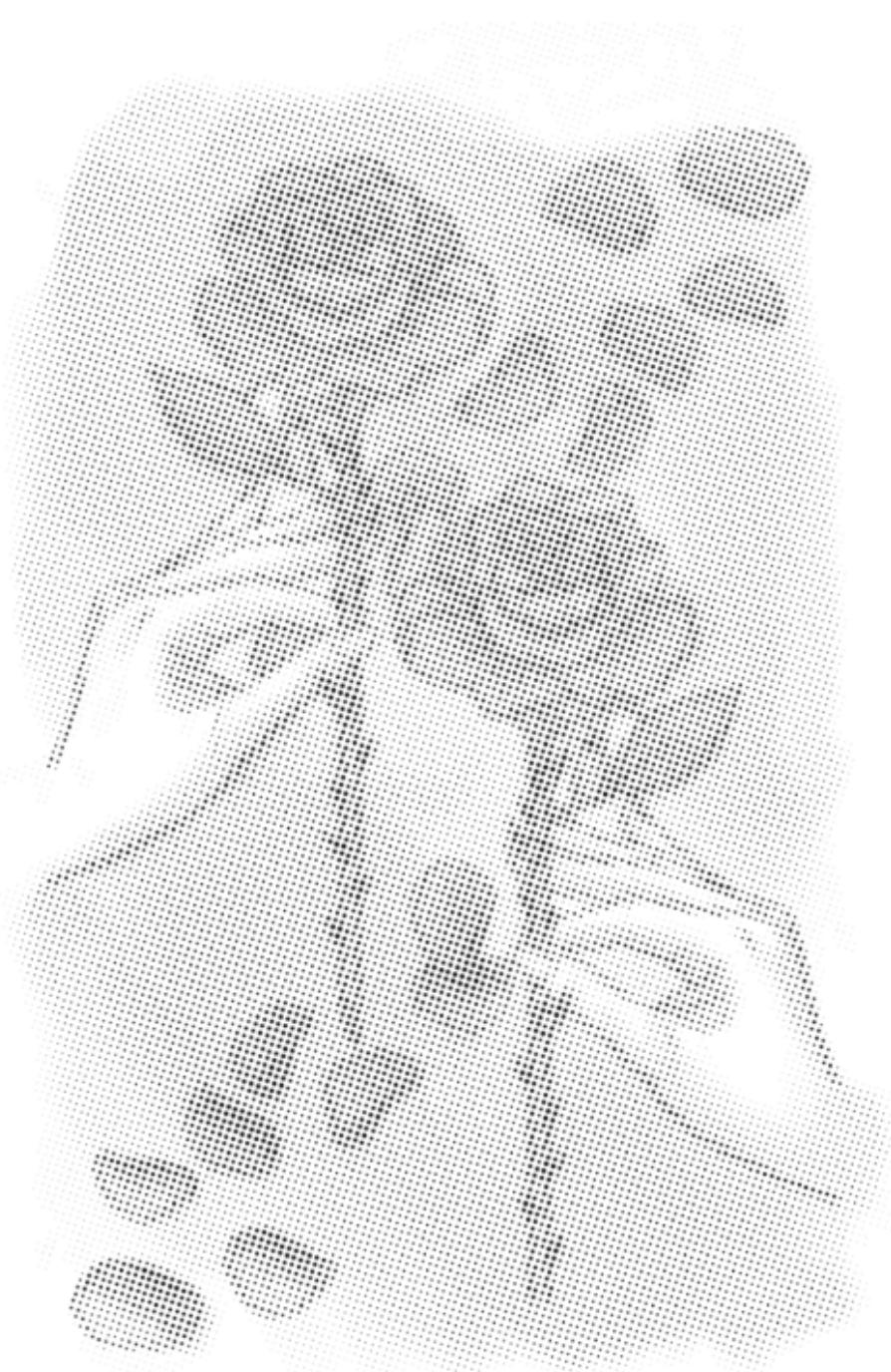
| 12 TWIN COMPANION CARDS |

When used with an intuitive approach (meaning- left up to an instinctive/random draw after shuffling) an additional 12 Twin Companion cards accompany the deck to hold, and give the gift of encouragement and empowerment. These allow one to broaden their journey while utilizing accountability and transparency to focus their personal vision. (Recommended to give as a gift to friends or family or if daring enough to a lesser known individual/stranger, or to keep in a personal/hidden spot to remind yourself of your purpose upon finding.) Suggested directions for the Twin Companion cards are outlined below.

There are a few ways to utilize the 12 Twin Companion Cards...

1. You can remove all 12 cards, set them aside to be hidden/given away with whatever motive of your choosing.
2. You can remove 11, and leave 1 in the deck as a representation of yourself and your second self. When pulled you can do something to gift/honor/love yourself to applaud the commitment to a better you.
3. You can leave all 12 cards in the deck and when pulled, you can use it as an initiative and directive on that day to make a connection with someone else, and return the card to the deck.
4. You can leave all 12 cards for a complete deck, when pulled you can revise the 24 virtues/ethics included in this book and establish which ones you want to uphold, consider or meditate on.

Twin Companion



TWIN COMPANION®

24 VIRTUES | ETHICS | CONSIDERATIONS

| 1 - AUTHENTICITY |

Authenticity is the choosing of the self and the identity that one commits to without hesitation, while always being open to the evolution of others and change within the self. This inspires others to do the very same. It provides an opportunity to receive the cleanest, clearest information thus, permitting everyone to digest and return the closest to an authentic response while eliminating manipulation. Authenticity should be the bedrock of your world as you learn how to live in it.

| 2 - BELIEF |

We sometimes have very little trust in others. This can come from past trauma or a projection of ourselves due to our own impurities and deceptions. Trust is the obvious connection we must establish in order to ground ourselves in a state of harmony as opposed to tension. When it comes to unconditional trust in humanity, take the lead with gentle interactions, all the while looking for the commonalities amongst us with compassion. Belief in others promotes the best opportunity to nurture yourself, your immediate environment, and the energizing of others.

| 3 - CARE |

The choice to care for anything can come at a price. As we interact with situations and people around us, a secure positive energy can come from the unspoken intent of a general commitment of our care. Someone that presents respect, the best interest for themselves, and the others they have committed to is of supreme value. Care is a free currency that has exponential returns.

| 4 - COMMITMENT |

Commitment is one of the most important actions that strengthens our bond with the self, leading to greater degrees of trust and loyalty within our immediate relationships and future ones. The effect that commitment creates is one of congruence and reliability, two factors that will lead to a sense of authentic safety within ourselves. The misalignment of ourselves or a lack of respect for our commitments tend to instigate fears and promote insecurities within, especially if we can't represent what we expect or require from others.

| 5 - CONNECTION |

Connection is as easy as it is difficult. The interrelationships we develop are also victim to how we uphold personal accountability since it provides integral choices in the way, and motives in why we choose to connect. In order to make anything meaningful, we must bring meaning to it. In every relationship, every moment we have an opportunity to show ourselves and others what we are capable of. Even in this present moment, if we are alone we can work with a deeper sense of connection, one that bonds the individual to the self.

| 6 - COOPERATION |

Finding the ability to cooperate can be challenging but, if and only if the outcome is healthy should it be most considered. The greater good is at stake if our ability to cooperate is low and proves agitating for all people/parties involved. The shift from frustration to ease comes from finding or even conjuring a place of joy when actively participating and working together.

| 7 - DEDICATION |

A steadfast nature lends itself to very strong character development. The most fundamental dedications should include actions of growth and authenticity. If we can find a baseline of virtues we want to align our life choices to, our dedication will become the perfect gauge of our sincerity.

| 8 - DEVOTION |

What and where do we place our devotion? We are committed to a never ending string of choices that need to be made in order to live. Whatever decisions that are needed should first come from an established faith (any faith of our choosing). Otherwise trust in those decisions will thin, revealing a lack of allegiance. If we surrender to the unknown, belief and devotion in ourselves can encourage our betterment and cure our dread.

| 9 - EFFORT |

We live in a world of variables that are encouraged and responsive to the level of our effort. All things come from some sort of energy, regardless if we contributed to it or if something else is applying it. At the very least, if we take control and direct our focus with true intent we can shape the “essence” of change through our efforts if not the outcome. Along the way we might experience the gift of luck, but while we wait we are responsible to cultivate our own through effort.

| 10 - EMPOWERMENT |

Empowerment is possibly one of the most powerful gifts one can share. The most valuable when considering the connection of our spirit amongst others and ourselves. If we choose to interact with a high frequency of positive energy then we can conduct ourselves in ways that encourage others, remove fear and embrace their authentic desires. When in use, empowerment builds moral, purpose, and synergistic connections for everyone involved.

| 11 - FREEDOM |

Every choice has its freedom, yet sometimes we only have one outcome to choose from. This world is not limited to physical boundaries, as our freedom extends far beyond them. When we enter the interior world of choice within the mind, we find that there is a prism of opportunities, reflections and perspectives to uphold/represent our freedom even when we only have one outcome. Mastery of emotional response within its spectrum and our relationship with it, will grant us freedom while also exempting others from the corrosive energies formed by negative, defeatist perspectives. Sometimes our choices, our location, and our relationships have been made for us but, our feelings and thoughts can be immune to the dominant forces we cannot change. Our thoughts and feelings are forever free and can initiate change on any level.

| 12 - FORGIVENESS |

As we experience life it cannot always be linear, transparent or agreeable thus needing an antidote. Life also has every one of its expressions bundled and bound together with living, non organic, and virtual elements built by universal forces. The acknowledgment of the individual, when in consideration of the existence of us all, needs lubrication and connection. Forgiveness becomes the web of authentic human connection and can represent a bridge between us all.

| 13 - GRATITUDE |

One of the most important individual qualities that we can develop and share is gratitude. A life that is viewed through an authentic lens of gratitude, will undoubtedly be one of abundance and fulfillment. This is not to say that this is an easy venture. Gratitude is one of the most valuable assets in life, yet sometimes can be hard to find. Starting with a general awareness of this as a concept, a desire to actually achieve it, and a humble, reflective nature will guarantee its development - advancing the connection between the activated and autonomous nature of our gratitude.

| 14 - HONESTY |

We experience the direct reflection of trust and truth with the honesty we share with ourselves and others. Transparency and authenticity are the committed realities one needs in order to provide an honest life. We can free ourselves from the weight of our fear if we remove ourselves from the chains of manipulation caused by the familiar roles of anxiety, depression and that of imposter syndrome. Distortion of our reality comes from the uncertainty of ourselves. We can fortify a place of internal security through the fearlessness of presenting, living and being our most honest version.

| 15 - HOPE |

Surrender and hope are closely related. While one is associated with despair, hope is actively promoted with a wealth of positivity. Hope is best associated with prayer, regardless of context. When we have prayer, we find that belief drives our desires, belief in the world or universal force before ourselves. If we can surrender to the belief that all is well, and we have no choice other than to live in prosperity, then hope becomes more than universal, it finally returns to us, internally.

| 16 - INTEGRITY |

One of the most important foundational virtues is integrity. Our moral stance and how we choose to abide will reveal the level of integrity we choose to uphold. Never underestimate the difficulty of faithful integrity. We must accept that the representation of who we are and the ethics we truly commit to is a far cry from the embodiment of our belief systems. In most cases the journey of life governed by intent tends to mend the gap between the two.

| 17 - OPTIMISM |

To work through the tougher transitions of life, optimism tends to first be a force of will power that slowly evolves into a second nature character trait. It is an element that clears pathways of negative energy with focus. We control and access our ability to foresee an abundant and bright future by actions of integral potency along with a claimed sense of resounding gratitude. We must try, try to live our best life and it might as well be done with radiance.

| 18 - PATIENCE |

Patience will play a vital role in many moments of our life. It embodies a place of stillness, with an allowance for the world to operate without expectations, and a willingness to surrender to the forces at hand. Without patience, the tension we experience when we realize we are not in control can manipulate our perspective and our reactions. Simply... If we want to achieve harmony with our environment, tolerance must be used for us to find access to a fluid, flexible state of existence.

| 19 - RESPECT |

There is a subjective degree we operate from when it comes to respect. In order to welcome others truthfully into the fabric of our existence, we have to value the human condition we all exist in over the nominal and superficial commonalities that we so easily relate to. The bond of respect is best found at the base level of our universal existence. It has the power to connect us through a genuine awareness of all energy. Considering the vastness of an individual experience, and the exposure to the universal power of circumstance, we can respect that every human is living within the same conditions.

| 20 - SUPPORT |

A large amount of individual security is felt by internal and external support systems, ones that we have developed and ones that have entered our lives along our journey. They can shapeshift, requiring our commitment as well, but in the end, are required to live a fulfilled connected life. Support networks supply honest feedback through friendship, commitment and unconditional care. Transactional engagements between each other should become devalued and retired when we commit to creating elevated relationships of support. Unconditional support transforms us and encourages our respect to honor the relationship itself and not the outcome.

| 21 - SACRIFICE |

Everything is an exchange. Ever since we were born we have been exchanging our time for the opportunity to experience life. While we are on our journey, sacrifice will play a role in our development and life strategies. To the best of our ability, we must embrace our known sacrifices as a testament to a dignified, purposeful and empowered state of self. At any point and time you reserve the right to redefine any of your suffering as an element of healing.

| 22 - TOLERANCE |

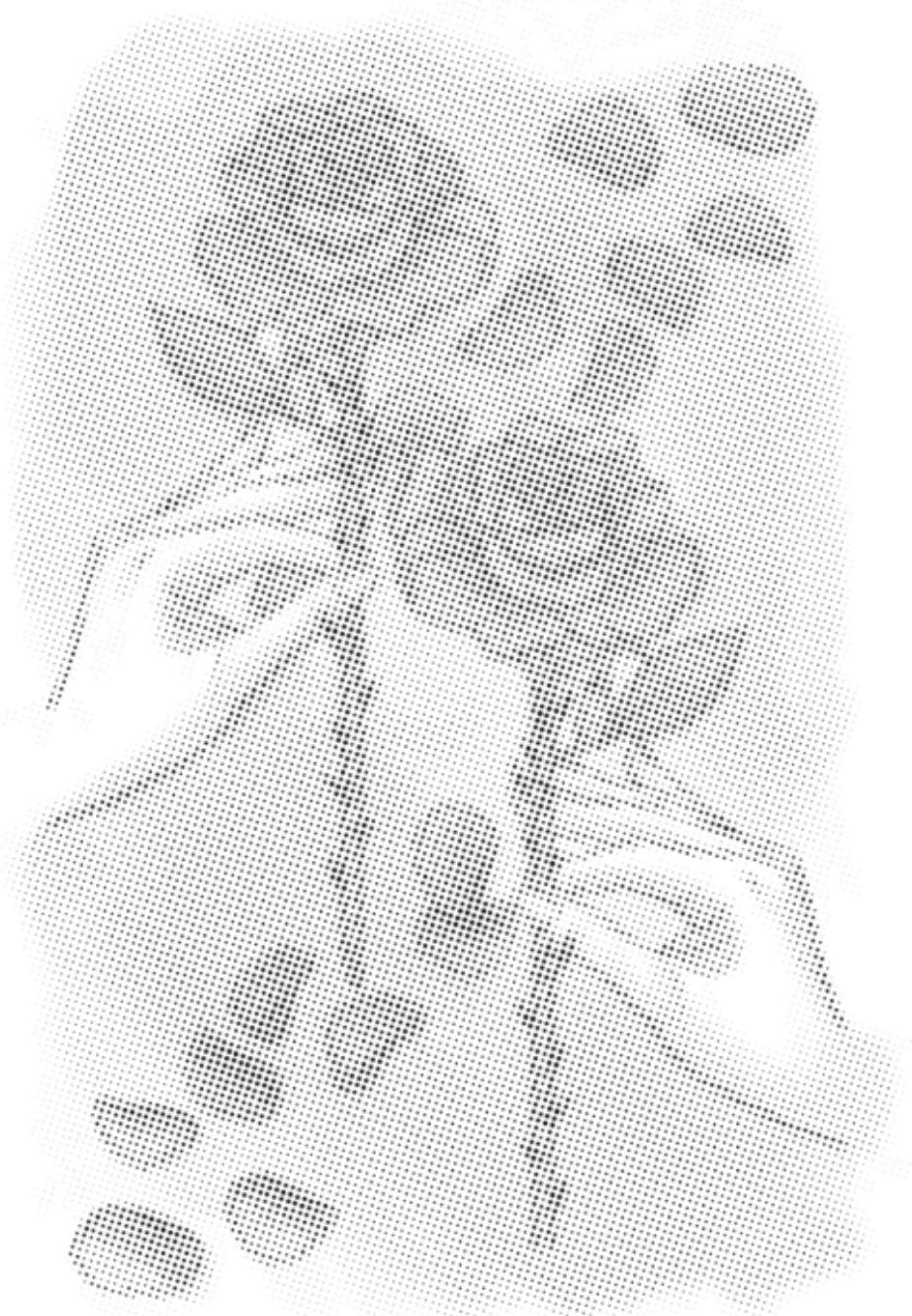
The stronger our tolerance, the stronger our ability to direct our energy to sources that will benefit our lives. In a universe composed of infinite individual personal worlds, tolerance will help to advance collaboration with others, while we negotiate our frustrations. If used correctly, tolerance can be viewed as the difference between a breakdown and breakthrough.

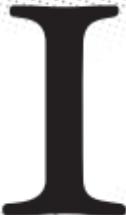
| 23 - UNITY |

Together we are one large organism that is already operating in relationship to its many parts regardless if we feel or can acknowledge that we are connected. Unity through our choice can inspire and expand an infinite array of possibilities from interpersonal development to the softening of the rigid values of societal norms. The universe is made of particulars, and particulars are native to the universe. Thus we might have more in common than we choose to embrace.

| 24 - VISION |

How do we discover, fine tune and trust our vision of a better self, life and world? The clarity of our future is directly linked with the vision in which we see ourselves in the present. When we have an idea that we want to explore or pursue, our vision is what motivates, propels and sculpts the moments from when we commit, to the fruition of our objective/purpose. Vision is the guide, forever ahead of our actions that awakens opportunity for us to choose from.





THE
THOROUGHBRED®

POWER | NOBLE | POTENCY

The Thoroughbred stands firm with power and glory. A noble force, with majestic qualities comes to elevate your spiritual aspirations through instinct and intuition. Obstacles will be of little challenge while in the presence of such an assertive and free symbol. We can tame our wild expressions or let them fill the landscape as we run wild with vigor and potency.

EXTENSION |

When we need to identify or claim a vision of the individual we are or want to be, we use symbols and other language to communicate our proposal. Emblematic signatures claim our exterior and interior understanding of ourselves and the world around us. Take faith in knowing that all symbols have been developed and loaded with context by the society, system, or individual that crafted it. When we accept that most of the images we identify with use compound themes and the cognitive directive of others, we have an opportunity to re-orientate and engineer our view of appropriated ideas and the ability to construct our own with faith true to our desired self.

The Thoroughbred presents a position to accept and take on a noble journey into the fields of your own reality and outcome. By claiming your power to organize the information around you the world becomes a pasture for exploration. Hold your heritage however you like and forward your individual self into the symbols that you have re-oriented or freshly designed. Claim the potency of your experiences to pursue your ideal reality.

“Universal abundance is your birthright.”

INTERPRETATION | SUPPLEMENTARY

When faced with obstacles, our spirit can often show its most raw and primal sides. We spend our lives taking the wild stallion within, and attempting to cultivate the majesty of Thoroughbred, which is the more demure vision we have for ourselves. With each task it is up to us to find a way to blend both the wild and the trained, the bucking spirit with the noble steed. With both in synergy, we can embark upon any journey.

INTERPRETATION | PSYCHOTHERAPIST

The majestic Thoroughbred stands as a symbol of beauty, strength and grace. Powerful and primal it is either allowed to run free in its truest destiny or it is broken and tamed- by powers that seek to cage its true spirit. The Thoroughbred is mighty and strong but it stands on fragile legs. The wrong step, the slightest injury and the regal animal is buckled. It is up to each of us, on the journey of our lives to stand in our truth and true identity, or to be buckled by the world around us as it seeks to define and control us. Only the unbroken stallion knows true freedom.

2

UNION®

BRIDGE | COMMUNICATION | LANGUAGE

Union of the spirit and the soul takes a considerable amount of effort and determination. Union of our reality and perceived reality can need a herculean effort, especially when forced. The union of two individual souls could be what breaks worlds and combines universes. The act of faithful joining and bringing a heart felt purpose outside of the individual self will reward you greatly, especially when positive intentions guide your decision. Commiting to union through your daily interaction will awaken connections we are yet not consciously aware of and breed life throughout. A shared pulse will define and allow you to communicate in a language deeper than one that is spoken or written.

EXTENSION |

If one desires to be master of their soul then we need to resolve and stabilize the union of our actions and emotions. Our arrangements or decision making can be directed by raw or unconditioned feeling that leads to ill outcomes that do not rest well with the soul. To take full responsibility of our emotional state, rendering action that is well informed – and letting accountability bind our efforts – will grant us the best opportunity to meet our wanted expectations. Knowing that our choices can join worlds together, take the time to evaluate your purpose in creating the inevitable bonds of your decision making.

Union can come in all forms. If we combine our awareness of the self and the observer, then deeper analysis can furnish a more concise set of life management tools. In order to achieve clear communication between the two, we need to consider the positive elements necessary to facilitate growth and harmony of outer and inner worlds. Under heavy consideration, these commitments are necessary in order to bring our deep desires into actualized happenings or experiences. Immersion of self awareness in our daily movement will result in more connection to yourself thus creating a closer relationship to the world around you.

“We need to focus with the entirety of our being, otherwise we are divided.”

INTERPRETATION | SUPPLEMENTARY

Each step through life presents us with a chance to connect to those individuals, ideas, and characteristics that are different than who and what we are. Some connections made will result in growth and progress, some may bring regression. Often, those positive unions will be the most difficult to make, however, with open minded dedication to the good of self and the good of all, even the most regressing steps may offer a pivot point toward the greater good.

INTERPRETATION | PSYCHOTHERAPIST

The first union we encounter is the delivery of self into the world- who will we present? The person we were born to be or the person we believe our connections want or need us to be? It is the question of every being- Who am I? Union between our soul and our identity creates the absence of shame and the opportunity for boundless joyful life.

3

**LIMINAL
WONDER.**®

TRANSMISSION | UNFAMILIAR | PAUSE

Liminal wonder issues a disorientation in the middle of one's right of passage. We have discarded the pre-ritual or perception – but yet begun the transmission of status of a full metamorphosis. The wonder and space between, leaves a conduit built for physical and emotional vulnerability. This stage can feel vast and this position can feel disorientating. The unfamiliar inexplicable pause of awareness will stir up a sense of freedom that is not commonly associated with the root of liberation. Try to find connection in the two to bring grounding. Peace might just be the void.

EXTENSION |

Disorientation between emotional or perceptual horizons can occur when in a state of tension or metamorphosis. Being able to delineate between the two can be a much harder task than anticipated. Acceptance of the unfamiliar (while acknowledging that whatever is to come from the unknown will not be harder nor easier than what is presently known) can increase the speed in which we find a place of safety and grounding. Traversing into and out of a new paradigm consists of a plethora of confrontations while searching for stability. Being amenable with the self, will help us find trust allowing the world to offer the resources necessary to relax a process of such strangeness.

