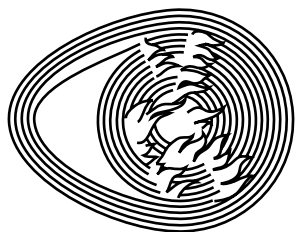


SPIRITUAL EXERCISES

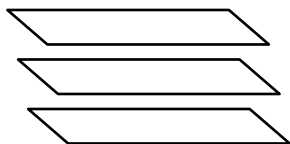


by Agata Szymanek

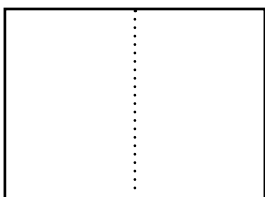
DOWNLOAD AND PRINT

1. INSTRUCTIONS

1. PRINT ON BOTH SIDES
2. ARRANGE PAGES ACCORDING TO THE EXERCISE NUMBER

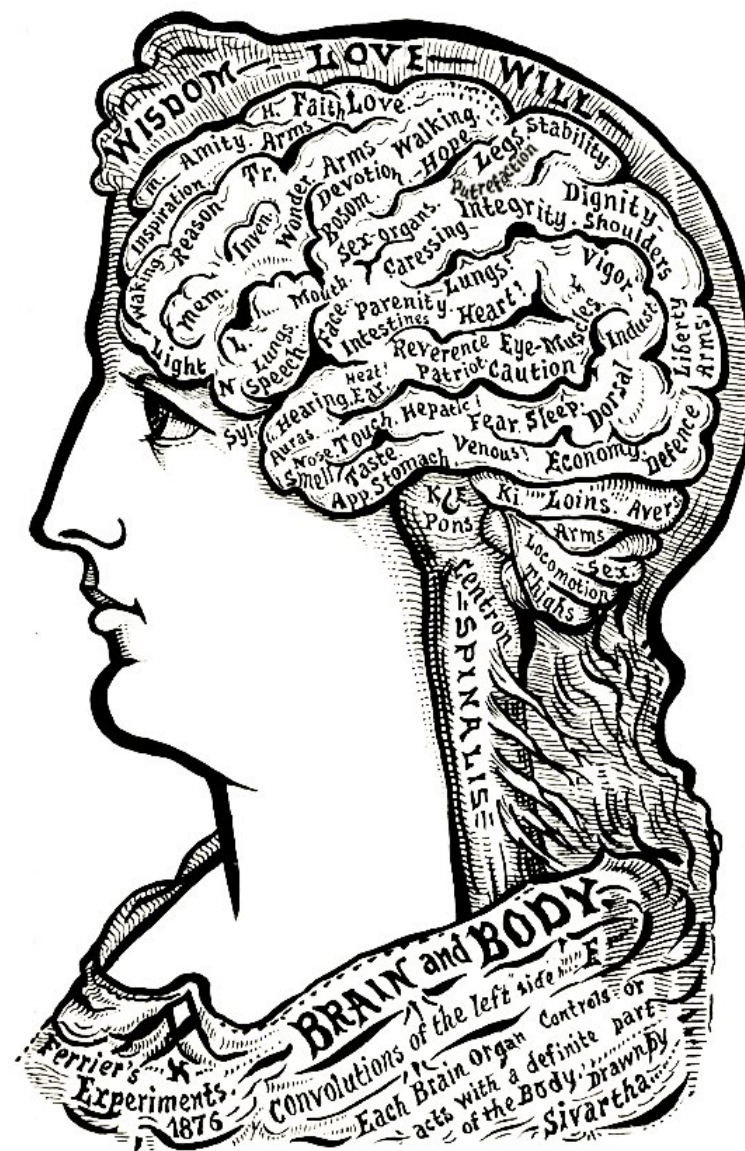


3. FOLD DOWN THE MIDDLE TO CREATE A NOTEBOOK



4. START WORKING

2. TAKE OUT ANY UNNECESSARY WORDS



