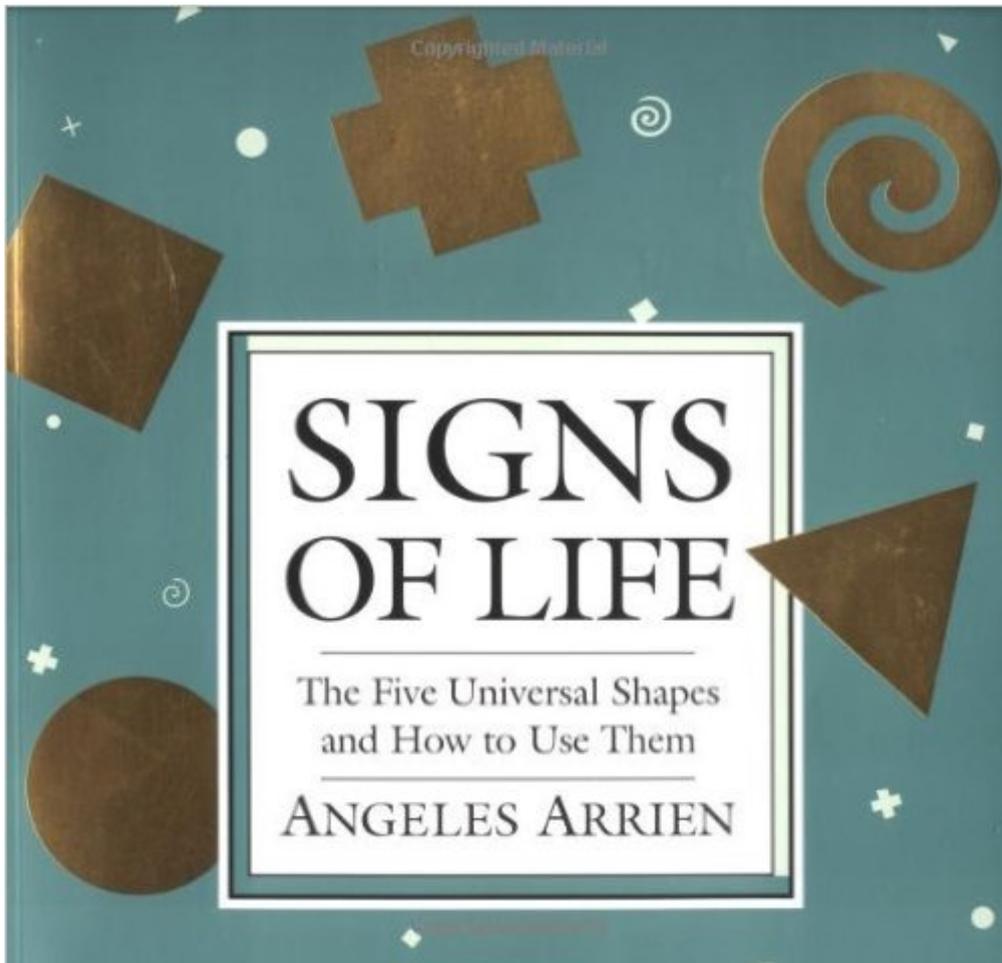


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# Signs Of Life: The Five Universal Shapes And How To Use Them



## Synopsis

"The soul never thinks without an image," claimed Aristotle. Indeed, as Angeles Arrien displays in this reissued edition of *Signs of Life*, shapes have significant psychological and mythological meanings embedded in our minds. Understanding the messages they convey and our attraction to them opens up a door to the secret workings of our inner selves and to a fuller appreciation of the art itself. As in her widely popular *The Tarot Handbook*, Arrien applies her background as a cultural anthropologist to the important human beings attribute to shapes. Examining her results, she has developed an effective tool to determine the connection between a person's preferences for certain shapes and the same person's inner, subjective states. In the course of using Arrien's book, individuals, parents, teachers, and therapists will experience the universal processes of growth embodied in images and myths. Life, we discover, is art, and through Arrien's fascinating journey in *Signs of Life*, we gain a new perception of the omnipresent patterns and symbols that surround us. Illustrated throughout with drawings and photographs

## Book Information

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## Customer Reviews

I recommend this book to artists who are interested in finding out ways to express their personal vision. Expanding on Arrien's initial exercise of arranging the five shapes, one can develop images that come from the center of one's life rather than from outside influences. It goes without saying that a person feels better when he/she understands why he/she feel more comfortable (or uneasy) with certain aspects of their lives. This simple book can help a person to know and understand where they are in life and how they might have gotten there. I go back to it every few

months and use it in teaching art classes and in art retreats.

I would recommend this book to anyone who is in process of self examination. The simplicity of the use belies the depth of the information that can be extracted from Ms Arrein's analysis. Her use of "universal" symbols clears away much of the overburden of intellectual understanding and cultural training that colors our perceptions of the world. The work in this book cuts through to base emotions and drives. This book will improve your understanding of your motivations in all aspects of your life.

This was one of the books that picked me instead of me picking it. I feel like it was my fate to possess this book. It helps me view my soul as if I was looking through spiritual glasses. And of course being creatures of change, what we see is different from time, even within ourselves. This book remarkably brings to the reader knowledge or information that is not commonly found in this society. Very reflective and definitely a great tool when on path to personal enlightenment.

As an art teacher, I encourage adult students to read this book so as to begin to understand how to express through art what is inside them. This is in contrast to making art by looking at something in the outside world and duplicating it in some way. I have found that most students respond favorably to the shapes assay. They are intrigued by how close the shape preferences do actually mirror where they are in their lives. A great book! I recommend it highly.

I have always been fascinated by these archetypal symbols and her explanations were illuminating. The Preferential Shapes Test using the five universal shapes is an effective tool that can be used to determine the connection between a person's preferences for certain shapes and the same person's inner, subjective states. The results were not only clarifying but right on for me personally. I have been a student of her books/CD's and found this as spiritually rewarding as her other teachings. Highly recommended.

Once again Angeles inspires and soothes my soul with her beautiful and powerful writing. This book is a treasure and I highly recommend it to anyone who is interested in the language of the Universe.

This book is really a fun thing to pull out at a gathering. So fun for everyone to find out where they are in their life! I cut out the shapes so that its more fun than just drawing them.

I have used the material in this book in classes I facilitate but never had a copy of the book myself. People find the material in the book reveals something about themselves of which they were not aware before. Now that I have this book I will find it easier to prepare for the classes.

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