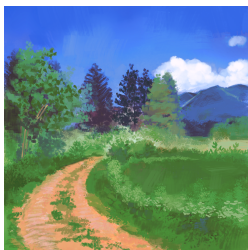
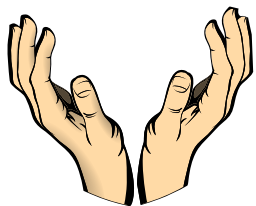


FIND YOUR ART SYMBOL

A Guide to Healing & Self-discovery through Art

Art is more than what we see - it's what we feel. The symbols we're drawn to often hold deep meaning, reflecting our personal journeys, struggles, and growth.

This guide will help you discover what symbols resonate with you and why they might be calling to you now.

Butterflies	Puzzle Pieces	Nature	Pathways	Hands/ Open Palms
				

Butterflies

Butterflies represent metamorphosis, showing us that growth often comes through challenges. They remind us that change can be beautiful, even when it's difficult. If you're drawn to butterflies, you may be in a season of personal transformation, stepping into a new phase with newfound strength and wisdom.

Puzzle Pieces

A single puzzle piece can feel incomplete, yet every piece is part of a bigger picture. If this symbol resonates with you, you might be searching for clarity, connection or purpose. It's a reminder that even when things don't seem to fit, every experience contributes to your greater journey.

Nature

Trees stand tall through storms and changing seasons, symbolizing resilience, wisdom, and deep roots. If trees speak to you, you may be focusing on stability, personal growth, or finding strength in your foundations while still reaching for new heights.

Pathways

A winding round, a fork in the path, or a bridge to something unknown - pathways represent life's many choices. If this symbol calls to you, you may be at a crossroads, reflecting on where you've been and where you want to go next. It's a reminder to trust your journey, even when the destination isn't clear.

Hands

Hands hold, create, comfort, and express. Open palms symbolize trust, generosity, and the ability to give and receive love, energy and support. If this symbol resonates with you, you may be focusing on relationships, healing or embracing vulnerability in a new way.

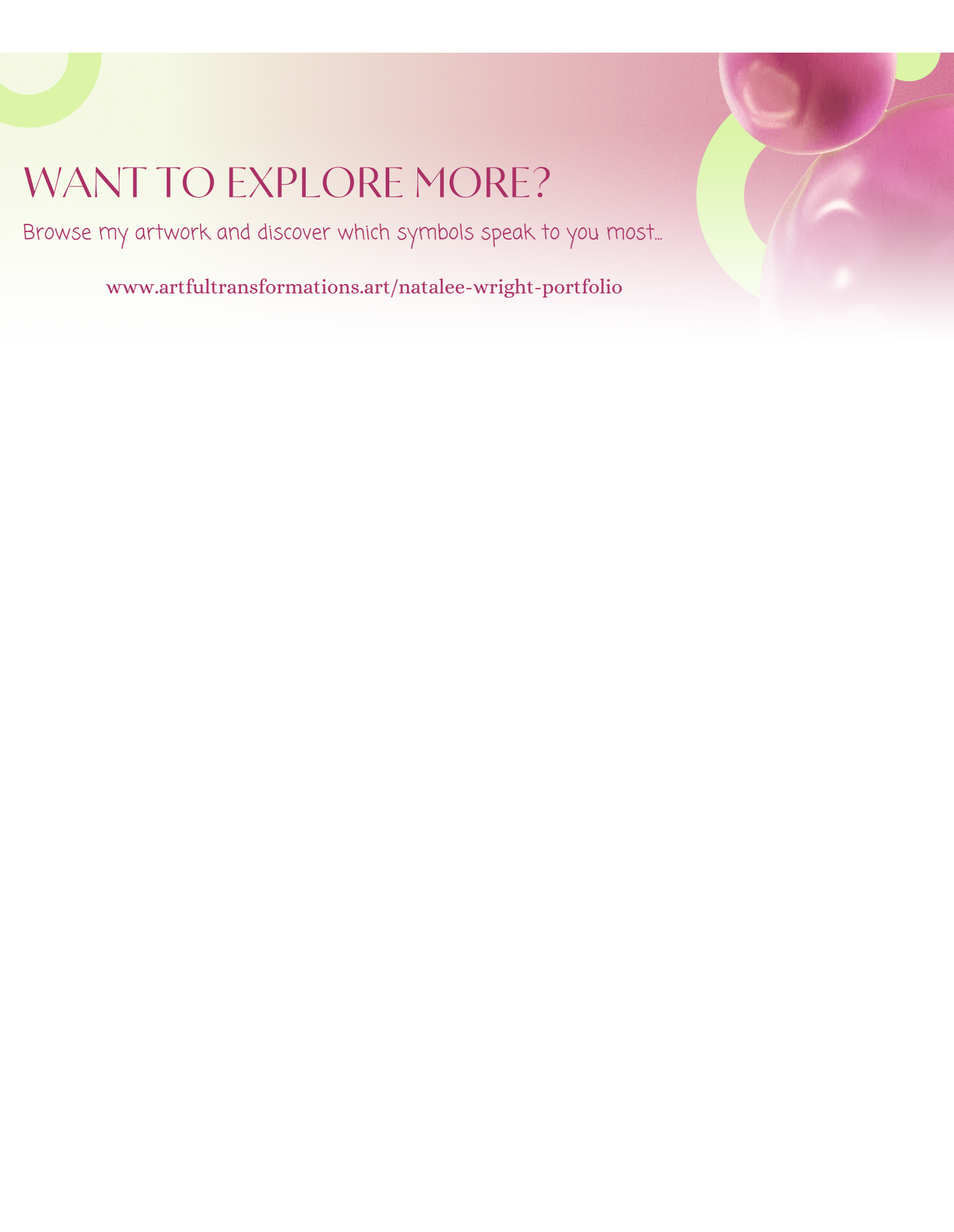
Self- Reflections:

Which symbol are you most drawn to right now? Why do you think that is?

If you could add one symbol to a piece of art that represents your current journey, what would it be?

What colors or textures do you associate with healing and transformation?

Symbols have the power to tell our stories, even when words fall short. Next time you look at a piece of art – mine or another's- ask yourself: What does this mean to me? What is it trying to tell me?



WANT TO EXPLORE MORE?

Browse my artwork and discover which symbols speak to you most...

www.artfultransformations.art/natalee-wright-portfolio