

SoulCollage®- The One and the Many

The Source Card and the Four Suits

What's in a SoulCollage® Deck? This varies from person to person, but there is a structure provided if you choose to follow it. Most Decks consist of a Source Card, and an unlimited number of cards that are divided into four main suits: Committee, Community, Companion, and Council. Each suit is backed with a different kind of decorative paper (or sticker or stamp) to easily differentiate the suits when the cards are turned over for a Reading.

The Source Card

This card represents "The One" from which each of "The Many" flow. Depending on your soul's view, you may refer to it as God, Spirit, Source, The One... or any number of names signifying this concept. In essence, the Source is mysterious and without form. When we do a SoulCollage® Reading, we place this card in the center of the space to symbolize the oneness and connectedness of all things. This card does NOT speak with *I am the one who...* It is beyond words.

The Committee Suit

These cards honor your inner voices, the various parts of your personality. Some of our Committee members are clearly positive (joyful, good friend...etc.). Some are more neutral (teacher, runner...etc.). And some may seem negative and bothersome (inner critic, procrastinator...etc.). This is all okay! They are *each* a part of you and they are *all* needing to be heard. A few of them may seem to be dominant, the ones who are continually "running the show." Others may be living on the fringes, unable to speak, silenced and hidden in the shadows. Remember that each part of you wants to be seen, heard, named and honored. Making a SoulCollage card for each of them is a most powerful way to do this.

The Community Suit

The Community Suit contains cards with images of the real people and pets in *your* community. This can include: family members, friends, colleagues, mentors, pets, celebrities, religious or political figures, fictional characters, authors, and more. They can be living or dead, people you actually know or people you only know through their art, writing, or unique contribution to the world. Community cards can honor individuals or groups of people (a family, a support group, a set of friends, or an organization that you belong to. When creating these cards, imagine who you would *want* in your Community as well as who is already *in* your community. Use photographs or other images from magazines that capture that being's essence. When you consult a Community card, you are accessing that person/animal's unique wisdom and perspective as you remember it.

The Companions Suit

These cards represent animal guides (or animal totems). Through guided visualization, one Animal Companion is identified for each of the seven chakras, or energy centers, in your body. You can also discover your Animal Guides in many different ways. For example, you might already feel an affinity with a certain animal. You might start paying attention to the presence of animals in your life and notice that you are seeing a certain animal more often than usual. An Animal Companion might make itself known to you through a magazine image or a dream. When you consult a Companion card, you are accessing the wisdom of your energetic body as well as the larger, more mysterious energetic realm.

The Council Suit

The Council Suit contains cards that represent various universal archetypes that are guiding you in your life. Archetypes are universal themes or ideas that are known to people everywhere with no regard to race, culture, religion or gender. Your archetypes may be made known to you through literature, mythology, culture, film, music, or you can create your own. Some examples of universal archetypes are: The Divine Mother, The Crone, The Healer, The Creator, The Teacher, Wild Woman, The Great Father, Shaman, Divine Child, The Savior, The Fool, The Hero, The Lightbearer, and The Warrior. Remember when creating cards for this suit that *you* don't choose your *archetypes*, your *archetypes* have already chosen *you*. When you consult a Council member, you are accessing the wisdom of the spiritual realm and the collective unconscious.

By Anne Marie Bennett, SoulCollage Facilitator, Facilitator Trainer
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Spinning the fragments of your world into wholeness and beauty through SoulCollage®.

The SoulCollage® process was created by Seena Frost and is described in her book:
SoulCollage: An Intuitive Process for Individuals and Groups.

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