



DEUS INTUS
Awaken the Power Within

THE SYMBOL AND STATE GUIDE

A grounded sacred-geometry companion
for choosing a symbol by intention,
season and reflective use.



DIGITAL COMPANION · DI-DP-021

A symbol becomes useful when it changes what you practise.

The mark is not the power. Its value lies in the attention, behaviour and standard it repeatedly calls you back to.

Choose the need before the symbol. Choose the behaviour before the meaning becomes decoration.

Observe

Name the state, season or decision that needs support.

Orient

Select the symbol whose structure reflects the required response.

Practise

Attach the symbol to one visible, repeatable behaviour.

Choose the function before the form.

Each symbol represents a practical orientation. Start with what the present moment requires.

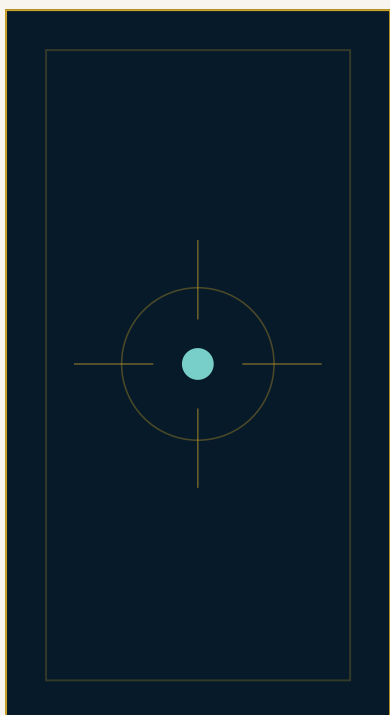
01 / SIMPLIFY Point What deserves the centre of my attention now?	02 / CONTAIN Circle What belongs inside this season, and what does not?	03 / MOVE Triangle What three supports make the next step stable?
04 / STRUCTURE Square What structure would make this repeatable?	05 / GROW Spiral What am I learning at a deeper level this time?	06 / COORDINATE Hexagon Which elements must cooperate for this to hold?
07 / INTEGRATE Vesica Piscis What becomes possible where these perspectives meet?	08 / BEGIN Seed of Life What is the first pattern worth repeating?	09 / ORIENT Compass Rose Which direction remains true when pressure is removed?

The most useful symbol is not always the one you find most attractive. It is the one that names the response you are ready to practise.

THE STATE OR SEASON I AM NAVIGATING

THE RESPONSE I MOST NEED TO STRENGTHEN

Point



Origin, attention and the first conscious choice.

USE THIS ANCHOR

When competing demands have blurred the centre.

GROUNDING PRACTICE

Choose one priority. Place a single dot beside it. Return to that point before adding anything else.

GUARDRAIL

Do not confuse simplicity with avoidance. The point clarifies the next focus; it does not erase complexity.

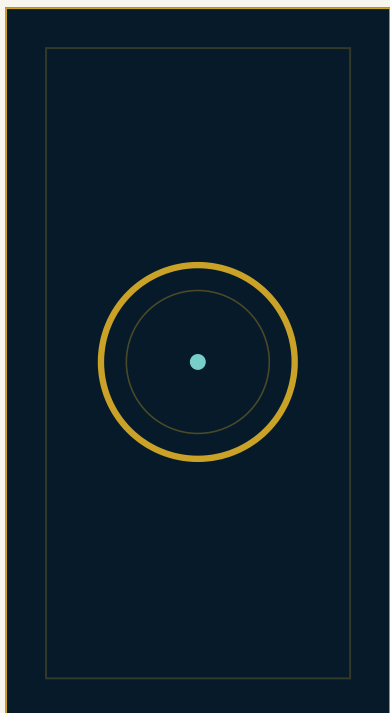
REFLECTION

What deserves the centre of my attention now?

Return to the centre.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Circle



Wholeness, boundary, return and completion.

USE THIS ANCHOR

When access, energy or responsibility needs a clear edge.

GROUNDING PRACTICE

Draw one circle around what you are willing to protect. Name one thing that remains outside it.

GUARDRAIL

A circle can protect without isolating. Containment is not the same as withdrawal.