3. TRACE YOUR HAND



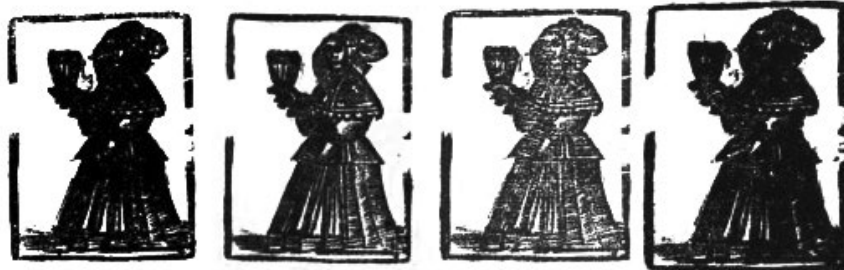
4. CHOOSE



WITCH

SAINT

5. FIND THE BEST REPRESENTATION OF A WOMAN



According to 'Early Modern Memes', K. Sisneros, Public Domain Review

6. DRAW YOUR INNER ASTRAL TEMPLE

1. LIE DOWN ON THE FLOOR
2. CLOSE YOUR EYES
3. ENTER THE ASTRAL TEMPLE
4. DRAW IT

7. GUESS THE CELEB



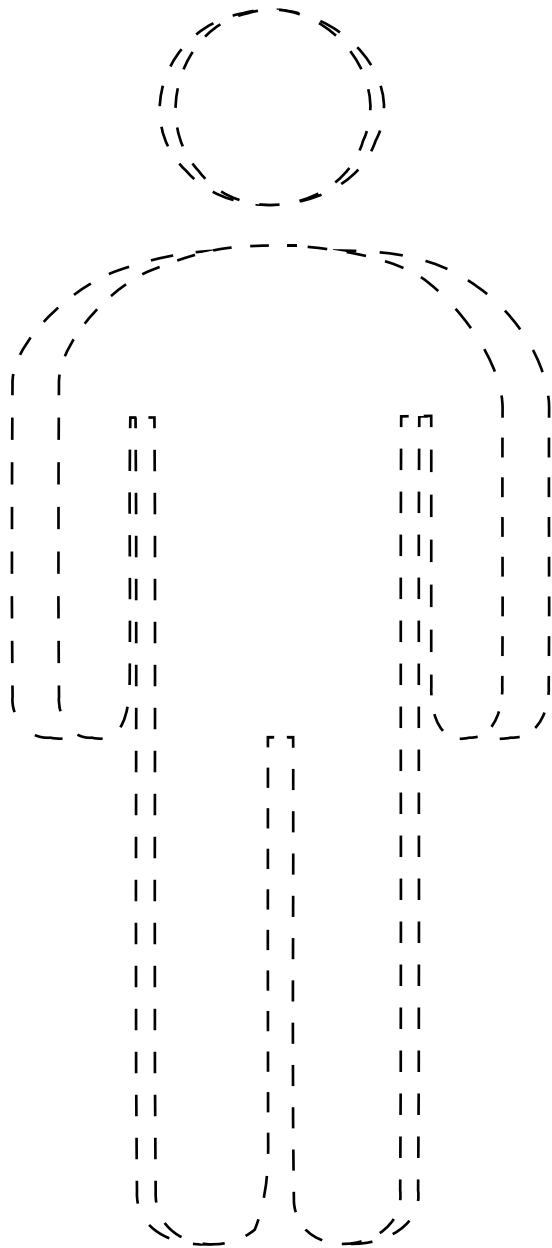
According to L. Reutlinger, *Femina*, p.361, 1906

