

Hi friends,

Welcome to the practice of SoulCollage®! SoulCollage® is both an intuitive personal art form and a spiritual process. It is a gentle, playful way of exploring one's life by recognizing and honoring the different aspects of the authentic self and giving voice to the soul through collaged images. Through a simple process of cutting and pasting images from magazines or other sources, we create cards that access our inner wisdom and quiet our thinking mind. This allows our intuition and our connection to God to have a voice. All facets of our personality, gifts, challenges, and dreams have wisdom and healing to impart. Through this ongoing practice, we create a deck of SoulCollage® cards which facilitates self-exploration and encourages self-acceptance.

Self-exploration is accomplished through journaling with our cards using the specific language of SoulCollage®. Speaking from the perspective of the card or an image on the card, we complete the phrase, "I am one who..." and answer questions such as, "I give you..." .

For example, I may journal with this card, while speaking from the perspective of the card, and write, "I am one who is gazing with wonderment at this new opportunity present in my life for exploring all the many possibilities of new growth. I give you permission to taste and savor the sweetness of the moment. Open yourself up and dwell in possibility."



Our time together on March 3rd will not be ample enough to create cards. However, I encourage you to make a card before hand and bring the card with you. Journal with it using the prompt, "I am one who...". Speak from the perspective of the card. What wisdom is your

intuition trying to impart to you? Is God speaking to you through the images that your soul connects with?

Visit the link below for the steps in creating a card. Make sure to scroll down the page to the short video to watch a card being created by my friend, Marcia. I've added a few of my own notes below. Unlike other collage arts, we do not glue words onto our cards in SoulCollage®. We are accessing the right side of our brain to tap into our creativity and inner wisdom, so we stick with images only. More on this will be explained in our time together.

Bring questions, thoughts, comments, etc. and we will spend a fun hour exploring SoulCollage® together! I'm so looking forward to it.

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https://community.soulcollage.com/share/4uJjRkxhoCo6tMYa?utm_source=manual

You do not need mat board for this card. A large index card or even a piece of 5 x 8 inch cardboard cut from a cereal box or card stock will do. You could even just glue the images to a piece of 5 x 8 inch paper. The frame referenced in the instructions is simply a tool to help you with composition. Nothing gets glued to the frame. A frame is not essential, but I find it to be a helpful tool when I'm creating a card.

Examples of two of my cards:

