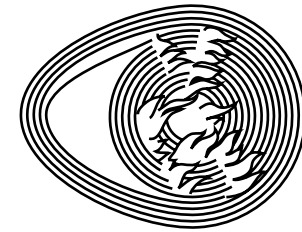


# SPIRITUAL EXERCISES



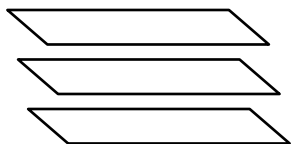
*by Agata Szymanek*

DOWNLOAD AND PRINT

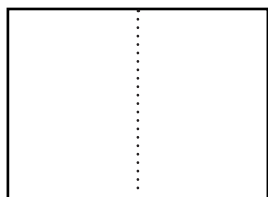
# 1. INSTRUCTIONS

1. PRINT ON BOTH SIDES

2. ARRANGE PAGES ACCORDING TO THE EXERCISE NUMBER

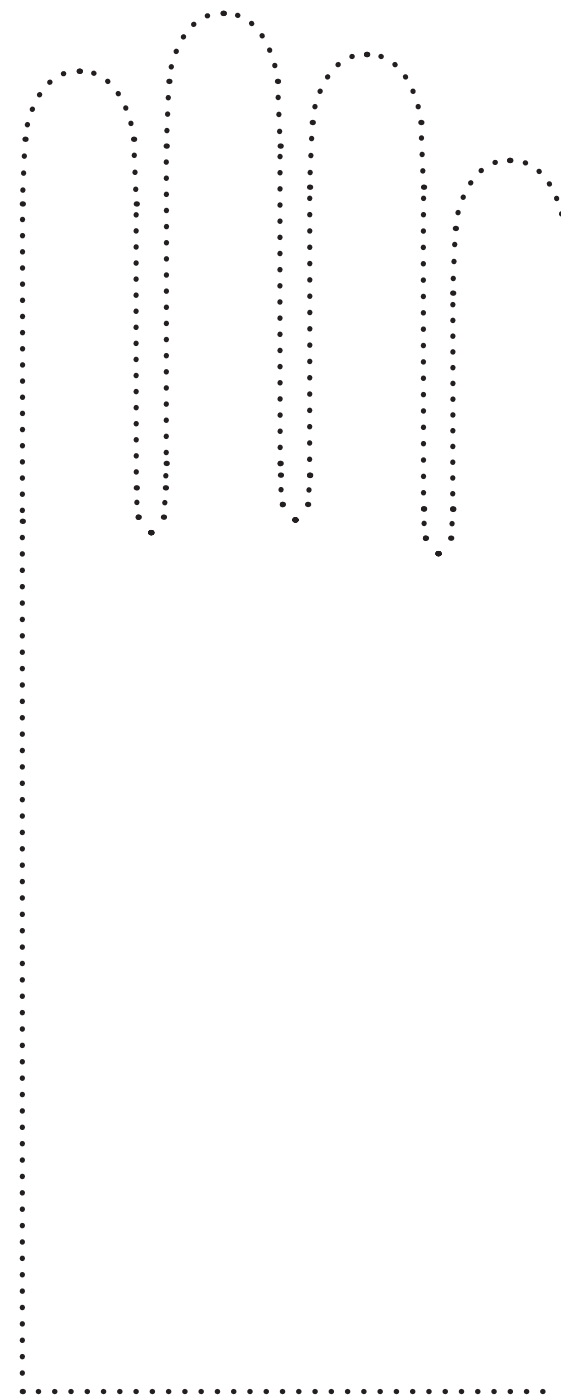


3. FOLD DOWN THE MIDDLE TO CREATE A NOTEBOOK



4. START WORKING

# 22. CUT

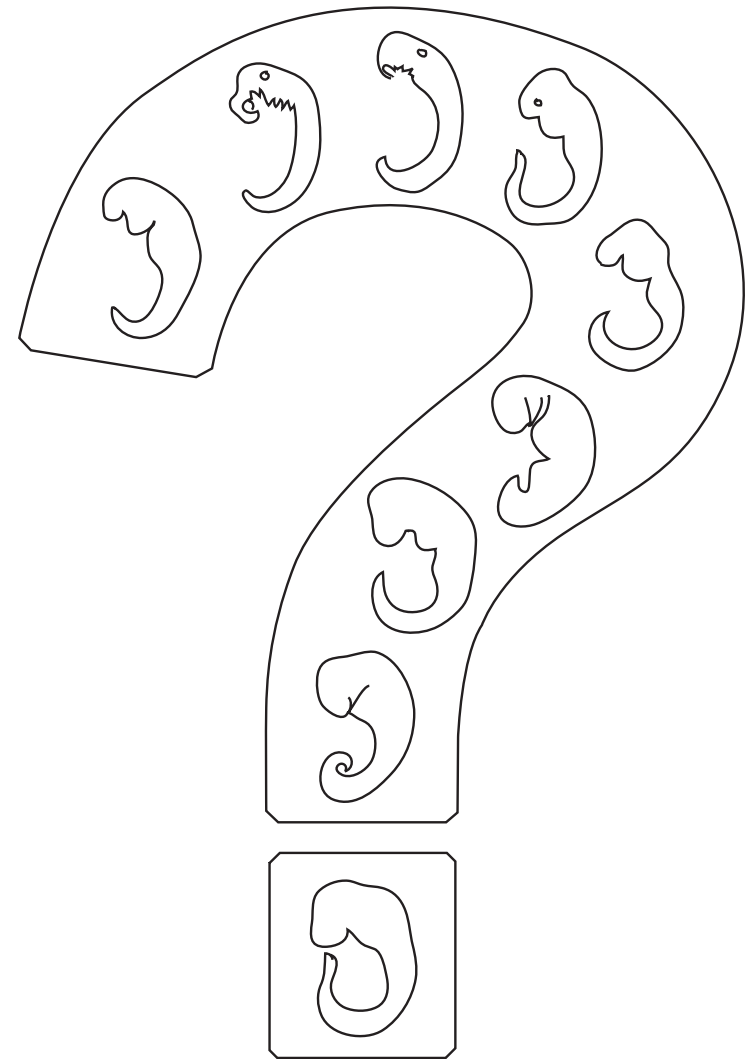




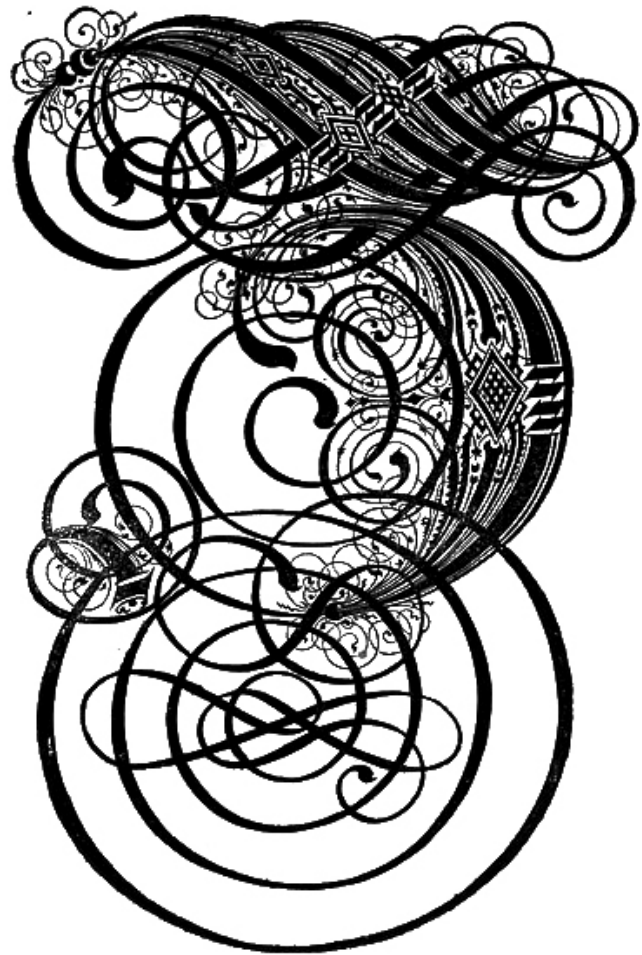
3. TRACE YOUR HAND



20. FIND A HUMAN IN THIS PICTURE



19. ASSIGN SYMBOLS OF ASTRONOMICAL BODIES TO THEIR ORBITS



