

# MASTERY IN ACTION

Ancient and Sacred to Modern



**STACIE-RAE O'SUNSHINE**

Honouring Tattoos' Rich History Every Day

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# PURPOSE + PASSION

## CONNECTING TO YOUR INNER WARRIOR

Tattooing used to be something only rebels did! These days there are way more tattooists than ever before. With supply and demand running the show, many newer practitioners are missing the heart connection and commitment that we used to have to prove before we would be taught. Would you like to find more meaning in your day to day work life?

## THE WAY:

- Know Your History
- Know Your Skills
- Know Your Self
- Know Your Magic

## 4 ELEMENTS:

01

### ARTISTIC

Artistry creates effective optical illusions + results

03

### TECHNICAL

Great application leads to lasting excellence

02

### EMOTIONAL

Emotional Intelligence and self-awareness to lead a healing process

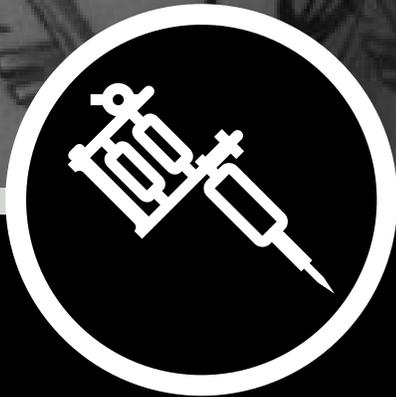
04

### MAGICAL

Your superpower is healing your own pain to help others heal theirs

# DEDICATION TO MASTERY

10,000 hours to master tattooing



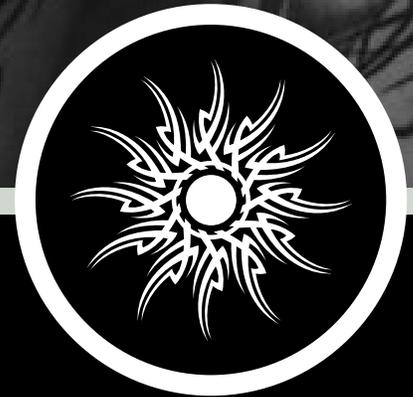
## APPRENTICESHIP

Learn with a true master to minimize mistakes and gain a healthy perspective. Your clients deserve your best, so become it!



## ART SKILLS

DRAW DRAW DRAW, thats what my mentor told me. The path to mastery. If its worth doing, its worth doing well

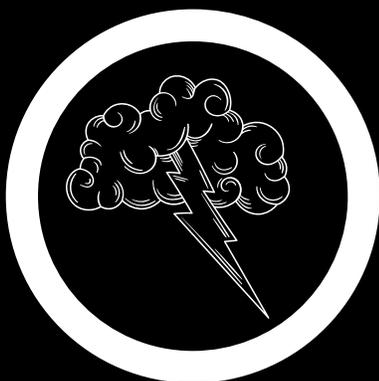


## RESPECT

Respect for those who came before you. It's because of them that you are able to earn a living with this awesome tattoo lifestyle.

## ANCIENT AND SACRED

I repeat this phrase often, because my deep love for the art of tattooing has turned me into a cultural anthropologist. I don't know how you can't be one with an art form this rich in history across the world and across all time!



## BE INSPIRED BY OUR EPIC PAST:

Please begin by watching the following videos:

- Tattoo Nation
- The Vanishing Tattoo by Thomas Lockheart
- Stoney Knows best
- Podcasts are so plentiful, dig in while you draw!

# KNOW YOUR HISTORY

Where did we come from?  
Where Will we go?  
How will we get there?

## THE IMPORTANCE OF OUR PAST

Knowing where we came from helps us recognize our role in its current evolution. We each have our own unique gift to contribute to the future of this industry. Respecting the past helps us to see how we'd like to help shape the future.

## JAPANESE

Irezumi or Tebori is said to have originated as early as 10,000 BCE-300 CE. Most of the style of tattooing we see today comes from the Edo Period (1603-1868), when tattooing in Japan became illegal. Japanese large-scale story-telling tattooing made it to the west this century with a handful of passionate tattoo artists traveling there to seek out the masters to learn about their masterful ways. Apprentices lived with their masters, and were given a new name as their one true identity as a tattooer.