Liminal wonder brings a touch, if allowed, of magic to the dedication of change. Once we can pause and allow ourselves to rest in the passage of growth, then we can cultivate the energy to broaden the scope of our reception to the answers within and outside of the questions at hand. This space between presence and awareness can provoke sensations that are new to the old self. If you let your intentions win over any assumptions, you can win the internal trust needed to progress when challenged.

“Wherever and whoever we are, we are all learning...to live.”

INTERPRETATION | SUPPLEMENTARY

While change and growth can often instill a sense of uncertainty or even chaos, that “in between” space can also allow one to find a quiet place of reflection and protection. Within the vastness, one can practice connecting to their vulnerability away from disruptive energies from the outside. Here one can establish momentarily stasis in order to gain a clearer image of their goal.

INTERPRETATION | PSYCHOTHERAPIST

From the initial step to the last we take on our life’s journey to our authentic, peaceful destination, the road we travel is littered with influences from sources outside ourselves. As we travel that road it is up to us to take in what lies along our path; examine, consider and either gather and compliment the embodiment of our souls or pass by and leave uncollected on our destination to our true selves. At times, we will happen upon the familiar. It is at these junctures that we must examine, closely and with intense consideration, whether or not the true origin of the familiar are actually weeds that pollute our unconscious, or blossoms which enrich our inner selves.

4

THE ROSE®

HUMILITY | HOPE | PURITY

The rose confides in its beauty and conveys strong messages when left up to the design of whos representing it. It could trace as humility, love, the blood of loved ones or martyrs. Deep hope and respect will come with this gifting. Each petal as shed advances a prayer, committing one to be answered. The rose only has thorns when you collect with eagerness and unawareness. If one engages with purpose and hope, it will preserve the purity of your intentions without blood being drawn.

EXTENSION |

The process of working with a need for satiation sometimes parallels a desire for clarity. A concise approach to handling representation and information will greatly shift what something looks like and what it actually means. In haste, we scar ourselves in a tender fashion, running our hands over every thorn of indifference and oversight. Avoiding pain to deliver a gift that embodies beauty is very possible as long as we pick and handle our subjects with ultimate care.

Humility will find its way into your approach since underneath every true good deed are traits of the past and how it has or has not been reconciled. A rose will show itself for what it truly is. As we try to plot our growth we develop a sense for seeing things as all that they are and all that they are not. In doing so, the messages that you deliver will be authentic, leading to the truest interpretation of whatever shade or color you present. Every petal is to be a talisman that holds as much power that individual prayers contain. Traditionally we offer anything that deserves our reverence with a bouquet of appreciation and now we can offer our self with the same.

*"We are all as individuals responsible and accountable to provide authentic meaning to our own lives and then to others.
The gift of life is the giving to it."*

INTERPRETATION | SUPPLEMENTARY

Each step, each decision we make in life is like sowing a seed for our future self. While some seeds grow into invasive weeds that, without management, will strive to takeover our entire garden. However, with proper care, those seeds will flower beautifully. Water your garden with love, and shine hope upon it, and watch it blossom.

INTERPRETATION | PSYCHOTHERAPIST

As we travel the path of self evolution, it is necessary that we examine all the connections we have made in our journey thus far. Some of those connections offer opportunity and the reception of love, belonging and growth. Others deplete, conflict and cause us to question our true and authentic selves. Roses empirically embody beauty, but among their leaves, thorns exist which, when gathered without examination may, cause us harm and pain. Careful consideration of these connections are necessary so that we may discern which Roses bring beauty and fragrance to our souls and which inflict pain and harm.



5

CIVIL WAR.

BATTLE | IDEOLOGY | POLARIZATION

A civil war might be within your immediate doing, within the constructs of your making or in an external locus of control... the struggle and battle between two ideologies... the conflict that occurs when there is divide of two parties... a dissolved balance leading to critical polarization and strife. To engage or choose a side might be the only choice you have– but know that the war will be won. History gets to decide the true victor so lend your vision into the future as much as its needed to plot the strategies that will lead to a better present. The better present is the only future you have in terms of the air you breathe and the war you wage.

EXTENSION |

Battle usually revolves around a standing state of ignorance by both parties in play. Views that have been remedied, defended by rigidity and that protect its constructs can draw significant polarization. This can lead to a war built by culturally agreed assumptions and expectations. Following this precedent yields a binding result only in conflict. Dignity can surpass equanimity: when this happens a divide presents itself leading one to reconcile the fact that the crowd bares little truth in the consideration of the whole. Pushing agendas on the individual for the collective whole reveals that collective truth is established by the crowd and not the individual.

Civil war obviously drifts far off the spectrum away from a state of mutual peace. As we veil our personal directive in the desire to establish harmony, we only reveal that power trumps autonomy and acceptance. Existence can, but does not always, exist in peace. So how do we act in a way to wright our past in a present state? It is to choose the side of the self, the side of neutrality by leaving collective ideology in the pages of history and allow the journal of our free agency to replace them. The stalemate that is considered between the parties defined – before coercive action takes place, is the closest to peace we can find. Victory always begins with the individual, and the harmony within.

“We cannot renegotiate our wounds nor our past, all that’s left is accountability for the future and its brilliance in totality.”

INTERPRETATION | SUPPLEMENTARY

A single battle does not win the war, nor does a single day define a life. However, accumulate enough battle victories, and victorious days and the tides of war will turn to your favor. Though, one can say that each moment is but a small battle of the day's war. Do what you can to win this moment, knowing that it will strengthen you against the next.

INTERPRETATION | PSYCHOTHERAPIST

Conflict within our soul is the result of the battles we fight and either win, lose or surrender. To fully reach the state of self actualization, to find peace and acceptance in our lives, it is the boundaries we set, rather than the wars we fight that define our true happiness. The challenge of the battle is to come to a place of understanding that we need not fight every war. Rather, we must set and hold boundaries in the wars we choose to wage or accept. And we must choose to walk away from wars that we cannot or should not engage in or seek to win. In any case, we must always remember that our foes are simply human beings who are defending a stance that has personal relevance to them, regardless of the rationale.

6

INTERNAL WAR.

HAVOC | KNOT | TENSION

Struggle without the ability to reach for solace can materialize due to ethical or spiritual dilemmas from the past that have not been fully resolved. Internal war will wreak havoc while the mind tries to rest. This can reside in a triad of perspectives between the mind, body, and soul to be rebuked by the self until a dismissive, passive gesture or confirmation from the soul allows the body and mind to accept what is at odds. This arrangement calls for us to be fully aware that grappling within only binds the powers that be – yet accelerates resolution in a process of cleansing. One way or the other, through the knotting and strangling, we must bring relief to the tension knowing that peace amongst all is the only everlasting answer.

EXTENSION |

A phantom postulation resides in the gut, haunting the body til it confronts the threshold of our perception and its associations, resulting in anxiety or other states of distress. Honoring the lucid controllers of anguish is much different than acknowledging and owning. We must find a way to pronounce choices of moral worth by deleting limiting language patterns, comparison of our past with the non-experienced future, and the development of any self contempt. Coming to terms with whatever feelings we have and the consequences that have been dealt do not confirm the scope of moral coexistence with others. Its winning the war within, without the confirmation of the exterior world, that is the result of such healing labor.

The havoc that wrenches our emotions into a mysterious language also cuts us sharply while restricting our awareness. This does not release its grip unless you release yourself from the concept. We must find a sense of acceptance regarding our soul for the purpose of rest and resolution. Finding this point of awareness will make room for tension to relax itself into something that we can traverse, with a sensible amount of effort to become free.

“Getting what you deserve or deserving what you get, which comes first?”

INTERPRETATION | SUPPLEMENTARY

Often, the most intricate knot can be untied by very few swift and gentle tugs, as long as one knows or can see clearly how it was tied. However, we often jump in, headstrong, and end up tightening the knot by pulling aggressively or creating new entanglements. Internal war can often be surpassed by approaching with calm, deliberate action after proper reflection.

INTERPRETATION | PSYCHOTHERAPIST

Internal war is what compels us to seek solace, and comfort. That solace may come in forms that cause us further damage such as addiction, conflict, withdrawal, or illness. Or that solace may come in healthy pursuits such as therapeutic self examination, the safe confession of secrets or the brave confrontation of those who have caused our inner war. Inner war is the signal that we are stuck somewhere along the journey of intuitive evolution and its resolution results in our ability to move on from the past and continue our travel toward light, peace and serenity within souls.

7

ABANDONMENT.®

PAIN | LOSS | FORTIFY

Abandonment as an emotion or a reality comes with insurmountable pain. The repercussions outside of the act are felt so deeply that one could consider the act of their very own rejection. The loss can extract pieces of us that we might have never known to be there before occurring. The remedy for such an erosive confrontation of acceptance can only come with knowing that the earth and sky can also abandon us as well. There is only one side to the emptiness that exists in us and it is ours, we need to actively investigate and redefine ownership of its meaning. One will walk into and come back from abandonment fortified, knowing that the once unknown pain will become a valid representation of deep knowledge. The tragedy left in the absence of what was, can only be what is.

EXTENSION |

Great absence and deep personal void warrants a state of abandonment that submerges all things around us in a sense of placid stillness. The type of void that exists after being shaped into statues of our pain, carved into to as relief, or the trying exit of our despair. The emotional connection of the self through the absence of whatever has been removed reveals that abandonment and acceptance are nearly interchangeable. Be aware of the perpetuating actions of anguish when it comes to whatever option we take to move forward. The despair experienced is the type that comes from unmade choices and their frozen discomfort. Relational truth can thaw away the factual positions one might take by developing interconnection through debate or discussion with an external source. This allows one to pull ourselves through the invisible into the handshake of possibility.

The panacea that forgives our short-sightedness also helps us become aware of our purpose. The presence that we hold comes from universal energy that fills the gaps nature did not nurture. Contact with others and spiritual grounding gives transformative wisdom fortifying a whole new version of ourselves. The skin we shed and the echoes of abandonment it casts causes an all too closely related paradox.

*“We do not cure abandonment, it cures us and restores our faith
by actively asking for our participation in life.”*

INTERPRETATION | SUPPLEMENTARY

Certainly one of life's most intense and painful experiences. Knowing that something or someone may leave or be taken from us is a fact that is crucial to understand, though no less terrifying. However, it is also possible to be used as a tool. Once in the dark hole created by abandonment, one can begin the process of abandoning the negative aspects of their life.

INTERPRETATION | PSYCHOTHERAPIST

Abandonment is most often viewed as rejection. Rejection whether intentional or accidental stimulates the same receptors in our brain that are stimulated by intense physical pain. It is the resolution of abandonment that is at the core of intrapsychic relief. Most often, we take the abandonment personally and are therefore stuck in trying to resolve the “why” of it, rather than to grieve the loss. It is the grieving, and the steps within it, that frees us from the pain of abandonment and leaves us either with peaceful memories of the connection or the acceptance that the abandonment was necessary for the evolution of our true spirit.

8

THE
ABYSS.®

ENGULF | INFINITE | VOID

A bottomless chasm of unexplored territory. A world where familiarity does not exist and the threat of every possibility engulfs the senses. Whether this be internal or external the infinite will paralyze if you don't start assessing things to unlearn. Moral depth might be a by proxy development from the abyss but only in complement of the ability to re-vision the perception of truth in the process of renewing the state of immeasurable void.

EXTENSION |

Ambivalence swallows us if we allow dormant personalization to cast us into the infinite solitude of failed individuation. The abyss stares back at us when we are not grounded and infinitely static . The view into this vast space of possibility and the reverberations that are felt with fear dictate the severity of our paralyzation. We need to reform and accept that deep exploration will liberate the soul from the gaping yet gripped position the abyss holds.

The abyss will not resolve a state of failed personal security but will exist until we find answers within ourselves. We notably understand the experience of lost identity, yet the reality is, nothing is lost at all. At your own expense, you have yet to recover or responsibly define independence. If the essence of the individual is lost due to a source of pain or internalized abuse, one who holds and incubates that pain in negativity will feel the borderless world all around them. Activity washing and filling the basin of the soul with love, belief, and faith, will help re-evaluate the vastness, making your value still infinite but redefined by our acknowledgment of free will.

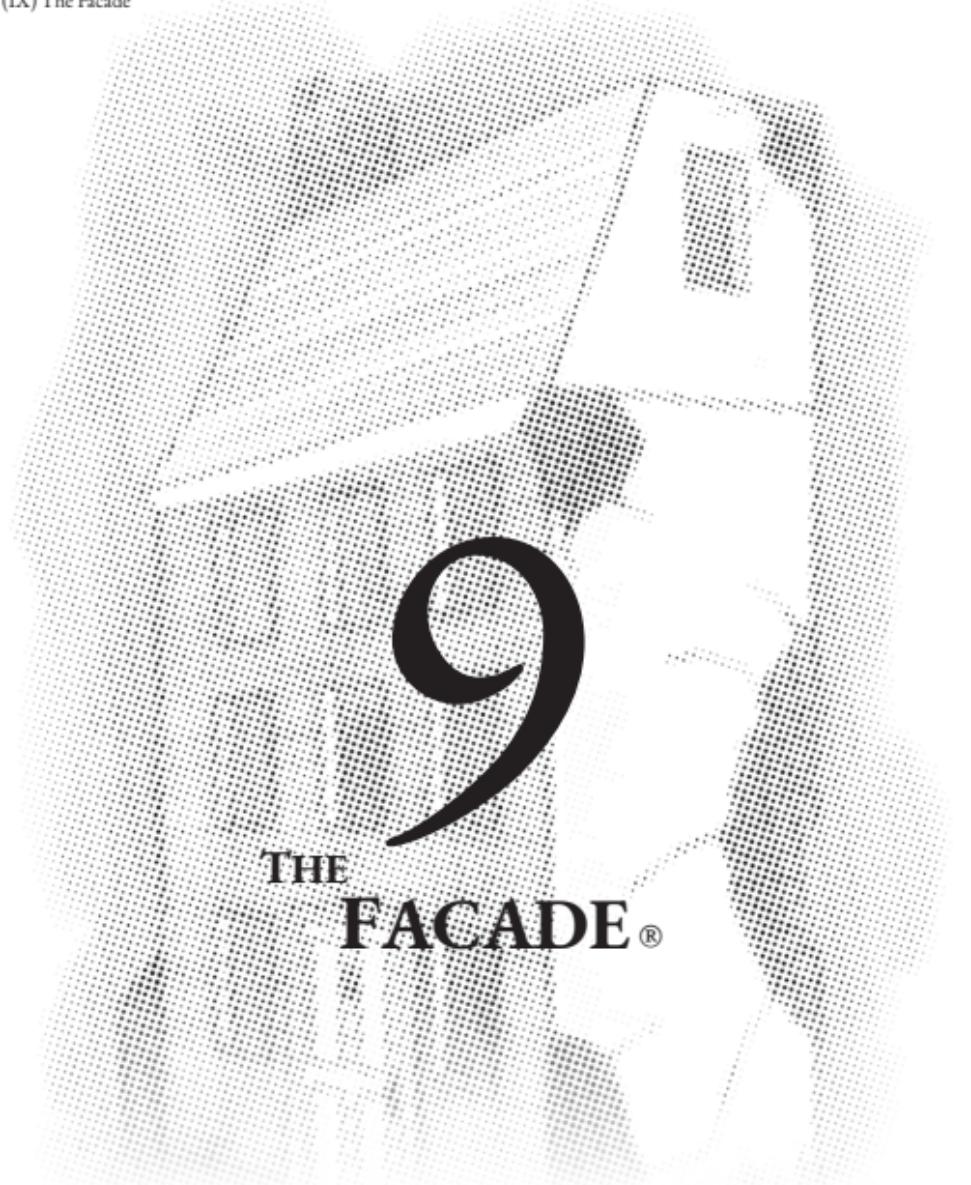
“The journey to our destination is not the answer, but it is when we have the opportunity to find faith.”

INTERPRETATION | SUPPLEMENTARY

We often fear the unknown. It presents as a terror. However, there is often no better or meaningful way to learn and reshape your life than thrusting yourself into the void. At first the air rushing past may seem like you are falling, but after a moment and the proper mindset it can turn out to be that you are finally flying.

INTERPRETATION | PSYCHOTHERAPIST

It is fear of the unknown that renders us stuck at various points upon our journey through intuitive evolution. The unknown only offers fear until it is explored. By stepping into the unknown, we disperse its powerful terror, and it becomes as benign as what is familiar to us. Stepping into the unknown IS the key to evolution, for it is the unasked questions, the unaddressed secrets, and the unacknowledged trauma that inhibits our growth. We cannot tame fear until we name fear and it is in the exploration of fear of the unknown that we achieve our most significant growth and coping development.



THE FACADE®

FALSE | MANIPULATION | SUPERFICIAL

A Facade is a false appearance that can manipulate perception while housing and being tethered to unknown attributes. Usually created with utmost care it sets the tone of your interaction, sometimes lending to a valuable experience when stark juxtaposition is revealed. A trace of deviance can be woven into the narrative occasionally making it easy to separate what is presented and what is standard. The facade is superficial in spirit but serves as armor. Knowing this, only you can meditate on whether or not discrimination for such things is of any relevance. It might be in your best interest to see if you have built one of your own or are confronting one.

EXTENSION |

We tend to recognize, consciously or subconsciously, the familiarities that we share with others – whether or not that be acknowledged, felt or experienced in a sense of resilience with the contending “other.” A false identity in the facade or curated face tends to resemble oneself more than we could ever care to accept. Your ability to recognize yourself on the spectrum of authenticity will heavily reflect how others affect you or genuine outcomes with their superficial abilities to craft the appearance with which you contend.

Self projection can be just as pervasive as the image that you try to condemn for its manipulation of truth and omission of nefarious postures. The judgments and analyzation of others (who are also projecting with their own free will) relate closely to our personal needs and potential absences that are projected onto the others around us. When we find ourselves “very” much knowing ourselves, we can count on our own indiscrepancies to be revealed in the face of what we judge. A need to see through our own defiance of the self should be developed to grant a moral standing in our ability to accept. Giving exception to the facade of the others around us is not the rule, but being aware of the manipulation of our projections along side the manipulations of others could be a place closer to consciousness than expected.

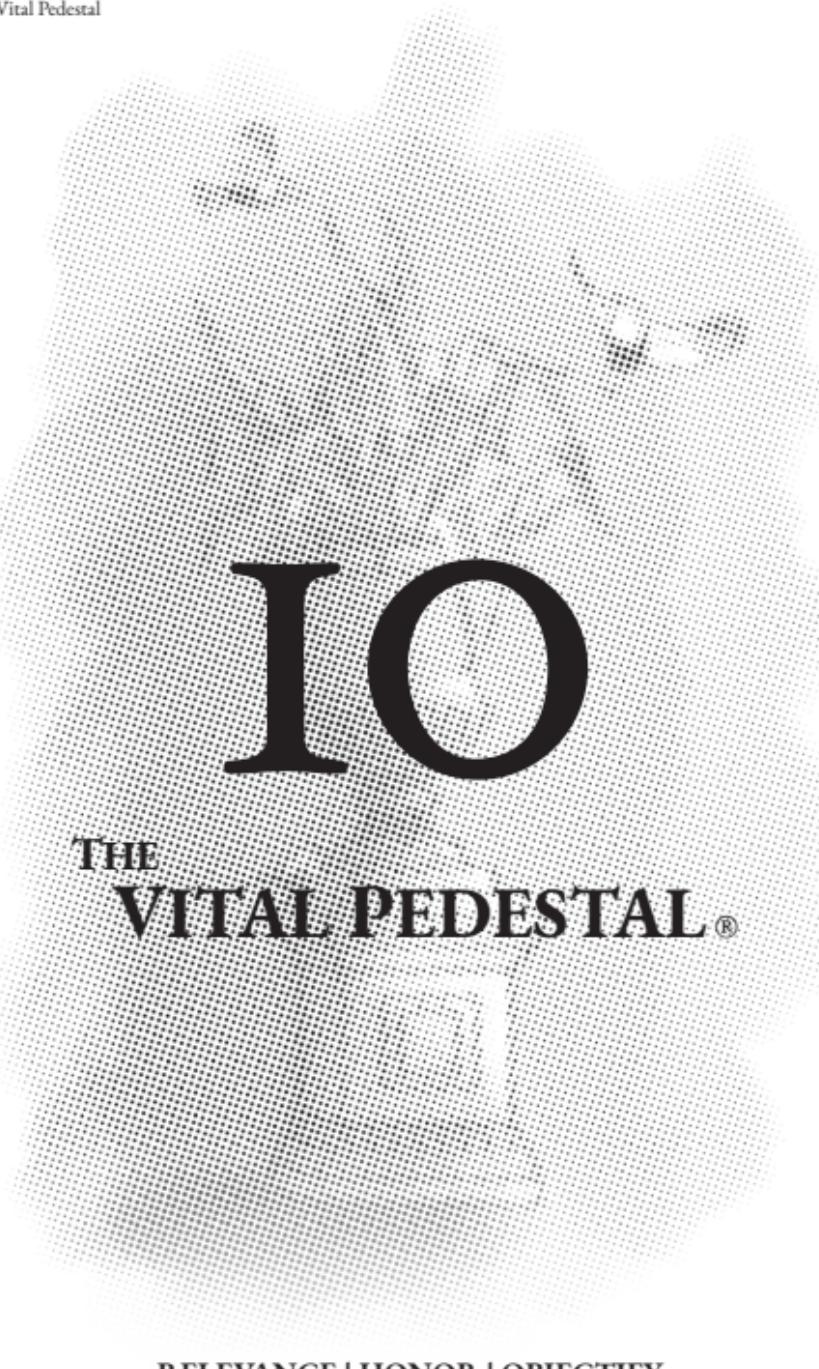
“Be careful not to build a kingdom around the hole you live in.”

INTERPRETATION | SUPPLEMENTARY

Facade, a front. A front meant to hide what’s within. However, no facade is impenetrable. Some have crystal clear windows to look through, some a mere crack. One may build their own to foster improvements of what’s within, in privacy. While you may bask in the beauty of another’s’ facade, remember that it too is likely cracked.

INTERPRETATION | PSYCHOTHERAPIST

The facade is embodiment of shame. Shame causes us to disguise our true selves in the hopes of acceptance by others and the world in which we dwell. But shame is the most dangerous of places to hide, as it destroys the true essence of who we authentically are, and forces us to live by rules and constraints that hinder our growth. The destruction of shame disassembles the facade and allows the beauty of our true, flawed nature to be revealed and accepted.



IO

THE
VITAL PEDESTAL®

RELEVANCE | HONOR | OBJECTIFY

The base of relevance and vitality. The placement of reverence and honor. A succulent lives and rests in safety and poise. In a time where subjectivity rules, we might think that a person can or should not be objectified. Only the saints and martyrs know of this truth.

EXTENSION |

Cultural identities and the monolithic presentations that they command reveal a strong sense of objectification and hubris. Finding and resembling what we want to honor and how we do so is a significant task. When we consider the purpose of why we establish or feel the need to direct a presentation of importance, we can start to understand that our outer reality only extends as far as we can perceive. A display of empowerment consists of our organized thoughts – including ones of the world around us. If what we respect or grandize resembles the epitome of all elements combined, then we create a sign that signals the standards that we want to embody.

This becomes a statement that is fixed, fastened down, or embalmed like taxidermy. This does not discredit, assign a value to the action of objectification or the relevance of its significance. What it does do is represent and collectively solidify how and what we cherish in providing an energy that reflects our individual standards and what we memorialize. Hopefully in our eyes we see what is vital for the self, yet define a representation through a communal relevance that can embody the whole.