☾ ♀ ♀ ☉ ♂ ♃ ♅

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

4. CHOOSE



WITCH

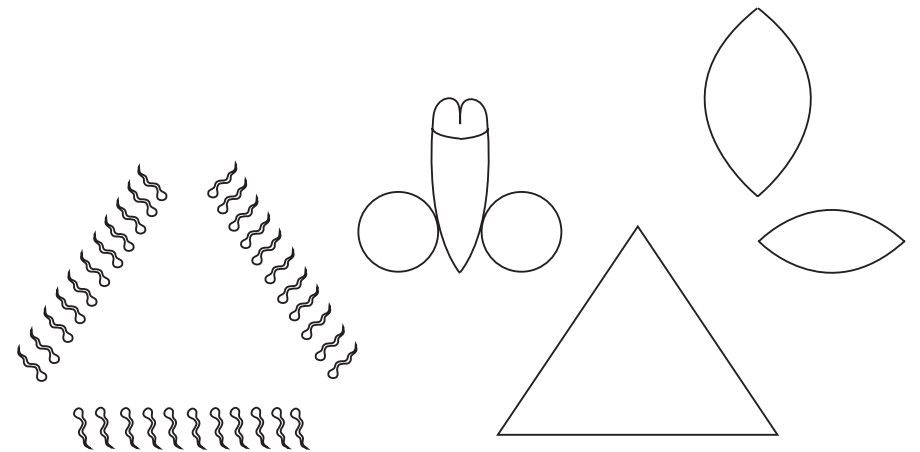
SAINT

5. FIND THE BEST REPRESENTATION OF A WOMAN



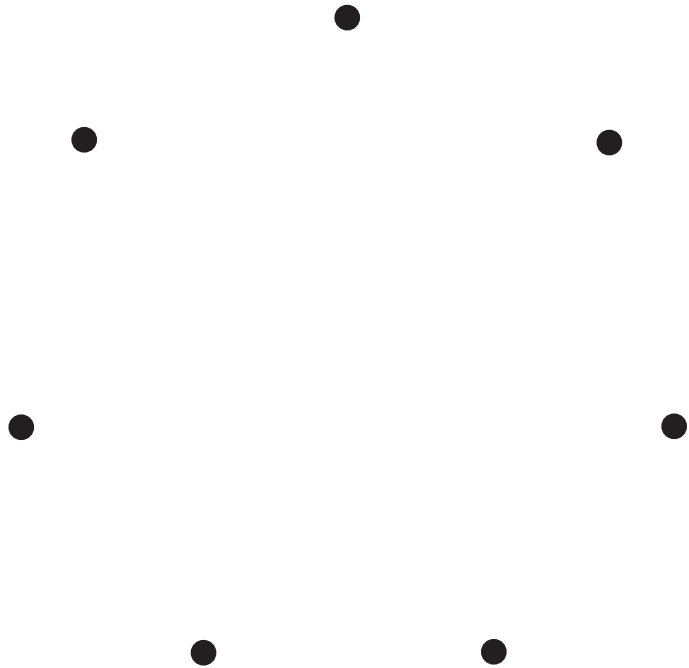
According to 'Early Modern Memes', K. Sisneros, Public Domain Review