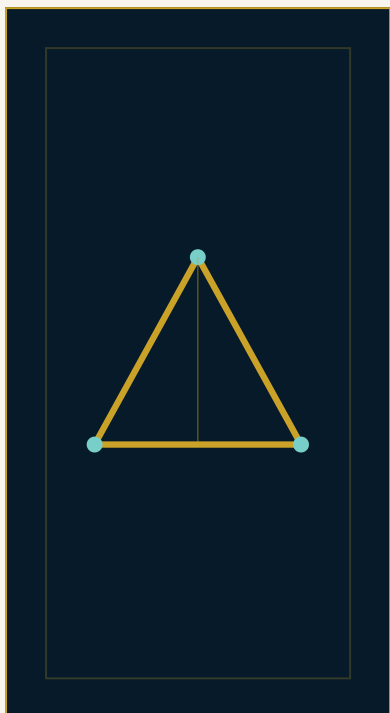
REFLECTION

What belongs inside this season, and what does not?

Protect what belongs within.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Triangle



Direction, stability through three points and purposeful ascent.

USE THIS ANCHOR

When intention needs decisive movement and support.

GROUNDED PRACTICE

Name the direction, the first action and the support that prevents collapse.

GUARDRAIL

Do not use ascent language to reject rest, relationship or the foundations that make movement possible.

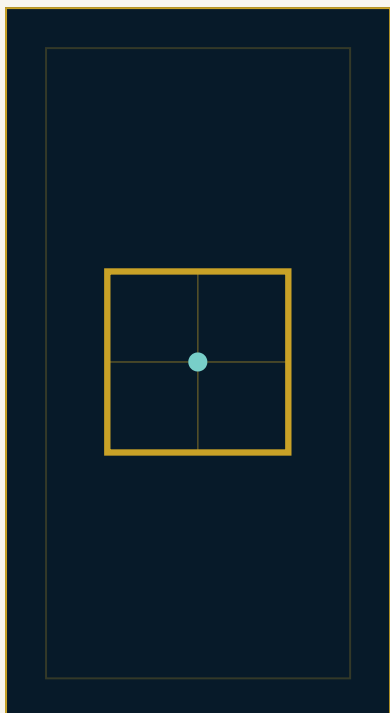
REFLECTION

What three supports make the next step stable?

Direction needs support.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Square



Foundation, order, discipline and material form.

USE THIS ANCHOR

When an idea, habit or practice needs repeatable structure.

GROUNDING PRACTICE

Define a time, place, trigger and minimum version for the behaviour you want to stabilise.

GUARDRAIL

Structure should support life, not become a rigid performance of control.

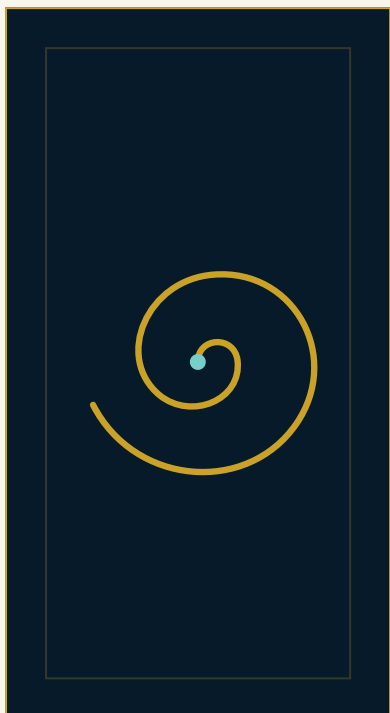
REFLECTION

What structure would make this repeatable?

Give intention a form.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Spiral



Growth through return, depth and evolving cycles.

USE THIS ANCHOR

When progress feels repetitive or a familiar pattern returns.

GROUNDED PRACTICE

Name what is familiar, what is different and the one response that proves you are not at the same point.

GUARDRAIL

A repeated pattern is not automatically progress.
Growth requires a changed response, not only renewed awareness.