*“You are an independent agent and the architect of your own social tribute.
In ultimate power you create all that is reflected.”*

INTERPRETATION | SUPPLEMENTARY

We may often place people upon a pedestal, or they may ascend of their own desire. Though to remain there forever, it's best to become stone. Remember, you are likely to tremble should you remain locked in the same position. Too long without stepping from the same place and you will likely fall.

INTERPRETATION | PSYCHOTHERAPIST

No man is an island, just as the pedestals upon which we place people, or upon which they place themselves will eventually crumble. No person is above another. When we allow ourselves to place others on a pedestal or when we worship the pedestal upon which we have placed themselves, we are abandoning our own power, our own worth. When the true nature of the god we worship is revealed, we find ourselves lost in the falsehood, and our beliefs and confidence in these idols leave us in a place of confusion and disorientation.

II

THE SOUL VESSEL.®

POSITIVITY | RESERVOIR | COLLECTION

A hollow container, especially one used to hold liquid, such as a bowl or cask. This is where you store your soul energy and securely keep for a rainy day. This represents the overflow of high energy and positivity that one can store and cure. The vessel of choice will empower you from the outside to within. Only a thin membrane separates the storage of what once was, to realize the full potential of what could be brought to the present. Knowing that you have contributed to this collected bath of all power, charge yourself with its reflection as you peer in. Charge yourself with all that you have given and give back to your soul provider. The great reservoir of the soul will be and is yours.

EXTENSION |

The soul vessel provides us an opportunity to establish a sacred space – one that defines and provides us as a place of empowerment and refuge. A collection of our greatest powers engenders a reservoir that we can recognize and call to if in need. Between knowledge and perception there exists a reservoir of jouissance that is forever ready to be tapped. By establishing our own vessel, we can get closer to an expansive reality that connects us externally and internally – one that is ready to reciprocate our power and beauty just like what we have cultivated within and by ourselves.

Passion is a very difficult thing to capture if we are not in a state of personal fulfillment. The amount of effort it takes to cultivate such passion can be strenuous, but also reveals its power and value. By becoming whole ourselves, we create gazing pools for others to reflect in while encouraging and contributing to their own soul's vessel. Sometimes we confuse selfishness with our heart's development. As we define our self interests, an authentic transferable dialog will surface with others that gives a directive of personal care. If the other party is not engaged in such practice or personal development, at least our efforts can signal or influence. Welcome others into your sacred collection of power and watch how they contribute and/or develop with the amplification from the energies that you contain.

*"Your job is to not be grateful, its to find the joy when you don't feel it...
Be full of joy and be great."*

INTERPRETATION | SUPPLEMENTARY

We all often strive to nourish those around us in whatever way that we can. That can often lead to depleting our energy cache, which leads to an inability to nurture one's self. Make a practice of holding back some energy for personal use. Little by little, you will collect a surplus which will in turn allow you to nurture those around you even more.

INTERPRETATION | PSYCHOTHERAPIST

Just as the flight attendant instructs us to put on our own oxygen mask first, so too must we care for ourselves before we give our care to others. An empty vessel has nothing to offer. When we discard our own intrapsychic needs, for the sake of others we become resentful and angry toward those who pull from us. It is therefore necessary that we tend to our own vessel first. The better and more thoroughly we attend to our self vessel, the more we have to offer, and the offering is willful, generous and heartfelt.

I2

FREEDOM®

LIBERATE | DOMINATE | ACTUALIZE

These are the moments of our actualized reality, the confirming points of establishing our own power/reign/dominion. The domination of past ways of self interpretation breaks its grip. Soul connection and external liberation defines the baseline of such development. Freedom can be experienced wholly or momentarily. In our passing journey we can remind ourselves who holds the keys – and the cuffs.

EXTENSION |

Finding liberation from all that surrounds us and when establishing our own personal strength and potency, freedom is always one swift action away from the systems that have chained us to the ideologies that hold us back. Dependency enslaves us, challenging every decision we make along with creating strong disconnections of our true purpose and universal competency. Happiness is found in individual actualization, that in itself, cannot be passive. Thus, we need to realize that the gateway to our own resolution is located in the dissolving of the discrimination of oneself with the keys of personally developed regulation.

Locating these keys is part of the journey, yet – they rest softly in our hands at all times. To claim your freedom and dominate the word around, let your will arise with a deep understanding of your true potential and purpose. This will release the shackles of external expectations that have been connecting ones self worth to their framed existence. It is an inside job, and one must detach themselves from their weighted surroundings. External validation will be the judge that sentences you for life, be very careful of the importance of others appraisal and/ or their approval.

*“We honor the gospel of others, before we ever sing
and relish in our very own voice.”*

INTERPRETATION | SUPPLEMENTARY

That which binds us can always be broken. When we assume the power that is attained by growth of spirit and knowledge of self, we know that we are the one who has the key.

INTERPRETATION | PSYCHOTHERAPIST

Self exploration is the key to freedom. That which binds us is not always present in our conscious mind. It is through self exploration that we discover our shackles, unravel the process by which they were/ are placed upon us and discover the key to unlock their constraints upon our spirit.

B O U N D

CONFINED | RESTRAINT | UNAVAILABLE

“Bound” is to be certain or resolved with strength in our conviction or isolated truth. We can be confined in our own self-applied reality and by universal restraints that should be investigated or accepted. It could be of our own making and lack of accountability. We are bound when we find ourselves struggling to access the solutions relieving us from circumstances that seem out of our control, without answers and controlled by unforeseen powers.

EXTENSION |

If we are bound we must approach our constraints in a variety of ways, all the while being mindful of the consequences of releasing oneself. If we are working with notable resilience to adaptation, and were not available due to the processes that we are bound by, then we run the risk of resembling the very system that sentenced us to strict confinement. Marking this lack of flexibility leans on the lack of insight and the awareness yet available to release the self. Unawareness perpetuates the ties to a life story which we tell ourselves and the falsehood it embodies. Without allowing the integrity needed to unwind and cut the influencing connection of the collective, we risk a confined life to something we have not lived.

Sometimes missing the right answer or question can leave us stuck in our indecisiveness, especially when we fail to see the faults and imperfections in the world we surround ourselves. We tend to not like unfamiliar things – due to the shocking effects of what's revealed when in conflict of what we do know, how we have developed, and what we initially prefer. Recognizing our general bias will be the first point of in which we can become available to absolve its emphasis, its restraint, and unavailability. We then are bound by just the moment, paralyzed if without action.

“What is your intellect in service of and is it borderless?”

INTERPRETATION | SUPPLEMENTARY

So much of life can present itself as binding, and sometimes imprisoning. However, all locks have a key. Some shackles can be broken, while some can actually tether us to the ground amid the tumult that is swirling around us. Focus and a state of calmness can show us which kind of binding we are experiencing, and how to locate the key should it be warranted.

INTERPRETATION | PSYCHOTHERAPIST

Imprisonment is the harness that keeps us stuck in troubling spaces. Whether that imprisonment is physical or psychological depends upon the hard questions we must ask ourselves: Why am I here?, Why do I stay?, Why am I unhappy?, What happened to me? The key is in the questions; as all questions have answers. Once we answer the questions of our imprisonment, we are free to find or create a key to unlock the shackles that bind us.

I4

THE PEACE MAKER®

RESISTANCE | NEGOTIATE | CONTRADICT

Remove the violent nature of this wielded tool knowing it is not directed at you. Its profile allows a moment to acknowledge that most peace comes from intention and action of your own making. This internal dialog that faces resistance and has needs to negotiate can always be met with most seriousness. In order to position ourselves successfully on the right side of a compromised circumstance (however this is perceived) we need to sit in the moment, meditate, and embrace our vulnerabilities in the face of threat or confrontation. Dedicate this time to acquire a form of resolution, what it means to you, and how to achieve it. As we identify peace in our processes we find that it contradicts the aggressive representations of power.

EXTENSION |

The peacemaker holds so many connotations. Finding the ability to reason through emotional states and their outcome will be your greatest tool when trying to determine which side of a conversation you want to be on. Personally perceived images of protection, threat, destruction, power, and so forth can easily be related to a symbol or action that confronts you. When we decode any situation, there is free will that resides within the associations that are bonded together, and their is validation in the thoughts that develop from the proposals of symbols like the peacemaker. We need to address our ability to oppresses our own power and at the same time the ramifications of oppressing others. The corrosive nature of disempowerment effects all that are involved – regardless of how we hold our position.

Our life aligns with visual statements built from the influencing nature of perspectives, contraries, and opposites circulating through our daily identities, causing great confusion in our journey to becoming clear. In a position of resilience the peacemaker metaphorically justifies all accounts of resolution, regardless of who is pulling the trigger. As the one holding the power in the very end it is of your own choice to decide where you stand.

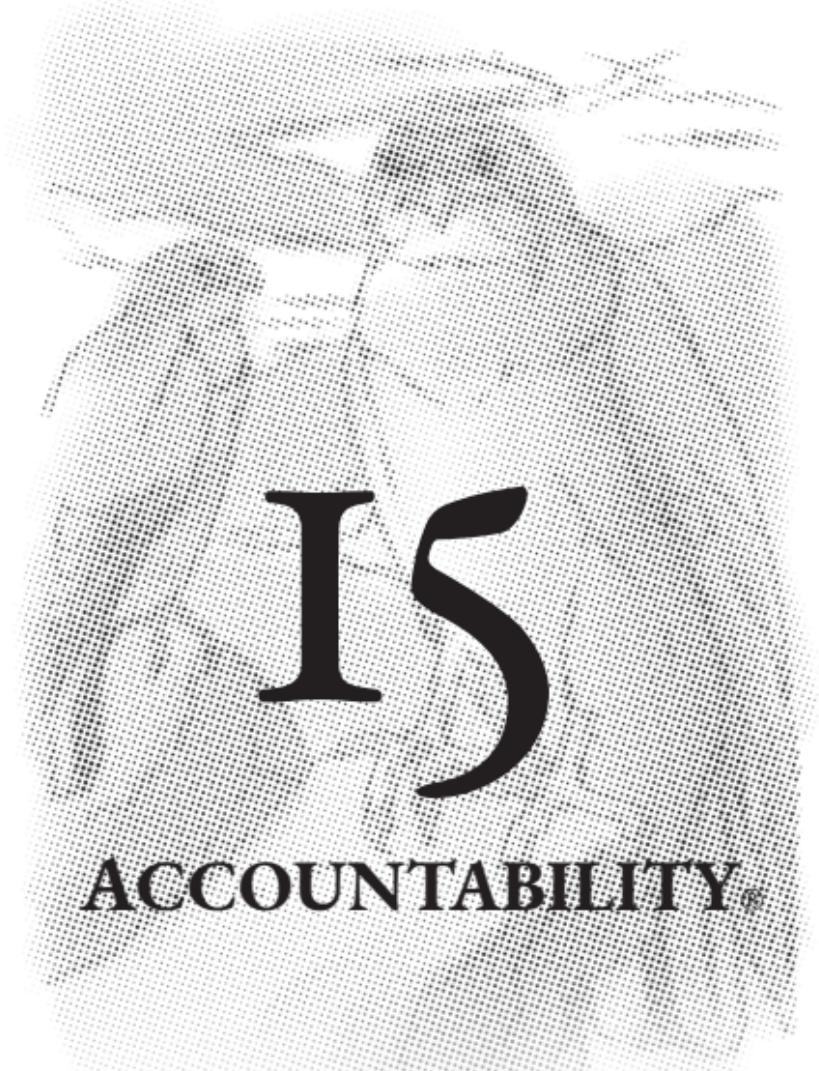
“Language is an endowment of action.”

INTERPRETATION | SUPPLEMENTARY

Many conflicts that we face can arise from two seemingly similar, but vastly different places: want and need. Often what we want can feel like a need, and we strive to grasp it however we can. Though, if we look closely and swap power and ego for honesty, we see that what we need can often be attained via less conflictual means.

INTERPRETATION | PSYCHOTHERAPIST

Conflict, and the weapons we use to engage it, render us helpless. For if we stay mired in the conflict, no resolution can be offered. Rather, we must become still, silent and contemplative. Examine the conflict, examine the weapons we choose to engage it. Most often we will find that the resolution comes in the form of listening to understand, rather than to respond. Attentiveness to the conflict is the most valuable weapon we have at our disposal. In seeking to hear, rather than debate, in seeking to understand rather than to defend, in offering acceptance, the conflict will most often subside and peace can be achieved on both sides. Listen.



15

ACCOUNTABILITY

ENMESH | DOCK | APPLY

Accountability will keep you looking inward and to the future. This system might be one of the most unfamiliar and hardest to incorporate into the soul's ritual. Truth can develop from the enmeshment of our commitment, answerability, blameworthiness, liable application of our realities, and the earnest commitment to ourselves and others. When we peer into the soul we know if the branches are rotten or tangled and if they have provided a false place to perch. To take oneself and word in a true transparent nature will allow you to dock and rest in whole spirit. The energy necessary is the type that allows us to lift and travel with faithful agency.

EXTENSION |

The first step that is necessary in the process of building and strengthening the heart of the soul, love, and honor is establishing accountability in your walk of life. This authentic self resolution directly affects every aspect of your life and the others around as soon as its applied. By far one of the most proactive choices one can make, it will distinguish you to the deepest inner reaches while aiding in the processes of healing and transforming. Looking deeply into ourselves and latching our grip onto the perch of accountability allows for the most clear vision needed to enmesh a desired state of resolution with the world we presently live in.

Staying elevated in falsehood might feel like freedom, but the view from above is abstract when it is not accountable for our true being and the connection of our impacts, landing or our intentions. Before a transparent standing develops within, we need to recognize that the holding world and ourselves cannot truthfully co-exist while our internal instincts are consistently at odds. Accepting an absence of trust in the self allows us to start searching for it all the while transforming the projection of trust missing in others. It might not register the way you may expect or want, but this momentary action just like many other moments you have collected and lived through will deposit sincere value.

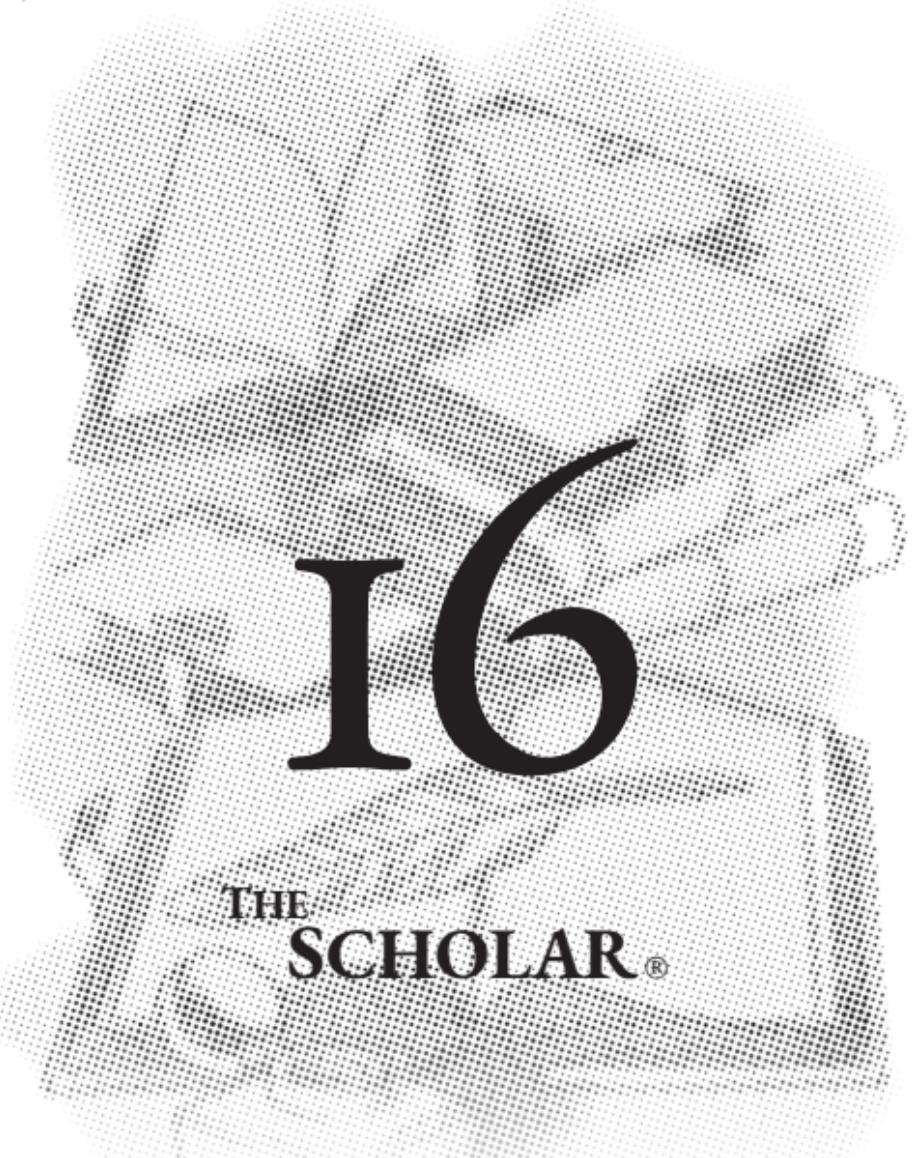
“To declare and establish full ownership of the soul, try using something that comes from within to release your pain.”

INTERPRETATION | SUPPLEMENTARY

Self worth, self love, and self improvement are only accessible through honesty and accountability. Without this facet of the soul, there can be no truth in what we do. All energy expended without holding oneself liable is energy wasted. But there is a major difference between being honest with oneself and being self sabotaging. Accountability can and should include acceptance and love.

INTERPRETATION | PSYCHOTHERAPIST

When we are harmed or traumatized by past events, it is often partially our own doing. Whether it is passivity, keeping secrets, choosing the wrong people, ignoring the red flags presented to us, or refusing to seek help, we are often, either actively or passively participating in our own undoing. It is therefore, critical, that we examine our own accountability in the negative experiences of our journeys. Accountability is the willingness to express humility, to swallow our pride and own our own behavior. Accountability is the willingness to kneel.



I6

THE
SCHOLAR®

DOCTRINE | EXCAVATE | MASTER

Dedication to your craft comes with ultimate responsibility and one hundred percent of your own effort. It is in the place of commitment to the living, being and execution of your daily practice where you become the ledger of development. It might be time to read between the lines and commit yourself to the poetry uniting the doctrine. Either one will prove to be a place of growth. Allow yourself to excavate the ether and become master and the matter of your craft.

EXTENSION |

The unsung notions of our actions are yet to be heard; the nothingness between the lines of our daily actions reveal a space to explore and revisit. While we consider both of these, find an understanding that allows you to excavate the gold resting between the cracks of the mining processes we use. The scholar is here to remind you of the potential that is not seen and yet harnessed. Growth is the reason for your craft, yet to do so, we must be committed to the progression of both.

Undertaking of the self, goal or whatever desired achievement requires a persistence that one might not understand. Being dedicated to any purpose demands the embodiment of the scholar and their process. Knowing what we want (after mastering what we do not) shares one commonality and that is the growth from the exercises and processes of our own self committed doctrine. Without forgetting the moral duties that are essential, revealing our daily practice to ourselves will show what is missing and what is not. So to strive for refinement and to continually clarify our procedures would be the best course of action before advancing our desired outcomes and agendas.

"I don't know who I am – thus I'll be who I can..."

INTERPRETATION | SUPPLEMENTARY

There are a myriad of influences to success, but personal commitment is the most critical and the only one that can not be given, or faked. True mastery will grow from inner passion that drives the work necessary. Each day is a craft of its own.

INTERPRETATION | PSYCHOTHERAPIST

Only we know our true selves. Our commitment to honesty within ourselves and the courage to be our true selves will release our inner passion and allow us to pursue the authentic passion we hold for creating the life we desire. No one can do the work for us, for if they do, it is not truly ours and from it we cannot grow. To be our own teacher, the scholar of our true self will bring about the commitment to pursue our passion, whatever it may be.

I7

SCRIPTURE

DELEGATION | GOVERNMENT | AGENCY

The pen's weight would surprise you, and the words and scripture might be so powerful that it controls worlds. Wield the sharpest and cleanest prose since the delegation of your own devine scrawl will carve truths into anything. Know that your dictation will craft the future you walk into or the existence in which you already stand. The insight into and the activation of your passion can change territories and move governing bodies. The agency you exert will tame or lead the wildest of beasts. Write with power, write with purpose, write with good faith, write for your soul, and do right by your fellow.

EXTENSION |

We can refer to these as manifestations of our own since we have an innate ability to learn, evaluate, summarize, categorize and theorize in brilliant proportions. The scripture we have inside of us, that is left behind and waiting to be written is the god factor to our own elevation. Transformation of meaning through in and through out can be achieved by governing our own universal laws of nature by using word as the satiating vehicle. The world you have drafted and the one you will live in is narrated by every claimed symbol and expression of your choice.

The capacity of scripture and our written story greatly shapes our truths. The narrative that we choose creates the meaning that forms all of our transcendent support. We must create the meaning that includes our best intentions, drives, passions and worldly empowerment. Agency is the energy behind the unifying sensibility of our desired whole. A ruling instinct cannot be enough to honor a life fully lived if we do not bring our thoughts into the physical world with action. We can assemble our thoughts into matter. A feedback loop develops through our physical gesture and the immediate visual reception from the placement of our words onto a physical plane. The composition of how we speak and condition ourselves is the main consideration that will set our trajectory.

*“You pick your narrative, you pick your outcome, you pick your journey...
you always have.”*

INTERPRETATION | SUPPLEMENTARY

Words are supremely powerful. Written word is power made tangible. A daily practice of writing/reflecting will allow you to not only process that which you are working on, but will record a history of your progress so that you will be able to return to various moments of time, various versions of you, to reacquaint yourself and others with all that you were, are, and possibly could be.

INTERPRETATION | PSYCHOTHERAPIST

The stories that we are told often become the story we tell ourselves. Therein lies the conflict, for the stories we are told come from the perspective of the teller, not from within us. The true journey of self discovery, and the resolution of conflict and pain come from first examining the stories of ourselves that we have been told and then rewriting the narrative from our own perspective, from our own truth, rather than the subjective nature of others. It is in the rewriting of our narrative that we find true freedom, and thus, our authentic self. This revelation will determine not only the path we chose to be on, but also in which direction we will travel.

I8

THE
KODIAK®

STILLNESS | REBIRTH | COVET

The Kodiak is one on the fiercest animals one can encounter. If we cross paths with this symbolic force, we know to give way and give into all our vulnerability by resisting reaction and standing still with one's spirit. This great protector will either metaphorically save you from your own divine self or ravish and remove the self that you do not respect or cannot control. You're in the presence of a rebirth of your choosing. We can be awakened by developing our boundaries and enter the essence of the Kodiak firmly standing their coveted grounds or we can be stripped from our old self, struggling to stand still in our own path when matched. Either way, respect through confrontation will follow.

EXTENSION |

The more we engage the desires that are influenced by our prejudice and young, naïve expectations, the further we get from our true and healthiest nature. Respecting the paths of one's spiritual direction, the Kodiak presents an opportunity to confront fear in its primal state and challenge the one facing it. One might feel secure in their old habitual ways and/or safely reside in their sanctuary, but we cannot accept the path of least resistance as we try to discover rebirth through confrontations and/or stillness.