## POLYNESIAN

Tonga and Samoa have a long history of 'tatau' or 'tatu'. Patterns that mark family heritage or experiences and rites of passage, marked status and identity or accomplishments. "Tattoos were used to transmit knowledge, to teach, to guarantee certain powers & privileges."

## EGYPTIAN

Tattooed mummies are still being discovered now, dating as far back as 6000 BC! Speculation tells us that priestesses may have honoured the Goddess Hathor and Demi-God Bes by marking their bodies. The women of that time that were tattooed and it was assumed to have been a matriarchal society. Badass Babes!

## NORTH AMERICA

Some women in the far northern reaches of the Americas STILL tattoo their chin and hands as a symbol of status and beauty, carrying the ancient practices forward. Inuit women tattoo their faces and their arms, and Tlingit tattooing is making a comeback, thanks to Nahaan, a modern primitive with a passion for his people.



## "Otzi is my CoPilot" - sr

On my way out the door one summer day, I heard the news blast "ancient tattooed mummy found" and I knew my calling as a tattoo artist was set in stone. He had:

- 61 tattoos that aligned with major acupuncture points, later proven to align with his physical ailments.
- Previous to this discovery, we thought acupuncture was only 2000 years old!
- Ancient Cultures Understood the physical body more than we do now.
- And they used TATTOOS for healing!
- Shamans, medicine men were the tattooers in the tribe and community.

## He taught us:

Tattoos really do last forever!

They were used for healing purposes

Acupuncture is more ancient than modern day science assumed

Art teaches us more about humanity than any book can.

Tattoos hold a magic that very few can really understand.

We must honour this magic.

We **MUST** do so responsibly.

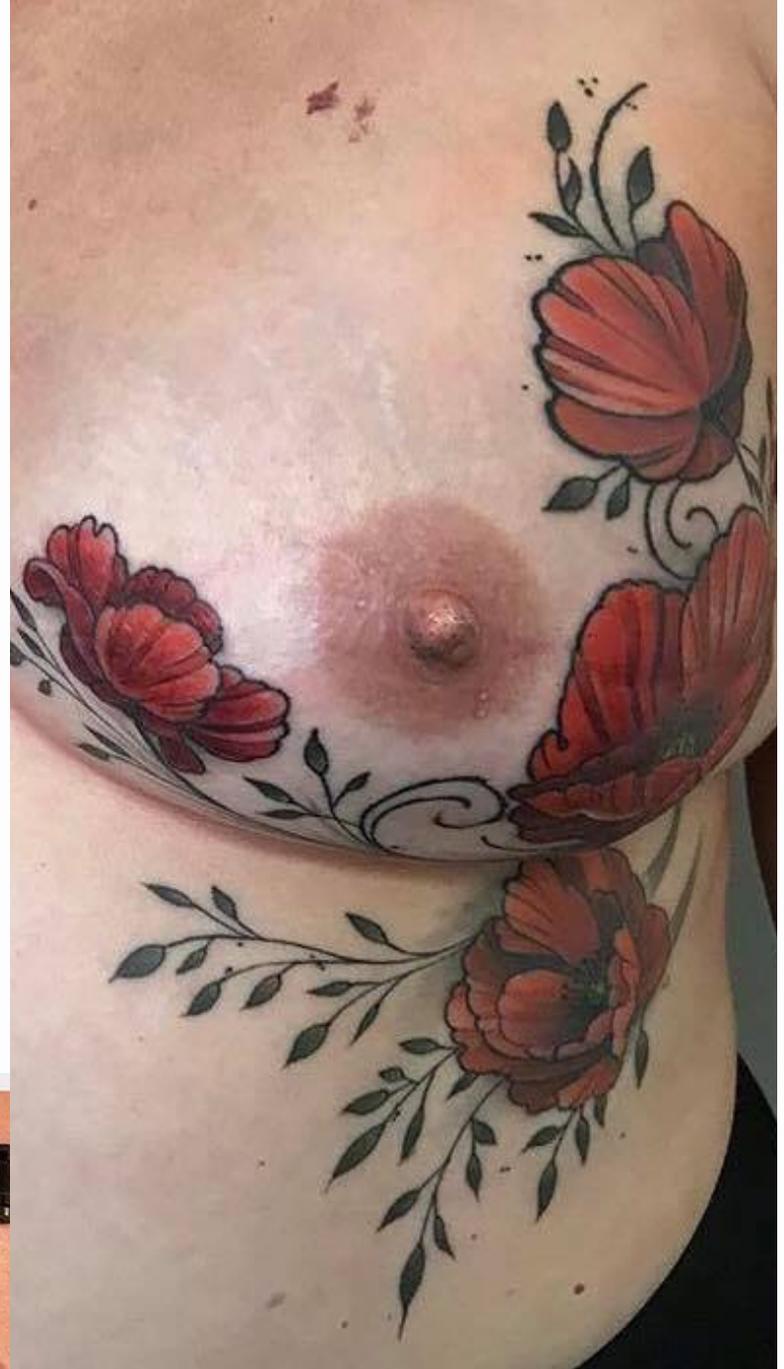
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## How can we use Tattoo magic now?