18. COMPOSE YOUR FERTILITY SIGIL



According to Kasia Kukula

## 17. CONNECT THE DOTS



## 6. DRAW YOUR INNER ASTRAL TEMPLE

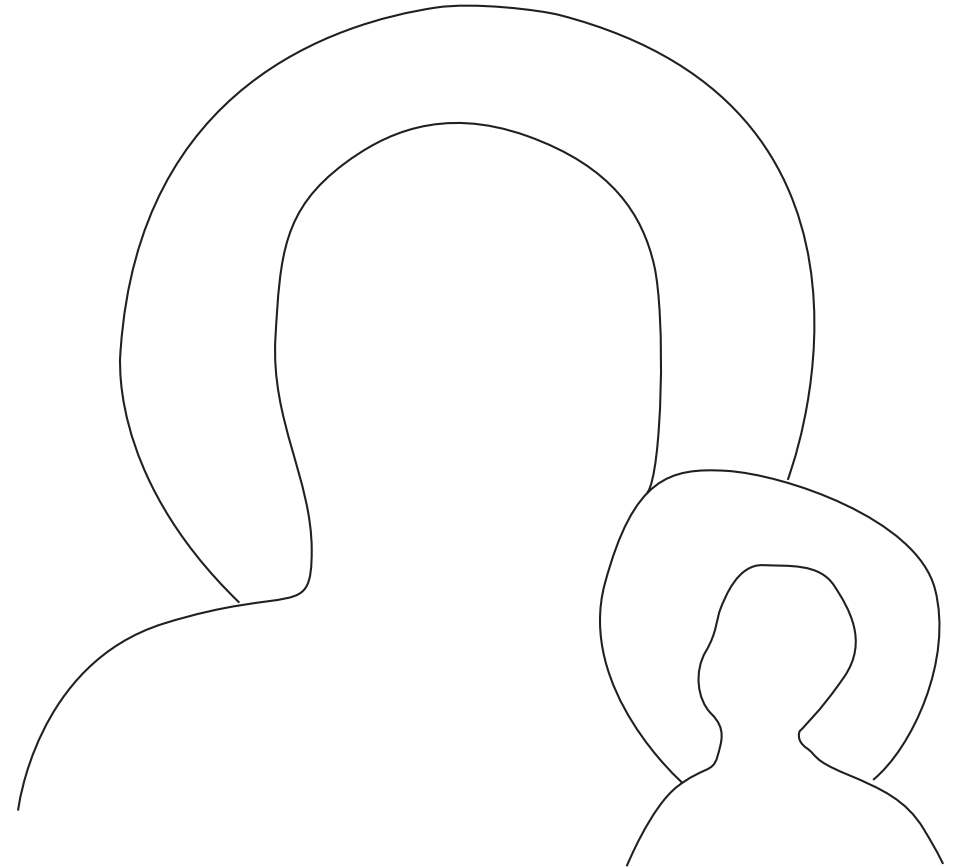
1. LIE DOWN ON THE FLOOR
2. CLOSE YOUR EYES
3. ENTER THE ASTRAL TEMPLE
4. DRAW IT

7. GUESS THE CELEB



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

16. COLOUR





## 15. COLOUR IN GREEN



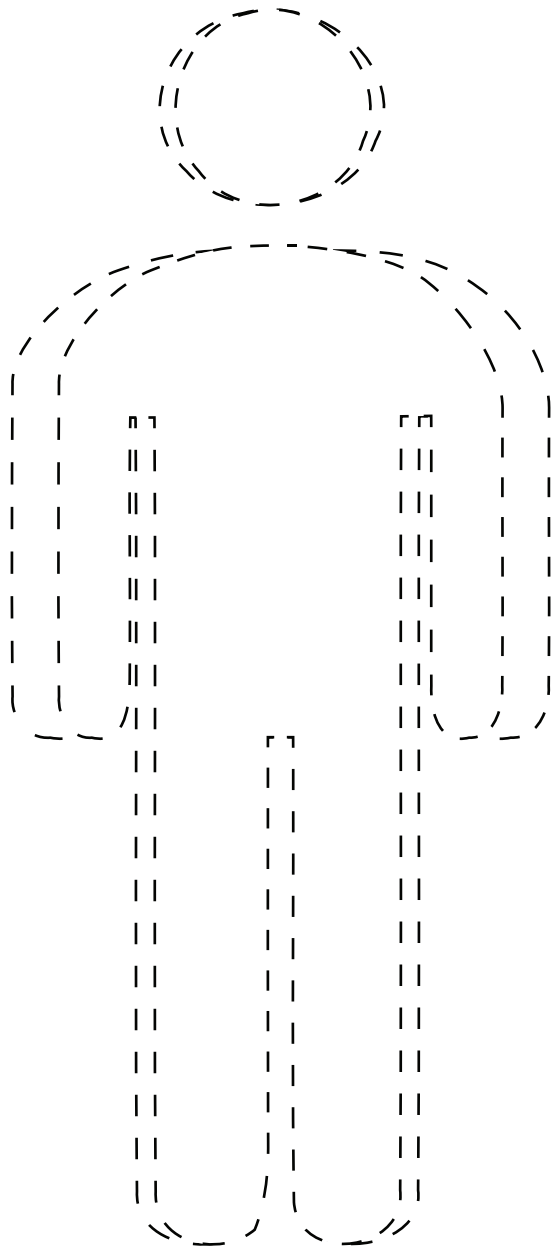
According to *'Rosarium Philosophorum'*, 1550