The contesting nature of the Kodiak encourages a sense of seriousness and provocation while we confront the obstacles in our path. The bridging between fear, the intrinsic and our applied vulnerabilities provides a profound sense of protection. This is discovered through the development of boundaries that are determined by the amount of respect one has for themselves and others. This awareness – established by existing factors, the others in consideration, and our surroundings – allows a third-person perspective to reflect and ground an objective stance as to who we are. Even though we can collect a profuse amount of insight, we also need to refrain from relying on this perspective as equivocal truth. Thus, we need to be available to initiate a reflexive model that can investigate contrasts of the old self – in a rebirth, and the contesting world we live in.

“Everything in life can be gauged by your reaction to momentary loss or gain.”

INTERPRETATION | SUPPLEMENTARY

As we face our fiercest obstacles, we may feel that a stripping of many parts of ourselves is inevitable. Though we know pain and strife are near, we may yet find a calm stillness within, to accept what's to come. After we rise, albeit raw and sensitive, a new type of strength and power will rise with us.

INTERPRETATION | PSYCHOTHERAPIST

When faced with the Kodiak we must humbly acknowledge that we cannot overpower this magnificent animal. Acceptance of our powerlessness is the key to becoming free of our conflicts. If we pause ourselves for a moment and neutrally assess the dynamic before us, if we choose to become still rather than active, we are allowed to see the dynamic for what it is, without assigning judgement or meaning; instead, it is what it is- separate from us. Our disconnection from assigning meaning or judgement to a behavior or situation allows us to calmly walk away from the conflict, free of harm.

I9

**PRESENTING
THE
PAST®**

CULTIVATE | DISPLAY | ADORATION

A vase with suspended life announces that what we once were given or created can pave great way into the depths of the cultivation of beauty. The display of Gaia's illustrious gifts brings harmony amongst the reality of its utter displacement. Nonetheless we work with such arrangements to yield presentations that can enrich us with dislocated grace. We can adore nature in more than one way regardless if we bathe momentary in life that has been removed from its natural container. The display was positioned by our hand, the offering was once plotted by the universe and the past sits presently to be fully acknowledged. Creation and the creator meet at this intersection of divine purpose.

EXTENSION |

Presenting the past hosts a plethora of meanings especially when or if we can dislocate ourselves from the arrangements that we have designed. In ways, a type of existential objectification allows us to form a sense of adoration that encourages us to continue with a spiritual nature and the frames of reference that guide us into a state of universal equanimity. In order to dislocate from the past we need to establish a state of free agency while finding healthy and positive positions for our assessments. If taking your compassion seriously, then faith and spirituality will welcome themselves into the gaze of a contrary perspective. Presence will fill beyond our peripherals reaching to the soul and, in return, we will feel the expansion of the mind as it floods with exquisite depth and richness.

Unlocking true potential is very difficult and can come naturally, but without the desire/ability to cultivate and showcase our promise we might find our actions unmotivating or even disempowering. Taking on this responsibility we need to favorability pursue our own self interests and needs. Its morally permissible to champion the self in order to be able to fulfill the others that surround you. While the past can be gracefully accepted in all of its nature, the truth discovered in the self is directed by the attitude and character of the proposals we exhibit. The individuals natural ability to positively harness the self while regulating personal and spiritual conduct, dictates all of which we radiate.

*“Signs do not reflect reality, but are involved in its construction.
Those who control sign construction, control our reality.”*

INTERPRETATION | SUPPLEMENTARY

Each grain of earth, gift of decay, and sewn seed from the past will inevitably feel the beauty of what we grow in our life's vase today. The beauty and health of it is due to the work, dedication, and nurturing we committed to in the past. The continued success is reliant upon what we do today, and what we learn for tomorrow.

INTERPRETATION | PSYCHOTHERAPIST

Each of our experiences, especially those that have brought about pain, are the results in our current life that have created our growth and development. We may have dwelled upon them in the past with misery and shame, but when viewed from another perspective they provide the richness in today, and the lesson from which we grown in healthier directions.



20

THE
ELK DOUBLE®

ECHO | DESIST | DUALITY

The elk and the land mirroring the antlers of the living ignites a deep circulatory connection to earth. We graze and reflect in ways that we commonly don't recognize. There is an echoing of our presence through duality between our walk with life and the the life that surrounds us. The living formations that fall into our line of vision are directed by most of our actions – and what we leave behind. Taking a decisive moment to desist from forward thinking and to absorb what has been mirrored throughout and growing within will expose the multi dimensional web were weaving. When capturing singular moments caught outside the very two dimensional plain we live in, we can reveal the likes of an interconnectivity that bridges the cellular to universal.

EXTENSION |

Congruence in our inner and outer realities promotes a need to identify the overall perspective prisms we adopt and/or are using. This allows us to take responsibility for the symbiotic relationships that make up our existence. Duality and congruence are very relatable especially in the overarching theme of sensorial awareness. Our attention is the biggest factor in our ability to accept and receive stimulation and information. Sensory gating, which is one's capacity to receive and correctly digest the never-ending amounts of universal information made available, will determine the acute differentiations we can use to accurately assess our world, our actions, and causations.

The replication of our actions (and the reverbartional effect they have) need a receptive background and foreground – meaning ourselves – to transparently honor their existence. By doing so we pay tribute to our value and morals. We tend to seek within to understand or grasp the identity of ourselves, but it is encouraged to explore the duality of existence with the exterior to allow humanistic mechanisms to surface and to pronounce our acquaintance with the reality we live and create.

“Servicing the self and the generations to follow comes in the form of moral totality.”

INTERPRETATION | SUPPLEMENTARY

We are but one piece of the infinite systems in place within and around out. Wherever you look, you can see the duality between you and all things. Let this ground you in the knowledge and comfort of your existence. You will never be alone because if you listen closely, you may always hear your echo, or at least the echo of your echo.

INTERPRETATION | PSYCHOTHERAPIST

Everything is connected. The Universe holds you among everything else in its embrace and therefore, you become part of a larger structure. Therefore, it is imperative that we acknowledge our connection to all things and understand that our attitudes and behaviors toward those things become our attitude and behaviors toward our own spirit as well.

21

COMMUNION®

EXCHANGE | SHARE | CONSIDER

This is the moment when sharing or exchanging intimate thoughts and feelings should be considered, especially if the exchange is on a mental or spiritual level. As we should know, we all share light, and as we join together we are able to expose any space. With your additions and power a great communal search light with collective purpose develops. We only need one flame to hold and ignite all of our souls.

EXTENSION |

Our soul governs our relationships through the internal connection with the self and external harmony with others. With care and openness it gently tailors the budding or anticipated associations that are just on the horizon. When we regulate our ego and control our delusive projections we challenge the established relationships that we have. If we ground ourselves, we find that there's opportunity to develop true communion with a human base that enriches our experiences. As the heart heals through the process of individuation, we can use our newly recovered energy to embrace others in the desires to connect and grow.

Exchanging a spiritually malnourished self for a fully functioning one can bind communities and promote collective efforts by exposing the framed narratives, projections, and realities that have once kept us at odds. Finding inner peace embraces all the life forces around us and produces contagious actions that travel far beyond the reach of our once fragile, solitary persona. When we consider our interactions with others in the form of addition and subtraction, we can provide the collective whole with a simple formula... That the choice of potential wholeness with the collective and the self, including the abandonment of false self identities, is defined by each singular moment of our existence and how we exchange them.

"If reality is solely one's human perspective, and perspective is 90 percent false, then the closest we will ever get to reality is through unity."

INTERPRETATION | SUPPLEMENTARY

Much of our work can be a personal, internal affair. However, there is a multitude of progress to be made by speaking, sharing, and conferring with others. Each person brings a new perspective and possibly a new valid way of approach. By expressing ourselves honestly to those around us, we continue to create a more open and honest space.

INTERPRETATION | PSYCHOTHERAPIST

Every creature, every thing, has something to teach us. If we listen to learn and understand, rather than listening to defend, we will recognize the lesson in every encounter. As we are all but pieces of a greater force, it is therefore our privilege and our obligation to be willing to honestly exchange with others. While it is not our place nor our right to decide WHAT we teach the other, it is our duty to know that the other will decide what they gain from honest communication.



22

THE
BUTTERFLY®

RENEWAL | COCOON | ASCENSION

The butterfly floats in its representation of resurrection, development, renewal, hope, endurance, and the courage to embrace change. This is the metamorphosis of any project, purpose or expectation. To undergo such a transformation is a blessing that only comes from long incubation. Life cycles continue to reveal the many sheddings of the cocoon, but the butterfly forever signifies an image of ascension.

EXTENSION |

In order for metamorphosis to occur, stages/states need to be defined and then challenged. In doing so we can use the butterfly as a direct metaphor. Amongst the many trials and tribulations that we go through, in a process of solitary incubation we can find a resilience that is warranted powerful enough to break through any resistance. The difference between a truth and opinion is where we let ourselves rest. We hold a position between verity and ignorance before recognizing and harnessing a sense of gratitude for the universal allowance of change. Evolution does not rid ourselves of the past demons and heroes we once were. Our ability to declare free agency over these archetypes resurfaces their presence into a positive life force that we are choosing to engage with.

The cocooning of the self, to make way for the second self resembles the most deliberate of approaches to find meaning of life through creation. As the ultimate form of creativity (one that far surpasses the general context of fashioning ones common desires) this process embodies a pledge to take on the directive of pursuing purpose and fulfilment over pleasure. Questioning what makes us whole and renegotiation these elements sheds the old, releasing the beauty of life in a unique vision/version that is distinct, and energizing.

*“Once the mind has expanded and we have transcended,
we will never go back to our original form.”*

INTERPRETATION | SUPPLEMENTARY

The cocoon of introspection and growth is a force that can take a simple being and transform it into something dynamic, and give it wings that can transport it anywhere. This cycle is perpetual. When you find yourself forming your cocoon, know that you have the magic of flight ahead of you that will motivate you through the struggles of metamorphosis. While you are flying, remember and be humble about wherever it was that you took off from.

INTERPRETATION | PSYCHOTHERAPIST

The timeline of each life is a series of evolutions. These evolutions continue well past the time that we are living on the earth. It is often during times of evolution that we experience the most emotional and physical pain. And while it is our inborn nature to avoid pain, we must learn to allow the cocoon of evolution to wrap itself around us, begin the process of metamorphosis, and to hold us still and tightly wrapped in the embrace of change.



23

JUSTICE

TRUST | WORTH | SCALE

In truth we trust. The balance of such, we weigh and justify. Justice will give us measurement between what we hold as true, what we hold as valuable, and forever in a search of equilibrium we try to match what we cannot. We need to understand that we have created a mechanism that weighs what we identify and utilizes systems that symbolizes what is fair. Only in a life of creation can we find true justice. When we explore outside our of own distinctions, we are confronted by the exact type of biased systems that we reside in. Thus justice will prevail only if we find, declare and commit to our own scale.

EXTENSION |

The scales of balance weigh and bring us to a finite postulation that, in theory, we can find equality through justice or justice through equality. In this proposal alone we can commit to the idea that bias itself has an equilibrium. Regarding moral and ethical questioning, neither one or the other can deafen the concept at hand. When we revision the scale itself, its own structure is of absolute contrary. Operating out of our continuously splitting character, we try to find a place of fairness, but we can only find rest in a state of congruence that's continually redefined and adjusted.

As we search for justice we might want to arrange a different approach other than a binary opposition by using a softer gradient of assessment to sift through our own judgment. Opposites tend to govern our outlook or values allowing our points of view to provide a catalyst for the “other” to be defined more deliberately. Polarization finds its way into social venues along with our own projections as to what is good or evil, fair and unfair. While weighing out our worth, comparison between the antithetical can bring an erroneous sense of value or influence self degradation. Trust can be found only in the process, not the measure, thus justice will and only be found in the modus operandi and between the subjects in juxtaposition.

“This is the moment where true inner authority comes from.”

INTERPRETATION | SUPPLEMENTARY

Strive for balance in all you do, knowing that a universal metric of scale is extremely difficult to find. But trust that by focusing on your legitimate truth, and acceptance of the truth of others, your scale shall balance to the best of your ability.

INTERPRETATION | PSYCHOTHERAPIST

Our struggles and conflicts are what keep us stuck in painful places. We often despair at the lack of fairness, the pain of reality, and the injustice of the wrongs to which we have been subjected. But if we learn to find trust in the universe, and are willing to be patient, we always find that balance of justice comes in time. And with its arrival, the lessons learned in the suffering will surface and leave us grateful and evolved from the very thing that we were so indignant about when they were transpiring. Justice may not always come when and how we want it, but it will always come in time.

24

CALCINATION

RENOUNCE | DETACH | RECLAIAME

Calcination is when we burn the prima materia (the primal material of the soul/universe) into a grey ash. At this point we are deconstructing our worldly attachments. Our breaking of ego and our identity are needed in order to accept the corrosive consumption of the material world that panders to our soul. The break can be a sudden traumatic event or it can be gestural and peripheral all the while you are suffering. Calcination asks us to be self-effacing while the cinders reveal the soul's pulse.

EXTENSION |

After we renounce our first self, stage one of the alchemical process reclaimes and finds the philosopher's stone which represents the second self. We accept that in order to claim our true identity we need to detach from our worldly elements, material belongings, and strongly re-evaluate our value placements. Calcination is the burning of the primal material of the soul into a grey ash. This burning of our prima materia asks us to appraise all of ourselves, including the controls of our exterior, interior, and world systems. We must go and give way into our new beginning, hence our metaphorical burning of ourselves and our past.

We only start when we are ready. Only you decide when you begin, and this particular start does not include perspectives or measurement, it only settles the ashes of previous life. We begin with our first self and the alchemical process as it resembles a collection of cinders in a dormant, processed settlement that rest between a present and desired state. This transition in mental and possibly physical states will – and can – eliminate the world's injection of volatile and poisonous influence.

"This journey is forever a healing one."

INTERPRETATION | SUPPLEMENTARY

It all boils down to what is in our soul. Set flame to any item and while they'll burn at different rates, temperatures, and in an array of colors, they all reduce to ash. We are the same. One cannot judge those by what they have physically, but what they have in their soul. Purify, and honor your soul so that it may burn the brightest and longest.

INTERPRETATION | PSYCHOTHERAPIST

The Ego is our greatest enemy, for it is within the ego that we experience all the pain and suffering of the world. In honest self examination, we deconstruct the ego and free it from judgement toward self and others. When we rid ourselves of the Ego we become like everything else. It is within the recognition that we are all but souls; doing our best, exerting our most valiant efforts, that we achieve true acceptance and connection with others.



25

DISSOLUTION®

CONFLICT | SURPASS | PROCESS

Through dissolution we take our grey ash and dissolve it in water. This represents the gulf of the unconscious. Our exterior and interior image has been curated by the Ego. This is at the expense of our running inner truth that is possibly suffocated by a standing self that is focused with a false lens of perspective. Here we find our identity to resemble a lucid ethereal state, where tangible and grounded senses of control do not apply. With the absence of the Ego's influence, we are now confronted with real choice. The grey ash and water solution represents a state of self without systems and structures.

EXTENSION |

Stage two of the alchemical process is when and where we take the grey ash from calcination and dissolve it into water. Dissolution is where we find the conflicts of identity housed in the ego: a transitional phase that confronts the many states of personalized defense mechanisms. We surpass these by taking the raw ash of our being, and using a earthen sourced, water solution to resolve and thin our harsh presence by bringing it into a fluid ethereal state. After we rid the ego from the emulsion, we now have self agency as the guiding genius.

The mixture, now ego free, leads to true acknowledgment without the heaviness of false or conceived reality. This portion of the process allows you to become truly soul conscious breeding insight into what and who one truly is. We are then left with the free-floating proposition of real choice in the clarity of opacity. A stage of growth from abolishment, sets the tone of where we are going and what we are trying to achieve. Now we have the opportunity to establish the truth in a new chain of cause and effect.

“How do you make the unbelievable, believable?”

INTERPRETATION | SUPPLEMENTARY

Here the soul becomes fluid, ever changing, ever morphing into new shapes. Much like the mind’s expansion during meditation, this allows our souls to become more amiable to new environments and influences.

INTERPRETATION | PSYCHOTHERAPIST

Control is the great illusion. When we believe that we have control we feel entitled to exert it, thus beginning the greatest suffering of our lifespan. It is only when we understand that control; over ourselves and others, is but a mischievous falsehood, that we will truly arrive at a place of acceptance and serenity.

26

SEPARATION[®]

REMNANTS | FILTER | SEPERATION

Separation filters the grey ash/water solution. Now that we have revealed the unconscious matter, we can pan through the river of remnants to see what elements are free to collect helping us spiritually expand. These remnants will be the catalysts to exploring the emotions and narratives of our past, present and future. Traversing the granular institutions leftover through the process of separation will represent the questioning of all parts that we have rejected and dismissed.

EXTENSION |

This is stage three of the alchemical process. Separation filters the grey ash and water solution. Now that all unconscious matter has been revealed we can establish a clear personal inventory. Our subjective nature will no longer be available since we are aware of the objective confirmation that has come from our newly honest engagement with life, with what it has brought, and all that it has left. A state of separation allows us to explore a decompartmentalization of the heart and mind. These two are the only vehicles that physically and figuratively elevate us to soul consciousness.

We have memory anchors that mark and tether all of present state perceptions to a source of origin. If not set transgenerationally, they are established early and continue to find placement along our timeline. By walking these backwards we can reveal, and resolve our frames of reference that are held throughout our life till the birth of the second self. Even though fear might be amongst the many emotions in the process of separation, take faith in knowing that full relief of pain and distortion can now be its altar. Let the anchors rise or sink and work with what they represent knowing exactly the healing power they hold.

“There is resolution biding deep within confusion.”

INTERPRETATION | SUPPLEMENTARY

If you look at the whole of the beach, all you will see is fine white sand. Zoom in and start separating, and you will find particles of every imaginable shape, color, and type of material. Each one allows you to ask a new question to remember something long passed.

INTERPRETATION | PSYCHOTHERAPIST

Memories are like grains of sand within our subconscious. Some of the particles float near or within our conscious brain, while others are buried miles deep within the most elusive mines of our subconsciousness. It is therefore crucial that we are willing to dig deep within the most profound depths of our minds and examine the memories found there. For it is in the examination that we choose which grains to keep and which to discard. It is the process of mining those deep seated memories that will allow an evolved narrative to begin.



27

CONJUNCTION

INTEGRATION | RENEWED | STILLNESS

Conjunction binds and allows the elements that we have sifted through in the process of separation to deliver a new substance. We are not bound by a procedural belief system nor can we expect a formula for acceptance outside the self. This is the time for reintegration between the unconscious and conscious. Now we can rest while one finds peace between the realms of the shadow, a sense of secure fluidity between the world's projections, and an ease in developing their own state of reality.

EXTENSION |

The fourth stage of the alchemical process uses conjunction to amalgamate all the elements that we have deemed worthy of keeping and that have been illuminated throughout our reflection. The uniting of a renewed spirit with a present state gives way to a place of rest and healing. Now we have an open awareness of the fluidity between the conscious and subconscious. Incarnation due to new modalities and appreciation for life, come from holding ourselves truly accountable while using this ability to cycle through the expressions of the self.

Letting the resolved past reflect in the present, mirrors a capacity to understand what people believe and where they are coming from. In general, people live within their own reality – which is a very different reality from yours and the one you are exiting. If you want to change their beliefs, start from where they are, not where you stand. This evolution that we are experiencing will lead to a personality that is capable of accommodation in all forms. A period of stillness is needed to allow resolution between our many faces of reality, the acceptance of our isolated personal truths that are specifically our own, the dissolution of limiting beliefs, and the lateral relationships of the present.

“Valor is redefined as we experience displacement in life.”

INTERPRETATION | SUPPLEMENTARY

Each of those individual elements, or grains of color, can be bound together to create a new vital piece of spirit. Just like each question, memory, idea, can be bound to create a more perfect piece of your soul. This is the work we strive to do.

INTERPRETATION | PSYCHOTHERAPIST

As we explore the memories within our subconscious, we begin the process of examination. The questions we ask are: Is this memory a true representation of past events? Should this memory still define me? Have I evolved to a place where this memory no longer has power over me? Is this memory one that I did not actually experience, but rather one that I have been told I experienced. As we ask and answer these questions, a new narrative begins to develop and within the writing of that new narrative, we are allowed to resolve past trauma and conflict and begin the rewriting of our narrative.



28

FERMENTATION[®]

DECONSTRUCT | TEST | RESILIENCE

Fermentation brings living proprietes to our solution and will resume the deconstruction of the old self by stressing the emulsion derived from the alchemical process. This “testing” results in the acceptance of conventional and unconventional realities of pain turning into resilience. All transformation needs this stage in order to reinstate the self and move forward as a whole. The dark will always bring light, but now we must allow time for the world to turn in order to do so.

EXTENSION |

Fermentation is the fifth stage of the alchemical process that continues the decomposition of the former self. While we have found a moment of rest in the conjunction stage, fermentation offers refinements by stressing our solution. This metamorphosis handles all the volatility of trial, error, and resolution while confronting the aggravation of a new and unknown state that is yet to be.

We are constantly trying to find the resources necessary to rework our old beliefs and continue the transparent role-modeling of others into a worthy position of personal acceleration. In order to do so, we need to find the resources necessary through spiritualization. Redefinition requires light to be shed on the dark, but most importantly, allowing pain to turn into resilience. Imprinting the antithetical properties that are alive in this agitated state, allows us to completely reconstruct every aspect of our belief systems. Fermentation is a model that activates contraires to reluctantly birth way to a new.

“Consciously walk every step to see if you are actually alive.”

INTERPRETATION | SUPPLEMENTARY

Evolution created fermentation so that life could exist in an otherwise toxic environment. Not only does it allow existence but it garners the ability to thrive and grow within that same harsh space. It strengthens and purifies the space around it, and allows for stability and longevity.

INTERPRETATION | PSYCHOTHERAPIST

As we exist in our lives, we must find a way to protect ourselves in toxic environments. Our protection comes in the form of Defense Mechanisms. While these constructs develop and are used unconsciously, they become tools by which we shield ourselves from the pain of life. As we evolve and rewrite our narratives, it is important that we learn to identify these defense mechanisms, to understand when and how we use them, and to slowly discard them so that we may face the pain of life from a place of authenticity. We learn that we can persist in the face of pain without the use of weapons and tools but rather, with the strength of our own evolved selves.



29

DISTILLATION®

PURIFY | REBIRTH | PREPARATION

Distillation will boil and purify our solution. This preparation will guarantee that the soul is void of any corrosive forms of the Ego. Ideally rebirth of the self will be untethered from the collective counterparts and any preconceived identities that once dwelled inside. The purest of states can now take on direct nourishment. This is a blessing and a defining moment in the stages of transformation.

EXTENSION |

Stage six of the alchemical process deals with purifying, honing, and integrating elements of the self that are in association with our rebirth. Distillation wires together an independent belief system that operates within its newly contained and clarified set of rules. This process relies on trust in the self and universal regulation. In order to meld our new self into the world around us, this newly purified consciousness allows to walk through the frame of reality and into a congruent place amongst where we came, where we exist, and the exterior world we once lived in.