8. HOW TO MAKE A RADISH VOODOO DOLL:

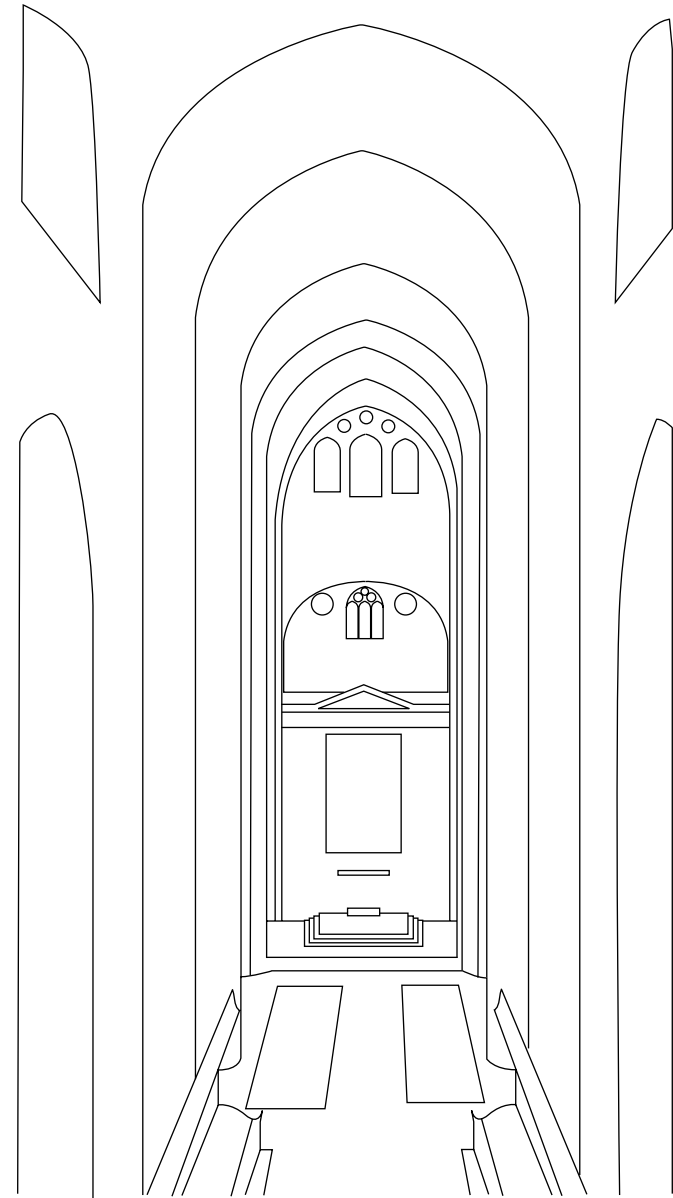
1. CUT RADISHES INTO DIFFERENT SHAPES
2. FORM A HUMAN FIGURE
3. JOIN PIECES WITH TOOTHPICKS
4. DECORATE BY CUTTING ORNAMENTS



