

SoulCollage® : Spiritual Direction and Expressive Arts

“Poetry and the arts come from the same source and illuminate the same interface as do dreams. Both derive the formative power of the archetypes which manifest to some extent in time/space and psyche in the form of images.” Sylvia Brinton Perera, “Dream Design”

“The mystery showed me in images what I should afterward live. I did not possess any of those boons that the mystery showed me, for I still had to earn all of them.” ~Carl Jung, Liber Novus, Page 254.

Why Expressive Arts?

- Expressive arts honors body knowledge, intuitive wisdom, subjective experience and emotions as valid ways of knowing in and of themselves. Rational analysis is not required to validate them. Words are secondary to experience.
- Expressive art is depth work. Creative practice can provide access to emotions, experiences and insights difficult to reach through rational verbal processes.
- Expressive art layers multiple modalities. It expands capacity through interdisciplinary work that allows different perspectives to speak many languages at once.
- Expressive arts may act as a bridge to unconscious material. It expresses something of the landscape of the unconscious material which contains a richness of consciously unknown emotion and knowledge. Consciously trying to create an expression of the Soul’s landscape and experience is an open invitation for a relationship with the unconscious.

Agenda

Participants will explore expressive arts as a companion to dreamwork through the process of creating and reflecting on an intuitive SoulCollage® image.

Participants will be guided in choosing 4-5 images by attuning to their energetic somatic responses to the images presented.

- A quick 5 x 8 inch collage will be created, suspending the need for exact outcomes or specific content. Play first, work later.
- Participant will form pairs and take turns exploring their collages by circumambulating the collage using the Four Functions, Intuition-Sensing & Thinking-Feeling:
 1. Sensing: What specifically do you see? Note the colors, textures, light, etc. What are the hard-dry facts of the image. Describe the particularities of what you see.
 2. Feeling: Attune to the collage and do a body scan to note any responses the body has to particular images or portions of the collage. Notice what stands out, what has energy or emotion. Notice anything that reminds you of something in your ordinary life or brings back a memory from the past. What seems most important to you?
 3. Thinking: Begin to notice how things connect? For example, what color is in what area of the collage and how is it related to other parts of the image? Which items on your collage seem to be in relationship? How is the collage organized?
 4. Intuiting: What is constellating? Where does this grouping of images come from? What hints to you see about where this collage is heading? What seem to be the constructive or destructive potentials? What is your hunch about what the image is revealing?
- Synthesize what has come forward from circumambulating the collage.
 1. Become the collage and write and I am one who.....description of the card’s attributes and personality.
 2. Formulate a statement or title that encapsulates the basic theme of the collage



What is SoulCollage®?

SoulCollage® is both an intuitive personal art form and a spiritual process. It is a gentle, playful way of exploring one's life, recognizing and honoring the different aspects of the authentic self and giving voice to the soul through collaged images. Through a simple process of cutting and pasting images from magazines, participants create cards that will help them access their inner wisdom, quiet their thinking mind, allowing intuition and the work of the Spirit to have a voice. All facets of our personalities, gifts, challenges, dreams—have wisdom and healing to impart. Over time, participants create a deck of SoulCollage® cards that facilitates self-exploration and encourages self-acceptance.

Through this creative and intuitive process, aspects of the personality, archetypal influences, significant animal companions and individuals who have provided wisdom for a person's spiritual growth reveal themselves through imagery. Once images have been created, participants are guided through an exploration of what they have created through journaling, dyads and small group experiences. Periods of silence, music and poetry support the process of listening to that small still voice within.

No art experience is required and everyone can do it. SoulCollage® Facilitators complete an extensive SoulCollage® Facilitator Training where they review the basic structure, principles, and guidelines of SoulCollage®. They learn how to make cards, facilitate others' making, sharing, and reading of cards, and experience how to conduct basic exercises for an introductory workshop. There are over 1200 trained SoulCollage® Facilitators offering workshops in at least 8 different countries around the world.

