

## Welcome to SoulCollage® with Julie Lusk, Facilitator

**SoulCollage** is a joyful process of making 5” x 8” collages from pictures and images that catch your eye. No artistic talent is needed – only cutting and pasting. Seena Frost, the founder, calls it “soul tending.” It accesses the transformative power of your creativity, imagination, intuition & self-awareness. As images come together, collages gain a voice. Its meaning emerges using an easy, insightful process to ‘read’ collages. A personal card deck is made to provide self-understanding and personal insights.

**Supplies Needed** A big reason SoulCollage® is so powerful and effective is due to its unique process combined with the supplies used that have been developed and honed by Seena Frost along with scores of facilitators and participants over many years.

- 5”x 8” cards made from mat board
- Special see-through sleeves for each SoulCollage to go in
- Pre-cut images of pictures with no words on them. Having a wide selection of diverse and inspiring pictures on hand from a wide variety of source materials saves time and energy. It keeps you creating intuitively rather than getting caught up in reading magazine articles. You can always add your own pictures, images, photographs, etc.
- Glue stick, scissors
- Design frame–Used to position various images to see how they will look collaged together
- Consultation Sheet- Copy the original provided. It’s used for doing card readings.

**How to make a SoulCollage card** *Trust the process.* Listen to your intuition, your inner voice. There is no wrong way to do this. Cards can be made with a certain intention or purpose in mind or spontaneously and intuitively. Have fun and enjoy the process!

1. *Choose images of all sizes that seem to appeal to you for any reason.* Don’t question *why* you might be drawn to certain images. Choose whatever grabs you: ones that reflect a motif that’s been popping up for you, ones that feel like an old friend, ones that you dismiss but return to, ones that are repelling or disgusting, ones that remind you of someone or something. Photos are fine. *Avoid* using words. Words limit the wisdom the card may have for you and diminish the power of the images. If words are part of another image, consider covering them up with another image.
2. *If your inner critic crops up* and wants to “help analyze” your images, process, or cards – acknowledge its appearance and excuse it for the rest of the day. At some point, you may want to make a card representing the inner critic (committee).
3. *Once you have your images, pick the ones that call the “loudest” and begin.* Play around. Lay them on top of one another, or beside each other. You don’t need to have a reason for grouping images together. Either place the images inside the frame to see how they look or just start gluing. Rearrange them until you like the layout. *Trust* your intuition. You may already know which part of you the card represents, or you may not – it’s OK.
4. *Allow for one energy or theme to emerge per card.* For example, in making a “child” card, it is more powerful to make separate cards for your playful child, your rebellious child, your scared child, and so on.
5. *Do not write or put images on card backs.* This will influence you needlessly when selecting cards for a reading.
6. *Card types listed below can be differentiated with backings.* Choose a consistent backing for each card type/suit.

### Types of cards/suits

*Committee Suit:* The psychological dimension; parts of one’s personality; roles; ego self, etc.

*Community Suit:* People (known or unknown) ancestors, friends, family, places, and pets that provide supportive guidance.

*Council Suit:* The spiritual dimension, archetypes, enduring themes that drive one’s life.

*Companion Suit:* The energetic dimension associated with chakras; animal helpers, angels, saints, etc.

*Transpersonal Cards:* The *Source* card represents the one unifying, divine force. The *Soul Essence* card is the divine that resides in oneself. The *Witness* card is the impartial observer that allows us to see oneself and others compassionately

### Ways to use your SoulCollage cards

1. Each card has a unique name and voice. As you sit with cards and get to know them, you will begin to know who they are and what they have to say. Consider keeping a SoulCollage journal to record the “voice” of each card and its messages over time.
2. It’s best to speak *from* the image rather than about it. Start with the prompt “*I am one who...*” Then let the card speak about – “*What I want you to know is...*” “*My gift to you is ...*” “*What I want you to remember is...*”
3. *Choose* a card daily for inspiration. Readings can be done to pose a question to which you are seeking an answer. Spread your cards out face down and draw 1 to 3 cards. Turn a card over and write down its “voice” using the prompts in #2. After doing this for each card, look for themes in response to your question. Readings can also be done for perspective on an issue by drawing cards representing the past, present, and future; choose a card from each suit, etc.
4. *Confidentiality* is a must whenever cards are made or read with others. Use *discernment* when sharing about yourself.
5. *Do not buy, sell or trade cards.* Respect the rights of the artist, photographer, and the publications used.