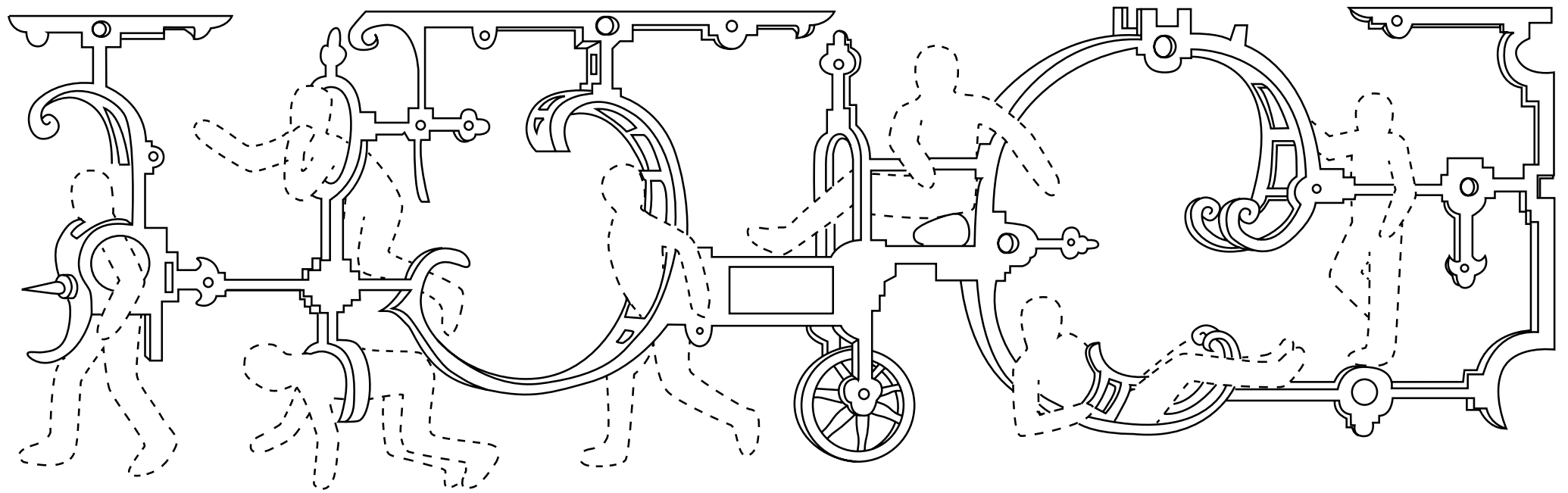
9. DRAW A BIRD COSTUME



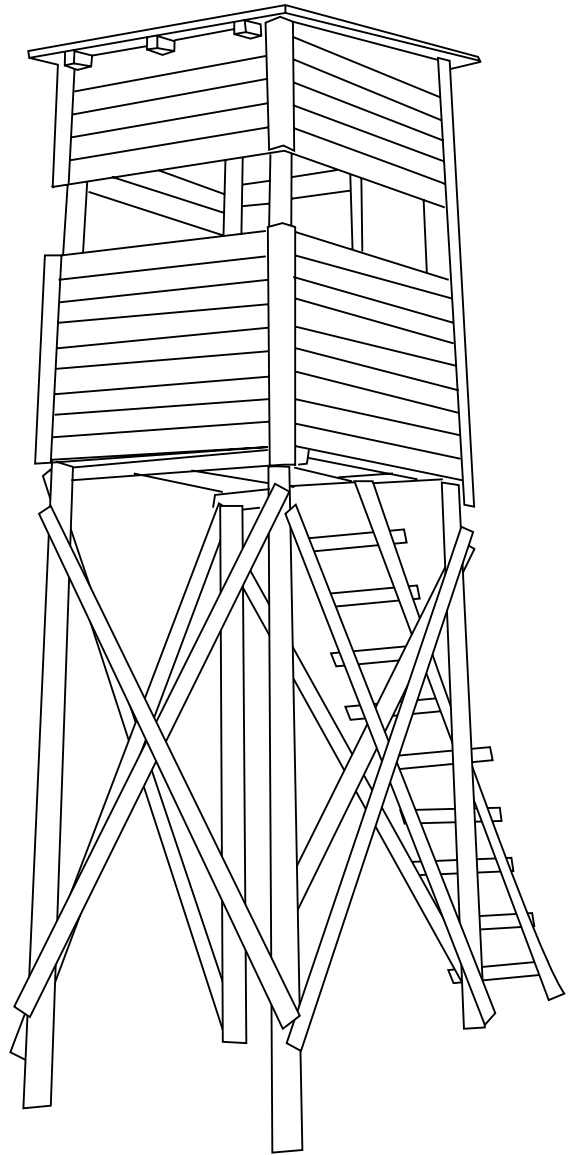