Distillation represent the time that it takes to develop trust. This is an unavoidable constituent that is needed and comes to fruition while we embark the near end of our journey into the second self. At this point of the process, we can welcome synchronicity into the equation allowing the world to merge with our present state, and the energy we have cultivated to connect us to a universal system of well being. All principles of self awareness are confronted, resolved, and absorbed into our daily operations as we consolidate the layers of our experiences.

“Now is the time to train your eyes to look with heart, soul, and compassion.”

INTERPRETATION | SUPPLEMENTARY

Like the strengthening provided by fermentation, spirit distillation will purify to a much higher degree. Once boiled and evaporated, the spirit will condense back into itself but without any impurities it once had. Know that this point signifies great power and joy.

INTERPRETATION | PSYCHOTHERAPIST

Once we have travelled the foreboding and seemingly endless road of self exploration, we have distilled from our souls the pain and unhappiness we have experience on our journey. The road then becomes transformed from one that is dark, dangerous and endless to one that is shaded by mighty bowing trees, smooth of trail, and lighted in the distance. There is nothing to fear on the distilled road. It is lush and beautiful, rich and interesting and will lead us to the place of enlightenment.

30

COAGULATION

WHOLE | FINAL | SOLUTION

Coagulation crystallizes the solution revealing matter of a solid state. This final stage forges the dualities of the soul, the spirit, and the mind. The development of dichotomies become whole instead of polarized giving us great balance within. We now look at the external world as internal, and the internal as nothing more than a well of everlasting truth in the depths of ethereal wonderment. True self-awareness has been achieved.

EXTENSION |

Coagulation is the last and final stage of the alchemical process. Here we have found a true alliance with our spirituality, self, and soul. This newfound lens of perspective has become gyroscopic, leaving all information and sensorial systems open to interpretation of the purest, innermost serving, and celestial form. This creates a state that brings all of our past and present into the screening of our future. Envelopment of a once two dimensional world has now been sealed giving way to the array of our new existence and its infinite scope.

The facticity of our new being, is solely enabled by the stance of our ability to recognize our own existence, and in return achieving the most coveted process of all, transcendence. With the most powerful of abilities at our disposal, we can now grant our presence with the fluidity of the free formation of divine purpose. Emotions of gratitude, compassion, and awe are excavated deep from within, and drawn out of the universal ether, thickly laying the bedrock of the newly formed foundation of the second self.

"Hindsight is much clearer than foresight, and wisdom held in the present moment comes from the past, but active presence is what precedes all."

INTERPRETATION | SUPPLEMENTARY

While the crystal is not indestructible, it is steadfast in its being. It has been shaped through a million processes into a tessellating display of majesty. Each crystal is unique, beautiful, and something to cherish.

INTERPRETATION | PSYCHOTHERAPIST

The resolution of trauma and conflict are the diamonds we mine from our histories. As we learn to look backward with new eyes, and forward with the lessons of, rather than the injuries from our past, we learn the true wonder of our being focused on the present. We learn that pain is inevitable, but that suffering is a choice.

31

DEPTH.®

SPIRIT | FERTILIZE | EXPANSE

Depth is to transcend the innerworld far beyond the subconscious mind. Tending to the spirit, grooming its coat, washing its layers, and igniting its imagination will fertilize the pith of your expansive being. The spawning of the self will allow many minds to unite. Explore the functions of your awareness far past the your plane of immediate existence.

EXTENSION |

Depth goes beyond perception, reaching further than the near-sightedness of the self: it transcends isolation of the inner world while connecting the division between your spirit and universal consciousness. We can uncover so many riches by bridging the internal self with a sense of confirmed enlightenment. By defining your own spirit and sharing with the collective energy at large you command a new model of care, one of the most valuable arrangements known by the universe. This is all paid forward when we extend beyond the self with active honor.

We allow pre-determined gospel to enter our methodologies and beliefs before truly investigating their drive, promoting a reality that is manipulated before we even recognize it happening. This close-minded conclusion results in a bi-tonal relationship of our existence. Restricted representation provides limited results leaving so much to be asked of, and so much to never be received. Compared to bound, settled, isolated systems that do not offer consistent re-evaluation; we honor the elevation of the holistic experience, its honest structure, and flexible truths. In order to direct our transcendental fields we must allow our experiences to be expansive and hold meaning for the sake of resolution of the experience – not the parameters that define them. This proves, and declares a marked understanding of our intentionality. Now we can revise our represented intentions of the past and evaluate truthfully.

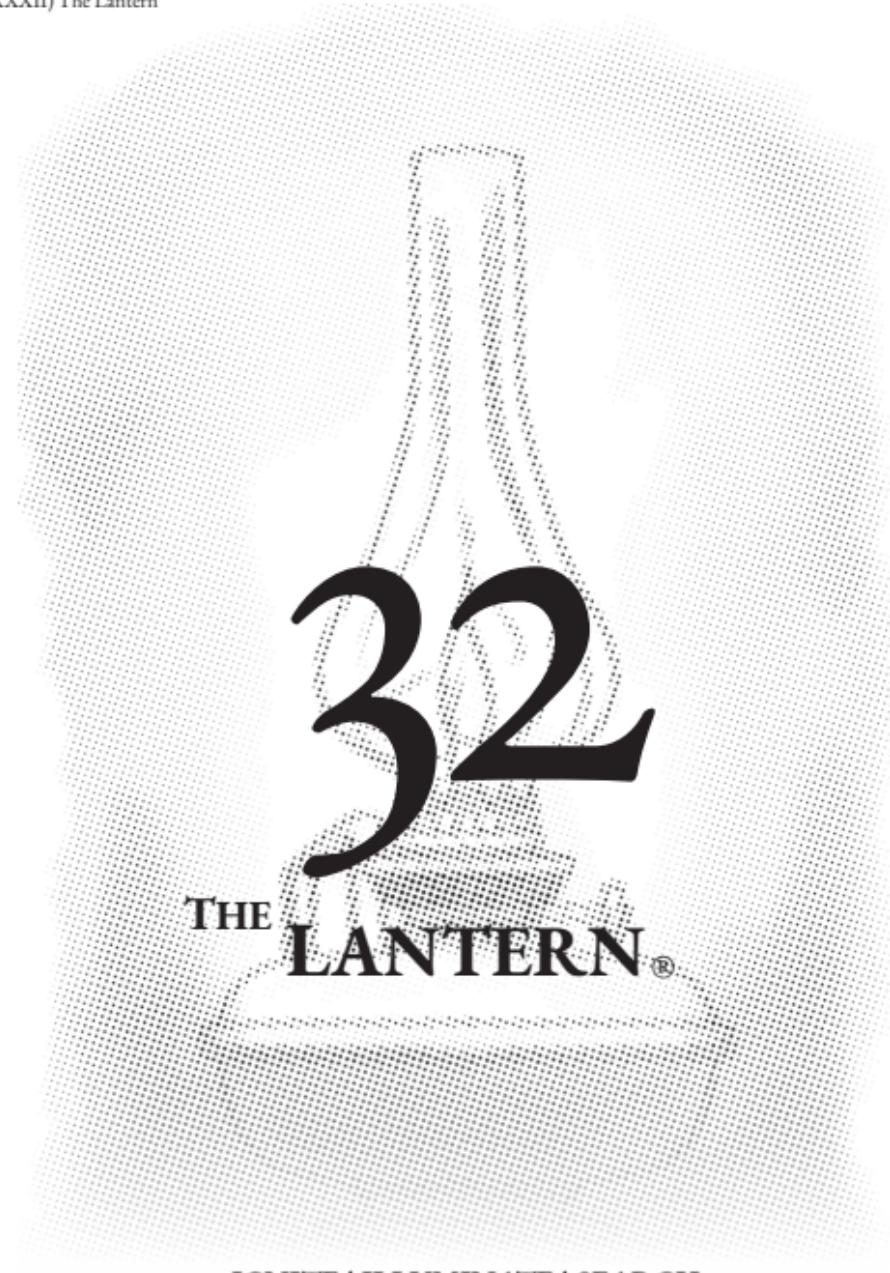
*“We tend to think we are heightened,
but in reality we are only as deep as we dig.”*

INTERPRETATION | SUPPLEMENTARY

There is more to our life experience than just the two dimensional way in which we experience the world around us. Add in the depth of the outsider's perspective and one is given insight to a world of infinite perspectives and chances of enlightenment.

INTERPRETATION | PSYCHOTHERAPIST

In the self centeredness of our examination comes the inevitable realization that the events of our lives, and those with whom we share those events, each have their own perspective. In stepping away from our own interpretation, and considering the interpretations of others, our experiences gain new and different meanings. It is the consideration of those other meanings that add richness to our experience, past, present and future.



32

THE
LANTERN®

IGNITE | ILLUMINATE | SEARCH

The lantern is an homage to the hermit, and a beautiful symbol of universal guidance. In the shadows reside all that needs exploring. As we are guided into darkness, we're called to set up points of illumination by using the lantern to ignite our own altars and lead the way for others. Known as a tool for soul searching and inner console, we reflect in its warm harness and clarity. When at rest, and in private, we let the lantern reveal our truths and vulnerabilities so we can illuminate the world around us.

EXTENSION |

Enlightenment stripped of its virtue manifests itself as a state of functional awareness. The lantern gracefully illuminates our immediate surroundings while we control the scope of our self guided harness. While reviewing our states of disconnection we find the similarities between what is hidden, and the struggles that need our attention. Based around a faithful desire to build trusting tool sets that gently reveal and release trauma, we are granted the opportunity to search for self reliant happiness.

Once we practice self guidance, we find that trust will build, grow, and follow our lead. As we collect and analyze our findings, a confidence in our actions is solidified by replicable feedback and supported by the acknowledgment of newly discovered patterns. With a new and heightened sense of awareness, the exterior world with radiant accountability develops new agreements/loop systems that are not as formal or familiar as the ones we were once used to. Sharing from one soul altar to another, we now celebrate by letting our light amplify the path on which we journey. Confirmed with our new abilities and deep with purpose, our clarity grows allowing us to be able to contribute to others search for individualized rehabilitation.

“It’s your responsibility to fill the deficits in the shadows, with your light.”

INTERPRETATION | SUPPLEMENTARY

Even on the darkest of paths, you will find many tools and opportunities to create a beacon of light to help guide you. Know that these beams are there should you tire of the shadows and need a respite to clear your mind. They too can be a great resource and guidance for those that follow in your footsteps.

INTERPRETATION | PSYCHOTHERAPIST

In the experience of our journey- the paths we have traveled, will travel, may become dark and unfamiliar. In these times, it will be the tools we have created and the mechanisms we have learned that will light our path and illuminate our field of vision. It is on the darkest of paths that we must remember to use the light we gained in exploration to help us navigate the uncertainty of the darkness.



33
SLATE

PRESSURE | METAMORPHOSIS | EARTH

Slate – The many layers under applied external pressures give way to true metamorphosis. Strengthened due to the nature of its very own existence, we have safety in slate's ability to protect us from the very earthly elements it has developed from. Grey in color, we find balance between the Yin and Yang. When needed to be altered, its strength lends to malleability. When in need of comfort and nostalgia in this brute barrier of history, we find fossils of our past nestled in the layers of its being. To protect ourselves we can hone our edges against it. Elements and external conditions brought this talisman to represent all of which we embody. A piece of earth is lodged into our homes and heart.

EXTENSION |

The natural development of our existence with the activating properties of the universe collectively holds our core knowledge and is the truss of our beliefs and the foundation of our projections. All the worldly elements that exist, for you to exist, are also contained within their very own sets of representations. We will provide language and symbols to control and utilize these realities in order to organize information into progressive action for the betterment of our development. These universal metaphors and symbols created by us, or ones that have naturally emerged, can and have to be established through some sort of personal perspective of awareness and choice if not directed by external influences or power. With these fundamentals in mind, the essence of slate contains a metaphorical representation of the maturation of all elements, multi-purpose utility, and a meta gesture of our existence in time and presence.

Slate, as a surface/tool/natural element, holds meaning through metaphor and utility as we see the power in which information and sensorial exchange develops by our cognitive and physical interaction. Through this empowered creation we have constructed, just like metamorphic rock, a seemingly stable premise in which we build ideas through representation has been formed. In the same vein, when we look past surface orientation, we begin to untangle the meanings and experiences that physical and metaphysical language contain.

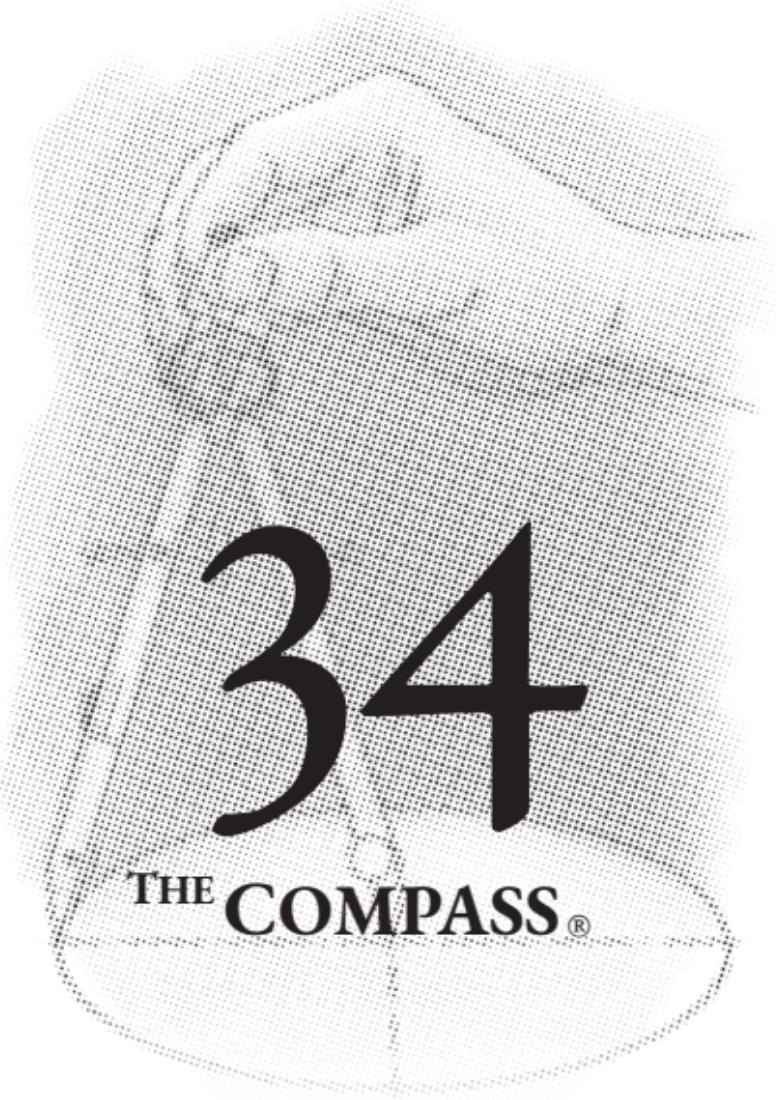
"God can be seen as just a story – are you powerful enough to write your own?"

INTERPRETATION | SUPPLEMENTARY

Day by day, goal by goal, our progress is a compilation of many layers. These layers are pressed together by time and the force that drives us. It results in a foundation that we are able to utilize in order to build ourselves up. Fortifying and balancing, it is our new core.

INTERPRETATION | PSYCHOTHERAPIST

In the telling of our old story, and the writing of our new narrative that all the collected experiences, attitudes and perceptions are blended together to create the foundation of the present reality on which we now stand. Our new, enlightened foundation will prove to be resilient, persistent and enduring, supporting us at all times as we continue the journey on our path.



34

THE COMPASS®

PRECISE | DRAFT | GUIDANCE

The compass will produce a circle with precise articulation, yet remove all individuality. We have to be clear about the expectations from the systems we implement and, if any, the parameters they imply. Taking this into account, the surface level of personality and/or identity renders little truth due to the governing forces we conform to. The compass illustrates that, using supplemental tools provides a fundamental way of achieving and representing an outcome of unified expectations. With our soul as our truest guide we can use trust and faith to directly establish authenticity that drafts a boundless and abundant reality.

EXTENSION |

To develop something, we rely on trusted approaches in how we complete or execute our goals. Gathering resources and curating a perspective usually sets the stage in order to process a desired outcome or objective. Let us be mindful that most ideas are just appropriations that lend themselves to inauthentic outcomes and the tools in hand use standardized metrics or applications in which create strict perspectives of what is correct. In order to keep our authenticity, its best to draw from within while accepting it cannot be extracted from external implementations.

Without examination we end up with governing sets of rules that craft realities or end destinations that might be furthest from our most genuine self. When in tandem, objective and subjective fundamentals should reframe our vision as we navigate our ways in decision making. To explore further, faith must be grounded in the self by allowing these two sides of reality to exist at the same time. Now we can reassess our present framework as something that is dualistic and let our intentions reveal our native truth. In the end, strong consideration of the resources we used does not give a true representation of our journey into completion – but the tracing of our authentic actions will.

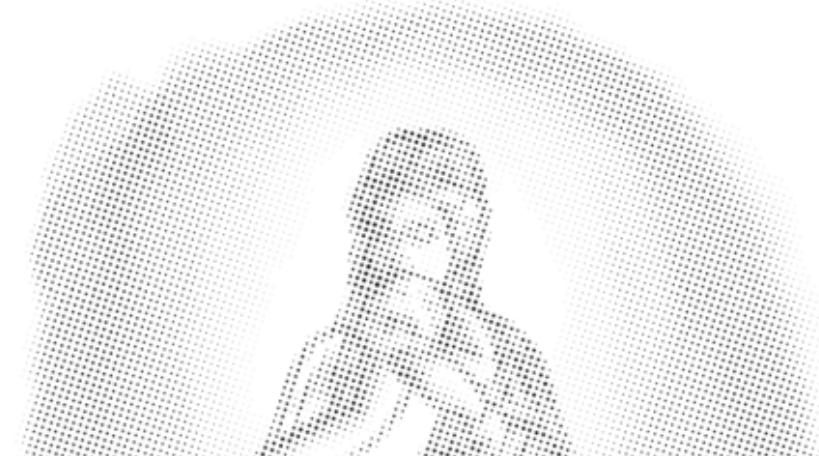
“Can the world exist outside of individual things, and their influences?”

INTERPRETATION | SUPPLEMENTARY

True north is the point that we are aiming for. Whether navigation is done by looking toward the stars or with a tool held in hand, we are able to utilize Earth's magnetic forces to find our way. Find your compass and be sure to utilize it should you feel as though you have stepped off the path.

INTERPRETATION | PSYCHOTHERAPIST

Authenticity and empowerment are the destinations we seek. Regardless upon which horizon we may gaze, we know that the universe will guide us in the direction we are meant to travel. The whisper of intuition and the pull of the gut feeling is the compass by which we continue our travels. Reliant on ourselves, and the wisdom of the universe and all its connected properties, we will know when we are traveling in an authentic direction and when we have strayed from that path.



35

THE MOTHER®

AFFECTION | EMOTION | BITTERSWEET

The power of the mother comes in the form of a fountain of affection, but also an acrid vat of emotional pain. Bearing and freeing the child brings daily signals of fate, while distance in the realm of measurable units grows. To tap the maternal reservoir, will gush the rushing truths of emotion. The universal sense of purity rises as we see the expansive blessings and hardships of bearing life and letting it go. Our protective nature only strains this reality. The relationship can be seen as bittersweet, but the heart knows it to be the fulfillment of the soul.

EXTENSION |

Conception, spectacular in all of its power, gifts us with a soul-serving command way beyond our initial understanding of purpose. Creation from pain and the physical transformation from growth, pushes forward our emotions into spaces that did not exist before us. Bearing witness to the direct experience of our pain in the name of human design begs the question, can the world exist, the mother without the other? Our emotions, tied to purity, and the energy we have nurtured will require a contrary. One that asks us of trust and release. We must purge as we birth, and purge after, since our touch is of our very own, and in order to hold the world, we in turn have to share freedom. Suffering and care dance closely in the process of maturation for both the mother and child. In development and separation of the creator and the creation, our emotions break our rationality – bringing us the closest to spirit and origin of our truth.

As we lose the parts that we raise, and in the process of such loss, we open ourselves to find new sources of maturation. Allowing the subject or thought that is released to develop on its/their own grants us opportunity to let ourselves enter into territory that is hopefully wide with trust and open to retrieval of the truths of the soul. Self-effacing in nature, we must honor the process of letting go in order to establish something to be truly had, by allowing both parties to take pure responsibility of developing their own dedicated truths – in the process of finding victory independently.

“We can deeply extend our gratitude by accepting the full journey of life.”

INTERPRETATION | SUPPLEMENTARY

The Feminine spirit is life giving, nurturing, and loving from the moment of conception until eternity. It is a force that can be harnessed by all, as we all strive to create life and protect that life.

INTERPRETATION | PSYCHOTHERAPIST

Within us lie the true nature of both the masculine and feminine spirit. In our feminine state we are to be the bearers of life, the nurturers of self love and acceptance and the escorts of the young into the independence of adulthood. In our own self examination we pay homage to the mother who gave us life and we become the mother of our own rebirth.

36

THE PROTECTOR

SOVEREIGN | GUARDIAN | COURAGE

The protector is found in the shadows and the skies above, around the corner, and sunken deep in sovereign territory. Trust in the guile and sly nature of this guardian since it resides in all. It will dance through shapeshifting, in a tumbling fashion sometime revealing itself as the obvious, yet sometimes camouflaged. The strict awareness of your protector should give you great courage knowing that when not so visible, its lying dormant inside of you.

EXTENSION |

Inside all of us we have a sense of self preservation that traditionally extends beyond our natural desire to protect the motives, shapes and roles where we find our vulnerabilities. Knowing that we can come across an inability to correctly gauge its presence, we are called (in the name of our own well-being) to deeply investigate and embrace our safeguarding tendencies. By this act alone, there is courage, allowing something beyond its definition – to exist and present possibility. This stage of development and awareness requires a different amount of engagement with what you think exists, what you need to protect yourself/others from, and the governing roles of the mind vs. what is truly vulnerable. What does safety require? and is it just a figment of our imagination or action of acknowledgement?

Most security includes or starts with establishing trust. Before we can find protection, we need to know where and how to trust, and if we are able to execute or provide such safety by ourselves and for ourselves. Fundamentals about how to authenticate reside in the center of yourself rely on momentary states of awareness and critical self reflection. Harmony in this prospect converts every moment into opportunity revealing our ability to trust in ourselves, but also allows us to expand our awareness by fortifying this cycle of certainty. To repeat, paraphrase, and reflect sets up simple collections of commands that can lay the foundation for strengthening our faith and denouncing trepidation. Our authenticity is a moral imperative, and to achieve it we need to trust it. Thus, if we are in a place of fear and not protected, we cannot fulfill our destiny until we are found safe within the self.

“Fear can shape our stories, not only how we see them, but also how we tell them – thus compromising authenticity.”

INTERPRETATION | SUPPLEMENTARY

Just as we strive to protect that which we love, other spirits will provide the protection that we need. Though when it seems that we are alone, have faith that which you use to protect others is also capable of protecting you.

INTERPRETATION | PSYCHOTHERAPIST

In the masculine state, we become the protector. The watchful guardian of our own spiritual transformation, we must also protect the spirit of all living things.

