

# Notes About SoulArt

Here are some suggestions as you contemplate your personalized SoulArt piece. It is helpful to remember that SoulArt presents you with non-verbal, non-linear information. For many people this is a completely new experience. Be gentle with yourself.

Keep in mind that your SoulArt piece contains information about you, so your insights and sense about it are important. It is helpful to spend some time with your SoulArt piece. Ideally post it where you will see it regularly. Often people find that the more they look at it, the more they see in it. It is also helpful to be as neutral as you can about what you see. It can be tempting to say that one thing is “good” and another thing is “bad”, but this mindset tends to limit what we see. Our preconceived notions about ourselves easily slip in when we use this way of framing our experience. Aiming to look at your piece as a source of useful information will invite even more insight.

*Oceana recommends that you look at your picture before reading her comments.*

- **What is your sense of it?** Is it uplifting? Bugged down? Split in too many directions? Simple? Complex? Try looking at it close up and then from a distance and then from a larger distance. Try looking at it sideways and upside down.
- **Colors** Are the colors vibrant? Dull? Keep in mind that vibrant and dull are two ends of a spectrum. Where on that spectrum do the colors fall? Vibrant colors usually represent vitality and energy. Dull colors usually represent stagnation, heaviness, and unresolved issues. What part of you does the vibrant part represent? The dull part?
- **Angular vs. Round** Does the drawing contain primarily angular elements like boxes and straight lines or round and soft elements?
- **Movement vs. Static** Does the whole drawing seem to be in movement or stasis? Does each particular element look fluid and flowing or rigid and unyielding?
- **Sharpness vs. Softness** Are there sharp edges? Are there soft places? What do they represent and what is the significance of where they are located?
- **Changes With the Passage of Time** Compare the piece to prior SoulArt pieces. How is it similar? How is it different? How does this reflect the changes in your life, relationship or circumstances?
- **What does the number of objects represent to you?** If there are 3 objects, do they represent 3 children or 3 siblings? 3 creations? 3 aspects of the problem?

Most importantly, spend some time gazing at your SoulArt piece. You may be surprised at what you see and learn! Consultations are available. For details see:

<http://www.oceanadelfuego.com/services.htm>