10. DEPICT YOUR FAVOURITE ANIMAL



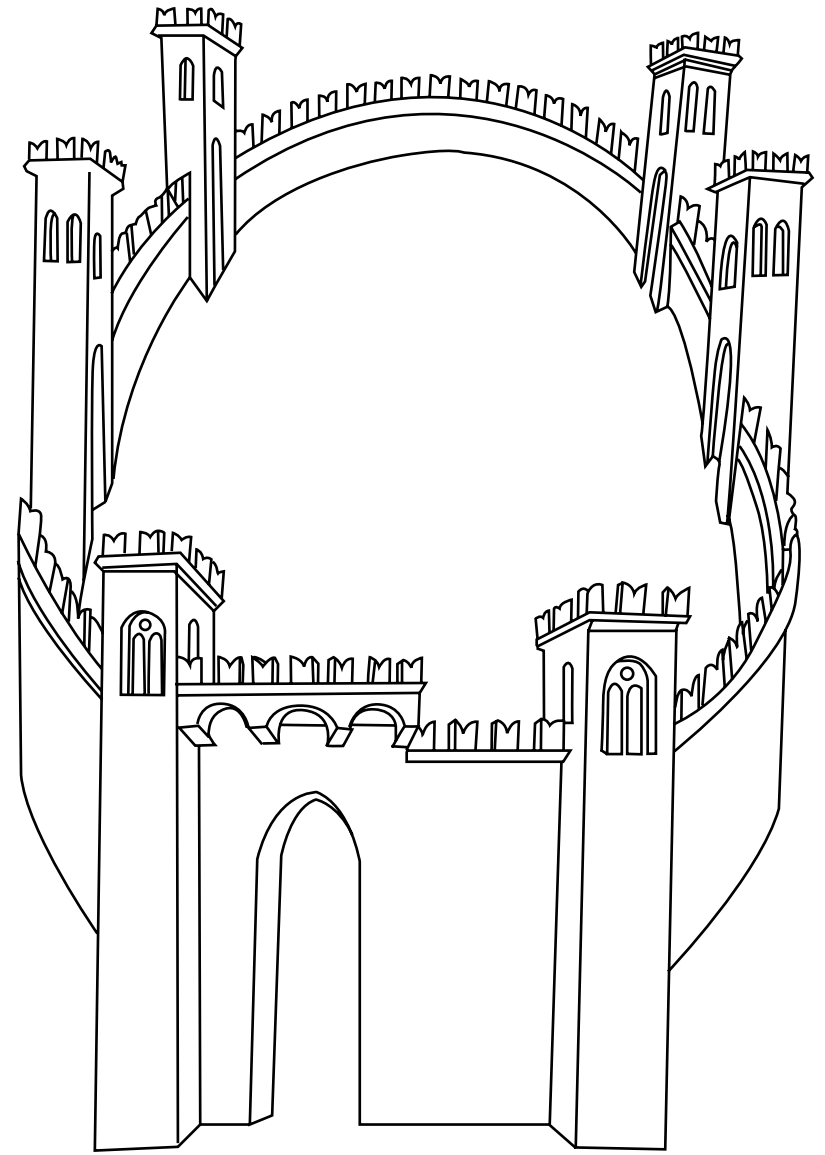
11-12. PLACE YOURSELF



13. DRAW FLAMES



