

SOUL EXPRESSIONS:

A GUIDE TO BEGINNING THE SOULCOLLAGE® PROCESS

BY KATY OBERLE, MS, IMFT *



*Based on the SoulCollage® method, created by Seena B. Frost, M. Div., M.A.

Introduction

WHAT IS SOULCOLLAGE®?



The SoulCollage® method, created by Seena B. Frost, M. Div., M.A., involves the creation of collaged 5x8" cards from found images (usually from magazines, books, or photographs) that reflect aspects of your self related to your personality, community, archetypes, and somatic/animal energies.

Through practicing the SoulCollage® method, you'll learn how to work with your cards to bring forth your inner wisdom and to enhance your self-compassion, intuition, and personal empowerment.

SoulCollage® is a mindfulness-based creative practice that supports self-care and self-discovery.

It's an easy, powerful process that connects you to your inner wisdom through the creation of collaged cards of imagery which are unique reflections of you and your world.

Getting Started:

MATERIALS

Below are the materials needed to create SoulCollage® cards.



1

- Blank 5x8" cards (you can cut cardstock, posterboard, or matboard to this size)



2

- Scissors (for cutting out images)
- Glue stick (for pasting images)



3

- Magazines with images you can cut out (examples of "image-heavy" ones: Travel & Leisure, National Geographic, Mindful, Breathe, Oprah, Real Simple)

Preparation:

HARVESTING IMAGES

Try to collect a variety of images, such as:

- ☐ People
- ☐ Nature/animals
- ☐ Objects/things
- ☐ Scenery & travel/transportation
- ☐ Food & drink
- ☐ Background images (at least 5x8")



- You can also purchase image books for your SoulCollage® process.
- Catherine Anderson's "Collage Imagery" books can be purchased at:
<https://www.creativepilgrimage.com/new-products>



Before You Begin:

SETTING AN INTENTION

Consider creating a quiet, comfy space for yourself.

Lighting a candle or incense, and/or playing soft music can set the tone.

Take a few deep breaths and ask an internal question, such as:

WHAT PART OF ME WANTS TO BE HEARD TODAY?

WHAT ENERGY DO I WANT TO EXPLORE?



Step 1:

MAKE A QUICK CARD

There are two ways to make a SoulCollage® card—*intentionally*, and *intuitively*.

For this first card you'll engage in an **intuitive** card-making process (choosing/arranging images on your card by following your inner guidance, trusting that the card's meaning will reveal itself later).

1 Spread out your harvested images so you can peruse them, and select an image that speaks to you. If there are 2-3 images that feel related to each other (i.e. representing the same theme or energy), that's fine!

2 If it feels right, select a larger background image for the small image(s) to "live" on. Then arrange your smaller image(s) intuitively on the background image or directly onto the card, and glue everything onto your 5x8 card.

3 Sit quietly with your completed card, looking at it closely, paying attention to the details, images, and overall feeling it gives you. Then imagine that the card itself is speaking to you.

Silently or aloud, complete the sentence, "**I am one who...**" speaking as if you are the card or one of the images on it. For example:

- "I am one who brings calm and peace."
 - "I am one who holds deep wisdom."
 - "I am one who likes to be playful and spontaneous."
-

I Am One Who...

Use this page to jot down what your card “said” to you when it introduced itself.

Allow additional statements to come naturally, without overthinking.

Stay curious and let the card guide your responses.

Step 2:

LEARN ABOUT THE SUITS



In the SoulCollage® method there are four types (or “suits”) of card categories:

COMMITTEE

COMMUNITY

COUNCIL

COMPANION

The four suits represent different aspects of your inner and outer life. Taken together, they provide a holistic view of your essence.

- The **Committee** suit represents the different parts of your personality/self
- The **Community** suit honors the people, places and beings who support you
- The **Council** suit highlights the various archetypal energies that guide your life
- The **Companion** suit represents animal energies that reflect your body's wisdom

Step 3:

MAKE A “SUIT” CARD

Now you're invited to bring more intention to your SoulCollage® process.

Select a suit category (Committee, Community, Council, or Companion)
and create a SoulCollage® card reflecting an aspect of that suit.

For additional support, consult the book *SoulCollage® Evolving* by Seena Frost
or visit the official SoulCollage® website, www.soulcollage.com.



EXAMPLE:

Card name: EQUANIMITY

Suit: Council

“I am one who...”

-is equanimous (steady & calm)

-wisely acknowledges and
affirms all aspects of the human
experience: youth & old age,
health & sickness, praise &
blame, pleasure and pain, and
gain & loss”

Next steps

DEEPENING YOUR PRACTICE

Stir together the ingredients of your imagination and intuition with a few powerful, cut-out images, and you can create your first SoulCollage® card. After that you will probably want to make a second, a third, and, over time, many more. Gradually you can create your deck of very personal cards. ...they will help you explore your Soul, your shadow, and your inborn gifts.

-SEENA B. FROST

SOULCOLLAGE® RESOURCES:

- The book *SoulCollage® Evolving* by Seena B. Frost
- The official SoulCollage® website, www.soulcollage.com.

WORK WITH KATY:

- SoulCollage® workshops at *The Be Sanctuary* in Upper Arlington, OH
- 1:1 SoulCollage® coaching sessions with Katy, online and in-person
- Curated SoulCollage® offerings for your team or organization



About KATY OBERLE

Katy is a Columbus, OH native, a licensed marriage and family therapist turned Creative Mindfulness Coach, and a singer/ songwriter. Through her business Katy Oberle Creative, she provides SoulCollage® and other creative mindfulness programming to groups, individuals, and organizations to help them manage stress, enhance their connections, and access self-compassion, gratitude, wonder, creativity, and joy.



She is also co-founder of *The Be Sanctuary*, a mindfulness-based wellness community in central Ohio, and she is a Sr. Artist-in-Residence at Ohio Health Cancer Care Centers, providing vocal/guitar music and sound baths to patients and their families.

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EMAIL COMMUNITY AT:

katyoberlecreative.com/freeguide

CONTACT KATY AT:
katy@katyoberlecreative.com