



**The Inkblot Pack: Includes the 10 Classic Inkblots
for you to interpret & a beautifully designed
journal with thought provoking quotes**

Editors of Race Point Publishing

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For over 90 years, inkblots have been used all over the world by psychologists when evaluating their patients dreams and past experiences. This pack comes with 10 inkblots on beautiful keepsake cards and a small booklet that includes an excerpt from the inventor's only published works, *Psychodiagnostics*. Studying the cards, you can delve into your psyche and that of those around you. Record your findings in a beautifully designed journal that includes quotes about the mind and imagination. Each person sees the inkblots differently, and your interpretation says a lot about who you are. What do you see?

Throughout history, on a quest to "know thyself," many have sought understanding of the vast recesses of the mind. To this end, modern psychology has tried to bridge the gap of understanding by providing many tools for both clinicians and laymen alike, utilizing therapy, art, journaling, and medicine.

One of the most prevalent tools from clinical psychology to permeate popular culture is the inkblot test, which has been used all over the world to examine personality characteristics, emotional functioning, and mental health. Originally created in 1921, the test was designed to reflect unconscious aspects of one's personality onto presented stimuli — in this case, 10 inkblots shown one at a time to individuals — who are then asked to describe what it is they see in these ambiguous shapes. In theory, when one is shown nonsensical images, the mind will strive to impose meaning on the image in question. What the person describes gives insight into how they perceive and project meaning onto the world around them, and ultimately, about themselves.

The fascination of inkblots has become a staple of pop culture as well. The iconic imagery can be found in everything from photography to advertising (such as the artwork for the hit series *Dexter*) and writing, such as the character in the graphic novel *Watchmen*. Art legend Andy Warhol found inspiration in the inkblots to create his 1984 paint series. As part of our collective culture, inkblots have created a tool that has inspired many to continue the journey of self knowledge.

Included in *The Inkblot Pack* are: a 128 page journal replete with quotes on perception, reality and emotion from some of the greatest theorists, writers, and thinkers of our time; 10 inkblots to inspire and provoke response; and a 16-page excerpt from *Psychodiagnostics*, the book in which the inkblots were first introduced and published. Allow yourself to be inspired by the words of some of our greatest minds as you project your own meaning onto what you see in the provided inkblots, and record it in your journal.

The journey to self discovery begins now.

A Few of the quotes included in the Journal:

"Re-examine all you have been told. Dismiss what insults your soul." - Walt Whitman

"The soul that is within me no man can degrade." - Frederick Douglass

"Reality is merely an illusion, albeit a very persistent one." - Albert Einstein

"There are two infinities that confuse me: the one in my soul devours me; the one around me will crush me."
- Gustave Flaubert

"You are a universe of universes and your soul a source of songs." - Rubén Darío

"Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways." -
Sigmund Freud

"Yes: I am a dreamer. For a dreamer is one who can only find his way by moonlight, and his punishment is
that he sees the dawn before the rest of the world." - Oscar Wilde

"Those who dream by day are cognizant of many things which escape those who dream only by night." -
Edgar Allan Poe

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Dennis Taylor:

People live in this new morning of lifestyle always try to and must have the extra time or they will get great deal of stress from both everyday life and work. So , whenever we ask do people have spare time, we will say absolutely indeed. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to anyone of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, typically the book you have read is The Inkblot Pack: Includes the 10 Classic Inkblots for you to interpret & a beautifully designed journal with thought provoking quotes.

Paul Avila:

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