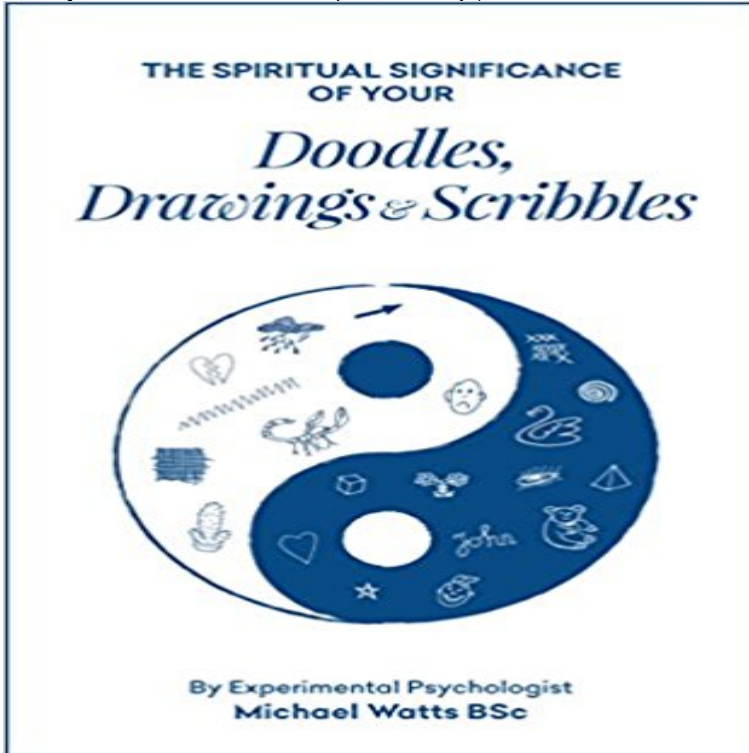


The Spiritual Significance of your Doodles, Drawings & Scribbles By Experimental Psychologist Michael Watts BSc



Michael Watts contributed a highly successful doodle analysis column to Bella. Many readers and members of staff who had doodles interpreted were amazed by his uncanny accuracy. Now, with this extremely well-written book, you will be able to instantly interpret any doodle you are likely to come across. We recommend it to everybody and know that you will find it enjoyable, invaluable and easy to use. - Bella

When faced with difficult dilemmas or decisions, doodling prevents the mind from wandering, provides an escape valve for frustration, boredom and anger, and similar to the chant of a mantra, it helps us to relax. This allows unconscious, creative ideas, insights and solutions to float to the surface so our thinking and intuition becomes clearer and more effective. Recent research indicates that doodling is also helpful in memory retention.

In addition, doodles and drawings are used by psychologists to uncover hidden or repressed emotions, desires, fantasies and fears. Freud felt that doodles (and dreams) enable the mind to express "improper" sexual thoughts or hostile impulses in a covert and acceptable manner. This book is the product of my eighteen years' experience as a psychologist and handwriting expert, during which time I have analysed thousands of doodles. Accuracy has been greatly assisted by interpretations of symbolic imagery derived from the research of Jung and Freud, and by feedback from clients. The final chapter "Therapeutic

doodlesâ€™, which resonates with Art Therapy, was inspired by the research of Carl Jung, who noted the calming effect of drawing mandalas, and by Rudolf Steiner, who formulated special therapeutic geometric shapes that effectively enhance self-assurance, organizational skills and concentration. Steinerâ€™s drawing exercises, which enhance motor skills and develop a feeling for form, structure, harmony and rhythm are still used in the Waldorf schools he founded, and they are helpful in anger and stress management and stroke recovery. (See www.zentangle.com for an interesting site that explores the therapeutic benefits of geometric doodling). About the Author
Philosophy Publications: 1. The Philosophy of Heidegger, Acumen Publishing, Durham (2011) 2. Kierkegaard, Oneworld Publications, Oxford (2003) E book version: Kierkegaard: An Essential Introduction
3. Heidegger: A Beginnerâ€™s Guide, Hodder and Stoughton Educational, London, (2001)
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7. Lovescript: What Handwriting Reveals About Love & Romance, St Martins Griffin, New York, (1996) 8. The Naked Hand: Sexuality Revealed Through Handwriting, Headline Book Publishing, London (1995)

9. Graphology: What Your Handwriting Reveals About You, Your Friends and Your Enemies, Simon & Schuster, New York (1991) Michael Watts graduated with honors in 1980 in Experimental Psychology, (Sussex University, UK). Continuing with post-graduate research in Graphology, he became a personnel consultant for companies worldwide, and in 1983 assisted the Security Commission in Whitehall. Writing for numerous magazines and national newspapers in the UK and USA, he has also been a frequent guest on radio and television (ITV, BBC and Sky News channels). An independent scholar and writer, his specialist interests are in philosophy, in particular in the practical application of East Asian thinking and Western Existentialism. His philosophy publications have been extremely well received by his peers in the academic community worldwide.

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