For more information visit: <http://www.soulcollage.com/>



The SoulCollage® Committee Suit Identifying Inner Voices

“Every Soul is both One and Many. We are both whole, integrated human beings who at the same time contain strikingly different sub-personalities. These inner parts chatter in our minds day and night, each one seeming to have needs, prejudices and goals. Some we know well because they are quite conscious. Others are more hidden, less easy to spot and name. Some have a lot of energy while others have soft or subtle energy.” In

SoulCollage® we call these inner voices our Committee. Nearly every model of psychology talks about ways to integrate our personality parts, so we have inner cooperation rather than inner conflict. SoulCollage® utilizes images to help us acknowledge, balance and tap into the energy of our various Committee Members.¹

Examples of Committee Members:

Miss Responsible	The Hostess
The Artist	The Inner Cheerleader
The Bitch	The Judge (others)
The Blamer	The Lover
The Bully	The Nag
The Caretaker	The Nature Lover
The Comedian	The One Who Loves to Cook
The Controller	The One Who Waits
The Critic (of self)	The One Who Was Shamed
The Curious Kid	The Organizer
The Dancer	The Peacemaker
The Fighter	The Poet
The Generous One	The Poet
The Good Mother	The Professional Woman
The Grump	The Seeker
The Guru	The Skeptic
The Gypsy	The Student
The Happy Child	The Teacher
The Healer	The Volunteer
The Hermit	The Writer

1 Seena Frost: [SoulCollage® Evolving](#)



The SoulCollage® Council Suit Understanding and Identifying Archetypes

“Awareness of archetypes dates back at least to the time of Plato, who called them Forms. Plato believed that these eternal Forms were reflected in material objects. The Form of Beauty, for example, is abstract and applies to all beautiful things; as different as the individual manifestations of Beauty may be--a beautiful person, horse, or flower--the Form itself never changes. The great Swiss psychologist Carl Jung developed this idea further. For Jung, archetypes comprised psychological patterns derived from historical roles in life, such as the Mother, Child, Trickster, and Servant, as well as universal events or situations, including Initiation or Death and Rebirth. Along with our individual personal unconscious, which is unique to each of us, Jung asserted, "there exists a second psychic system of a collective, universal, and impersonal nature that is identical in all individuals." This collective unconscious, he believed, was inherited rather than developed, and was composed mainly of archetypes. Although archetypes are impersonal patterns of influence that are both ancient and universal, they become personalized when they are a part of your individual psyche.” Caroline Myss , "Sacred Contracts”

Partial List of Archetypes

Actor	Fool	Olympian	Scout
Addict	Gala	Patriarch	Scribe
Alchemist	Gambler	Pilgrim	Seductress
Anarchist	God	Pioneer	Seeker
Artist	Goddess	Poet	Seer
Avenger	Gossip	Politician	Servant
Beggar	Healer	Predator	Settler
Boy/Girl Evangelist	Herald	Priest	Shaman
Bully	Hermit	Prince	Sidekick
Bureaucrat	Historian	Princess	Slave
Caregiver	Innovator	Prophet	Spoiler
Child	Judge	Prostitute	Storyteller
Clown	Knight	Protector	Student
Companion	Liberator	Provocateur	Teacher
Coward	Lover	Puck	Thief
Craftsperson	Magician	Puppet	Tramp
Crone	Martyr	Puritan	Trickster
Crook	Masochist	Rebel	Tyrant
Damsel	Matriarch	Redeemer	Vampire
Detective	Midas	Rescuer	Victim
Dictator	Midwife	Revolutionary	Visionary
Dilettante	Monk	Robot	Wise Woman
Diplomat	Muse	Saboteur	Warrior
Disciple	Mystic	Sadist	Witch
Diva	Nature Boy/Girl	Sage	Wizard
Dreamer	Networker	Samaritan	Zombie
Eternal	Nun	Scholar	



SoulCollage® Transpersonal Cards

The Three Faces of Silence:

Seena Frost, creator of the SoulCollage® process has introduced three transpersonal cards that represent energy or presence that is not bound by time or place. Their voice being that of Silence, they are not used for consultation. They can be used for contemplation and remembrance of our quintessentially infinite and divine nature.

