

Working With Ink Blots

Developing the Irrational (spiritual) Mind.

Understanding and utilizing inkblots (also referred to as Rorschach Tests) as a tool within Subconscious Cognition Therapy is a highly effective and proven practice.

The abstract imagery presented by Inkblots allows the mind to engage with the stimuli of the image in an abstract (irrational) unbiased way that creates a clear channel and focus to the inner world of the subconscious and psyche for the individual that is engaging with the image 🔍 🧠 🧬

Using abstract images and artwork helps build one's intuitive muscles/ the irrational mind and lets them experience a personal level of understanding that is important for balanced neurologic and psychological developed ⚖️ 💡

Inkblots allow for uncovering or facing deeper truths and belief systems that are embedded in one's subconscious as they often times show us a deeply held believe or construct of the full Self.

On a less serious note, they can also be used as a fun party or family game to help open minds and build a better and more connective understanding of one another



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Inkblots are one of the most stereotypically associated tools of modern psychology. Many have grown up seeing them in shows and movies or read about them in stories. In these cases, the inkblot (or “Rorschach Test”) is usually used or presented solely as a method of diagnosis. The reality is that Inkblots can be used by anyone for symbolic awareness and connection in a way that allows for more personal understanding of the whole psyche.

This psychology method works by allowing you to get acquainted with the symbolic connections that exist within your mind at a subconscious level. By it’s use of undefined imagery, one is able to engage with the Inkblot in a manner that allows them to build and understand an inner sense of awareness about their thoughts, mind and emotions. It’s also helps create an intuitive connection with one’s own sense of consciousness.

Self –Guided Questions for Working with Inkblots:

What do you see? How does what you see make you feel? What memories are attached to that feeling? Does your present Self feel the same way? What have you learned about your Self from what you saw, thought and felt?