

ACCESS KEYS TO RECEIVE

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# SOUL GUIDANCE

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FROM YOUR INTUITIVE ART



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FULLYSEEN

★ ANTONIA WIBKE HEIDELMANN ★ Art To Heart With Your Soul ★

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*Hello Beautiful!*

As a creative transformation guide I use and teach [Channeled Drawing](#) as a creative tool I developed to access inner wisdom or soul guidance to receive messages and clarity about current life situations or any questions related to personal or professional development. Sometimes an innovative business idea may be sparked, more essence revealed or clues how to move through personal blocks to access more life force.

I often get asked how I translate or understand the »meaning« of these intuitive drawings. So I have put together a few key points to help and inspire you how to translate your own creative guidance from your intuitive art into clear messages. This creative practice is also a great way to train, refine and confirm your intuition and receptivity as well as a fun way to get in contact with your magic inner self guidance and other people through sharing your imaginations and wisdom with each other.

In-joy with cosmic giggles,

*Avi\**

\* ANTONIA WIBKE HEIDELMANN \* Intuitive Art & Personal Branding \*

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★INTENTION★

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It is helpful to set an intention before you start your creative process. It can be simply wanting to learn about an issue you're facing or anything specific you are curious about, or if you feel a certain way, set an intention for your art to show you the roots, or source of these feelings or use your art to process your feelings.

Here are some examples: "What is keeping me from receiving more clients, money etc.?" or "What is important to know about my current life situation?"

"How can I transform this reoccurring issue in my life?"

Make an internal commitment to open yourself to receive information from your soul in whatever form it wants to reveal itself in your individual creative process. It's not necessary to remind you of your intention while you create. Usually, I forget about the intention when I am immersed in the creative process. However it's an important reference point to translate the image into guidance when you reflect on your creation later.

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★WITNESS★

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Witness yourself during the creative process. Even if you get immersed in it and forget all around you, you can witness yourself afterwards like travelling back in time, when you reflect on your creative process. Take note how the following points were like before, during and after your creation. Stay curious if something changed.

What were your feelings?

What were your thoughts and imaginations?

How did your body feel?

What was happening around you?

When you were feeling the flow and when you experienced a stopping or block, what were your thoughts/sensations then?



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★CURIOSITY★

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Engage openly with your heart and mind. Follow your strokes, lines, movement like exploring a living being that is trying to make contact with you. Follow your creation like a trail of breadcrumbs taking you deeper into your soul to reveal it's mysteries.

Communicate by asking your art questions while you keep creating:  
"Who are you?" "What do you want to be?" "Where are you taking me?"

What do you sense wants to reveal itself without making conclusion about its meaning yet.

Listen to your art in your heart. Let your feelings speak to you.

And then let it be ... Let it breathe and unfold.

After you finished your conscious creation...keep paying attention to your dreams, conversations, your surroundings... sometimes elements from the drawing make sense after we experienced something else... suddenly the drawing makes sense.

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★IMAGINATION★

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Your imagination is the door to your deeper self, your soul. So let it run wildly and free!

Often intuitive art is rather inconcrete and open to become what you want it to be.

So what is it that you see in the lines, forms, details of your art piece?

Let your imagination flow freely. Maybe it's just an outline for something yet to be filled or made more concrete, perhaps you want to add another part into the drawing.

What are your associations, memories, thoughts, dreams connected to or evoked by something in your art?

Imagine becoming as small to enter your creation as a sensual being and taking a walk in you art piece. Where does your creation take you? Invent a story... go on a journey.

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## ★SYMBOLS★

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Symbols can be literally (signs), symbolical or personal. Look for common symbols like animals, nature symbols (trees, sun, fire, stars, rainbows...) and perhaps archetypical symbols (crosses, angels, spirals, pentagram...) and sacred geometry (star of david, etc.) However, it's important to first feel into your individual response to a specific symbol that appears in your art. What associations, information, feelings, memories you have connected to the object/symbol from your story? Later you may want to look up symbols and their spiritual and cultural meaning to add to your own personal response. When you interpret a symbol bring it back in relation to your intention for creating your art piece.

Patterns can also become individual symbols. For instance if I draw a zick-zac line I connect it with sound frequency, music, just because that's how I initially saw it as an image of a wave length. For you music might be appear as notes, or swirls or headphones, or an instrument or whatever else. Find out your specific symbols with practice.