Paramedical Tattoo Artistry is booming right now, but solid education is still lacking. So we must work together to evolve this fascinating field with respect to the clients above all.

Clients hold emotional pain in the soft tissue of the trauma site. The highest respect must be paid and mastery must be prioritized! We can help, but ONLY from a place of true mastery.



Cinnamon G

Cosmetic Tattooing can the illusion of brows lost to chemo, cleft lips can be repaired, and discoloration can often be camouflaged. A tattooist can also create the illusion of brows and lashes in those with alopecia!

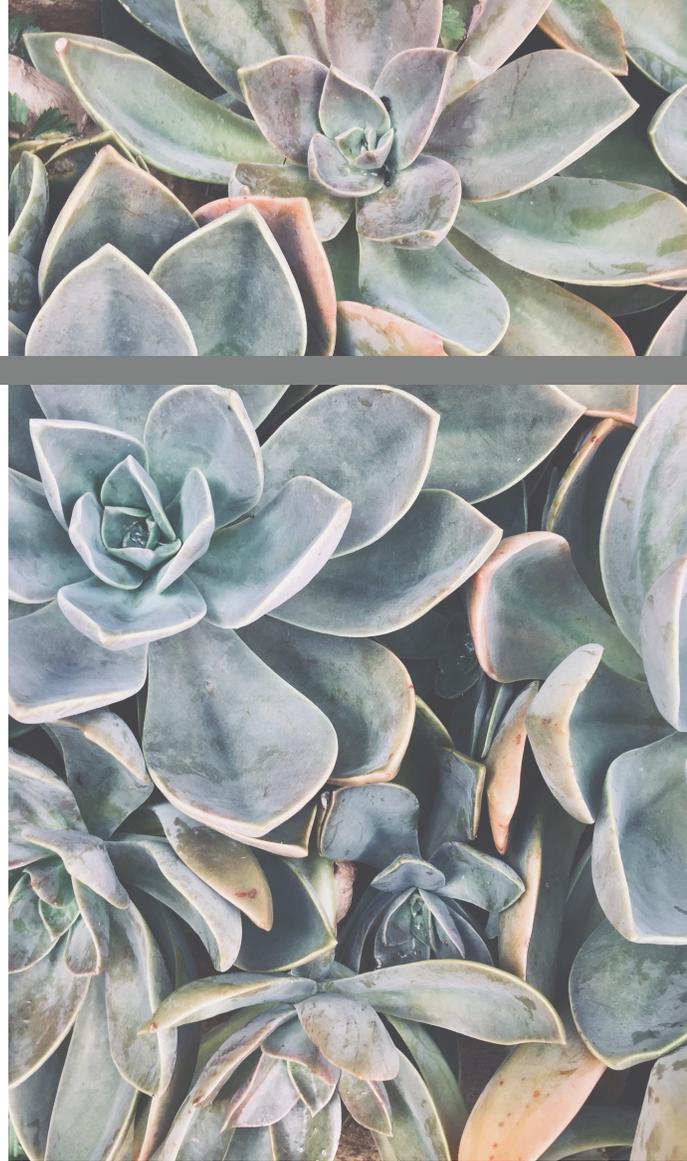
# OUR GOAL

TURNING PAIN INTO PURPOSE

**"When someone changes the way they view themselves, they can change the way they view their entire world"**

**Tattoos are the fastest and easiest way to change someones visual experience of their body.**

**What a responsibility! Because the full truth is that we can have a positive impact or a negative impact. Our energy and perspective affects the way we view things, and that will translate in all we do**



## "POSITIVE VIBES ONLY"

IT'S A TRAP!

THE IDEA OF 'POSITIVE VIBES ONLY' DISCOURAGES US FROM FEELING ALL THE FULLNESS OF OUR LIVES...

When we make the mistake of minimizing our clients life experiences, we risk that they may minimizing themselves. Please empower your clients to FEEL ALL THE FEELS in order to process them.

**\*This goes for you as well!\***

Anger is an important part of grief, and when we go through trauma, we must also grieve. Too many people tell others to ignore their feelings and 'be happy' or 'look at the bright side'. This may make your client feel like their feelings aren't important. They need to know they have permission to feel crappy if they need to. Read on for the way out...

**YOU MUST HEAL YOURSELF BEFORE YOU CAN HELP OTHERS HEAL!**

# LEAD THE CONVERSATION RESPONSIBLY



DID YOU KNOW THAT THE BRAIN DOESN'T KNOW THE DIFFERENCE BETWEEN A MEMORY AND A CURRENT EXPERIENCE?

THAT MEANS THAT WHEN WE REVISIT A BAD EXPERIENCE, WE RELIVE IT. OUR BODY GOES INTO A SYMPATHETIC NERVOUS SYSTEM RESPONSE AS IF WE ARE IN DANGER. OUR BRAIN LIGHTS UP AND OUR STRESS RESPONSES ARE ACTIVATED!

