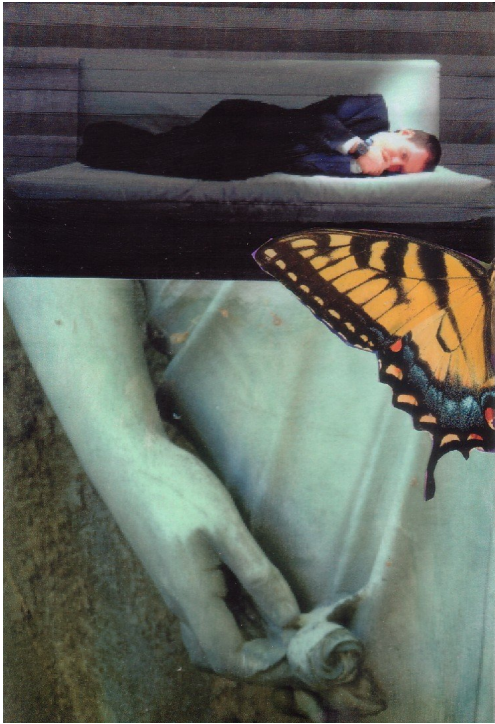


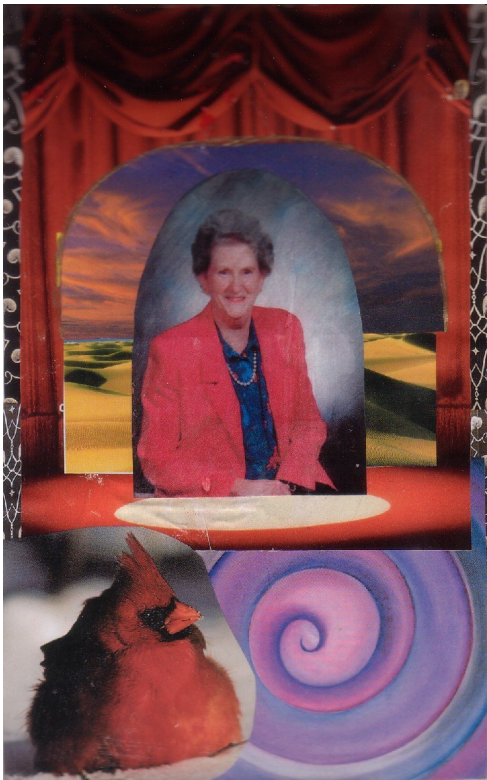
Illustrating Healing: SoulCollage and the Grief Journey

(Cards by Roberta Rook)



Consumption (Committee)

I Am the One Who has known the paralysis of grief.
I Am the One Who has been orphaned by loss, left as
vulnerable as the child I once was to my parents.
I Am the One Who has felt myself turn to stone.
I Am the One Who found the hope to carry on.



My Mother (Community)

I Am the One Who gave the performance of my life--it
was often tragic, but more often vibrant,
full of life and color.
"It's stage center for all of us."
Berta, you were a part of my group theater, my dramatic
exit.
Your father was too, in a strange way.
I always loved you.
I loved life, nature,
I saw the eternal.
I was center stage.



The Power of Now (Council)

I Am the One Who attempts to live in the present but grieves for what is lost.

I Am the One Who reminds you to surrender the past in order to fully realize that all you have is Now.



Death/Return to the Infinite (Council)

I Am One Who dies to individuality, as I leave my manifested state.

I Am One Who faces the loss of my Self, the "me" of my head, my mind, with fear and hope.

As I lose the fragmented awareness that makes a person, I merge with All That Is.

Possible SoulCollage® Themes & Topics Around the Issues of Grief and Loss

- ❖ Commemoration of Loved One(s)
- ❖ The Relationship with Lost Loved One(s)
- ❖ The "Story" of the Death--Release
- ❖ The Grieving Self/The Healing Self
- ❖ Living Community/Support
- ❖ Spiritual Guides through the Healing Journey
- ❖ Grief Feelings—Anger, Sadness, Fear, Longing
- ❖ Future Directions/Possibilities/Hope
- ❖ Transformation

Possible Questions for a SoulCollage Reading on Facing Loss & Change

- ❖ How can I let go of this grief that I carry?
- ❖ Who will help me heal through this loss?
- ❖ How can I let go of the unfinished business I have with _____? How can I forgive him/her?
- ❖ How can I forgive myself for what was unsaid or undone?
- ❖ How can I keep the memory of _____ alive?
- ❖ What part of _____ is with me forever?
- ❖ How can I cultivate gratitude for who and what remains in my life?
- ❖ What is possible for me now?
- ❖ How have I been transformed by this experience of loss?

SoulCollage Card Consultation Using Cards of Group Members Collectively

- ❖ The cards for each group member are collected and divided into suits, shuffled by pile, then laid face-down.
- ❖ Members take turns drawing from each pile with eyes closed. Four cards per member (one from each suit) are drawn, in this order: 1) Committee, 2) Community, 3) Companion, and 4) Council. The first person to read cards then turns over the first card, which will be a Committee card.
- ❖ The person who made the card which is drawn can briefly state the name of the card and give an "I-Am-One-Who" description. The card's creator should emphasize the general qualities and characteristics of the card, rather than discuss at length the personal story around the card. This is done for the benefit of the Card Reader, rather than to focus on the one who made the card. Cards can also be drawn with very little description given by the creator of the card, though group members may already have knowledge of the cards of other group members if they have been meeting for some time. Just try to establish what method is preferred by the group before beginning the reading.
- ❖ The person drawing the card (the Card Reader) then elaborates on how this particular card relates to their own life question, which they have formulated for the consultation. Concepts to keep in mind around the main question and how it relates to the card drawn are: What is this card trying to tell me in response to what I have asked? How will I be reminded of the lesson the card holds for me?

- ❖ The Card Reader continues to turn over his/her cards one at a time for consideration, until a card from each suit has been drawn.
- ❖ The Card Reader can elaborate any way he/she wishes on the card drawn—whether it was created by the Reader or not. The point is that each individual incorporates the cards they draw as their own during the consultation, while at the same time honoring the person who made the card. In believing in the interconnectedness of the group and that the cards that are needed will reveal themselves to each person, group members will find that even cards made by others can have deep meaning for them.
- ❖ Other members of the group are invited to encourage and facilitate the card reading with comments and feedback. If the Card Reader is having difficulty generating thoughts and feelings about the card drawn, members of the group can offer encouragement and their own thoughts and ideas. There is no specific order as to which group members speak first.

This method can also be used when there is a question concerning the group as a whole rather than its individual members--then each member can take a turn at drawing a card, or four designated members can draw from each category if the group is larger than four. Members can be asked to make "I Am the One Who" statements speaking to the group question, then the IAOW statements can be voiced by all the group members, so that group intention and purpose can be solidified. These statements can then be used as opening or closing refrains in subsequent meetings--a great way to enhance group solidarity and cohesion!