

Title:

Soulcollage- Give Your Life Meaning

Word Count:

1259

Summary:

Imagine an inexpensive art activity that that steers you straight into the heart of your own t

This extraor...

Keywords:

collage, art, collage art, soulcollage, art therapy

Article Body:

Imagine an inexpensive art activity that that steers you straight into the heart of your own t

This extraordinary tool for personal growth is SoulCollage®, a unique blend of spiritual pract

There are four suits in a SoulCollage® deck: The Committee (the inner voices in our minds), Th

The cards in your SoulCollage® deck name and honor all of your individual voices: the luminous

The process of SoulCollage® has changed my life in many ways. I find that I am now more in tou

This healthy assimilation means that I feel more whole and complete than ever before. And this

You can make a SoulCollage® card intentionally, where you identify an inner voice, a Companion

Usually, however, the cards are made intuitively. Sometimes you will make a SoulCollage® card

After making a card, it is time to find out what it has to say to you. You can do this with th

- Who are you?
- What do you have to give me?
- What do you want from me?

If you're not comfortable with writing, this exercise can be done orally with a partner.

Here is an example of how the simple, fun act of making a collaged card like this can lead you

Then I did the I am the one who exercise out loud, with a partner. We both gazed reverently a

I used my imagination to enter the image and spoke my answers as if I were the little girl. I

^I am the one who feels pulled in two directions,~ I replied. My partner wrote down everything

^What do you have to give me?~ my partner prompted gently.

^What do you have to give me?~ I asked the little girl on my card. I paused, waited, imagining

^What do you want from me?~ I heard my partner say next.

^What do you want from me?~ I said to the image of the little girl, imagining her reply. ^I wa

This exercise only took a few minutes, but when it was over, there were joyful tears of releas

The process of SoulCollage® had given me the tools I needed to name and honor that part of me,

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>