

VISUAL LANGUAGE **CREATING YOUR VISUAL LANGUAGE LEXICON**

Hello, Creative One,

Welcome to one of the basics of Intentional Creativity and artistic self-expression, defining your unique visual language and creating your visual language lexicon!

Visual Language is the creative combination of words and images within defined shapes and structures. It can be used to simplify difficult concepts, illustrate deeper meaning, or assist in collaborative thinking.

Since the beginning of humankind, we have been using visual cues to help our brains store and retrieve information. Today, neuroscientists have come to understand that with over 70% of nerves dedicated to it, the brain is literally wired for visual stimulation.



One of the great aspects of visual language is being able to convey a feeling, your thoughts, or your story through images by using graphical representations of those feelings, thoughts, and stories. In other words, self-expression.

We all know that museums are packed with artifacts (instruments, paintings, clothing) that use visual language. Many paintings are portraits of people, places, and things of the time and others incorporate symbols into their work. Like the famous artist [Frida Kahlo](#) who demonstrates visual language/storytelling beautifully, [read about the below painting](#) **Self Portrait Along the Border Line Between Mexico and the United States, 1932.**



1Self Portrait Along the Border Line Between Mexico and the United States, 1932

As mentioned in the video, drawing symbols (icons), lines, shapes, facial expressions, etc. enable us to creatively express what we are sensing. Over time you will find your creative drawings and painting will shift away from doodles and begin to contain messages like an instrumental song or a dance. Writing words is not the only way to express and learn about ourselves.

I'm not encouraging you away from writing the opposite is true. Especially at the beginning of your creatively cultivating consciousness journey because so much is being revealed to your conscious mind it can feel like a whirlwind of thoughts making it difficult to identify significant behavioral, emotional, and thinking threads, themes, or patterns. You may find yourself thumbing through journals or art made years ago and have no idea what was happening at the time. If you have been journaling or keeping a diary for some time you know exactly what I am talking about. Reading your words from 20 years back can be very tell-tale about what was top of mind.

Your Unique Visual Style

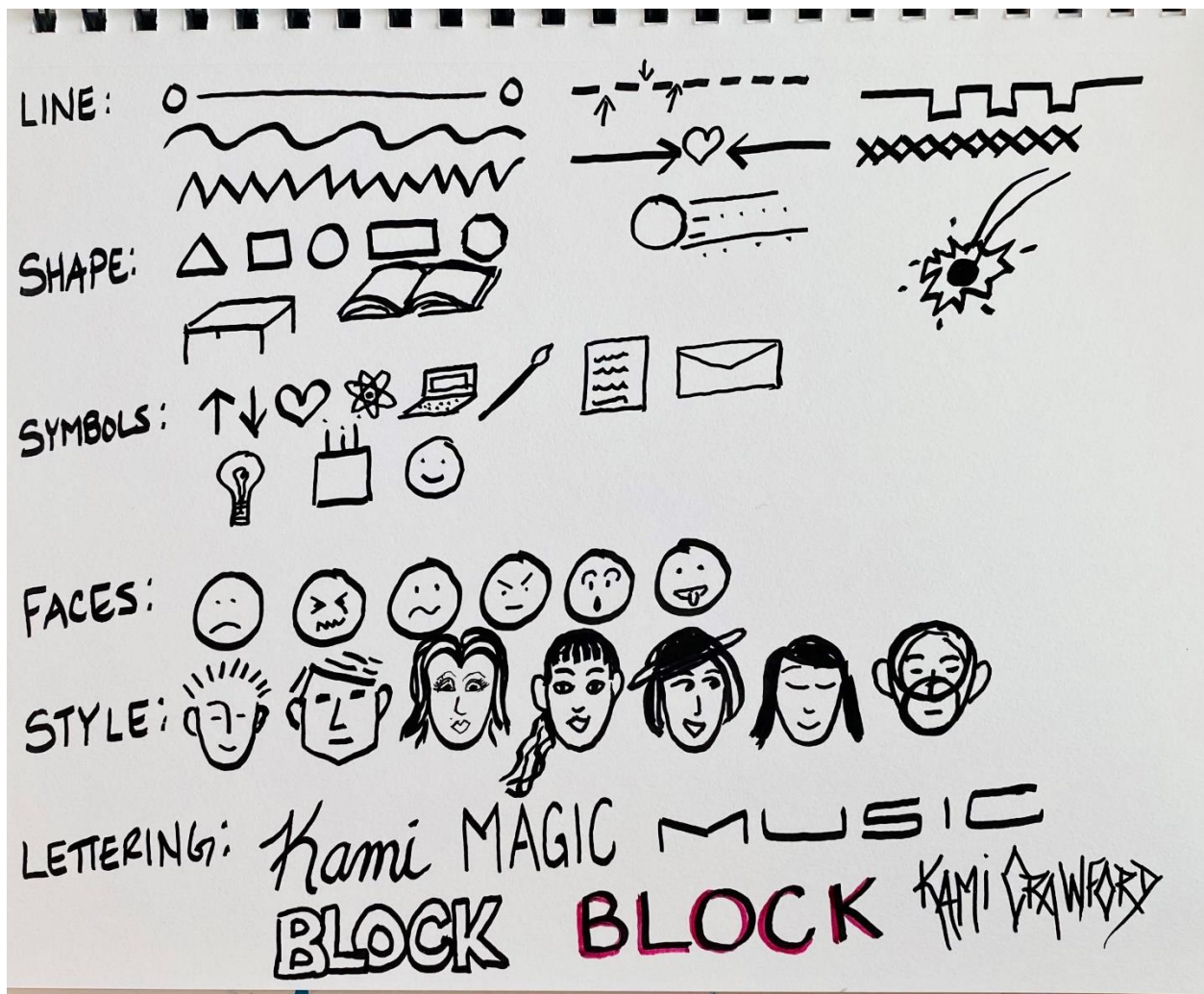
Visual language includes your style. We all know people who are known for their fashion, painting, writing, dancing, and even talking styles. I promise you to have one as well, it takes time to surface and may evolve. Some of you may have an established style. The style in which you write and draw visually and in how you communicate is yet another facet of the multifaceted you. Knowing them (without doubts) is an aspect of what cultivation is; a process of acquiring or developing a quality or skill – in the case of our community it is a skill of self-awareness to reveal the multifaceted you!

Instructions:

Simply practice making Lines, Shapes, Symbols, Faces, Styles, Lettering, etc. that convey a message.

Over time you will have a lexicon that you will use in your creative works to convey meaning.

Highly encourage you to use the Internet to learn ways to draw visually especially when you are stumped, otherwise feel free to design your designs to represent a meaning.



As always with Love ❤️ and Light ✨ – Kami