

# FINDING YOUR CENTER



## Navigating by *SOUL*

This *PATH* explores an inner journey.

It teaches a new and yet ancient way of being and seeing. Guided by your psyche or soul, you embark on an art-based journey into the depths of the unconscious. In this undertaking the images that you create pave your way as stepping stones that lead to the parts of yourself that are in need of healing. By gathering these parts in art you become healed or whole.

The soul's psychological knowledge is cartographic or map-making, leading you to the buried treasure of forgotten memories and capacities. It is a journey designed to remember neural and ancestral pathways, leading you by losing you. It realigns you to a new center. Simply put, your ego has to be disoriented to reorient to the soul's compass. Relinquishing the world of rational, linear thought and external sight, you learn to navigate by insight and intuition. This may seem unfamiliar, as you are guided by the starlit heavens reflected on earth. Embarking on a sea journey, you set sail from the familiar dry land of conscious thought in pursuit of buried treasure. Called to deep dive into the mythic and imagistic realm of the soul, you drop into your heart and body to enter the 95% of yourself that lies beneath the surface. You chart this territory in your art. By seeing thru art in this way, you learn the cartographic knowledge of the soul.

Mapping the soul, you map your *SELF* and find your *WAY*.



“Learn how to see.  
Realize that  
everything connects to  
everything else.”  
Leonardo da Vinci

## Learning to See

The psychologist C G Jung said that he did everything in his power to teach those close to him a new way of seeing. This new and yet ancient perception is at the heart of this art-based process which remembers and reimagines imaginal research (to look again). This visual literacy returns to the Latin root of idea as to “see” and the archetypal concept of the eye of the soul found in all different cultures. Over 90 % of information we take in is visual and visual images are processed 60,000 x faster than words. The Soul of Creativity uses this picture superiority effect to guide you. It combines words and images in art in a way that maximizes your potential by accessing the unconscious to reach the 95% of what motivates your thoughts, feelings and actions. While this path is natural, based on your biology and evolution, it is not how we are used to THINKING in the modern world. It requires trust and courage to let go of the ways that you have been conditioned to navigate. Described as learning to see in the dark, this is a way of navigating by insight and star light that forces the ego to fall back on the soul. It is how we move through periods of darkness and change to reach the hope of a new dawn.

Darkness allows us to see the STARS.



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# Understanding the POWER of art: a PERSONAL CALLING

## A Lived Example

The power of the soul's creativity transcends and connects us in space and in time in ways that are hard to understand and believe. Ultimately, what Jung called the magical value of art is best conveyed through lived experience, and so I offer a number of my experiences from my dissertation. The first was the initial time that I created art on this path in response to Jung's Red Book, and I was brought back to relive an experience of childhood abuse in a way that broke and healed me. A second time was when a smaller group joined my cohort, and we started class by sketching. One of the new members inexplicably drew a picture of the most prominent image we had discussed (the statue of liberty holding a phallus baby), unconsciously drawing upon unconscious roots to express an idiosyncratic image without knowing it. The third time was when the cohort members were told to bring a symbol to class, and I brought a painting that I had started years earlier that contained all of my classmates symbols but one which was in another painting I was finishing at home.

A final example is that I was inspired by a friend of mine who was working with art to heal while dying of cancer. When I thought of not pursuing this creative process in my dissertation I had a dream that I too would die of cancer. I now have cancer and am reminded to get this path out.

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**Art offers us  
a creative path of  
healing and  
wholeness.**





# Art REMEMBERS our dismembered *soul*

## *Creativity* HEALS us

I dedicated my dissertation to Stephanie, the friend who died of cancer during my dissertation and whose creative life testified to the healing power of art. In creating a retrospective of her art, I was struck by how her images and titles spoke of childhood wounding, culminating in a series of golden eggs that presciently anticipated the locations of cancerous tumors years in advance. These golden eggs can be seen as the primary symbol of Jung's Red Book and my art, and they testify to art's power to remember our dismembered soul's and past. When I considered not following art as a dissertation path, a dream told me that if I did not I would die like Stephanie. In a vision of dismembered children, poorly sewn together, my dream children beseeched me with haunted eyes to remember the past and heal their wounds. This is their golden egg.

What is your wound?  
What is your golden egg?



Art is like an  
Easter egg hunt to  
gather the golden  
eggs of your  
ka or embodied  
*soul*





# Treasure from the Depths

The soul is like an alchemical golden egg from which we are reborn. When we walk this path, we are called to drop into and open our heart and it is here that we find our treasure. In a very real way, this path leads from the head to the heart, covering the longest distance and most arduous path. When we can think and feel with both our head and heart we embody our soul in the world.

## Coming Home

### Alchemical Transformation

This process is all about embodiment which is another way of saying containment. Art is a way of creating an alchemical container or vessel for transformation. This vessel is your art and yourself. Just as you are the path and art, you are the vessel. You follow your soul's guidance home, back to the body. You are coming home to yourself and the Self--to the rebirth of the soul in the body. Art helps you circumnavigate the dark night of the soul to return to the mythic garden where nature within and without are atONEd. Art grounds you in the rich soil of the earth. This path is about getting your hands dirty. Dig. Explore. Play. There is no wrong way, there is only your way. Be free.

As you navigate this path, soften your gaze and release your need to know. Loose yourself. Let your gaze unfocus to see the bigger picture and connect the dots. Feel into the unknown. If you get lost, take a deep breath and go deeper. Get comfortable with discomfort. Let go and reflect. Observe. If a block appears, see what is there. If you are particularly drawn or repelled by something you are called to create in art or navigate, move closer. Sit with what you feel. Open to the experience. Map your psychology.

**"Not all who  
wander are lost."**

**J R R  
Tolkein**