These cards include: The Source, The Soul Essence, and The Witness

The Source: The sacred, unnamable, omnipresent, infinite One, the Totality many of us perceive as divine

The Soul Essence: The spark of the Divine Source within us

The Witness: That unique human ability to perceive the Soul Essence as the compassionate observer of our inner development

SoulCollage® Companion Suit - Animal guides

Companion cards recognize that many of us feel that animals can offer us wisdom and insight at

various times in our lives. Seena's book outlines a process to access these animal guides in a very personal way and to relate them to the various parts of the Chakra or energy system in the body. I personally use the Chakras as symbols for different energies. Hopefully the descriptions below will help you determine whether this is a useful suit for you to consider as you expand your SoulCollage® practice.



What animal might represent the following for you?

Chakra Seven: Knowledge of the sacred, wisdom, understanding, spiritual connection

Chakra Six: Self-reflection, Clear insight, Seeing the big picture

Chakra Five: Communication, Ability to speak your truth

Chakra Four: Self-acceptance, Compassion, Peaceful centered feeling

Chakra Three: Ego identity, Effectiveness, Spontaneity, Assertiveness

Chakra Two: Fluidity and grace, Depth of feeling, Sexual fulfillment, and the Ability to accept change

Chakra One: Hearth and home, Health, Prosperity, Security

SoulCollage® Community Suit

The SoulCollage® Community Suit is for honoring and celebrating the people and animals whose support, love, and makes a difference in our lives. These people/animals may be alive or dead. You may know them personally or you may only know them through what you've read about them. What matters is that each SoulCollage® Community card represents a distinct sentient being that has held you and uplifted you or challenged you at some time in your life. <http://www.kaleidosoul.com>



Utilizing SoulCollage and Other Expressive Art Forms in Spiritual Direction



Our encounters with the holy are rooted in symbol and speak the language of dreams. Utilizing image in spiritual direction sessions can open the door to listening to and engaging the inner symbolic life in deeply meaningful ways.

- Have a variety of images available for directees to choose from. These might include:
 - Landscape images that can help map where a person is in their current journey.
 - A collection of SoulCollage cards to allow the directee to select the one which has the most energy for them at a given moment then open conversation about the images contained on the card and what they evoke, or series of cards to represent an unfolding timeline of their journey. Three cards might be past, present and what yet to be revealed.
 - Use a card or image and have the person tell a story about the card or image. Work the story as you would a dream. If this were my card....
 - Choose a SoulCollage card or other image that seems in some mysterious way related to a dream or life situation and let the images speak.
 - Choose a card or image and do a form of the “6 magic questions” to see what arises.
- Have directees create a quick collage from 5-10 images.
- Use the created collages in a form of Visio Divina. Engage the image in a similar way to Lectio Divina.
- Have the person spend a few contemplative moments with the card journaling what arises. Start with the Journal prompt: “I am one who...”
- Create “Word Webs” with associations to three or four of the primary images on the collage.
- Use image or collage to engage a particular portion of scripture or sacred story. After reading a sacred text ask them to choose a card or two and ask what wisdom this card has to share regarding the text. Using images can get us out of our “thinking brain” allowing us to approach the message of the passage in a fresh new way.
- Make or engage with a collage image as a form of prayer especially for a difficult situation where words seem inadequate.
- Encourage creative practice as a spiritual discipline.
 - If a person has difficulty with journaling or remembering dreams suggest they center themselves then choose an image that has energy for them. They might paste them in a journal or just collect them in a folder and bring them along to a session.
- Spread the collected images into a path on the floor or arrange them in a circle around the person and have them physically engage with the image.

Using these processes oftentimes allows inspiration to emerge freeing us to be more open to the movement of the Spirit in our lives.