

Welcome to SoulCollage!®

Presented by Suzie Wolfer LCSW

suzie@suziewolfer.com • www.suziewolfer.com • 503-224-3318

Welcome to a unique experience of Soul Tending. Leave the linear world behind and shift into the realm of imagination, intuition and insight using the poetry of images and the SoulCollage® process to explore the mysteries of your Soul. You will create powerful tools to access your wise and knowing Self. Using SoulCollage® you combine dreams, imagination, personal symbols and intuition to create a powerful deck of cards that taps into your inner genius.

Aspects of your personality, archetypal guides, animal companions and community members reveal themselves as you enter into conscious relationship, opening a portal to your inner wisdom and deepening your connection to Self and Soul.

You will take home a uniquely personal card or two and a creative practice that you can continue on your own, allowing you to sit at the feet of your inner teacher through the lovely creations that you have made. Anyone can design these amazing cards using magazines images and photos. It's easy and it's powerful.

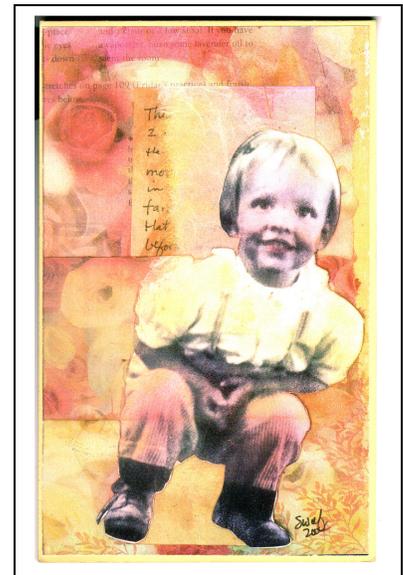
What is SoulCollage®?

A simple process, Seena Frost, a Marriage and Family Counselor in Santa Cruz and author of the book SoulCollage: An Intuitive Collage Process for Individuals and Groups, created a profound method that anyone can use to access their creativity and wisdom. It evolved from her love of art, spirituality and psychotherapy. Simply put, it is Soul Tending . . .

How does it work?

SoulCollage® taps into the transformative power of imagination and intuition. The Soul gravitates to powerful images that have meaning for you. You may not know why. But in mysterious ways, the meaning of each card emerges through the very act of creating it and using it.

Your analytical-brain can help in the work. But the richness of this process originates from the deep reservoir of skills and abilities often lying dormant after years of immersion in this intellect-driven modern world we live within. Your visual cortex plays a key role in whole brain thinking.



How do you do it?

You will find a feast of images spread out before you. Simply let the images choose you. You may not know why. You will find that 2, 3 or 4 images seem to go together in a set. Next, carefully cut out, layer and combine the images so that it pleases you. Use the frame provided to visualize the card. You may feel a little burst of aliveness when you stumble upon the "right" combination. Use a glue stick to make your card.

As you work with your cards, you will find layers of meaning that grow and develop with each use. Sometimes you will find hidden messages like buried treasure, waiting to be discovered in the same card you've been looking at for years.

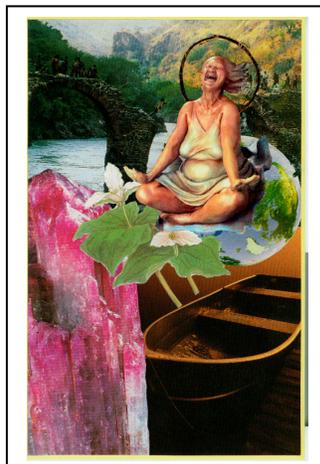
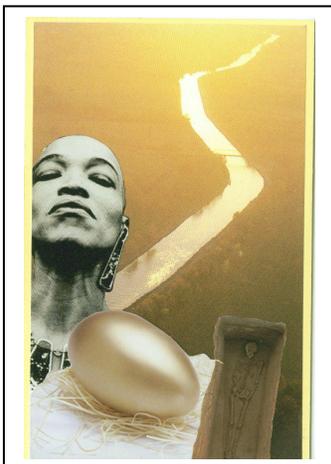
The power of our whole brain intelligence !