14. PASTE A PLANT IN THE BALSAMIC GARDEN



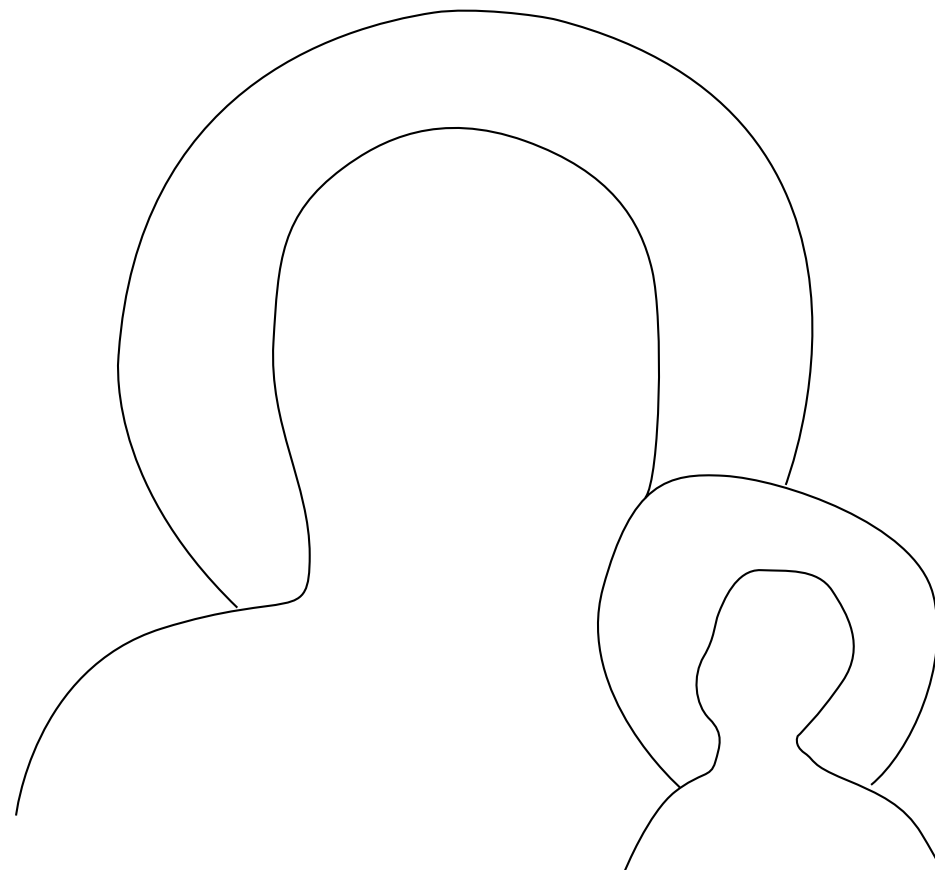
According to ,*Tractaus de Herbis*', 1440