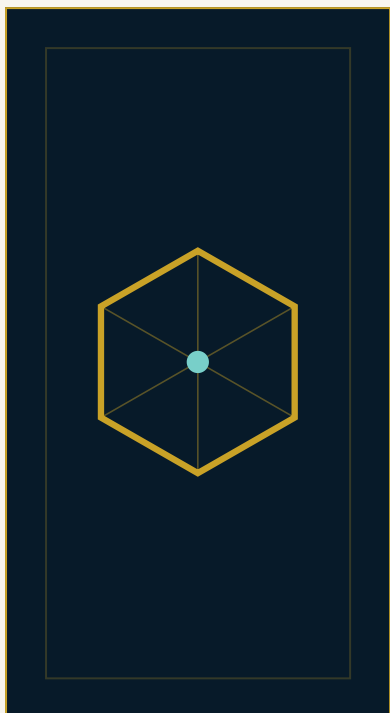
REFLECTION

What am I learning at a deeper level this time?

Return differently.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Hexagon



Efficient structure, cooperation and balanced pattern.

USE THIS ANCHOR

When several parts must work together rather than compete.

GROUNDING PRACTICE

List the six most important elements, then identify the weak connection between them.

GUARDRAIL

Balanced systems still require priorities. Coordination is not equal attention to everything.

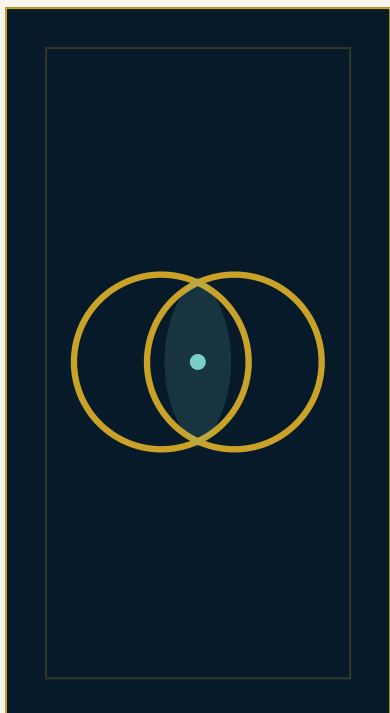
REFLECTION

Which elements must cooperate for this to hold?

Make the parts cooperate.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Vesica Piscis



Threshold, overlap and the creation of a third possibility.

USE THIS ANCHOR

When two truths, roles or perspectives appear opposed.

GROUNDED PRACTICE

Write both truths without forcing agreement. Then name the third option created by their overlap.

GUARDRAIL

Integration does not require tolerating harm or collapsing necessary distinctions.

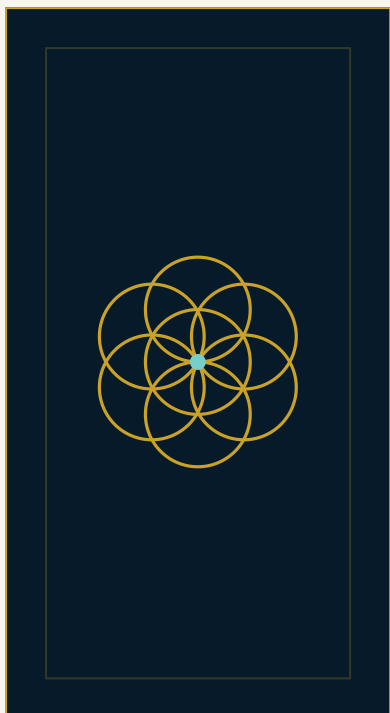
REFLECTION

What becomes possible where these perspectives meet?

Find the third possibility.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Seed of Life



Emergence, sequence and the architecture of beginnings.

USE THIS ANCHOR

When starting something new and choosing the first repeatable pattern.

GROUNDED PRACTICE

Choose one seed action small enough to repeat seven times before expanding the system.

GUARDRAIL

Beginnings need protection from premature scale.
More complexity is not proof of momentum.

REFLECTION

What is the first pattern worth repeating?

Protect the first pattern.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Compass Rose



Orientation, values and chosen direction.

USE THIS ANCHOR

When choices multiply or external pressure clouds direction.

GROUNDING PRACTICE

Name your north: the standard or value you will use to evaluate the next decision.

GUARDRAIL

Direction is not certainty. A compass establishes orientation while conditions remain imperfect.

REFLECTION

Which direction remains true when pressure is removed?

Return to true north.

WHAT DOES THIS SYMBOL ASK ME TO PRACTISE IN MY CURRENT SEASON?

Read the pressure beneath the preference.

Do not choose a symbol only because it looks familiar. Identify the function your present pattern is missing.

