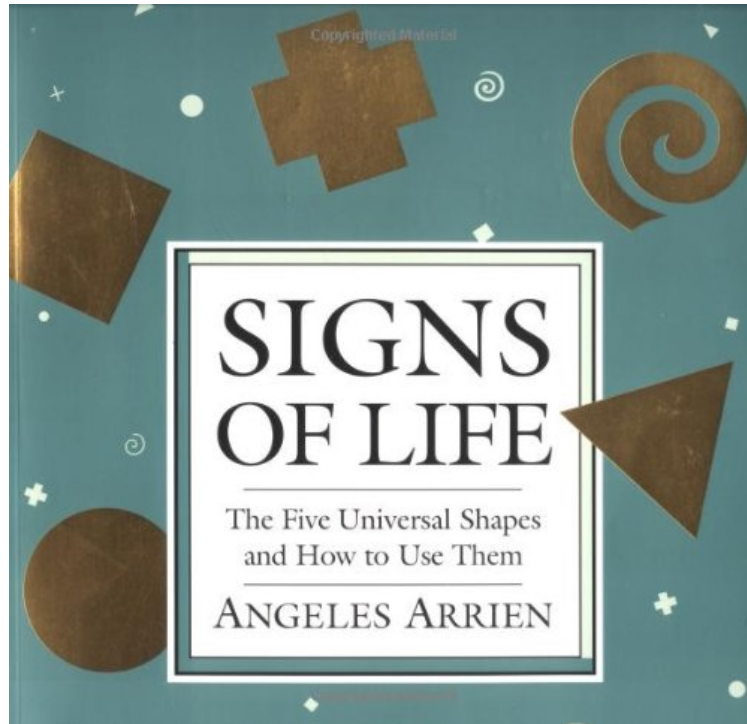


## Signs of Life: The Five Universal Shapes and How to Use Them

Angeles Arrien

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**Angeles Arrien : Signs of Life: The Five Universal Shapes and How to Use Them** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Signs of Life: The Five Universal Shapes and How to Use Them:

9 of 9 people found the following review helpful. OutstandingBy Patricia L. GomavitzI 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.2 of 2 people found the following review helpful. I found this book totally fascinating. Angeles Arrien's research ...By Susan E. MendenhallI found this book totally fascinating. Angeles Arrien's research in finding that there are five universal shapes that show up in all cultures and that they have similar meanings is a reminder of our connected community. This book has been very insightful to my own artwork and confirms a deeper universal language with the world.0 of 0 people found the following review helpful. Discover what shapes say about youBy ArtistEven though is a short book it is interesting to read and revealing. I didn't know the meaning of the different shapes in the drawings. It makes you understand why these shapes are repeated in different times and cultures. It was a revelation to learn that these shapes also can reveal your personality. I really liked it.

"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

About the Author Angeles Arrien is an anthropologist, educator, and award-winning author. She is also a consultant to corporations, organizations, and schools such as the Wharton Business School, Motorola Corporation, Hewlett-Packard Labs, the Fetzer Institute, and the Kellogg Foundation. She lives in San Francisco.