



SoulCollage®

WWW.SOULCOLLAGE.COM

Discover Your Wisdom. Change Your World!



What is SoulCollage®?

SoulCollage® is a creative process that combines:

- **CREATIVITY** - images, intuition, imagination
- **PSYCHOLOGY** - archetypes, shadow work
- **SPIRITUALITY** - inner work, revelation, wisdom and remembrance

Originated by Seena Frost, SoulCollage® is a process for accessing your intuition and creating an incredible deck of cards with deep personal meaning that will help you with life's questions and transitions.

The SoulCollage® creative process:

1. **IMAGES** - the *medium* used to explore one's journey; they represent our collective unconscious. In SoulCollage®, we only use images, and no words.
2. **INTUITION** - the *methodology* used to select images and to compose a collage card. Intuition (what is calling your attention) is different from affinity (what you like and easily relate to).
3. **IMAGINATION** - it's the *methodology* used for self-reflection and wisdom revelation, speaking truth from an image's perspective.

Psychology Today:

Intuition is a process that gives us the ability to know something directly without analytic reasoning, bridging the gap between the conscious and nonconscious parts of our mind, and also between instinct and reason.

Merriam-Webster:

Intuition is the power or faculty of attaining to direct knowledge or cognition without evident rational thought and inference.



What a SoulCollage® card represents?

A SoulCollage® card represents one energy or voice at play in your life. It is usually a teacher who comes in the form of a guide or a challenger.

GUIDE - a teacher who reveals truth through wisdom, guidance, nourishment, signs and symbols.

CHALLENGER - a teacher who reveals truth through chaos, confusion, conflict, and pain.

Why we create cards?

The SoulCollage® process is considered a spiritual practice, an act of self-discovery, self-acceptance and self-love. More you know, understand and accept who you are, better you will relate to your true Self, to others by embracing otherness without fear or judgment, to the world by understanding interconnection, and to the Divine, no matter how your spirituality is manifested, by aligning yourself with the Source of all life.

How to create a card?

- **Images & Intuition** - synchronicity envelopes + extra images
- **Tools** - scissors, knife, glue, cards, frame, plastic sleeve, measuring tools, wipes
- **Ethics** - no selling, no reproduction, mindful sharing, especially in social media
- **Silence** - intentional space + time for being

SoulCollage® Motto:

Discover your wisdom and change the world.