15. COLOUR IN GREEN

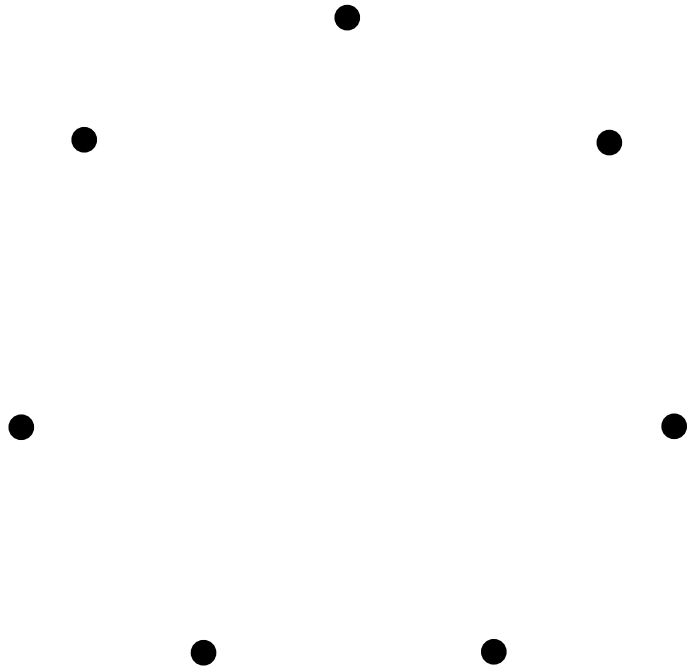


According to *'Rosarium Philosophorum'*, 1550

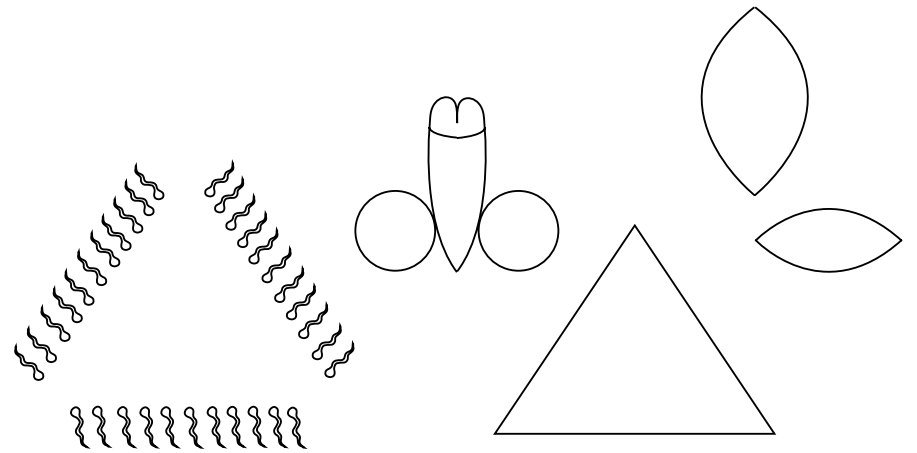
16. COLOUR



17. CONNECT THE DOTS

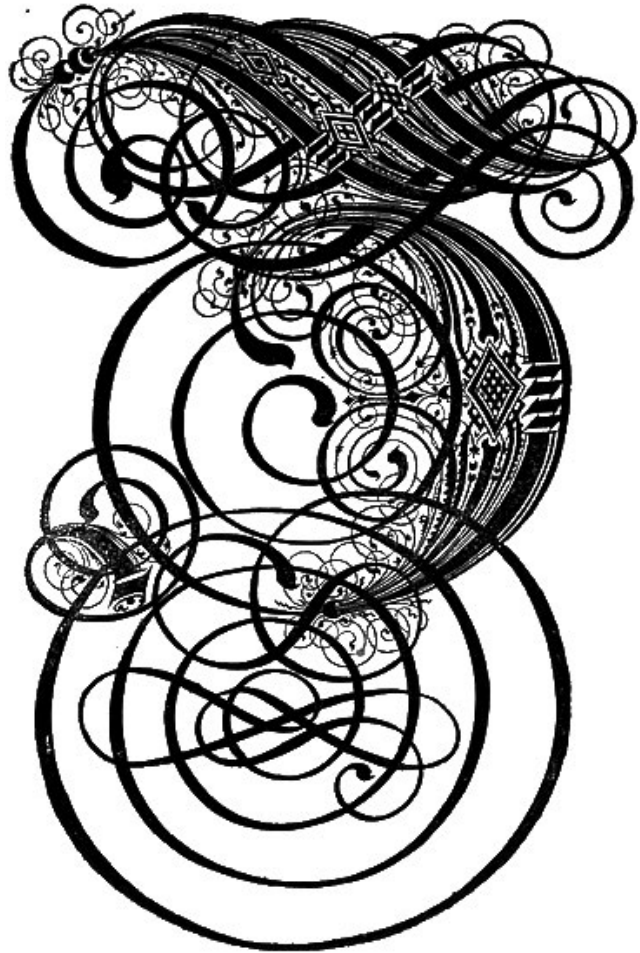


18. COMPOSE YOUR FERTILITY SIGIL



According to Kasia Kukuła

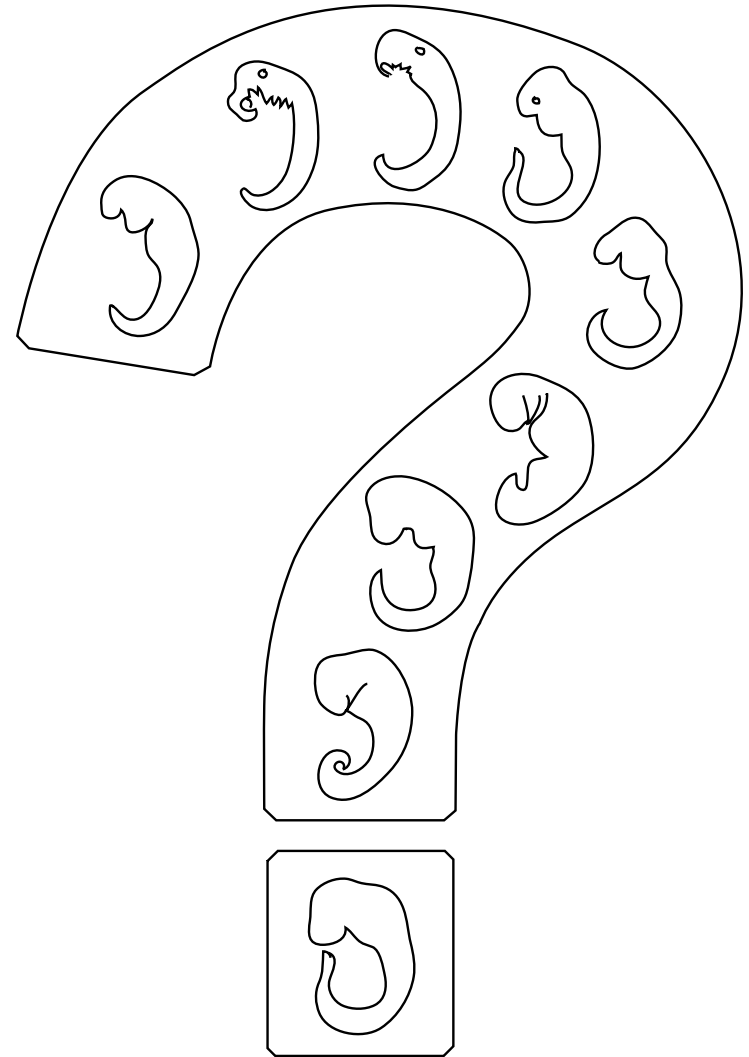
