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# Introduction

You have made your first SoulCollage® card and you loved the whole process. First, you gathered images and sorted them by theme. Next, you arranged and rearranged some of the images on different backgrounds until you liked the layout. Then you glued the pieces down onto a piece of mat board. Your first card! Congratulations! Now you are looking at this piece of your soul and only one question looms... *what does it mean?*

Or maybe you've already made several (or dozens of) cards. The flow of creativity has been working its magic and you've allowed its current to carry you forward on this amazing journey. However, the current is at ebb tide now. You've washed the glue off your hands and vacuumed up the paper scraps from your floor. Now what? There are beautiful SoulCollages strewn all over your dining room table or your bedroom floor. And you too are left with one big question... *what do these cards mean?*

You'll be happy to know that this e-book was written just for you, in the hopes of making the SoulCollage® interpretation process less intimidating and easy to dive right into. *Making* the cards is an important part of the process. It's fun and it enables you to learn a bit about yourself, but it's not enough.

When you interpret a SoulCollage® card, you are allowing yourself to access deeper layers of your own soul. You are activating your imagination and your intuition, and you are developing a sacred trust in your own ability to know who you are and what your particular expression is in the world.

May this e-book bring you a delightful unfolding of your soul, along with many inner surprises!

I wish you peace and joy on your journey,

Anne Marie Bennett  
March, 2006  
Beverly, MA

# Suggestions for Getting Started

1. The best way to begin is to read the book *SoulCollage*, by [Seena Frost](#). If you don't already own a copy, you can [purchase it here](#).
2. Before you begin the actual interpretation, spend a few moments admiring your card. Appreciate it. Enter it. Breathe it in. A precious piece of yourself is contained in this card. It is yours and yours alone. *You* created it. Embrace this part of your world. Bask in your curiosity about it.
3. Send your Inner Critic to sit outside on the porch for a while. He/she is not needed in a SoulCollage® card interpretation!
4. Another needless entity now is your rational, logical left brain. Spend a moment telling your Rational Self that you appreciate all that it does for you each day, but right now you'd like it to join your Inner Critic on the porch. Suggest that they take a nap together!
5. Remember that interpreting a SoulCollage® card is an **intuitive process**. Trust your own inner knowing. Trust yourself.
6. If you are looking at a card that contains some darker elements, remember that the SoulCollage® process was designed as a tool to help us get to know ourselves better. You can go as deep with it as you want, as you need. It's in **your** control.
7. Don't worry about what you might discover about yourself as you do the work of interpreting your card. You will learn just what you need to learn at this time in your life. And when the time is right (a week, a month, a year... from now) to go deeper with the card, you will know it, and you will be ready.