

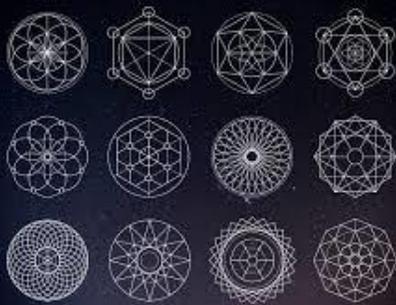
ENCYCLOPEDIA EXERCISE

GYP-Module 5

HELPFUL TIPS

A symbol is something that holds a more universal meaning for you, within your environment.

Some examples of symbols can be a cross, connoting faith or an Irish wedding band, representing love and marriage. Another example could be that a romantic heart indicates romantic love but an anatomical heart might symbolize health and vitality.



GET STARTED RIGHT AWAY

At this point in the program you should have built up a symbolic imagery bank. Through the earlier exercises you may have written down images, symbols, scenarios, words, phrases or themes that have come through for you. Compile them as you go or go back and review your journal entries to decipher your own intuitive code. Once you figure out a few solid symbols that feel true to you, you may begin.

Exercise

For this part of the exercise you will pick a few symbols from your journal/intuitive experiences and journal on each of them. Try to answer this question as you journal:

Q: What do the images/scenarios ‘say’ to you – literally and symbolically?

Since we receive messages through our ‘filter’ – meaning it is how we are ‘reading’ the psychic realms, extrapolate what these images mean if they are presenting to you and for you – in message format? Ex: I’m seeing an apple. To me, an apple a day keeps the doctor away. This would feel like a message to support my health.

Now do this if you were translating this for someone else and extrapolate out broadly – in what context did the apple show up? While asking a question about love life? It may then be a symbol of ‘original sin’ or that there is a temptation at hand. It may also represent something about teaching, a gift, etc.

The more that you can open yourself up to possible meanings for these images – the broader ways in which you’ll be able to serve your clients. Remember that we won’t always know what we are sensing/experiencing – but releasing it/expressing it will help it make more sense. There will be times when something to me – a windmill for instance, means nothing. But when I tell the client I am seeing a windmill – it makes perfect sense (in that case her father wanted to invest in windmill farms while he was alive and no one knew this but her). So when you don’t feel that you know what the symbol is – simply deliver it as you see it.

Journal through these images and get comfortable with what some symbols/images may mean to you.