LEARN HOW TO HOLD SPACE IF YOU'D LIKE TO SAFELY HELP SOMEONE PROCESS THEIR FEELINGS WHILE RELEASING THE EMOTIONS

Work through your own shadows to understand yourself on a deeper level if you would like to assist others in working through their fears. There is NO "good vibes only" in actual emotional healing.

It's the mantra of the 'false lightworker', and it is not honouring to the soul work that we all must go through. There is no way around the pain of being human, we just have to walk through it with courage and hope! And a little help from our friends...

**Don't let a client get too caught up in the details of their past experience. They may go into a 'fight or flight' response just from revisiting the painful memory!**

“

ART IS  
OUR  
PASSION

”

SELF EMPOWERMENT LEADS TO

# Empowering your clients

*Once you have faced your own shadows and have a better idea of who you want to be - honestly and authentically - you will feel more connected and purpose driven in your work.*



*Stacie-Rae is one of Canada's first professional female tattoo artists*

YOU KNOW WHO YOU ARE!  
YOU KNOW WHY YOU ARE HERE.  
YOU KNOW WHAT YOU HAVE  
TO OFFER THE WORLD  
AND YOU'RE READY TO SHARE  
YOUR UNIQUE GIFTS.

***Wait! What ARE my  
unique gifts??***

***Whatever you've been  
through in your life  
teaches you something.  
You gain strength from  
it, and you can use that  
strength to help others  
with the same  
struggles...  
Now it's your  
superpower!***

## **WHAT DO YOU MEAN, SUPERPOWER??**

**We all have our own strengths, we all have a unique perspective based on what we've been through in life. That is how we help others!**

**Have you ever been in line at a grocery store and the lady behind you says...  
- the exact perfect thing you needed to hear in that exact moment - ?**

**That is how we are all earth angels for one another. She delivered a message for you. Something prompted her to do that. And when you know yourself, you can honour your intuition. You can trust your gut. And you can follow those little feelings like the one she followed to help you shift your thinking in that fated interaction.**

GET TO KNOW AND HONOUR YOUR INTUITION.

