

*'When the Soul wants to experience something, she throws an image of that experience ahead of her and then enters into her own image.'* Meister Eckhart

SoulCollage® is a creative, experiential process using images, imagination and intuition to craft 5x8 inch collaged cards. Developed by psychotherapist Seena Frost, the process is taught and shared with groups and individuals by trained facilitators all over the world. Differing from a more traditional vision board, cards are generally made without words so the intuitive right brain is accessed each time one works with the card. Over time, a deck of cards can be created, each card representing an aspect of the card maker's personality, an archetype, or a person important to the card maker. After a card is made, a dialogue process is used to access the meaning of the card. A collection of cards becomes, in Seena Frost's words, ' a symbolic reflection of our many-faceted, evolving Soul.' The SoulCollage® process and the Labyrinth are both potent tools of transformation that work beautifully together to further both personal and spiritual growth.

In our afternoons together, we'll be using themes from the morning's session with Lauren as our jumping off point for card making. There will be time for making cards, dialoging with our cards, and sharing.

Your welcome packet will include 12 blank cards and plastic sleeves and a selection of images. You will need to have a pair of small sharp scissors and a glue stick on hand. Gathering a collection of images (an assortment of people, animals, spiritual images and nature backgrounds) from magazines, catalogs, calendars, art books and from copyright free sites on-line is optimal. Allow the images themselves to 'choose you'.

Useful magazines: National Geographic, nature and travel magazines

Thrift stores, yard sales and little free libraries are good sources of art books.

Catherine Anderson's photography books designed for SoulCollage® use  
Catherine is a Veriditas trainer as well as a SoulCollage® facilitator and trainer.  
<https://www.creativepilgrimage.com/>

Copyright free images to print from the internet:  
[www.pixabay.com](http://www.pixabay.com)  
[www.unsplash.com](http://www.unsplash.com)

More information on SoulCollage®:

Seena Frost 'SoulCollage Evolving'

'Getting Started with SoulCollage®' on World of SoulCollage® (Mighty Networks platform)

<https://kaleidosoul.com/>. A resource for all things related to SoulCollage®

Catherine Anderson 'Meeting Your Soul on the Labyrinth.': SoulCollage® and the Labyrinth as Pathways for Transformation

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