37

THE CULL®

EXFOLIATE | SELECT | PRECISE

To cull, or the culling will help you shed and remove all the unnecessary excess that does not serve. The world has a strange way of implementing this. It is inevitable, holding different motivations, and can be seen as a release and exfoliation of the ego. A flexible proposition, by addition one can cull through the extermination by replacement; on the contrary, we can just extract the unwanted. One who brings disease and destruction can most definitely be the one to heal and rebuild from it. Selective in nature, we must be precise while knowing what we remove will be gone with purpose and will reveal the fate of what is left.

EXTENSION |

We use a sense of diplomacy when we cull or eliminate the subjective, emotional weight of our actions and reduce them into a function. The choices we make have unavoidable measures of cause and effect, which do not need any further context that describe the potency or character of their resolution. Spiritual room and energy that's delivered by healthy motives comes from a directive of personal reformation. A primary understanding of our well being comes from our thoughts and what we surround ourselves with. To contend with this ever-evolving state of values and priorities, we need to make room for energy in the cleanest way possible. To start, we should give merit to all of our existence and acknowledge that letting go of what is dead could be seen as the same as removing the living. Prioritization, response, and results that are either good or bad will conjure evaluations, confirming that stagnation holds death while action reveals life.

When we consider that we are forever bound by our choice and the direct nature of cause and effect, all of our representations could change just by one alteration or removal. To redefine a word could reshape a world. At the same time, when we remove a language we remove its culture. The power of definition and its shape-shifting effects on our ability to recognize and establish the connections of moral or personal value can defy or prove socio-cultural conditioning. By placing the individual first we exfoliate ourselves of unserving elements from a larger, developed system and we open up to the positive energy of the soul.

*"Your freedom is in the power of choice.
That is... in every choice holds your freedom."*

INTERPRETATION | SUPPLEMENTARY

When sowing seeds, you put more into the earth than is likely viable. Once they begin to sprout, you must decide which ones to sacrifice in order to provide the proper amount of life force given to the strongest and most important types of growth.

INTERPRETATION | PSYCHOTHERAPIST

In the evolution of our spirit, we must decide which memories to keep and which to discard. What remains must be reorganized in a parcel that can be carried more efficiently and comfortably. In the culling of the stories of our lives, some stories must remain with us, some must be cast aside and some must be resculpted and transformed.

38

THE NARCISSIST®

ATTENTION | VIRTUE | VALIDATION

The Narcissist finds a very deep habit of focusing all drive and attention on themselves rather than others' set realities and nuances. Objects, and the world living around them create a place of desensitization where time and place have no value. Being a tired moralism, this keeps us bound by the selflessness of our own rights. We can find the act of our own virtue to be quite selfish. If one can transform through the unforgiving challenge of feeding the hunger of self-validation – outside the conquest of the “desired self” – we could shape a new dialog allowing us to settle in a state of true self affirmation.

EXTENSION |

Our underdeveloped self value and spectrum of personal awareness presents the possibility of limiting ourselves in our daily modes of operations, with the interactions, and with the world around us. The world arranges our values in ways that seem to be sometimes set in contradiction. Placing our intentions first we show the world a sense of personal trust, even though we might not of yet found the most authentic and/or virtuous ones to embrace. In contrast to the connection we need to create, intentional focus on our surroundings can provide limiting factors and suffocate our own personal development if we choose to pursue agendas that are not energizing and true to our own self reflection. When it comes to personal value we need to be able to see through ourselves in a loving way to ultimately see the best in others. The way to set yourself free from the distress of status and comparison, is to care for yourself from within and pursue your own reflection with positive attention.

Self aggrandisement, comparison, and how we appear to others are not personal concerns that are morally sustainable. When we move away from the negative connotations of narcissism and into the stabilizing forces of self worth, a show of progressive motivations grants accesses to the unlimited opportunities that otherwise would not be accessible. Our principles, in general, are psychologically motivated by fundamentals that are self-centered. This leads to a sense of psychological altruism that in theory promotes human desires in a collective realm of interests, promoting the well-being of ourselves for the benefit of others. The art of self-validation can be socially unflattering – and yet it is 100% necessary for our growth.

*“Salvation for our future is inside of our gaze, and the direction of it.
Use your eyes to look into everything you are, not look to be seen.”*

INTERPRETATION | SUPPLEMENTARY

Self love, and belief is crucial to ascending to the “desired self.” Though it is possible for our belief of our self righteousness to become over extended. Listen to the kind words that others give you, but pay heed to the fact that it is important to maintain a level of awareness.

INTERPRETATION | PSYCHOTHERAPIST

The path of self-exploration is a narcissistic one. While self examination is critical to self development, we must be mindful that the exploration does not imbue us with the right to become selfish, judgemental or indifferent to others. While the gaze toward self is essential, it must not come at the expense of our duty to and value for others.



39

SOUL WINDOWS.®

FRAME | VOYEUR | GAZE

The soul windows can reflect, they can shield, and they can frame. Intentions of healing the self can affect the scope and integrity of one's vision by redirecting and interfering with what is in focus. The windows into the soul allow a sense of scenic voyeurism, one that opens vulnerabilities and provides transparency. If using our defenses when framing our inner world, the potential of being seen or not could greatly skew our perspectives. Maybe look through the cracks and fissures instead. Observance holds great value and is a power that can be obtained when we use consideration with how and where we are looking.

EXTENSION |

Observation as a tool - and not a truth - can give a variance of clarity. As we scan and visually survey our physical surroundings the soul windows explore the view into the spirit. The window can frame perspective in two ways: one that is looking in and the other that is looking out. If you have a superior vantage point, then the connection to what we see might be skewed through power. Thus, while we are looking we should also take into account the relationship to where we are and what we are looking at. The motive here is to eliminate the frame and its objectives so we can have optimal growth through transparency.

Our gaze can orient systems or standpoints that structure how we use methods of interpretation. Most conditioning is in a top-down oriented control system consisting of parts that build the whole. These are sequenced in succession by a chain of command that is linear, starting with what we value, followed by comparative perspectives around what others value, and so on. This approach is the least adaptable. We are usually too close to seeing the full picture of our value systems and the symbols we designate, since they are made up of sets of common ground perspectives. By using the reflexive nature of the soul window to be a viewpoint searching for eternal equality we can point beyond encasement and stereotypes.

“You know what you are; I only know what you are not.”

INTERPRETATION | SUPPLEMENTARY

Everything in our world can look slightly different depending on the angle that we are looking from. Take a look from multiple vantage points to gain a clearer picture.

INTERPRETATION | PSYCHOTHERAPIST

Our lives are a series of windows and doors. Each window offers us a perspective: looking outward, or inward- the window is a source of information. Whether the perspective is internal or external, it is important to know which side of the window we are on, when deciphering what we witness there.

40

THE KEY®

INTERPRET | IMPLEMENT | DIGEST

The key can give access and unlock all the leads to our grounding wisdom. Take a moment to digest the stories we tell rather than the perspectives and interpretations of others. Just like struggling to find the right key for the right lock we must continue to search for our rescue. We curate our reality and we can use care by accepting our wounds as the keys to freedom. To secure and implement the key will express our enmeshed emotions by releasing the tension that keeps us imprisoned.

EXTENSION |

Many of the causes and effects of the reality we live are built by the stories we tell and the narratives we occupy. If we are not careful, they can keep us imprisoned or in a state of disempowerment. On the contrary, one has a right to tell their truth in the most empathic and healing ways and to re-organize through compassion for the self. When we carry out such an act of self care, the world reorganizes the intention. Instead of validating the lock, we must explore both its actions and mechanisms to release ourselves from turmoil. We keep chained if we cannot let go. Light with truth and honesty lets us rid ourselves of the weight that holds us back.

If we're looking to create a new world and future for ourselves, the more we recede from deeper reflection, the stronger we will tussle with ethical despair. Many elements that keep us prisoner are usually ideas and comparisons that are not of our own. These are powers and values not crafted by the self. One cannot absolve their present state without action through discovery. In order to distinguish the correct course of operation for access to our own keys of the soul, we have to examine everything openly by going inward to reveal what values free us.

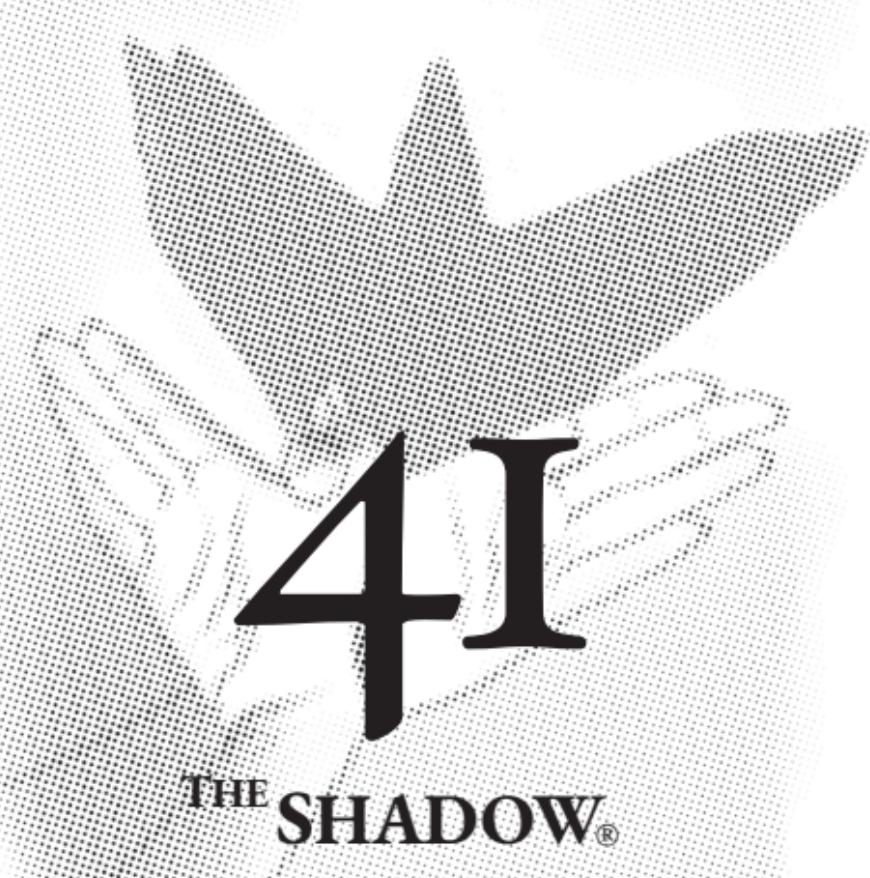
"The human psyche has built prisons that rival the greatest of architects and their contribution."

INTERPRETATION | SUPPLEMENTARY

Even if it's not easy to see, every problem has a solution, every lock has a key. Sometimes, a key looks like a perfect fit but with a closer look, and outside perspective you find that just one small change will make it work.

INTERPRETATION | PSYCHOTHERAPIST

Every soul, in the seeking of self explanation and resolution of pain and conflict, comes bearing not only the problem but also the resolution. It is the responsibility of the guide to ask the appropriate questions, and pause at the appropriate junctures, so that the seeker may find the resolution they seek already exists within them.



41

THE SHADOW®

CONFRONT | IDENTIFY | HONE

The shadow archetype will be your best friend and your worst enemy. It's classically known to be the unconscious aspect of the conscious ego that a passive state does not identify with. Buried deep past a level of confrontation within the self and waiting beyond the shadow, are human qualities that are richer than any bounty we have known. While we sit in a conscious idle, individuality is honed by our operating eccentricities and shadow tendencies. The fear of reflection and exploration into a yet undefined moral code might break down or build our present state of security. What is left is the shadow puppetry made to deceive everyone at hand, and in other worldly capacities – entertain.

EXTENSION |

Shadows in nature isolate and abstract details while confirming and signaling presence. This archetype holds beliefs that are socially and personally impermissible. We react to emotions or perspectives while the conducting strings of our marionette are kept hidden and guiding of our identity til discovered. This is manifested through repressions of memories and distortions of significance that are yet to be resolved. The incubation of fear in our very own reflection keeps the divide. When still under direction of the shadows energy and the original traumas we have experienced, the time needed to heal reveals the space between the development of our present state and future self.

If we are investigating the past in the control of fear or without neutrality, we blind our perceptions of what we see as we go forward. If we reduce things from whole realities into simpler categorical emotions, we can identify with the emotion more than the non-objective circumstance of scenario. When boiled down into a representation, the shadow proves that we can compartmentalize all of our emotions into one symbol like a Russian nesting doll. Without investigation, we only know the whole, and not the myriad of catalysts that have caused our haunting silhouette to trace our steps and grace our trail.

“How do you differentiate between perception and reality?”

INTERPRETATION | SUPPLEMENTARY

Many secrets can lie in the shadows, especially our own. By facing that shadow and the knowledge therein, we are able to identify aspects about ourselves that we may have missed before. Though some of the shadow secrets may not be positive, know that just as we change, so does our shadow.

INTERPRETATION | PSYCHOTHERAPIST

Shame, often the influence that keeps a soul stuck in a place of great pain, disappears when secrets are revealed in spaces that are safe. Shame wears two faces: the false face that we show to others in trying to disguise our shame, and the child's face, the face that was present when the shame was born. Understand that our true shame, and the shadow face that we show to others are two faces of the same pain.



42

THE LIFE WHEEL®

REDIRECT | MEND | MEDITATION

Life and meditation go hand in hand. The mandala and life wheel allows the soul to combine and expand in a tangible realm, thus giving way to the elements of change. As the life wheel redirects parts to counterparts, mending, and transmutation can be subject to our enlightenment. This is where the conjunction of both the life wheel and mandala are used to better serve the guiding principles of the universe.

EXTENSION |

The life wheel proposes that our meditations, our rituals and our representations of enlightenment all share a collective energy in which gives great governance to change. All of this is subjective and solely affirmed by the direction of intent and our awareness of it. The choice or declaration of personal attunement is a contract with the soul. It not only uploads personal strength and power – but in relationship to all things connected – changes the universe. Exploring one's intentions that are mental and physical widens the gate that can join our many worlds of awareness.

Course correction plays a powerful role when defining our destination. We must ultimately be open to possibility at all times since we know or are learning that we cannot control the world around us. Before we establish a direction, grounding ourselves with an understanding and acceptance of our self-actualization and transcendence needs, builds the soul's compass needed to navigate our world with trust. Confirming resolutions and talismans will help guide and command our next action while continually referencing our newly established needs. What follows is grounded in ritualistic, cyclical form – and flexible in outcome.

“Repetition is ritual, ritual becomes faith, faith becomes belief, and belief becomes liberation.”

INTERPRETATION | SUPPLEMENTARY

Give and take, ebbs and flows, such is the way of our life. Knowing this and spending time examining those ebbs and flows will provide such valuable knowledge. Knowledge that we can put to work to improve upon the things we desire.

INTERPRETATION | PSYCHOTHERAPIST

Interpersonal introspection is a series of high tides and low tides. When we feel positive, we became active and productive. When we feel negative we become passive and mired down. It is important to remember that all of life is a series of ebbs and flows and the the negatives, like the positive, will pass.

43

THE PASSAGE®

EXIT | BIRTHRIGHT | ROOT

A passage of profound magnitude can be the definitive reason for your existence and also your exit. We know whenever something is being accomplished, something is also being deconstructed. Highly underestimated in its elusive nature, the passage can come to be seen as the root of the equation. We might find ourselves misrepresenting this concept as a utilitarian proposition or as an uncompromising vehicle. With a dutiful application of reasoning, your fluidity will lead to abundance if you keep the passage wide open and accessible. A call to action gets us from point A to B, but the access between the two can hold more power than one could ever know.

EXTENSION |

The passage and its purpose can be experienced when we are reminded of “that feeling” when transition is needed. If we surrender to the fact that the only constant in life is change, then most types of control need to be relinquished. Regarding our soul purpose: knowing the difference between task orientation, its range of validity, and general action within life needs to be established. This gives us a healthy reminder that living in action (or in the equation of change) is a more suitable position than being still with discomfort or being removed from your own operations in the name of control.

The conscious mind allows representations to be experienced or marked far before we have connected true consciousness with realization. The variable space that connects objective positions holds the trust one should institute in order to find fluidity. The passage allows all things to be in order – all at once – and in the same place that personal manifestation lives and breathes. Holding this dearly to the things that matter most to our human experience and the scope of one’s existence, can be a measure in a greater understanding of how change is the place of true life. The declaration of death that is established upon the physical and life affirming passage of birth, bestows upon us the space of growth and its utmost relevance.

*“Our fluidity opens up dimensions in reality
that cannot be accessed otherwise.”*

INTERPRETATION | SUPPLEMENTARY

We are all born unto a path that has been laid out before us by generations and a million variables. While that path may seem permanent and unchangeable, know that the path will contain twists and turns, and that we are the ones to truly take shape through the work that we do within ourselves.

INTERPRETATION | PSYCHOTHERAPIST

Our conflict often comes in the false belief that we cannot change our reality. This is a false belief. If we choose to see all of our history as a matter of perspective, influenced by myriad forces, ever changing, ever evolving, we will come to understand that our willingness to adapt, to consider alternative perspectives and to be open to change is the answer to changing our reality.



44
THE PLOT®

LEGACY | AUTHORSHIP | ALTER

The plot defines your legacy and totes the bones of life lost. A headstone presents the true authorship of your own life; one that is the faithful of your affairs deceased. This reminds us that we are always at the whim of life. A plot will give home to the truth of all your accomplishments in the form of an altar, the place where ignorance due to all of our influencing constructs replicates its housing. This is where some come so close to excavating at their own decree that depression is their stand-in while digging. Here is where you can discover the beauty in the plot twist of others, while reflecting on your very own.

EXTENSION |

In its form and in location we have a physical talisman of transformation: an organized placement of our past that depicts with closure a home away from home. Here rests a very alive representation of divine reflection. Awaiting, is the moment when our perception dissolves the entirety of a thing and its representation, while what is to be revealed is something of a distinction of what is real. Conclusion and resurrection find partnership at this very site – and at the same time they announce the entirety of two worlds meeting in a space of exaggerated yet collective finitude.

Identifying a space that is not your own commands us to digest and find its occupation dense within our immediate. This reveals to us a previously inhabited space that we can stare back at, using our surroundings to confirm a connection to an organized system or world. We understand that ideas are established in the moments of passing and in the advancement of moving forward. The naturally occurring loss or gain of identification of where we stand on our life's timeline will shape our future within the moment of which we are recalling. Trusting our path as much as we can, and agreeing on letting it waver in faith, gives more life than any amount of implied control. So stay your course, stake your claim, do not disown or misrepresent but obey your decided truth in a plot exhumed by others that is very much your own.

“Our true authority is through story.”

INTERPRETATION | SUPPLEMENTARY

The basis of every story. The structure within which we find our own lives. Though the plot may have been handed down to us by others, it is also one that we may edit/decorate to become a space all our own.

INTERPRETATION | PSYCHOTHERAPIST

The story is in and of itself, the thing. It is the voices we hear around us, the voices that speak to us in our minds, and the hopes and wishes upon which we construct our lives. The story is the thing. In the writing and rewriting of our story, we find our true selves. Choosing to write our own narrative, in our own voice is the defining catalyst for change.

45

DEATH

WISDOM | OMINOUS | UNDERWORLD

Death is the proper home for the spirit. If we expect to be deep with wisdom, then a trace to the underworld is necessary. Don't look to this as being a reflection of ominous bad fortune or despair. Meditate and stand still like the presumably everlasting state that death reflects. Let us contemplate the principle of the great divide between our waking and resting state. A portion of life will lend itself to darkness and the unknown of sleep, as well as inevitable despair. The respect for the living will always be in reference of the deceased.

EXTENSION |

Mortality has a very sharp way of clearing most things, extracting the excess, and has an ability to present perspective like no other device. Death in its entirety can be a frightening proposition if left to emotional binding and loose contexts. When we shift the form and understanding of such an inevitable confrontation we can resurrect perspectives that invigorate life. Openness would provide the basic panacea for closure. The states of endings, and what stillness presents itself as, can become relatable to how close death is to the unconscious mind and lack of awareness. Only in repose do we know life and its blessings, and only in death can we find rebirth.

Consider most things as links in a chain of context, and wherever it leads we will find the strength and the conditions of which it is made. We can trace it all the way through its many stages of development and back to a place of origin. We find opportunities to invigorate states of transformation, when we acknowledge that a present state is needed to revise our point of view, just like death influences us in the face of its impact. When we are in the lane of the inescapable and, if we change the meaning of what stands before us, then we have the opportunity to change our life.

“Death is about arresting life and making it available for contemplation.”

INTERPRETATION | SUPPLEMENTARY

Every day has its night, a beginning and an end. However the funeral is not truly for the dead, rather the living. Though there is often fear and anxiety caused by the unknown portion of death, know that there is no stopping its inevitability. The beauty of this is that it pushes us to truly live.

INTERPRETATION | PSYCHOTHERAPIST

It is in the contemplation of death that we are propelled to seek life. To have lived a successful life is to have arrived at the end of your story and to be serene and at peace with the narrative you have written.

46

THE BOX®

PLATFORM | EMPTY | KEEP

The box can represent many things. One to stand on, one to supply, one to ship or one to store. As an empty accessible vehicle it might be the perfect platform for a world of valor. We tend to place cultures and others in such hierarchical symbols to keep control, while our primitive nature looks to defend against their release. In the defiance of control, let's free what's inside and allow what's outside in.

EXTENSION |

Containers can isolate, creating platforms to speak – and can also contain points of view that greatly skew the possibilities of growth. The box exhibits a level of isolated belief, most often granting opportunities to establish control. Regardless of how empty or rich, they still are limited and removed. If we do anything, let's use our abilities to keep transparent, allowing connections of what is structured and contained to be revealed and free. If we are less than transparent, compartmentalization gives us a protected base to speak, and hide false truths out of self righteousness.

When we think about isolation our representations also involves points of view that are contained. An appropriate amount of abstraction must exist and be available in relation to the interpretation of what is presented. Simple reflection will reveal that what we experience is not what we truly encounter, it is a collection of idealized structures. These structures, just like boxes, are used to contain, keeping its contents within boundaries. We can consider the social whole if we take a deep sense of care and desire to connect our transparent affairs. Achievable and imperative, we are now available for the unboxing of a relevant cultural/universal truth.

“Fight against fundamentalism in order to escape the container of someone else’s definitions.”

INTERPRETATION | SUPPLEMENTARY

Be it a cage or a refuge, this symbol is indicative of the innate desire to control. Yes the box has many uses, and some can be a positive force. But while we often believe that what we keep in the box should stay within or what we want to keep out must stay out, we don't always truly know.

INTERPRETATION | PSYCHOTHERAPIST

The box is the representation of what lies within our psyche and what lies outside of it in the form of influence and pressure. The box is what we choose it to be. We may choose to view the box in many ways. Be it a prison or a haven, we can choose to see the box as simply what it is- a container which has many uses, and many features. It is up to us to decide what the box will be in each moment and allow it to serve the purpose for what is most needed at that time.



HEAVY GUARD®

POWERLESS | ECLIPSE | DEFENSE

Fear is never far removed from power – thus, to keep heavy guard is the best line of defense. We know that the human body and spirit needs to be empowered, yet vulnerabilities and powerlessness can be presented as a state of true well-being. Sometimes a strategy to take on a point of view of the axis can allow for the lateral existence of harm to stay distant and eclipsed, posing no immediate threat. In the power of our holistic immediacy we can find confidence by accepting the parts at war by sharing the flags of defeat and commanding a stalemate of neutrality.