# **\*Why its so important to know yourself and learn to trust your inner knowing. We can all read the energy of others, but: "Take Nothing Personally"**

The more you learn about your own triggers, your own habits and beliefs, the more you free yourself from their limitations. THEN, and only then, can you recognize when someone may need to hear what YOU have to say. Tread carefully... You may resonate with something they say. And if you do, always ask questions before making assumptions.

TO CONNECT WITH YOUR INNER SELF:

Close your eyes and take 3 deep breathes. Ask your 'higher power' if you have anything to offer this person. If your divine answer is yes, then set an intention to quiet your ego and 'get out of your own way'.

Then let the conversation flow organically. Listen well.

## **INSPIRED LIVING:**

Come to a place of peace with your past, now that you can see how it helped shape who you are today.

When you can look at your life objectively, the choices you made begin to make more sense. Especially the choice to become a tattooist!

Since tattooing is not exactly the type of job your parents would have wanted for you, why DID you choose it?

*Stacie-Rae -*

*"I feel that there is often a deeper connection to body art than we first realize. I knew from the age of 14 that I was fascinated by this living medium, confirmed when I learned about Otzi. It's been such a fun adventure... I fall more in love with tattooing with each new thing that I learn about it. That sense of curiosity leads to a deep respect, that leads to a strong desire to improve, which deepens my commitment even more."*

# ELEMENTS TO YOUR SUCCESS



## A.R.T. SCHOOL

## HOW WE CAN HELP YOU HELP OTHERS:

### Technical Excellence

Dedicate your first 5-10 years of tattooing to mastery and development of your technical skillset.

### Know Thyself

Also use this time to become self-aware and grow your emotional awareness. Understand your own patterns.

### Develop your Intuition

Now that you know yourself better, strengthen your "knowing", IN-TUITION - Education of your inner workings.

### Responsibility to Others

Each client has a unique past and sometimes they share it with us. When they do, we can help them release old 'stuck' pain and find empowered freedom for joy and excitement in the next stage of their lives!

"Put on your own mask before you help others"

### **TATTOOING SCARS:**

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Further your technical understanding of skin damage and how to work with it

### **SCAR COVERUPS**

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Stronger design elements to flatter a damaged body. Composition, Flow, Style & Illusion.

### **SACRED SPACE**

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Turn your Studio into a \*safe space\* for your clients to release old traumas and become an empowered new version of themselves!

HOW TO BECOME A  
*Heart-Centered*  
TATTOO ARTIST



TO RECAP – FIRST, BECOME A GREAT TATTOOIST.  
THEN, BECOME A GREAT VERSION OF YOURSELF.  
THEN, HELP OTHERS FIND THEIR OWN GREATNESS!

TATTOOING IS A BEAUTIFUL WAY TO CONNECT WITH  
BROKEN SOULS ON THEIR PATH IN LIFE, AND TO HELP THEM  
REALIZE HOW AMAZING THEY'VE ALWAYS BEEN INSIDE.

RECOGNIZE AND HONOUR ALL OF THE PEOPLE ON YOUR  
OWN PATH TO GREATNESS. THE ONES THAT BELIEVED IN  
YOU WHEN YOU DIDN'T BELIEVE IN YOURSELF, WENT OUT  
OF THEIR WAY TO HELP YOU, AND SAW WHAT YOU  
COULD BE INSTEAD OF WHAT YOU WERE IN YOUR LOWER  
MOMENTS. HEY, WE ALL HAVE THEM, RIGHT?

FOR HELP WITH TECHNICAL TATTOOING SKILLS ON YOUR  
WAY TO YOUR GREATNESS, A.R.T. SCHOOL HAS IT ALL!  
THATS WHY WE ALSO CALL IT 'HEART SCHOOL', JOIN US!  
–STACIE–RAE



*www.Stacie-Rae.com*