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Welcome!

Welcome to Part 1 of the e-workshop: *Introduction to SoulCollage™*. I'm so glad you've decided to take the plunge and swim in to this exciting adventure that is a unique blend of spiritual practice and the fun of collage.

Close your eyes for a moment and pretend that you're near your favorite body of water. Is it the ocean? A lake? A swimming pool? A river?

Maybe it's an imaginary body of water where the water shimmers lavender and pink! Maybe it's the ol' swimmin' hole you used when you were nine. Or... perhaps it's a deep bathtub surrounded by candles and fat fluffy towels.

Whatever it is, just close your eyes and imagine that you are there. Smell the water. Hear the sounds of the water lapping against the shore or the sides of the pool. Feel the warmth of the sun, or the cool serenity of the moon. Mmmmmm.....

Now. Are you ready to go swimming?

I thought so!

But first we must get ready.

Gather Your Gear

(List of Materials You Will Need)

Before we begin this SoulCollage™ workshop, you'll need to collect all of the materials you will need. If you were really going swimming, you'd need: a bathing suit, flip flops, tanning lotion, sunglasses, snacks, a bottle of water, goggles, a beach ball.... Well, you get the idea!

Gather up your SoulCollage™ supplies and spread them out in front of you on your workspace, which could be the kitchen table, an art table in your studio, the living room floor... Wherever you feel most comfortable!

Here is a list of what you will need. There is a detailed description of each on pages 5-9.

Mat board pieces measuring 5" x 8"

Scissors

Adhesive

Frame

Images

A small candle

Music that you like (optional)

Brayer (optional)

Mat knife (optional)

File folders (optional)

Mat Board

Mat board is a heavy type of cardboard that comes in many different colors and textures. It is the same material used when you buy a matted photograph or picture.

You can buy it in large sheets at art stores and then pay a small additional charge to have it cut into 5" x 8" pieces for your cards. It is also available for purchase at some craft stores.

You can go to framing stores and ask for scrap pieces of mat board because they usually have extra. Most stores would rather give it away than throw it out. Some stores will also cut it for you for free. It doesn't hurt to ask!

You can also purchase these, precut at the [KaleidoSoul Shop](#).

Please note--- mat board is not absolutely necessary for the base of your cards. Other materials to consider: cardboard, cardstock, file folders, any kind of heavy stiff paper. Whatever you use, be sure to cut them all to the exact same size.

Scissors

Any kind of scissors will do for making SoulCollage™ cards. You will be using them to cut out images from magazines, so it will be helpful to have a small (very sharp) pair for doing any detailed cutting that you need to do.

Scissors can be purchased at drug stores, craft stores, art stores, and just about anywhere!

Adhesive

You might have to try out different adhesives until you find the one that's right for you. Here are some options. Most can be purchased at craft stores, art supply stores, and places like WalMart.

*Whatever you choose, be sure that it says
ACID FREE on the label!!!!*

Rubber Cement or Paper Cement- I like these because they're slow to dry when you're brushing them on. Also, any excess that gets on your images can easily be peeled off after it dries.

Glue Stick-- Be sure to buy the biggest one you can find!

Images

The most essential thing you need to create SoulCollage™ cards is an abundant assortment of images. You can find images for your cards in a number of places:

- magazines
- books
- greeting cards
- calendars
- photographs
- scrapbook paper designs
- rubber stamps
- online
- catalogs
- brochures
- travel brochures
- junk mail

For today's workshop, we'll be using **MAGAZINES**, so be sure you have a nice big stack in your workspace (and by big stack I mean, about 30-50!)

Here are some great places to get magazines for **FREE**. Most places are more than happy to save magazines for you (so be sure to **ASK FIRST**) because they feel better recycling them than throwing them out.

- your dentist's office
- your doctor's office
- the library
- yard sales that are over
- family and friends
- school libraries

Helpful But Not Necessary

- A candle- Lighting a candle before you begin can help to create Sacred Space. It doesn't have to be a big or elaborate candle, even a tealight on a pretty plate will do.
- A CD or tape of soft music- Choose some music that **YOU** find relaxing. This will also help to create Sacred Space for your SoulCollage™ card making experience.
- A brayer- for smoothing any air bubbles out of the images on the card after you've glued it down

Swimming In To SoulCollage™- an e-workshop from www.kaleidosoul.com

- A mat knife- helpful for marking the corners of images under the frame so you know where to glue them when you transfer them to the card

- File folders- good for organizing your images (which you may or may not find helpful)