EXTENSION |

Empowerment can be accessed through the acceptance of our vulnerabilities. Heavy guard reveals that perceived weakness can eclipse forces of collected power. Weaknesses are actually opportunities – and failures are just lessons where we can find an eagerness in our life strategy that urges us to push forward and be personally activated with an amicable force. We are anything but powerless, especially knowing that confrontation reveals moments in which points of view do not reveal strength, but grant us opportunity. When defining your position in war, know that defeat is only in the construct of the individual not the one opposing.

In line with fear, a position of anxiety will parallel. This arrangement puts us at war with ourselves. Anxiety provides a lesson in our own defeat by teaching us how the power of self identification can control. We are nothing in which we think we are, and at the same time we are everything that we think. The fact that we are reduced to just being, and considering that all beings are capable of retreating into themselves, we discover that our role is to rid ourselves of internal fatigue and at the same time, realize that defensiveness affects both ourselves and the outsider. Using a heavy guard in times of wavering confidence or conflict takes our presence and logic to new levels that redefine the opposition within ourselves and opposing forces.

“Acceptance is the gift of power that we can harness in any of the smallest moments.”

INTERPRETATION | SUPPLEMENTARY

The value of accepting vulnerability often can outweigh that of guarding weakness at all costs. Knowing that weakness and accepting it for what it is can often allow us to channel our energy into the work of strengthening other parts so that we may find ourselves at peace, or strengthening that weakness should redirect us onto the proper path.

INTERPRETATION | PSYCHOTHERAPIST

Fear is the unwillingness to be vulnerable. Sometimes this is a wise decision, sometimes it is a prison. In the process of self-examination, we determine when fear is or has been useful and necessary and when it has been inhibiting or depriving us of an important experience. When seen in this way, fear can become a mighty tool: we can wield it or we can succumb to it, the choice is up to us.

The number 48 is rendered in a bold, black, sans-serif font. It is set against a background of a diagonal halftone dot pattern, creating a sense of depth and texture.

THE
SOUL CARDINAL®

MESSAGE | CONTACT | INTERPRETATION

When in the presence of the Soul Cardinal there is a message that will be waiting for interpretation. This contact can be direct or subliminal, but if you focus on a single line of communication, you might close all lanes of a fruitful conveyance. This free-spirited association will bless you with news from the heavens by casting a unexpected point of contact.

EXTENSION |

Free association of all information, interactions, and utmost, being open to how messages are received is the true nature of the soul cardinal. Allowing yourself and everyone else to be available to fair interpretations calls a sacred power into action that equalizes and amplifies our reception from the world around us. We need to be open to how messages are given and should always be aware of the context of the whole. The more aware we are, the more potent and available our sets of communication become.

Keeping this in mind, the ability to create our own reality through perception is possible, but sometimes it can prove to be opposing due to a universal grounding of what has already been socially defined. As the creator or recipient, the position we hold loses importance when considering the potency of each and every one of our realities. A consistent exchange of information becomes the lifeblood of true spiritual transmission. Information can be translated into signs or symbols of any kind, but of course, needs to be complemented with the ability to be inverted and/or re-evaluated. All around and in us, every moment holds an infinite amount of information ready to be delivered, as long as you're ready to be open and receive.

"Liberation is not having to meet a culture's message and standard of what's accessible."

INTERPRETATION | SUPPLEMENTARY

An open ear, open mind, and open heart will allow us to receive universal truths and tips that we would be deaf to otherwise. This type of messenger will be sure to make themselves obvious and clear to those who are open to it. The message will be powerful as it is glorious.

INTERPRETATION | PSYCHOTHERAPIST

The soul cardinal represents the necessity of an open mind and spirit and the willingness to keep ourselves alert and seeking. The messages are always present. If we spend too much time looking forward or backward, rather than in the present- the message will flutter away, unrecognized and unseen.



49

SLATE CARDINAL®

REVERENCE | WISDOM | ORACLE

The father is the hinge and load bearer of all wisdom. It takes a strong and principled patriarch/matriarch to achieve effective sagacity, but an even stronger cardinal to connect us to it. The journey from one to the other can also be resembled as the odyssey. The way to imbue oneself with reverence for life is to open oneself to the channel of the Slate Cardinal. An oracle in their natural habitat, silent wisdom lives in their vibration of connection.

EXTENSION |

The slate cardinal is a bridge builder of many sorts and commands strength in action while welcoming themselves to share and impart all. A chosen voice that leads to connection and it being a marked value of life's intrinsic message will radiate beauty if one was to take such a position. Our interpretation of meaning comes from our interpretation of language, and how we appropriate our visual, auditortal, aural, and feeling senses. A dutiful objective, to incorporate as much information to compose our output will further enhance our capacity to enrich meaning regardless of the medium. By charging the essence of our expression we grant spirit into our exchange.

Wisdom in a very practical sense comes from knowing and developing a deep personal reverence. If we recognize that we are the hinge to every connection we have, then our most fundamental job is to learn our intrinsic needs so we can authentically adjoin our world with others. Connecting with our self and to all, meets a set of necessities that shape the contemporary oracle. This insight in not a moral achievement in any way, it is a benefaction of the love for totality.

"Don't let my freedom threaten, don't let my strength fail, don't let my truth defy, don't let my power corrupt – let it define me."

INTERPRETATION | SUPPLEMENTARY

Look to those that you find to be wise and nurturing of your own ignorance. The oracle is not there to shame you for your unknowing, or force you into doing so. Rather they will embrace you as a working spirit and provide knowledge and love that you need to progress in your work.

INTERPRETATION | PSYCHOTHERAPIST

When we place ourselves in the hands of a trusted and reliable guide, we are afforded a unique opportunity to experience ourselves in a profound and transformative way. We must never allow ego and pride to render the oracle helpless. Trust, openness and objectivity will lead us to the oracles in our lives.



50
THE TOMB®

PROTECTION | INNOCENCE | SOLITUDE

The tomb is a representation of protection and a impenetrable barrier that's dissolved only when one can feel fully vulnerable. Enclosed is the full range of human potential and its unpredictable complexity. Controlled are the perilous states and conditions of fear and evil. The tomb will conceal and hold the intimate body of the human condition while preserving it in innocence or defense. To feel secure and to be unguarded is the challenge when knowing the sensitivities of what we store and where we keep it. This container will constitute nothing more than a veil of isolation leaving it protected and safe, but shielded in solitude.

EXTENSION |

Security in solitude is a gift beyond all measure, but protection through isolation can prove to draw a fine line between safety and the fear of one's own human potential. The tomb reminds us that our innocence is one of our most valuable assets, however when we recede into a protective position, vulnerability recedes into its darkness. To safeguard anything comes with a set of consequences that will affect our many modes of operations. Accepting that the common grounds of humanity exist inside a state of such vulnerability might grant access to our sacred soul. If we develop strong personal boundaries, we might find a mechanism that's trusting enough to be the gateway between the treasure we encapsulate and the monument we build around it. Along the same lines, when we memorialize anything of the past, it keeps things in a state of high rigidity, lending to a sense of security that is not transparent but secretive.

If we mindfully preserve and protect, we can take a position on understanding that the fallow-feeling world around us needs to be felt by us. This type of reserve holds a great and obvious responsibility to the self and, since the task might feel large at hand, we might dehumanize our experiences by disconnection and retreat. Let's not confuse our directive under reservation and defensiveness, but store our truths with a secure sense of honor.

“When we make ourselves the focus of our life, it brings death to the soul.”

INTERPRETATION | SUPPLEMENTARY

Yes, we may keep our vulnerability locked within an impenetrable vault. Though that cell will not only keep it from others but also from ourselves. It may be wiser to open the lock and know that we are capable of keeping the whole spirit safe ourselves, rather than only the parts which are already strong.

INTERPRETATION | PSYCHOTHERAPIST

Connection and attachments are the gifts of life. Just as no man is an island, no being will flourish in its own solitary company. We must not allow ourselves to isolate for it is in the richness of our exchanges with others that we find new facets of our own selves and from which the texture of our lives is enriched.



THE
BELL TOWER®

RESONATION | BEACON | UNION

The bell tower calls and signals for present love and resurrections far and wide. Appreciating that love has a very fine resonance with death will draw the likes of most humans to gather and react to this beacon of unforeseen union. Fascinating expression is drawn to the the present moment and lasting reverence exits as the bell ceases to shake. Underestimated due to its blatant function, we have become jaded and unattentive til we hear its deep cry calling to and from our souls.

EXTENSION |

To resonate with something can unite unforeseen commonalities. The bell tower signals us to be open and available due to its single placement of origin and the multiplicity of its commands. Standing as a beacon that reaches out beyond its expression and into a community of eager reception, its reverb allows us to unite. The pairing of anything, or a union of any size needs a dedicated symbol that's integral in nature, and distant from false dichotomies. This cueing agent tells multiple stories and its reactions are symbolic in their own right.

The pairings of concepts are usually culturally familiar and are of a natural development but, in truth, hold zero parallels. Just like the bell tower on a wedding day, or as the alarm of death, we find this distinction to be elusive and culturally condensed into a signal or symbol. To discover what is false cannot be exploited in the union of its attendees, but in the minutiae of its making. In the same sense, when connections or similarities are unclear – not in function but in representation – then identity might be more true than not.

"Every belief has a place of origin."

INTERPRETATION | SUPPLEMENTARY

With each toll, we are brought back to the present. We stop within that very specific point of time to count the rings and to know exactly where we are. Though once the vibrations stop, and we continue about our race against the future, keep your ear open for the next time that the bells call out to take a moment to solidify our space in time.

INTERPRETATION | PSYCHOTHERAPIST

The nature of the universe is to tap us on the shoulder at times, so that we may stop and become still. It is in that stillness that we must listen to the toll of the universe. It is a beacon to pay attention, to observe, to look as there is something being offered to us there.

52

THE
HOLY MOUNTAIN®

ELEVATION | UNCANNY VALLEY | STILLNESS

The elevation of the earth's surface can give great contrast in perspective. At the lowest point, the firmness of the base will span in stillness. Divine inspiration will erupt over years of sacred development reaching to the peaks and gods. Traverse the uncanny valleys and turn the stones of every riverbed. Transcendence will soon follow as we journey through ordinary humanity into a second self that is revered.

EXTENSION |

The holy mountain entertains with forever shifting perspective as we examine our lives bestowing a larger point of view, and greater chance at clarity. Building endurance, one that exploration contributes to, showers us with enlightenment as the healing continues in our everquest. Discovery through perspective and transcendence from the re-arrangements of our surroundings leads us to self introspection from the autonomous gestures of the exterior world. As we ascend, we often find ourselves reaching a peak or pinnacle and revealing that the destination is not the end, but just the beginning.

To deepen your immersion in whatever way, you need to extend past that which you currently focused. When you incorporate all things, and refrain from isolation of the world in its entirety, one can welcome a metaphysical ingress. All things will reveal themselves to become one while you extend past everything into another realm in which you exist beyond your creation. This spiritual opening will lead to the removal of self interpretation and into the essence of both you and phenomenon merging together.

"To be found - look at your majestic self through the reflection of everything surrounding you - and lose your identity."

INTERPRETATION | SUPPLEMENTARY

Rivers will slowly cut through earth to create the web of life's valleys, while glaciers and quakes can force us to thrust into the heavens in mere seconds. Know that each is revered and powerful regardless of how high or low we may be.

INTERPRETATION | PSYCHOTHERAPIST

We tend to focus on the moments in our journey that have caused conflict and pain. Embracing the wholeness of the life's journey that has been gifted to us, we begin to see the times of distress as the natural and necessary structures of our life path. The features within it have added dimension, texture and depth to the meaning of our life. The valleys and apexes from which we have traveled afford us a multitude of perspectives from which we can view our journey- past, present and future, as well as the legacy we leave to those who have traveled with us.



53
THE SNAKE®

THREAT | TRANSITION | VENOM

The snake sifts in seamless transition from point to point. A particular destination cannot be gauged without a throttled or pivotal moment leading to the question... will this be carrying the venom needed to protect or kill? Whatever is found to be threatening in or outside the path of the serpent will find an enemy in a friend. To get close enough proves courage, and to study the threat closely allows one to come back with answers as of how to eliminate it.

EXTENSION |

The snake, with its physical adaptability, represents the objective to seamlessly shift through perceived or experienced threats. The dance of transference is a genesis for an eventual transformation of fear perception. Threats can resemble confrontation in our own path, in relationship to something else, and in our own provoking nature. Any fear or danger grows distance between resolution and positive transition. Until we call ourselves to action or before we have been truly confronted, we cater to and extend its affliction. The reservoir of venom – ready to be injected – holds its very own antidote, thus any fear or growing fear, will keep you distal from a source of salvation or healing. This confrontation can be seen in direct relation to enlightenment.

When we think of most scenarios they reveal that a binary opposition formed by cognitive bias leads to a building of tension. If we have yet been able to rephrase these energies to be opportune or positive, they showcase an array of emotional states governed by what we perceive as threat. The origin of conflict is housed in societal constructs and paired opposites. These sets of prototype tokens based off of contrary positions lead us to go deeper into the poison they create. To confront the symbolically defined values of right or wrong, one must take a position to see the best in both parties or scenarios: this ends up being the ultimate threat and anti-venom.

“Ask for or define what you want. Both take undeniable universal effort.”

INTERPRETATION | SUPPLEMENTARY

That which we group together can often include individuals that have potential to become friend or foe. While what we perceive as dangerous in general should be approached with caution, you will find that providing the right amount of courage and acceptance of and willingness to change ignorance can result in finding the greatest of friends.

INTERPRETATION | PSYCHOTHERAPIST

The Snake is often regarded as the malevolent evil among our relationships. In the traditional bible, the Snake symbolizes the fall of mankind into the mechanisms of threat and corruption. But if we regard the snake with reverence and curiosity, it may become the harbinger of the necessity to be cautious; to consider and contemplate before we take action.



54
THE
SUBCONSCIOUS.[®]

DISSOLUTION | FLUID | RESERVOIR

The subconscious is and will be the the mindful waters of self discovery. It lays deep, dormant and fluid. As we run flush with its operation, we work with it. Trusting our reservoir will hold all things with care, we know that we must command our stillness or storm to condition the sea inside. Through dissolution and design we can steward our vessel into profound self reflection. The cleansing of intention follows the solution of the subconscious mind.

EXTENSION |

The interior keys to resolution are often found in a journey's end. The destination will give you direction, and command interaction between your vision and where you are at this present state. There is a degree of presence needed that exists in the realistic and abstract aspect of yourself and the collective whole. When considering if true representation even exists, take note that the subconscious mimics the action of merging (presence and reality), our evaluation, and absorption of the exterior world.

Our individual representations and constructions of reality are a collection of reproductions from our experiences and stimulation. This can hold us isolated and confined to the closed systems of our individual selves. The subjectivity of our representation confirms that infinite realities exist at the same time. Each and everyone should dissolve expectations of true connection or commonalities acknowledging that the individual is just that, individual. When we look to use the subconscious as the driving force to provide introspection and self clarification, we do not necessarily connect, but we relate to one another by accepting that the other person is equally immersed in their own reality like we are in ours. We can find the translation of the subconscious into our conscious reality by allowing ourselves to float in a loss of specificity while simultaneously fusing our relationships to the world around us. To fortify our own associations in and outside our subconscious mind one must continually evaluate their own intentions. Try to secure your representation as something that is implied and not factual.

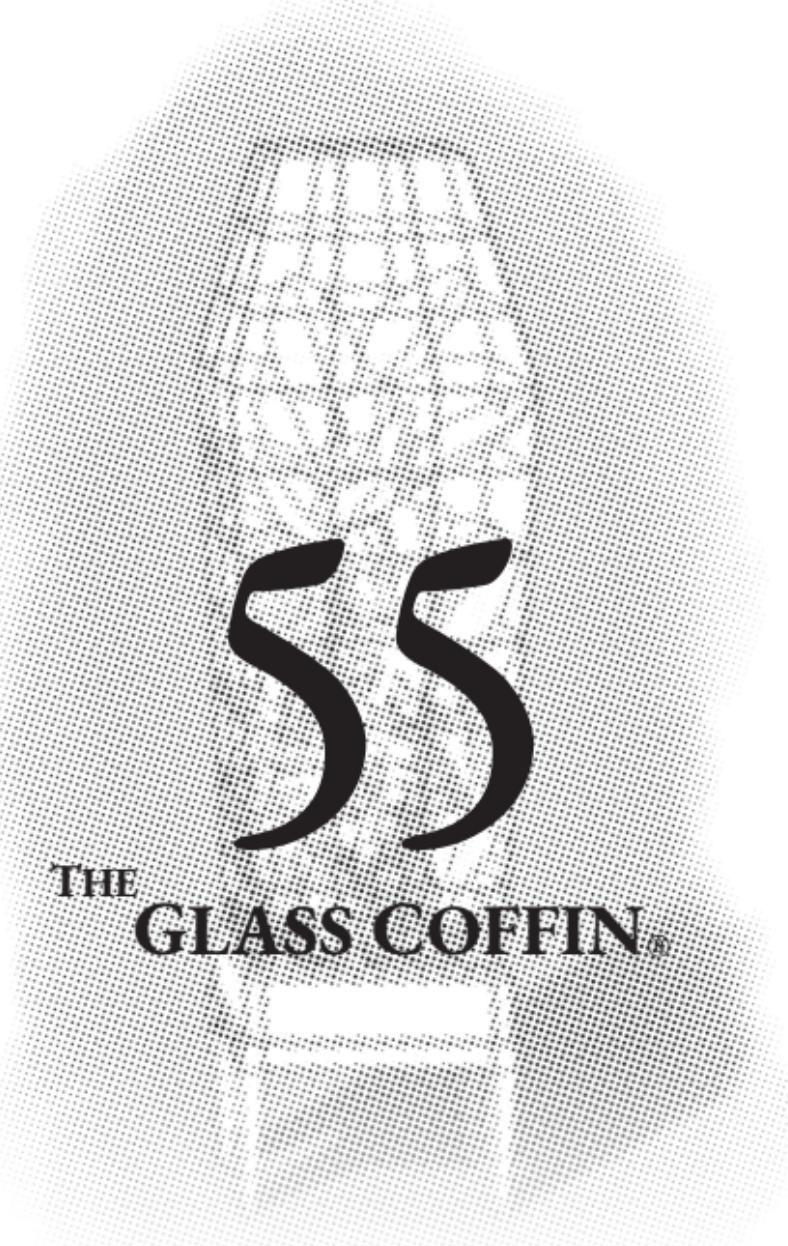
*“Any step towards individuation can be felt as scorn
against our present reality.”*

INTERPRETATION | SUPPLEMENTARY

Just as each raindrop feeds into the hidden aquaphor, so does each drop of existence into our subconscious. That which is buried within us can begin to taint our reservoir, but doing the work to search out those pollutants will inform us how to purify the spirit as we retrieve it up from the subconscious.

INTERPRETATION | PSYCHOTHERAPIST

The subconscious is the well from which all of our intrapsychic perceptions, meanings and identity is drawn. While we often struggle to reach down into the seemingly intangible abyss of our personal reservoir, we MUST. For it is within the well of our subconscious that all the answers to our conscious questions may be found. Drawing from the well of our subconscious provides the nourishment and sustenance require for us to live a whole, truth informed life.



55 THE GLASS COFFIN®

SIGNIFIER | FALSE CEREMONY | SANCTIMONY

Inside the glass coffin we find life growing, even though we have defined the shell as an exit, and its core existence to be deceased. We have provided a sanctimonious position concerning the absence of life inside. The signifier of death is through a confirming ritual and ceremony. The glass coffin presents us with a solemn proposition. Regardless that life has ended, if a soul is in any way felt or present, then life is present.

EXTENSION |

Closure in many ways can compress an overwhelming amount of information in one action, symbol or announcement. In terms of function and formulation, closure is a representation of how we choose to see and feel something that we have chosen to end. As a representation for true closure the glass coffin prepares and salutes symbolic identifiers. When alive, we have access to infinite abundance. Closure represents an experience, that is a self-accepted state of absence and a disconnection of influence of contending energies. This gives way to the many possibilities of what might exist after letting go; the reality is: there will always be something left.

Belief will always guide our influence over consideration and representation. Instead of finding resolution inside the self rendering of our own particular understanding, we allow essence to be distinguished by symbolic representation. Our ego-appraised definitions leave a gap between the energy of our intrinsic character and the backdrop of societal norms. This gap then becomes part of a represented whole. With this in consideration, there is new access to new possibilities. When we have more choice and awareness, we conjure life rather than embrace the false signifiers that define ceremony. Now we can declare life within the definition, when we once thought it to be dead.

“Change happens on a perception level.”

INTERPRETATION | SUPPLEMENTARY

No matter how we process death, or any type of end, know that the spirit is perpetual. We tap into it and all that it used to provide us, even long after our final goodbye.

INTERPRETATION | PSYCHOTHERAPIST

Death traditionally marks the end of something. And yet, in seeking comfort from the inevitably of our own death, we turn to faith for the promise of existence beyond the end of our physical life. In regarding our own death as simply the passage into another plane of existence, we find comfort in the realization that all beginnings originate in the end of something. For every beginning is some beginnings end. In all the transitions, the Spirit endures in the memory and history of our existence in this physical world.



56
THE FOX®

DECEPTION | STRATEGY | AGILE

The fox is outwardly playful and agile. They are full of clever approaches to getting their way without accumulating too much attention. As they adjust to new situations, they keep their adaptations fluid and judgment free. While deception might be close cousins with awareness, strategy cannot be something we overlook when we need to get our way.

EXTENSION |

The fox in many ways can act with a clever, strategic and agile agenda that is flexible in principle yet misunderstood in totality. Their easy going attributes help with their own clarity but can be perceived as illusive to others when found operating in their surroundings. Their awareness or the strategic nature of their being can also reveal a lack of general perception in others exposing their personal naivety as weaknesses. In a judgment free position we can accept deliberate and calculated achievements as amicable in degree, if not admirable.

If one is weakly constituted then despair can arise in the face of action of others, turning into emotional states of resentment and paralysis. This provides us an opportunity to mirror or absorb the scheme or encounter. A creative and secure individual will find this as an opportunity to provide meaning through action, allowing for cause and effect to be a positive directive that defines our position. Establishing individual rank and refraining from a codependent engagement within the proposition can alleviate internal tension. Like the fox one can have agile reflexes finding no need to signal or flag the discrepancies of others. Instead we can use them for the tender allowances they offer without mortification.

“All we need to do is change our vocabulary.”

INTERPRETATION | SUPPLEMENTARY

This small predator knows exactly what needs to be done and how to go about it. This knowledge comes not from haste that its agility may present, but rather the meticulous and well thought out planning learned by constant education and reflection.

INTERPRETATION | PSYCHOTHERAPIST

Clever and sly, the fox uses skill, contemplation and repetition of trusted behavior to carry out its actions. The fox knows well the means to the ends and uses this learning to successfully navigate and thrive within its world. So must we too, be creative and mindful of all that we have learned, and be committed to the continuous study and practice of the ways in which we have learned to successfully and meaningfully exist in our environments, both physical and psychological. And like the fox, we must learn to trust our instincts and our primal drives, and be willing to discard the thoughts and behaviors, however familiar, that do not serve us well in the successful navigation of our life.



57

MUSTARD SEED.®

MODESTY | HARVEST | SOWN

A brilliant vehicle of bounty and modesty, the mustard seed reveals the power of thought and potential. Vital in its own right as it rivals the average, it shows up as the conception of life without the righteousness. Life's passage sown into fertile ground will give great reward when nourished. When harvested we can aggrandize the smallest of beginnings.

