



# ***Symbolism in Action***

with  
*Tresta Neil*

# Get Started NOW



1. What symbols are you curious about?

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2. Write down three to four questions you have about those symbols.

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3. Choose one of the symbols you wrote down. Write down one or two principles of which that symbol witnesses.

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4. Symbols often connect one principle to other principles. Write down two different principles and then find the connection between them.

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**“A symbol can never  
be fully defined”**  
~ Boyd K. Packer

# ***Three Things to Remember about Symbols***

## **1. Every symbol has a logical progression or connection**

Green: grass, trees, spring, renewal, procreation, new life, resurrection, eternal life... a symbol for hope.

## **2. Symbols are not only pictures and words, but also actions and communication**

Taking your hat off, shaking hands, putting your hand over your heart, greeting others with a smile, rend clothes and anything spoken that gets you to ponder.

## **3. Symbols can never be fully defined**

Water is used for cleansing and washing; baptism - burial and resurrection; the flood; it is part of the filthy river; can be used to nourish or destroy; without it we perish with too much of it we cannot survive.

Can you think of more ways water is a symbol? It is endless.



1. Write down something you are working on improving (not yelling, waking up early, etc.)

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2. Think of a symbol that could represent the accomplishment of this improvement. Is your symbol a sign? An action? Words? or thoughts? Describe your symbol.

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3. The next time you feel yourself scaling downward, tempted to break your promise to yourself, picture that symbol before you act on your impulse, it will help you regain control.

The Hebrew tradition says that metaphors and symbols have 3000 levels of meaning or that there are 3000 ways to understand a concept or the logic being taught.





1. Write three “indirect” statements you can say to your children to help them learn to think. (see article, [“Finding Principle through Symbolism”](#))

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2. Write down what you’ve learned from this exercise in your journal. Practice using “indirect” statements in your conversations.

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*Start making symbolism work for you!*

**Symbolism** is the use of an idea to cause the mind to think for itself, to comprehend a larger and possibly more complex idea.

## ***Six Suggestions to Help You Add More Symbolism to Your Learning***

1. Learn more about the things you already love.
2. Practice asking questions.
3. Practice using indirect statements to help increasing thinking.
4. Seek to find connections between principles.
5. Think through areas in your life with which you are struggling, are there any symbols that deal with this problem? Study the symbol and see if it leads you to a solution or a better understanding.
6. Review what you have learned (Satan wants you to forget).

***Always look for more!***