### Great Resources for Symbols:

Ted Andrews "Animal Speak" / Carl Jung: "Man and it's Symbols"

Check out my Pinterest board with Signs & Symbols meanings (click on the icon)

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★COLORS★

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Each color evokes different feelings in us. Explore what you connect with each color from your individual experience and feeling. Create a personal chart, where you write down everything you associate with a certain color.

Later you can look up universal color meanings, though keep in mind every color can have opposite meanings. Like red can stand for violence, anger and also love and passion for life. Working as a healer I often perceive and work with colors in the energy field so I connect colors in my art to certain chakras and healing qualities and see if that makes sense in relation to my initial intention for my art piece. See what works for you and how colors play a role in your life coming from your personal/professional background.

To make your individual meaning chart, infuse yourself with one color and note what comes up for you. Feel free to explore my color boards on Pinterest when you click on these color fields here:

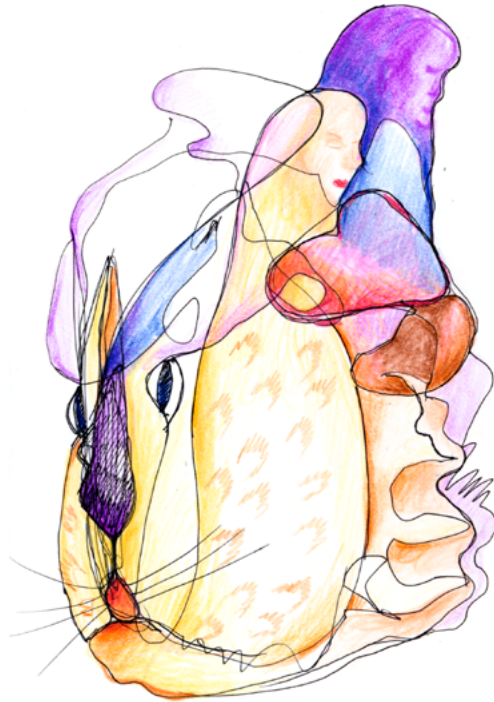


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## ★RELATIONSHIPS★

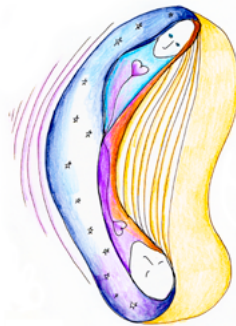
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Observe how the different parts, pieces, symbols, objects of your art work relate to each other. Similar to constellation work you can explore feeling yourself into the different parts of the creation and then relate from that viewpoint to another object in your art.

Is it showing you "the back"? What are you looking at from this angle? Is there a direct or indirect contact? Is there a path between different objects? Are they looking to the left or right side? Left side is usually connected to the feminine, yang aspects or the past and right side to the masculine, yin aspects or the future and so on. Just explore with your imagination.

Listen to how I interpreted the drawing above in this video [here \(click\)](#).



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★COMMUNICATION★

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Share your art with others and ask them what they feel, see, hear, associate, imagine with it. People love exploring and finding meaning. It's a great way to get in contact with others and fire up our imagination together - like kids do. Everyone sees what they need/want to see as it reflects their individual deeper self and soul. So just exchange without having to take what others see as the only meaning but rather add their input as valuable possibilities to your own insights and revelations of our art. Exchanging with others often creates a fuller picture of insights and guidance.

I created a facebook group to share your intuitive art if you want to get feedback from like minded creators or see and give feedback to what others create. Join by clicking the button below and post your work with your intention and if you want request feedback.

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## ★CONNECTING THE DOTS★

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Collect the most important insights or elements from your exploration in the steps 2-8 and relate them to your intention. (Just let your intuition tell you what is most important.)

(1) MY INTENTION:

(2) WITNESS: Most prominent feeling, thoughts, body sensations before, during and after the creative process (What changed?)

(3) CURIOSITY: What did you discover while listening and exploring your drawing?

(4) IMAGINATION: Where did your imagination lead you?

(5) SYMBOLS: What was the most significant symbol and what does it mean to you?

(6) What are the most dominant colors in your art. What do they mean to you personally?

(7) REALTIONSHPIS: What was most interesting exploring the relationships between the different objects of your art.

(8) SHARING: What was the most interesting insight from someone else that resonated with you?

Remember to take it not too seriously! Play & enjoy the process of receiving insights as exploring your deeper self guidance. Allow it to make no sense at all as well and let it just be. Sometimes meanings reveal itself in divine time, dream time or in other unexpected ways. in'JOY.

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Connect on

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