## 8. HOW TO MAKE A RADISH VOODOO DOLL:

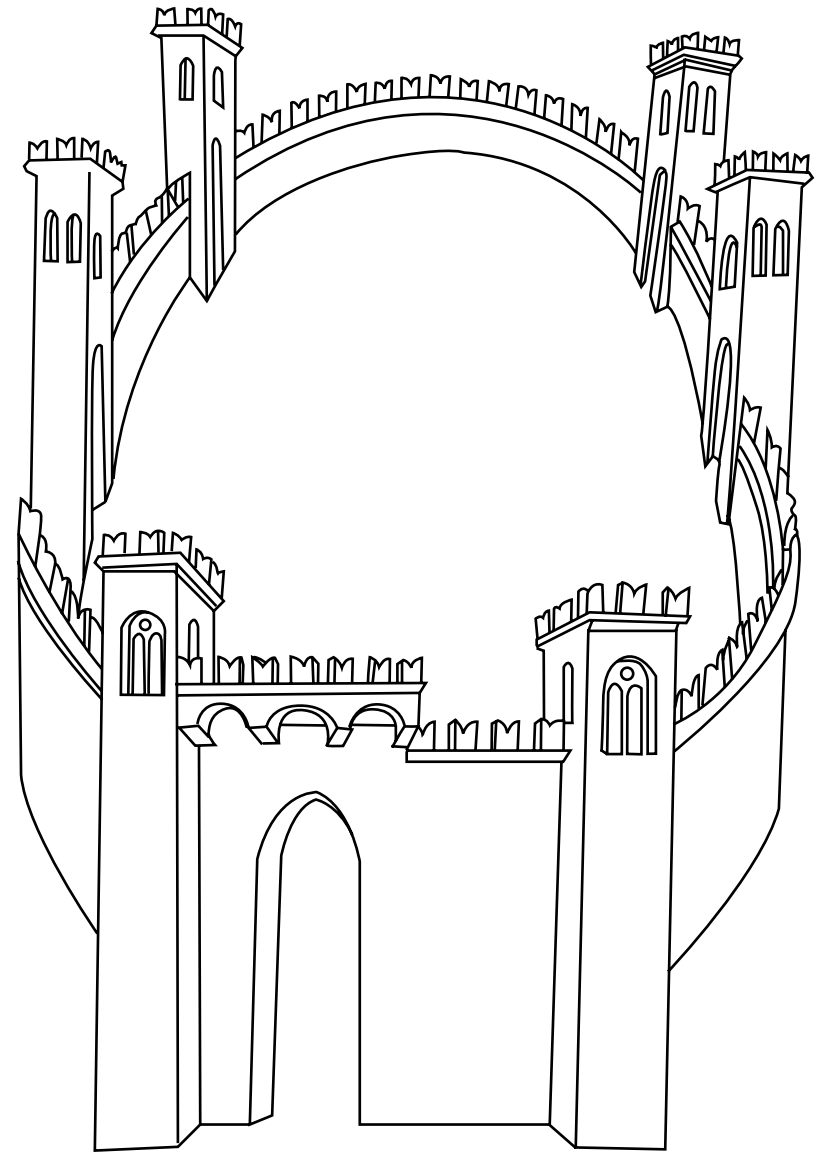
1. CUT RADISHES INTO DIFFERENT SHAPES
2. FORM A HUMAN FIGURE
3. JOIN PIECES WITH TOOTHPICKS
4. DECORATE BY CUTTING ORNAMENTS



