

SoulCollage® Cards . . . doing it YOUR way !

SoulCollage® is a **Spiritual Practice** (that is, it connects us to and nurtures our spirits, and it is something we do). We make a unique set of personal SoulCollage® Cards. In the process our imagination and intuition come alive as if emerging from a long winter slumber. We can then draw one or many cards to provide inspiration and guidance as we proceed on our life's journey. And the beauty of it is, the inspiration comes from deep within our own soul.

In SoulCollage®, as shown in these examples, we pull images from magazines, books, photographs, cards and calendars. This is always done with respect and gratitude for the artists and photographers who contribute to our ability to create SoulCollage®. We cut the images just so and arrange them on 5 x 8 mat board cards and then glue them down. Every SoulCollage® card is a work of art. What could be more fun?

SoulCollage® is like a mandala: a complete, circular, unified method of self discovery and self expression. **It is as intricate as a Tibetan Sand Painting - the purpose of which is to take a long, loving look at ourselves.** In this gentle process we come to understand and accept our own particular story and begin to appreciate how it weaves into



the larger story of our local and global community. It is an inspired and generous gift from Seena B. Frost, founder and creator of SoulCollage®.

Story is at the heart of SoulCollage®. Every card you make tells a story and every card also has an energy and a presence all its own.

The cards are grouped around five central themes.

The Committee Suit consists of our inner voices that direct and sometimes mis-direct our lives. For example; The Busy Bee, The Free Spirit, The Inner Critic, The Pleaser, The Dependable One and many more. Like any committee, these voices argue back and forth, demanding to be heard. In SoulCollage® we give them all air-time.

The Community Suit includes all those people alive or dead who are dear to our heart, such as: family, friends, teachers, authors, community leaders and others who impact our lives. Here, we would also include pets.

www.MindDesignHypnosis.com
 Certified Regression Hypnotherapists
 For information and appointment: 250-754-8086
 216 Prideaux Street, Nanaimo, BC

Give yourself the very best gift, a fast, easy, effective, and drug-free way to change your life...

- Rapid personal change
- Emotional Healing
- Lose weight and feel great!
- Overcome Fear!
- Free yourself from your unwanted habits
- Relieve internal stress to support your healing
- Sleep better and enjoy having more energy
- Improve your mental clarity and creativity
- Increase your self-confidence and self-esteem

...the best gift you will ever give yourself, and for your loved ones!

Meet Nanaimo's Certified Professional Hypnotists who will assist you with your issues. Call today to reserve, as seating will be limited.

This is the very best gift I have ever given myself. Hypnotherapy gave me back my life ... a life that is vibrant and full. — Kae Bibby

Attend our *free* introductory talk and receive a \$25 gift certificate toward your first class or session.

I treasure all of my 65 Soul Collage® cards and enjoyed making every one. But there is something about **The Companion Suit** that makes my heart sing. This is the suit that reconnects us with our physical bodies and our animal nature. Through guided imagery, giving our imagination free rein, we discover our animal guides, one for each of the seven energy centers or chakras. Mine include bears, birds and butterflies.

The Council Suit pulls us into the mysterious realm of the universal archetypes. In Seena's words: "They are metaphors whose images grab and hold us. These are the invisible guides, challengers, creators and destroyers, known across time and cultures by many names, yet somehow, universally in the collective unconscious of the human race." (*SoulCollage® An Intuitive Collage Process for Individuals and Groups* by: Seena B. Frost. p. 44/45) They go by many names. Here are but a few to pique your interest: The Great Mother, The Hero(ine), The Warrior, The Pilgrim, The Lamplighter, The Magician.

At the centre of our SoulCollage® universe are **The Three Transpersonal Cards**: The Source, SoulEssence and The Witness. Like a many faceted diamond they radiate energy and reflect the light of each and every card. They transcend our limited personal story.

The Source represents that from which we all emerge and to which we all return. The names ultimately reflect our personal belief systems. For example, The Unknowable, Ultimate Reality, God, The Void, Buddha, Brahmin, Infinite Compassion, Great Spirit and others.

SoulEssence is our essential nature, that divine spark, at the very

core of our being that wants us to express our unique contribution to the world. It is the driving force that keeps us going in the face of adversity. James Hillman calls it our Soul's Code in his book by the same title, "*The Soul's Code: In Search of Character and Calling.*"

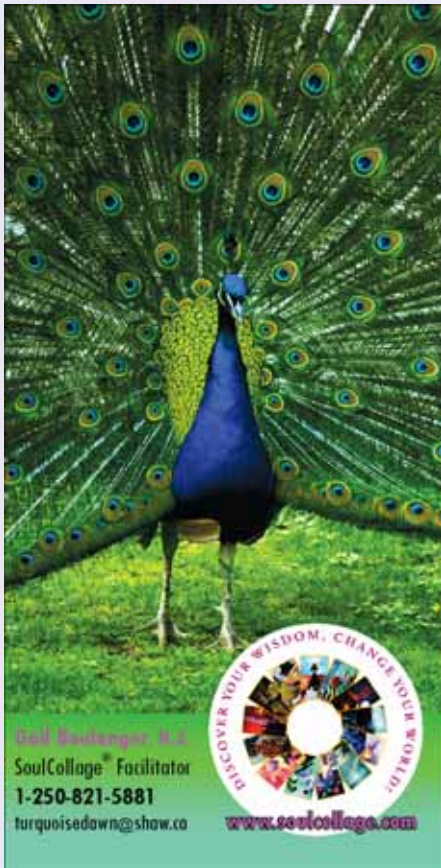
The Witness is the over arching, non-judgmental presence that sees us, walks beside us and calls us to the Quest to find our personal Holy Grail.

The images for these three cards are best discovered in a reverent meditative state. When we do readings, these three cards hold place of honor front and centre.

Seena suggests we make these cards early on in our process; however, there is no dogma in SoulCollage®, only guidelines, recommendations and principles. (See "Principles of SoulCollage®) such as; "SoulCollage® cards are not to be sold, traded, or bartered; they are to be reproduced only for the personal use of the maker of the card. SoulCollage® cards may be shared as examples to illustrate the SoulCollage® process."

SoulCollage® gives new meaning to the saying, "everyone is an artist." It is now my daily practice and I look forward to introducing it to Kindred Spirits on Vancouver Island and beyond.

Gail Boulanger (M.A.), is a SoulCollage® Facilitator. She invites you to join her to explore The Wonders of SoulCollage® September 26, 2009 9:30 - 4:00, at Nanoose Place, Nanoose, B.C. All supplies provided, including a light lunch. For details call or e-mail Gail at 250-821-5881 - turquisedawn@shaw.ca. Check out the SoulCollage® website at www.soulcollage.com



Gail Boulanger, M.A.
SoulCollage® Facilitator
1-250-821-5881
turquisedawn@shaw.ca
www.soulcollage.com

MIKEOULA

sound practitioner.musician

Sound Healing Workshops & Concerts
Port Hardy: Dancing Heart Studio - Sept 19
Nanaimo: Lobelia's Lair Oct 2: 7-9pm
Metaphysical Network Nov 5: 7-9pm



250.890.3360
www.mikeoula.com
ladym@mikeoula.com

Sound healing concerts- Winds of Change, Courtenay
Friday 7-9pm: Sept 25, Oct 23, Nov 20, Dec 18, Jan 13