

SoulCollage® Inspiration Circle

"The Soul speaks in image."

- C.G. Jung



We begin... by gathering images.

“A delightful part of the SoulCollage® process is the time we spend searching for images... Imagine sitting on the floor in a comfortable room, surrounded with piles of magazines... there is the sound of paper tearing...an exclamation of recognition...

You may or may not know what the image you select means at first. You may not know how you will use it and even if you will. What you will feel is the power in this particular one. As you leaf through magazines, something stops and holds you, calls to you in a mysterious way. Something goes straight into your soul, bypassing your mind. You tear it out and save it.”

- Seena Frost, SoulCollage®

Something vital in your image stirs you,
and your imagination becomes engaged.

“The way you come to fully appreciate the infusion of the Spirit is to more and more come fully into the moment, where this moment is enough.”

-Ram Dass





Using your SoulCollage® Cards for Visio Divina

Visio Divina is an intentional way of praying with images.

This practice invites us to explore the entirety of an image at a more contemplative pace by opening us to see all there is to see. It invites us to see deeply – past our initial impressions – to find God within. To begin Visio Divina:

- Choose an image from your journal.
- Find a quiet place where you won't be distracted.
- Begin to empty your mind of any lingering thoughts and concerns by writing them down. Offer this list to God who will hold them for you while you pray.
- As your prayer begins, take a few moments to open your heart and mind to God. When you are ready, slowly look at and notice the image on your card; let feelings and thoughts come to you in the form of figures, colors, lines, textures and shapes. What are you drawn to? What are your initial impressions? Whatever your thoughts and feelings may be, simply acknowledge them without judgement. Then...
- Return to your card with an open heart and mind again. Continue to acknowledge your thoughts and feelings each time you revisit the image. What more do you see? What more do you feel? Continue to do this a few times to help you receive further insight.
- As your prayer deepens, open yourself to what the image might reveal to you. What does the Spirit want to make known or express to you as you attend this quiet meditation? Be aware of your feelings or thoughts evoked by the image. Write down any important insights or meanings, or actions your Spirit is inviting you to take.
- Finally, bring your prayer to a close by resting in God's silent grace and love.

"The world is a sacred vessel." - The Tao Te Ching



“Love said to me, there is nothing that is not me. Be silent.”

- Emily Dickinson

The SoulCollage® Process of Card-making

Gather your materials

- You may want to keep your card-making supplies in a basket
- Keep loose images you have gathered in another basket or folder
- Keep a ready stack of magazines, cards, or used books to draw from

Find a quiet, private space in which to work

- Consider going outdoors on a porch or deck
- Choose a place that limits possible interruption

Set an Intention

- It may be helpful to light a candle to focus your attention
- Guided meditation (10-20 minutes) may also be helpful

Assemble your card

- There is no single “right” way to do this!
- One way to begin is to choose a background
- Add 1-4 images or more if that is what is needed

Set the card aside before beginning to glue

- Is there something to be added?
- Is there something to be removed?

Let the images speak to you

- Reflect using “I am the one who...”
- Journaling and Visio Divina are other options for letting the card speak to you

Introduction to the SoulCollage® Deck

Source Card – this card symbolizes the One, the Mystery at the heart of our being.

Neter – Each SoulCollage has an essence, similar to an archetype, referred to as a Neter or an aspect of our individual and unique life. Each Neter may fall into one of the four primary suits. The work of the SoulCollage process with our individual cards is to image and honor the strands of the net that holds us and compels us.

The Committee Suit – The Psychological Dimension

The inner parts of our personality are identified, named and imaged. This suit is also referred to as the “Inner Family” because the personality parts are similar to a family who have lived and worked together for a long time

The Community Suit – The Communal Dimension

The sentient beings, both human and animal, who have loved us, taught us and challenged us. This suit is also called My Local Allies and speaks to the communal nature of the Soul.

The Companion Suit – The Energetic Dimension

This Suit is comprised of the animal totems that correspond to our seven energy centers (or Chakras) Reflecting the energetic nature of our Soul, this suit may also be referred to as “My Animal Guides” .

The Council Suit – The Spiritual Dimension

This Suit images the archetypes that are active in our life and weave our individual being into the larger story. Also included in this suit are the themes, such as Death, Love, Courage etc, which have shaped history and may be shaping our lives now.

Adapted from “SoulCollage Evolving” by Seena B. Frost

Where there is space, there can always be a poem

Where there is space for a thought
There can always be a moment to ponder.
Where there is space for a sigh
There can always be time to wonder.
Why are we always looking for reasons
When chaos readily replaces disorder?
And if there is space for emotion
There will always be lightning, rain, and thunder.
For in this heart, there is always space
For a poem – for you – this poem has its place.

- Mohammad Said bin Rahim

We hope your day was peaceful and meaningful.



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