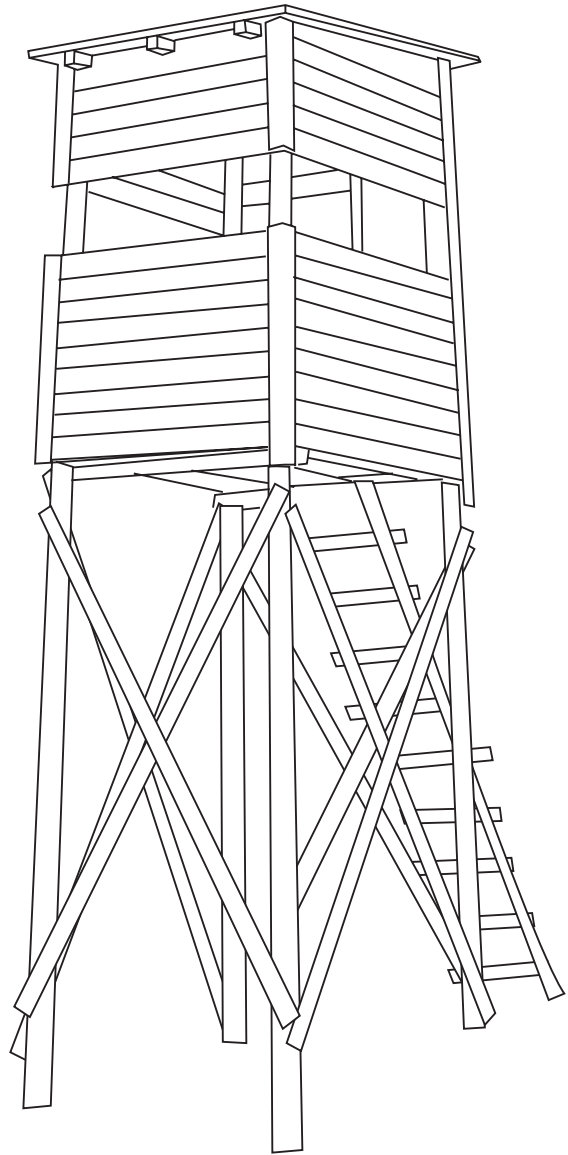
9. DRAW A BIRD COSTUME



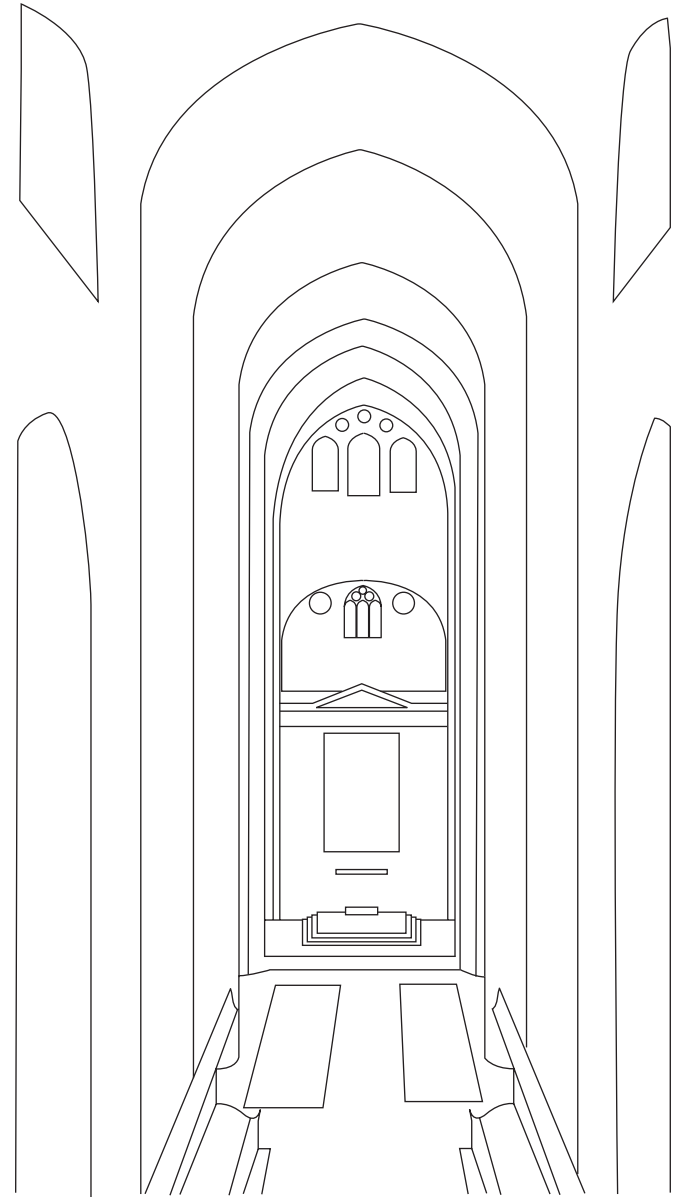
14. PASTE A PLANT IN THE BALSAMIC GARDEN



13. DRAW FLAMES



10. DEPICT YOUR FAVOURITE ANIMAL



11-12. PLACE YOURSELF