Guiding Principles

for SoulCollage® Group Process

From Noelle Remington, Life Doula Arts

- Trust the process!
- Everyone is an artist
- All ways are the right way. The way that works for you is the right way
- You are always free to go as deep as you want with the process
- You have all the answers inside you
- Each part has something of value to share
- Describe and reflect what you see and hear, let go of analyzing, evaluating or giving advice. Practice co-creating an advise-free zone
- We let our cards be made solely for the purpose of growth and aliveness. We don't sell, trade or barter our SoulCollage® cards once they are created.
- What is shared in the room, stays in our hearts.



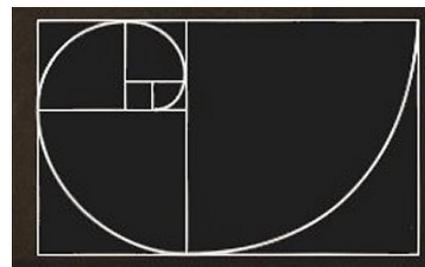
Tips for Making SoulCollage® Cards

1. Golden mean & Golden Rectangle – Sacred Geometry

- I noticed that the dimensions most people use on their cards are 5 by 8 inches reflect the Golden Mean. You can use any size you like. This ratio is known as “Phi” and is the Greek letter+
- The Golden Mean produces a harmonic effect called eurythmy - harmonious proportion or movement, as in the composition of a poem, an edifice, a painting, or a statue.
- Eurythmy blends the three principles of harmony, proportion, and movement.
- You will find the Golden Mean in nature as well as in a wide variety of works of art and design. The human body demonstrates the Golden Mean in hundreds of ways.
- Artists of various periods and cultures have found that dimensions determined by this formula are aesthetically appealing.
- Phi is one of those mysterious natural numbers, like **pi**, that seem to arise out of the basic structure of our cosmos. Unlike those abstract numbers, however, **phi** appears clearly and regularly in the realm of things that grow and unfold in steps . . . most *living* things.
- The decimal representation of **phi** is 1.6180339887499...
- Mathematically it is a ratio obtained by dividing a line so that the shorter part is to the longer part as the longer part is to the whole.
- Phi is the ratio of approximately 0.618 to 1.0



Phi – 1.6180



Golden Mean: – harmony in nature

2. Only one theme or energy per card

- A card seems to be most powerful when it has one main energy and all images support that energy. For example, a card that has images of a happy child and a wounded child might be more powerful if it was two cards, one for each aspect.

3. Let the card do the work

- Notice if your Analyzer or Inner Critic is busy helping you create the card. If so, give them a new job so your inner wisdom can do the work. Trust that you know what images go together and how, even if you don't know “why.”
- Breathe, release effort, let go of tension and trust yourself!

How do I use this process?

There are as many ways to use SoulCollage® as there are people. Here are a few ideas to get you started. We will use the first method below in our group today.

Seena's Method for reading your cards in a group setting

- ◆ The first person will state their question out loud & then turn over their first card.
 - Name this card (if it has a name) and say which suit it is from if you already know
 - The person next to them scribes the reading, putting card name and date.
 - The reader speaks from the card, starting with “**I Am the One Who . . .**”
 - Use adjectives, let your intuition bubble up with descriptive words and feeling words
 - Even if it is an animal or an inanimate object, give it a voice, a life & a point of view. Speak in first person as the card rather than about the card.
 - Pause to let the well spring of the psyche fill up, and let the words pour out.
 - After the person has finished speaking, the scribe will read back what you have said
- ◆ Then speak to a question. Perhaps you have a concern about a relationship, a health issue, work, or even life purpose. It helps if you write the question down in your journal to create focus.
 - Then in your mind or out loud, ask “**What can You tell me about this issue?**”
 - Stay as true to the energy of your SoulCollage® as you can
 - After the person has finished speaking, the scribe will read back what you have said
- ◆ Group members:
 - Can ask a question about a symbol or share a thought they had
 - Notice if you have the impulse to contradict or reinterpret the reading and let it go. Make comments that add to and/or honor the reading. Let this be a more meditative space rather than analytical. Your interpretation of the card is about you!

- ◆ At the end of the readings
 - This is the time for summing up
 - Look at any patterns in the cards or any repeated symbols
 - Observe any paradoxes & surprises
 - Notice if the question answered was different than the question you asked
 - Share any thoughts about your reading

Other ways to explore your SoulCollage® Cards . . .

