

# Welcome to SoulCollage®!

with Sara Pranikoff ([sarapranikoff.com](http://sarapranikoff.com))

## What is SoulCollage®?



SoulCollage® is a delightful dynamic soul-tending practice of creating, over time, a collection of collaged cards which are uniquely reflective of you. The process of intuitively choosing and layering images onto individual cards gives expression and form to the various facets of yourself; it is a means of knowing who you deeply are and who you are becoming. Your evolving deck is a tangible kaleidoscopic reflection of the many parts of your whole self, such as your personality, your innate energies, your relationships, and the guiding influences in your life.

SoulCollage® is both an inherently restorative practice and a practical tool: your uniquely personal cards can be drawn upon for authentic alignment and direction as you navigate through life's questions and transitions.

*SoulCollage® was developed by Seena Frost, MFT, M. Div., author of the book [SoulCollage® Evolving](#). SoulCollage® was seeded while working with Jean Houston and draws from the works of C.G. Jung and James Hillman. SoulCollage® cards are made for personal use and never to be sold, traded, or bartered. For more information about SoulCollage®, visit [www.soulcollage.com](http://www.soulcollage.com).*

## How does it work?

The soul is naturally inclined toward wholeness, and gravitates to images which have relevance to that quest even when your intellect does not know why. ***Soul knows where it needs to go long before the mind.*** SoulCollage® draws upon your own rich life experiences, intuitions, and inner knowing.

## How do I begin?

Simply browse and choose (or be chosen by!) images you feel drawn to. Combine two or more images to create a magical third entity, unique to you. Creating within the edges of a 5" x 8" card is a process of distillation and containment. Each card has an energy when complete; you *feel* it.

### ***Suggestions:***

- You may wish to hold a general intention in mind or to simply follow your intuitive attraction to images, colors, feeling tone.
- Let the images work for you. Let images find you and find each other.
- Trust that your hands know exactly what to do -- let your hands, your body, your heart, guide you – use breath to shift if you notice over-thinking.
- Alchemical process. Trust that the card will ‘make itself’ in its own time.
- Try to hold to one essence or feeling tone per card, even if you can't name it.
- You may wish to work on more than one card at a time – follow your distinctive process.
- You may wish to use a view-finder to help with composing.
- Can cut out or tear images. Apply glue to entire surface. Use brayer to smooth bubbles.
- We generally do not incorporate words into SC because they tend to have fixed meaning. The meaning of our cards evolves, changes with each interaction.

## How do I use this process?

Just making your cards is a means of awakening to and honoring parts of your multi-dimensional story, leading to leaps in understanding of the relationship of the parts to the whole and greater self-compassion and integration. Once created, your cards can be incorporated into:

- A daily soul-tending practice
- Meditation or writing practices
- Wisdom Circles
- Navigating through transitions and Big Questions in your life

Though there are many ways to work with your completed cards, the essence of how we work with them is to give them voice and listen to what they have to say. Our cards become tangible self-referencing tools; a means of hearing from the parts of our Selves reflected in them as we navigate through horizons and questions in our lives. Consider beginning with these approaches:

1. Deeply behold the card, noting what you objectively see: the images, the colors. Use journal or simply silently note your associations/ what else you know about the images.
2. Give voice to the card by speaking from it in the first-person beginning with the words “**I am the One Who...**” and finishing with whatever adjectives and associations flow from the card in the moment. This can be done aloud, silently, or in writing and will evolve and change with each interaction. Many also add: “**...and what I want you to know is...**”
3. Activate the hidden wisdom in your card by posing a question you would like guidance *from yourself* on: “What guidance do you have for me about...?”
4. Place your card in view, such as in a special nook or altar, and allow it to inform your intuition on a nonverbal level or consider journaling or poetry as bridges to conscious awareness.
5. Sharing cards with one another in a group is a wonderful means of creating community through connection and resonance.

## Guiding Principles for SoulCollage® Circles

- What is shared in the circle stays in the circle, and in our hearts.
- Trust the process! “*Creativity is an intelligence that knows where it needs to go.*” (Sean McNiff)
- The way that works for you is the right way.
- You are always free to pass on sharing your cards or words about your cards.
- You are in charge of whether you wish to receive observations from others.
- SoulCollage® involves balancing personal exploration and boundaries with group connection and being present to one another.
- We all share in holding a circle of safety, free from judgment, advising, or problem-solving.
- We witness to support the card-maker in deepening her own relationship to her cards. When another’s card sparks something in you, simply note that as a gift for your own exploration.
- We each have different ways and rhythms and won’t be travelling at the same speed or arriving at the same place at the same time; we work in a way that honors this.
- When sharing and receiving we safeguard ourselves and honor our personal boundaries.
- By risking and sharing our stories we create resonance and find common experience.

# The SoulCollage® Deck

While our SoulCollage® decks tend to grow organically, in a one card at a time process, some find it helpful to have an organizing principle to refer to. Seena Frost has created a *suggested* framework to use *if and when you find yourself wishing to do so*.

Using such a framework can help us to be more intentional about not overlooking parts of our self, and to be observational about the relationship of parts to the whole. **Feel free to adapt your cards to another concept you find useful or to notice a structure that naturally arises with your cards.**

**Seena's model suggests including the following three Transpersonal Cards:**

- **Source:** the Oneness that connects all things, whatever that means *to you*.
- **SoulEssence:** your unique spark of Source, your essence, your entelechy, or soul's coding.
- **Witness:** the Higher Self in each of us that observes 'what is', non-judgmental consciousness.

**The remaining cards will generally fall into one of four categories or suits (though you may discover categories of your own):**

- **The Committee Suit:** The inner parts of your personality, the various voices or ego states of yourself (such as shy self, hard worker, optimist) and roles you play. Another name for this suit could be My Inner Tribe.
- **The Community Suit:** Contains the actual images or reminders of those who have loved you, shaped you and challenged you and those you have been influenced by even if never met (poets, ancestors). Another name for this suit could be My Outer Tribe. Also includes special places and pets.
- **The Companion Suit:** Reflects energetic qualities you innately possess or are in greater need of in your life. Animals often serve as reminders of your connection to nature, instinctual energies. Some correlate an animal with each of the seven chakras and create cards to represent this.
- **The Council Suit:** Archetypes that are guiding you toward alignment with your role in the larger weaving of the world. Examples include great themes such as Love, Death, Courage, Grief, that might be present in your life as well as Larger Story roles such as Healer, Warrior, Teacher, Visionary, Mother, etc. seeking expression through you.