EXTENSION |

Modesty and its potential, is a compelling attribute or characteristic that permeates the vitality of action. This consideration or modality can understate our interactions and reveal a lack of appreciation by the one receiving. The mustard seed is not a representation for our actions of modesty, but will recompense the one growing, in ways that are subdued in observation. A potential for equality, is in the beauty spread by us knowing that the average makes up much more of the whole. The reward is in the ease of accepting nature's unconditional flush.

The possibility and the expectation of reciprocation can play a serious role in anyone's desire to achieve a position in such forms of giving. So, we must highlight an approach in which we want to achieve a way of being, by figuring out a mode of knowing our uncertainties of reception while on our pursuit into a higher existence. An orientation of highest inwardness can guide us in achieving a more valiant process of perception allowing us to see the value in our actions as ones of general necessity for ourselves and others. With accessibility and diplomacy we find the blessings through a state of mutual respect for the collective whole and its abundance... as it prevails over elitism.

"You need to get to a place where you can give."

INTERPRETATION | SUPPLEMENTARY

A crop that not only takes from the earth but reintroduces that which is vital to the vine. Planted in between rows of others while they are dormant, it allows us to produce something when all else is sleeping. Versatile, and beautiful it has the potential to add to life one tiny seed at a time.

INTERPRETATION | PSYCHOTHERAPIST

In every moment of our life, we are influencing the world around us. We are all but seeds from which lives begin and continue and eventually, die. We therefore, must be attentive to the importance of how we grow, how we respond and how we treat the world within which we live. We learn to take what we need, but we must also learn to give what is needed. For we do not exist in a vacuum but rather within a crop of other lives that are impacted by our own existence. We must grow and thrive, but we must also attend to the growth and sustenance of the world and the spirits among it within which we live.

58

THE
BUMBLEBEE®

LABOR | STAID | SOCIAL

Covered in oil the bee works in the glow of the sun or under the plight of rain. Their golden stash illuminates every ounce of labor beholden to a divine social network. Exerting so much and under an almanac coded timeline, a seasonal lifespan sums up a life of honest purpose. Under the simple notion that work is for the grounds of being social – and being social is for the purpose of evolution – we complete a circuit of intent. The bee allows us to benefit by the sincere, rich life that is spread by solemn and staid sacrifice.

EXTENSION |

In this life, a conscious and decisive effort will allow mundane drudgery to yield much more than expected if one acts wholly out of purpose. When we build resilience while developing richness, it not only endows us, but allows everyone else to metaphorically source from our honeypot of influence. Social construction in such ways is an outcome of simple yet profuse desires for the bee to act in honor for the whole.

Coded in our cultural ways within the self, we have extended our reach to an exterior of grandiose signaling, masking the healing feedback that allows us to understand what heart brings together. In opposition are the smallest and the most overlooked decisions that labor truly connects. A simple system and spectrum of ethical social values with its warmth pollinate all things to grow. Every overlooked moment provides an opportunity to produce gestural, if not definitive, accessible positive energy. This marks every minute situation to be an opportunity for all to act, choose, and pursue happiness in themselves. One could only imagine the outcome if we paid such close attention to our smallest of actions. From bounty to harvest, pollination to purpose, what might we want to cultivate or colonize?

“What wants to come into the world through you... and for who?”

INTERPRETATION | SUPPLEMENTARY

Vital for all of existence, this beings work is done so not for the good of one but the good of the all. Each task is done so that the strength of the hive is increased and that each individual is able to exist in a cohesive and safe environment.

INTERPRETATION | PSYCHOTHERAPIST

The Bee is critical for not only the survival of the world, but also for the beauty its constant work elicits. We exist in a hive of other spirits and it is our duty and our honor to contribute to the fundamental means that provide continued life and beauty. It is the obligation of all souls to do the work, to expend the energy and to pollinate the world in which we have the privilege to dwell.



59

THE
DOUBLE MIRROR.®

IMAGE | BLIND | RENDER

Reflection, perspective or revision can play a vital role in the depths of desire. If we work with truth and transparency of who we are, it will grant us an instant freedom from whom we have been. We are estranged from our world when we cross our vision with reality, since we are able to conceptually render whatever idealism we uphold in the moment. Sometimes honesty relies on being able to see through all and gaze into the places beyond. These blind allies sift through the moment, through the present, and beyond the mirror.

EXTENSION |

The double mirror either can represent an experience of reflection or transparency. One might consider that being able to see the present moment in the clearest of ways will allow us to be able to find the right questions to reflect on the past. In this concept of transparency through mirroring, we establish that in our awareness, there is infinite space between our certainties. Since we are forever analyzing with triangulation; we have the ability to establish a sense of understanding due to our transparency, reflection and points of reference.

We as finite beings use previously defined images and their meaning to blend our perspectives and their relationship to our realities. We have also become the lords of our own theory – which enshrine our perspective of who we are from the inside out, and how we acquit ourselves from realities we do not want to see. Built from the symbolisms of the world in which we are contained, we can find ourselves structured without an ability to interpret a continuous reflection of context. Thus, the honest space that exists between our reflection and our ability to be transparent will forever be in consideration of the double mirror – not just the symbolic representation of what is seen by us.

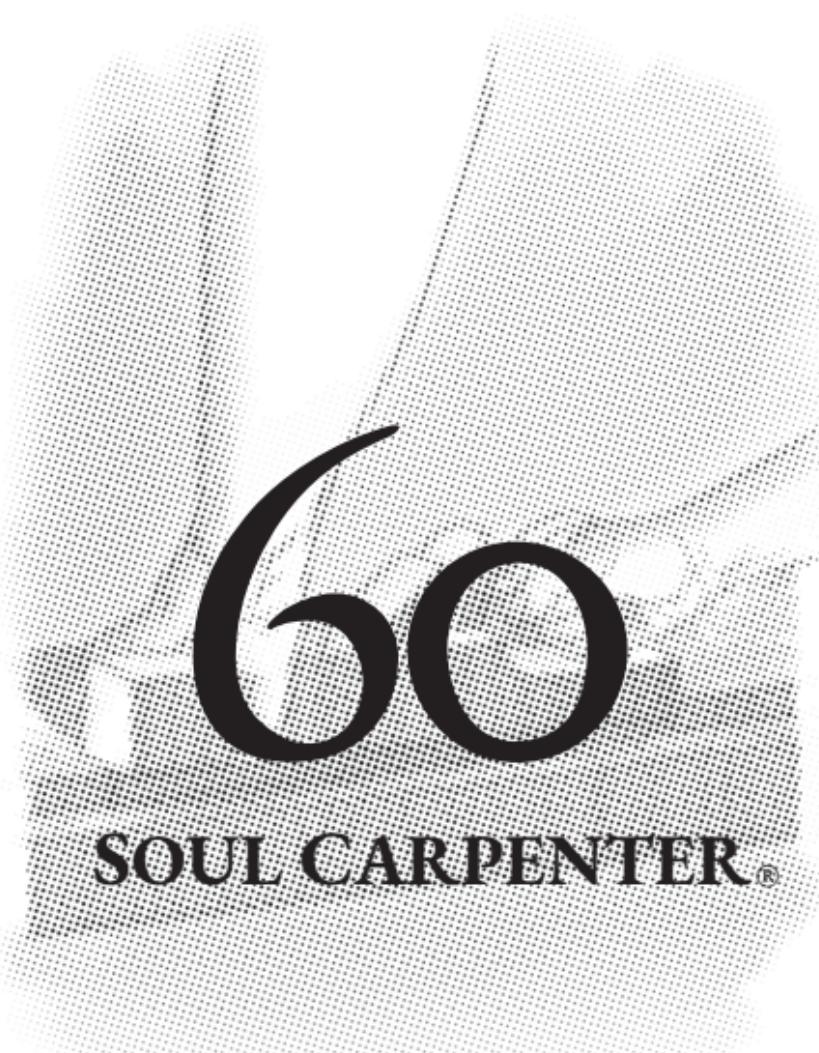
“Our observation/reflection will only tell you how something can be perceived and not what it truly is.”

INTERPRETATION | SUPPLEMENTARY

There are numerous different materials and surfaces that will reflect our image back at us. Just like there are numerous ways of looking at ourselves and our past. However, not each way is showing us the clear, undistorted truth. It is important to make sure that we focus our acceptance of our image from those that provide the truth.

INTERPRETATION | PSYCHOTHERAPIST

Perception is reality. But perception is not universal. Every person views the same event in a different way; assigns their own meaning to it and decides how it is assimilated into memory. It is therefore essential that we are always mindful that our perception may differ from the perception of others. The world is not simply a mirror which reflects OUR image. We must exist in the humility and respect that each of us hold our own mirror and therefore have our own reality.



60

SOUL CARPENTER®

CRAFT | MUNDANE | STRUCTURE

The soul carpenter renders and re-evaluates our architecture, bone work, and faith. Tacking together the attachment to our immediate, the focus of our framework becomes the mundane tasks that need precise attention. These skills are honed, and need to be matched with a deep belief in structure, self, and purpose, bringing significance to the tools that we have at hand. We will sit with our craft every day extracting and adding in relation to the world.

EXTENSION |

The appraisal of anything will refine mindsets and our operations. With micro adjustments leading to macro, our focused, analytical review of material has manipulated our output by simple cause/effect with the help of sourced energy needed to progress. The soul carpenter takes a task of modernity and guilds, injects emotion, and power to realize its purpose. As we ourselves (individually or collectively) define our skills down to the most delicate of detail, they become the housing of our belief and purpose of our actions.

Developing the self, a process, or purpose takes dedication and time. It also demands deep thought, and the feeling of our emotions that carry throughout all of our senses. In order to build a toolbox worthy for the job, one needs to build a library of feelings that are engaging in a dialog between the self, that set feeling (or emotional state) along with a whole hearted reverence for the process. The blending of such modalities lead to a personalized, referential, sensorial form, and experience that is open to refinement and application. The carpenters soul provides a true place of purpose and value in a world that allows the craft of the heart to be felt in the masons hearth and the architecture of the home.

“We are creatures of habit, and our habits are often stronger than our purpose – unless we do absolutely everything with intention.”

INTERPRETATION | SUPPLEMENTARY

Anyone can piece together something that they can then use as a chair, or a table. However it takes the talent of a true carpenter to make that piece of furniture absolutely seamless. Each defining filigree seemingly melding into the next as if grown naturally that way. It takes focus, daily work, and precision to make this happen.

INTERPRETATION | PSYCHOTHERAPIST

The examination of our life is not an endeavor in one space in time, but rather the ongoing and infinite honing and crafting of our selfhood. We are each the architects of our own spirits and it is necessary that we are constantly evolving. We cannot rely on but one set of tools in the construction of self. As we live, we must continue to acquire and learn to utilize new tools, new skills and new crafts as we grow and change and travel toward the destination of self actualization.

6I

THE HAYSTACK.®

CULTIVATION | AMASS | PRESERVATION

As our haystack develops, we amass a certainty of quantitative work that is undeniable. The resemblance of the individual – along with the constituents and efforts of its making – is related to the collection and size of whatever we want to represent. Cultivation and the premise of preservation from one's collective work stands to be the sole purpose of our organizational truss. When we arrange our efforts of days past for future utilization a presentation or confirmation is exchanged between the eyes of the voyer and the hands of the one tending. We can recognize truth and we can call out our intentions in the name of preservation, but we can not achieve greatness without the physical forces of our own making. Shared from two different perspectives, our internal validation reaches out as high as we see or pile.

EXTENSION |

The haystack reminds us that time is a direct measurement and construct that provides a scale to reflect. We solidify our truth by knowing gathered perspectives and amassing our references. These collections provide and cue us in a way that allows us to compare our values to others. When comparison enters the arena we will be forlorn, but will not be lonely with the pile on which we perch. Creating a need to idly preserve our identity at the top of what we have, may give us a sense of deeper safety and value but therein lies the conundrum. Standing as a numb metric we must know that a reflective comparison of what others represent holds just as much validity as it does not.

Engagement with our work is ultimately the best basis for an authentic meaningful life. Our work in a state of representation has nothing to do with the value of it. What we yield provides us an understanding of what stability feels like, yet it denies the active pursuit or ability to achieve freedom. We must consider the notion that transcendence holds elements of both cultivation and freedom that the individual seeks. When all is said and done, whatever the measure, the means, and reason, if true focus is on the harvest you will uncover balance before you try to establish it.

“When we believe in something, we devote an ultimate level of allegiance and commitment.”

INTERPRETATION | SUPPLEMENTARY

The stack is merely an amassing of copious individual pieces of hay. Each one holding up the one on top, and relying upon the one below. Often it starts with one single strand of hay, but with each year and each harvest it has the potential to grow exponentially and therefore the ability to be utilized exponentially.

INTERPRETATION | PSYCHOTHERAPIST

Each experience becomes a memory. While these memories are cumulative and build upon one another, they do so by individually combining to create the structure of our whole self. It is in the examination of each significant memory that we build our spirit. When we peer at ourselves externally, we see one physical manifestation of millions upon millions of experiences and memories that make up the whole of who we are. When we examine ourselves internally, we see a collection of individual elements, each of which are significant and profound in the creation of self.

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**TRANSPARENT
SELF®**

SEED | VALUES | EXPOSURE

The reversal of a figure, an unpacking of our personal being, the fertilization of the exposed might show a garden of neglected values that are embedded in fear. Failure in its own right will become the soil when we air out our devastated exterior. The self does not arrive, fruited, ripe and ready to pick without a seed of burden and the sunlight cast from a universe that is much larger than the fundamental perspectives our stagnant values are encased in.

EXTENSION |

A transparent self holds the ability to unpack your personal being. The lesson and the value it carries has no contingency. The exercise holds critical factors that only are exposed by transparency and the reversal of perspective. Working with the simple adage “failures are lessons” we get to grant our misguidance or defeat a different stance. Knowing the second self tends to be born in opposition, we are able to work with reversal to deliver a nurturing affect for the soul.

As we unpack and sort, let’s approach this process with a non-traditional line of attack. From where we stand and in the moment, we can work with a system that is capable of reviewing its foundation, meaning, and examining all the collective parts that create the whole of what we experience. Traditionally we engage in the reverse by examining what we experience first. When we shelf our set conventionalities we can challenge who one is and what one does. We then can find if the commitments were of the person we are or of a person operating out of influence. This decision to explore the nature of our every personal consideration will now be a directive in developing clear values that don’t merge our individual composition with others or how they see and identify us.

“The second self stands in conviction and contradiction.”

INTERPRETATION | SUPPLEMENTARY

That which doesn’t survive, and meets its life’s end does not simply disappear. It decays and falls back into the soil that creates the world around us. Those things that we try and fail are used to feed our life’s soil and fertilize that which we plant next.

INTERPRETATION | PSYCHOTHERAPIST

The negative, painful or failed experiences of our lives do not dissipate upon examination. Even if we choose to deny them influence over our present existence, they still remain part of who we are. Often, we experience the impulse to discard or negate the memory of these experiences. This impulse is a mistake, because it is the troublesome failures of our lives which feed the drive to persevere, to do better, be better in the pursuit of happiness. Without failure, success does not exist. Perfection is never the pursuit, for if we became perfect, we cease exploration, growth and evolution.

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THE
HYMN
HARP®

RUMINATION | VOICE | ADORATION

Our adoration braids together the vibrations from each string of life that comes together to resonate a familiar language. Forward and direct we can let the ruminating expressions of our song play only for us, until an encore of settlement makes its way to the audience of our choosing. Our life has everything to do with an interior richness that touches the exterior while voicing the individuality of a melodic tribute. The hymn is of the one playing, in a world that it is being played in. Relish in the proud concert of life, in doing so you will hear history in the making.

EXTENSION |

Voice, one that is claimed, heard or spoken must be one of beautiful resonance and craft. If we sing our self appraisals, every note, we can string together a symphony of healing power for those who hear it, including yourself. The paragon that is represented, regardless of appraisal, is for you to embody and share. This transformative hymn exists outside all rank since it is tamed by the reverb of both the art within, and from the voyeurs vantage.

The audience of anything we do will define a level of adoration or demise. Knowing this can come with great repercussion, but at the same time allows your voice to pronounce an internal chorus of authenticity. One that is in harmony with themself will command harmony elsewhere, so avoidance of any assembly is a disrespect to the collective whole. Since we have most likely been led by imperialism and its ability to stifle the voice of the heart, let your encore and essence declare your true individuality. Find the ruminations of life to be a song that all can experience while being free of the construction and critique of any reception.

“Disowning your feelings parallels the disregard for humanity.”

INTERPRETATION | SUPPLEMENTARY

Every song we hear begins with a single note. Then grows from singularity to a cacophony of melodic vibrations. We too are able to strum singular notes of our soul song until we are confident in the score we have created. That can then be used to gather those that can tune into those same vibrations.

INTERPRETATION | PSYCHOTHERAPIST

Vocalization, music, the world as it evolves around us, are all but the perception of vibration upon our senses. We take in these vibrations and then expel them, transformed and filtered through our own perception. The vibrations we expel, the energy that thrums within the vibration will attract similar energy. We chose our reality in the way we cast forth our energy. The vibration of our singing spirit can be one of positivity and hope or one of cynicism and despair. The choice is up to each of us in the choir.

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THE
ANVIL®

CONDENSE | SCULPT | WEIGHT

Shaping crucial respect, and forcing the shape of matter into the ownership of the one tooling it comes at a very high price. Not of material or time but of attitude and quality, commanding courage to be the striking factor for changing a mundane medium into the work of virtue. An object of such weight bears only a fraction of unfaithful guise. Due to the weight of its transformative nature, one might misrepresent its capability to stretch stories and mold meaning. Sometimes mass needs to be condensed to give way and allow the freedom to create.

EXTENSION |

When we think of the anvil we are confronted with a massive dense object that can command any material or personified value into shape – or destruction. With such a powerful stance both in contest and solution, we have an object of origin that can amplify acknowledgments through crude transformation. The amount of effort it takes to shape any type of reality includes many steps in preparing it. Condensing something for momentary expansion seems conflicting in nature. We can see that forming something comes from the power of action, the material in which its made, and the density of what it's shaped against. This is when we find agreeance amongst all elements.

To shape and work out the mass of our discomfort, pain might be the anvil of our craft. This alludes to transforming pain and trauma into unity. In some ways suffering is how we shape our pain and idolize it. To be fully accountable we can harness the power to transform while using tools to re-work our agony into a functional totem much like what suffering symbolizes. In the consideration of transcendence we go beyond what simply is, including the self, where possibility is not functioning from an anonymous power, but at the directive of our decisions.

“Creation and validation are spiritually similar.”

INTERPRETATION | SUPPLEMENTARY

To create the strongest most viable tool that we need, it may take numerous and strenuous strikes upon the anvil. We will need to accept the vibrations that reverberate through us no matter the intensity. Each committed strike will smooth out our material and get us that much closer to completion.

INTERPRETATION | PSYCHOTHERAPIST

The anvil can be either a tool or a weapon, depended upon how it is used. Heavy, leaden and solid, it has the power to shape or destroy. Every interaction can be seen as an anvil. We must determine for ourselves whether we use it to create or to destroy.



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VIRTUE®

CLEANSE | SHOW | HARMONY

High morals all around the world consuming us and standards that misrepresent the values of importance, line each individual's ideal which is a self-perceived righteous state. We need to remove the myth of our own virtue and replace it with the small forgotten things that have slipped through the hands of our own showmanship. When we see that nothing is something, we might be able to cleanse the self and reveal true life character without declaration.

EXTENSION |

Ego dissolution comes from accepting obstacles that stand opposite of our belief. These opposites are a consolidation of our ego awareness and self-consciousness. Virtue combines the many threads of our ego that weave our thoughts representing the strength of our stance and outlook. This might represent a deception of strength due to the gauge of rope between the anchor (belief) and self that is holding it. The lightest thread can connect the heart to anything around us, but the humbling nature of the smaller things can be overturned by the robustness of our virtue and its braid.

Virtue is a character trait, not a value which is socially represented. In the beginning, if what we do brings pleasure, then most likely we continue in some capacity. Experiences of pain, or pleasure, will be what indicates how we develop our virtues and the expected stimulations they continue to provide. Vicious actions seem to be encouraged through overt desire and attraction to pleasures or strong avoidance of affliction. Understanding the way our virtues are developed and what they represent should break down the significance of the actions and beliefs we use deeming others to be right and wrong – at the exact same time.

“What we believe is just the equation, not the answer.”

INTERPRETATION | SUPPLEMENTARY

So many lessons that have been forced upon us are done so by those that have no true connection to our personal purpose. By knowing your virtue and cleansing away that which does not serve it will allow you to find peace within a space that is filled with mindsets much different than yours as it will allow you to have a grounding anchor that no wave of force can shift.

INTERPRETATION | PSYCHOTHERAPIST

Take nothing personal. Each of us is navigating a different experience. Often we find, if we listen, that the will of those who challenge us the most are simply the result of that spirit's own struggle. It is not about us, it is about them. If we can interact with other spirits in our environments, with this in mind, no one will impede our evolution.

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BETWEEN
THE
SACRED®

PRESENCE | SOLITUDE | TRANQUILITY

There is a sacred place where we find solitude, tranquility and inner peace that has never been a destination nor an end to a beginning. To seize the moment, just to pause while you breathe in the possibilities of life and holding them, could give you the closest representation of what being between the sacred is. Disregard for this feeling is a refusal for humanity. After one travels breath by breath, they then can exhale forward and move all the implications of the autonomous being into a place of capture, a place of resurrection and absorption.

EXTENSION |

How do we come to a place of peace that's physical, universal, conscious and unconscious, inner and outer? The idea of eternal tranquility that's found in solitude comes with active moments of reflection and projection consisting of real magic. This magic will start in the stillness and a contempt for the self and then radiate between a sacred internal and external energy/stimuli that's handled at every present moment in our daily lives. We are held accountable for linking the two worlds together. The only intentions we should have is to be autonomous, elevated, and balanced. Between all, we find one.

Our responses are connected to meanings, our meanings are developed through communication, and our conversations with every interaction of stimuli are infused with energy that is connected to everything around us. This example of passion, spirit, and the power of awareness fuses a link of intervening properties that are not fixed but forever in congruence. We must acknowledge that humans, animals and plants are not objects with finite properties or symbols but are alive in concept. It's this concept that will be revealed in our conversations, and how we have them will define their meaning. What is between the sacred is you and a now accepted continuous evaluation of an achievement of harmony with all.

*"We can verbalize our faith for a lifetime,
but it is incomplete without a response."*

INTERPRETATION | SUPPLEMENTARY

All work that we do comes down to this. Breathing in that which we wish to gain and exhaling that which we no longer wish to hold on to. This practice of mindful awareness allows us to focus on that which serves us no matter where we are. One can hold their breath for a time, however, they will never be able to hold it forever.

INTERPRETATION | PSYCHOTHERAPIST

The evolution of our spirit is dependent upon the willingness to be still, to listen, and to contemplate. It is within the sacred space between acting and being acted upon, that we find the room to contemplate. Being aware, mindful and present requires stillness, even if just for a moment. It is within this sacred stillness that the universe will offer the insight and the epiphany of self discovery necessary for the evolution of our spirit. All the answers are within us, if we are open to receiving them. Crossing through this threshold, is the surrender of their existence and the acceptance of the brilliant world we now create.