1. **"I Am the One Who . . ."** Once the cards are created, cut out and pasted down, we breath life into them by speaking from them in first person, starting with the words "I Am the One Who . . ." Then we just let the words flow from the card. It can take a few moments, or we can sit with it, and let the words bubble up by our willingness to listen with mindfulness. You can speak the words out loud, or use your journal and write down the words as they come to you if you are working with them alone.
2. **Pose a question.** We can ask a simple question: "What would you have me know about . . ."
3. **Interview the card image.** You can do an in-depth interview with the card image, using questions such as: What do you have to teach me? What gifts do you bring me? How can you help me be more aware? What do you want from me? What are you afraid of? What is your Sacred Dream? What do you think I should do next?
4. **Journaling.** You can use your journal as a place to "converse" with your SoulCollage® helper, like you may talk with a counselor.
5. **You can do a reading**
 - Pose a question. For example, "*What is keeping me from my bliss? How can I best improve my health? How can I be a better mother? How do I attract love? How can I manage difficult emotions? How can I deepen my spiritual life? How can I become more playful?*"
 - Draw three cards randomly from the deck, and lay them face down. Let them represent: (1) things from the **past** that effect this situation, (2) **present** conditions that would be helpful to be aware of, and (3) what is **coming to be** or developing
 - Turn over each card and pose your question. Speak from each card in first person saying, "I Am the One Who" and then let the reading flow from there. If you are doing a reading with a friend, they may be curious and could ask about other images on the card, or other open-ended questions.
 - While you are talking have your friend write down your words.
6. **Altar.** You can place your card on an altar or special place with s candle or flower to let it guide and inspire you.
7. **Counseling.** If you are working with a therapist, take them into your session and explore the meaning.

Other Suggestions . . .

Mission work. Create a card for your mission or the mission of a group or family. Have each person reflect on their purpose and mission within the group and then share the cards as a way of drawing on the deeper wisdom for the group's purpose.

Holiday or seasonal ritual. At your next Birthday, Easter, Christmas, Thanksgiving, anniversary or solstice gathering, invite each friend to create a card and do a reading for the greater meaning or purpose this special day honors. Council cards may present themselves on these pivotal days.

Rites of Passage. Use your SoulCollage® cards to honor and process passages in our lives: death of loved one, beginning of new life after marriage, the birth of a child, retirement

Progressive story telling. If you have a company retreat, you could make a card, or bring cards already made. Each person draws a card, and first person starts telling a story based on their card. With every card drawn, the story deepens as it progresses around the circle.

Retreat or Team Building – Use a SoulCollage® session to vision how your group can work more effectively together.

The Suits

Committee Suit

- Psychological dimension
- Part of our personality
- Inside our local story
- Inner voices

Examples

- Caretaker
- Judge
- Angry One
- Hurt Child
- Jealous One
- Rebel
- Shy One
- Artist
- Procrastinator
- Organizer
- Teacher
- Critic
- Workaholic
- Happy Child
- Sex Goddess
- Loyal Friend
- Gardner
- Poet
- Controller
- Scared Child
- Hermit
- Loner
- Daredevil
- Dancer
- Cheerleader
- Manager
- Rescuer
- Inner Male

Community Suit

- Supporting cast in local story
- The real people and pets
- Family, friend, ancestor, pet
- May know personally, or know through art, writing, actions

Examples

- Mother
- Father
- Sister
- Brother
- Child
- Grandparent
- School Teacher
- Healer
- Famous Artist
- Dalai Lama
- Counselor
- Friend or co-worker
- Mentor
- Famous Leader
- Role Model
- Pet
- Support Group

Companion Suit

- Animal helpers
- Seven chakras: Our spiritual abilities, which connect us to the All That Is, to Source, God.

Chakra Purpose & Function

1. Survival, body wisdom
2. Emotional Intelligence
3. Creativity, making things happen, power
4. Affinity, Oneness
5. Symbolic communication
6. Clear Seeing
7. Knowingness

Council Suit

- Spiritual dimension
- Jungian archetypes
- Great themes in our life
- Metaphors in our life story
- Our larger story

Examples

- Death
- Love
- Creativity
- Vision
- Fool
- Grief
- Warrior
- Jesus
- Archangel Michael
- Crone
- Holy Spirit
- Light Bearer
- Mother
- Earth Woman
- Wounded Healer
- Wild Woman
- Wanderer
- Shiva



Finding Your Community Suit

- Important People in Your Life?
- Ancestors who have effected your life?
- Teachers who moved you?
- Great human beings of history you admire?
- Who would comfort you if you were sad
- Who would you want to be marooned with?
- Who inspires you to follow your dreams?
- Who challenges you to go beyond your comfort zone?
- What animal friends have touched your life?