TOO MUCH NOISE Point Clarify one centre of attention.	ACCESS WITHOUT EDGE Circle Create containment and return.	DRIFT WITHOUT MOVEMENT Triangle Establish direction and support.
INTENTION WITHOUT FORM Square Create repeatable structure.	A FAMILIAR CYCLE Spiral Return with a changed response.	COMPETING PARTS Hexagon Coordinate the system.
TWO OPPOSED TRUTHS Vesica Piscis Find the useful overlap.	A FRAGILE BEGINNING Seed of Life Protect the first repeatable pattern.	TOO MANY DIRECTIONS Compass Rose Choose a standard for orientation.

WHAT IS THE ACTUAL PRESSURE?

WHICH FUNCTION WOULD CHANGE MY RESPONSE?

Choose the need before the symbol.

A five-step method for turning aesthetic preference into a deliberate anchor.

01 Name the present reality.

Describe the situation without symbolic language or interpretation.

02 Identify the missing function.

Do you need focus, containment, movement, structure, growth, coordination, integration, emergence or orientation?

03 Select one symbol.

Choose the shape that most accurately represents the response, not the one with the most dramatic meaning.

04 Attach one behaviour.

Define the action the symbol will cue when you see or wear it.

05 Review the evidence.

After seven days, judge the anchor by changed behaviour rather than emotional attachment.

A meaningful symbol compresses a standard into a form you can recognise quickly.

THE ONE FUNCTION MY PRESENT SEASON REQUIRES IS...

Build the symbol into a behavioural cue.

Meaning becomes useful when it survives contact with an ordinary day.

THE STATE OR SEASON I AM NAVIGATING

THE SYMBOL I CHOOSE

THE BEHAVIOUR IT WILL REMIND ME TO PRACTISE

WHERE I WILL PLACE OR WEAR IT

MY CUE SENTENCE

When I notice _____, this symbol reminds me to _____.

I WILL KNOW THE ANCHOR IS WORKING WHEN...

Put the anchor where the pattern actually occurs.

Visibility alone is not enough. The location must intersect with the moment of choice.

Wear

Useful for identity, posture and repeated public or social situations.

Place

Useful for rooms, desks, doors and environments tied to a specific behaviour.

Carry

Useful for decision points, travel, conversation and changing environments.

THE PATTERN USUALLY BEGINS WHEN...

THE BEST LOCATION FOR THE CUE IS...

THE FIRST VISIBLE ACTION WILL BE...

THE FRICTION THAT COULD MAKE ME IGNORE IT IS...

Place the symbol before the behaviour you want to influence, not after the consequence has already arrived.

Write the response in operational language.

Avoid vague intentions. Define the cue, action and minimum evidence.

CUE

What will I see, feel, hear or encounter immediately before the pattern begins?

RESPONSE

What exact behaviour should the symbol call forward?

MINIMUM VERSION

What is the smallest valid action when time or energy is limited?

EVIDENCE

What observable sign will show that the symbol changed the response?

IF I notice _____, THEN I will _____, even if the minimum version is _____.

WHAT WOULD MAKE THIS PRACTICE HONEST RATHER THAN PERFORMATIVE?

Test the anchor in real conditions.

The question is not whether the symbol feels meaningful. The question is whether it improves recognition and response.

DAY	CUE / SITUATION	RESPONSE PRACTISED	EVIDENCE / LEARNING
1			
2			
3			
4			
5			
6			
7			

THE CLAREST EVIDENCE OF CHANGE

WHAT THE SYMBOL DID NOT SOLVE

Keep, reposition, redefine or retire the anchor based on evidence.

Reduce the symbol practice to one card.

MY SYMBOLIC ANCHOR

The symbol

The state it supports

The response it cues

Awaken the Power Within.

MY RETURN CARD

When I notice...

I return to...

My minimum action...

Meaning is demonstrated through response.

Let the symbol become a cue for deliberate action.

The garment, print or object carries the message. Your repeated response turns that message into a practice.

Sacred Geometry Collection

Choose the design whose structure reflects the function you are practising.

Symbol-led product pages

Deep-link each design to its grounded meaning and behaviour cue.

Sacred Space Planner

Use the selected symbol as an intentional anchor within a room or ritual environment.

A principle becomes valuable when it changes the quality of the next response.