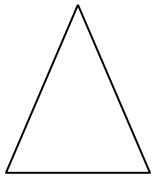


UNIVERSAL SHAPES AND MEANINGS

There are five universal shapes in all art belonging to every culture. These shapes represent an inherent spiritual process that is going on inside which is our inherent Truth.



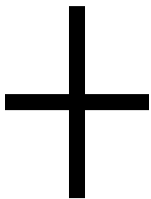
TRIANGLE

Symbol: mountain, pyramid, arrowhead, sacred journey, quester, visionary, dreamer, tells you what their goals are

Need: for vision and dreams

Fear: no more vision, no more goals

Extreme: nothing gets done in the present



EQUAL DISTANT CROSS

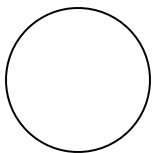
Symbol for universal cross; relationship, interconnectedness, two things coming together

Need: is to share, join network, need time shared

Fear: of loss, of abandonment

Extreme: loss of identity

Quality of time shared is equated with love and trust.



CIRCLE

Symbol of independence, wholeness, individualism, totality

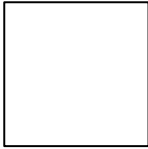
Need for space; need the space to be of essence

Need for space is equated with love and trust

Fear of restriction—entrapment

Taken to extreme—narcissism

Does not want to be told what to do



SQUARE

Symbol of stability, security, solidarity

Need to see outcome, if it can be implemented; asks questions:
Who? What?

Extreme: rigidity, compulsiveness, overly accountable

Wants authenticity, congruence, consistency (no double messages)

Gets upset with double messages!

SPIRAL



Process of growth and evolution

Need variety and change—multiple tasks

Fear boredom, predictability, routine (creates change so it won't be boring).

Extreme—never really exploring in depth

Need to know truth; need to change; need to ground experience

MEANING OF POSITION

- #1 Position currently has my attention. What I think I want to be. (What is before me)
Seen as my salvation; seen as talents and resources.
- #2 Position is my inherent strength or gift—the one I model effortlessly. The place I get feedback on.
- #3 Position is the actual process that is going on—but is being overlooked because my attention is on #1 and #5 (within me). Overlooking—hope—compassion and truth.
- #4 Position is my hidden test or challenge that motivated my entire process. The place that ignited my process like a blow torch.
- #5 Position is process I've outgrown—had enough of—but still have a lot of judgment about—sick of (what lies behind me.) Seen as my Doomsday. My negativity. Part of what I have trouble owning.