Questions for your SoulCollage® Cards

Imagine your card was appearing on Oprah and she was asking questions of the person or people, or even animals on your card. How would they answer?

1. What are you good at doing?
2. What makes you laugh? Cry?
3. What makes you angry?
4. What do you fear? What is your worst fear?
5. What would be the most rewarding thing you could imagine doing with your life?
6. When did you come into my life and for what purpose at that time?
7. What is your favorite color because . . .
8. You favorite food because . . .
9. How do you like to dress because . . .
10. What's your idea of a perfect vacation because . . .
11. What do you think of my (best friends, husband, children . . .)?
12. Who do you like least and most in my life?
13. What do you think of my: career, health, life style, hair style, hobbies, friends, family, children, finances, food intake, use of alcohol/drugs?
14. What would you like more of? Less of??
15. What would be a perfect life?
16. What is your mission or purpose?
17. What are your hopes? Dreams?
18. What do you do when I'm not aware of you? What are you working on? Working for?
19. What inspires you?
20. What else would you like me to know?

About Suzie Wolfer LCSW

Background and training – I have worked as a psychotherapist both in private practice and at Providence hospital. Though I am a School of Social Work graduate, I have also had a wide variety of training that integrates holistic and traditional skills: 2000 hours of training in metaphysics and meditation in the Christian Mystical Tradition, transpersonal psychology, psychodynamic therapy, cognitive behavioral therapy, motivational interviewing and the Lakota Medicine Way and now Somatic Experiencing™. My specialties include holistic and body based approaches to trauma, chemical dependency, eating disorders, spirituality as well as resilience through creativity and art.

I've been teaching calligraphy and doing graphic arts since 1979. My artwork has been published in Cloth Paper Scissors, Somerset Studio, and the 1000 Journal Pages Project. I am also the founder of Earth School Institute and Counseling Services of Portland where I offer SoulCollage® Workshops. Before my career in the healing arts, I worked in international trade and marketing. And prior to that, I was a research director at University of Alaska in Fairbanks.

SoulCollage® Work - I've been collecting images since about age 10. I didn't know it would turn out to be SoulCollage® back then! Back in 2002, when I discovered Seena Frost's book *SoulCollage: An Intuitive Collage Process for Individuals and Groups*, I felt like a dream had come true. I found a tribe of people whose passion co-mingles art, intuition and personal growth. I now I offer many different types of groups including in-depth work with the chakra, archetypes, intuition and spirituality, visual journaling, as well as CEUs offered to therapists interested in using this process in their work with clients and **SoulCollage® facilitator Training**.

My Own Work with the Cards – SoulCollage® cards bring a depth and power to working with our inner wisdom. For example, one day I was puzzling over the next step in my career. My analyzer part was making things VERY complex. So I took a breath, quieted my mind and drew a card. It was The Dalai Lama community card. Using the "I Am the One Who" process, the card communicated the following: "Follow your joy. Remember who guides the work. It's not you! You are not the weaver, so just feel the support of the web. . . . Show up and remember to chuckle." I'm trying my best to follow the advice!

Upcoming Workshops!

Please check my website for inspiration, workshops and ideas. You can sign up for my newsletter to receive tips for going deeper with your SoulCollage® cards and learn about upcoming workshops.

If you have any questions, please feel free to contact me:

- call 503-224-3318 or email suzie@suziewolfer.com
- or checkout my website www.suziewolfer.com
- The SoulCollage® website at www.soulcollage.com.

Ready to have a breath through in your life? Ask about the **3-Session Break Through** with your SoulCollage® cards. You'll be amazed!

Your health insurance will usually cover 50 – 80% of my fee as long as there is a diagnosis.

I hope you've enjoyed your workshop today! Thanks so much for joining me in the Journey!

Fondly,

Suzie