19. ASSIGN SYMBOLS OF ASTRONOMICAL BODIES TO THEIR ORBITS



☾ ♀ ♀ ☉ ♂ ♃ ♅

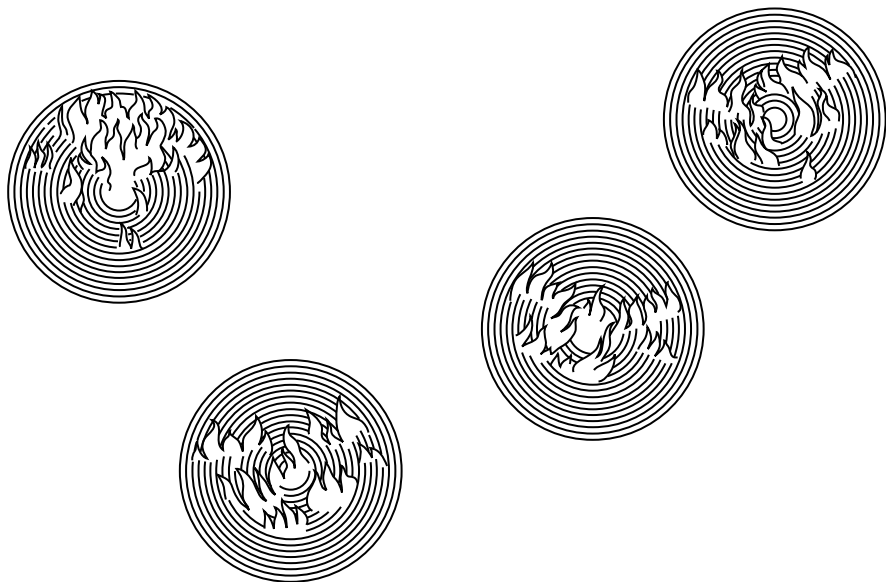
According to *'The Proper Art of Writing'*, XVIIc.

20. FIND A HUMAN IN THIS PICTURE



According to *the Journal of Nature*, New York, 1928

21. CONSTRUCT



According to „Atlanta Fugiens“, M. Maier, 1617, Oppenheim

22. CUT

