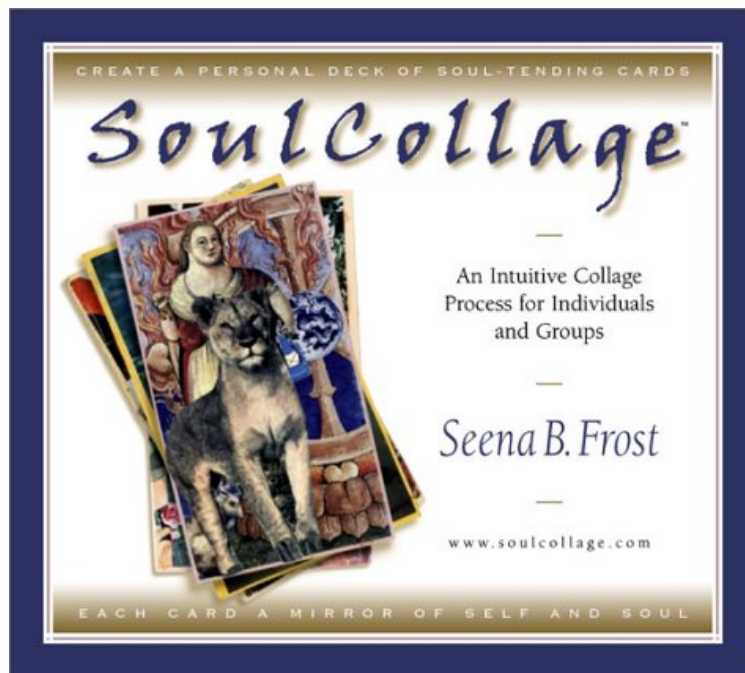


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Soulcollage: An Intuitive Collage Process for Individuals and Groups

Seena B. Frost, Seena, B. Frost
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Seena B. Frost, Seena, B. Frost : Soulcollage: An Intuitive Collage Process for Individuals and Groups before purchasing it in order to gage whether or not it would be worth my time, and all praised Soulcollage: An Intuitive Collage Process for Individuals and Groups:

5 of 5 people found the following review helpful. Unique ConceptBy TsukiThis was recommended by a friend of mine who felt that I would benefit from the spiritual healing concept contained in this book. I was apprehensive at first, but after reading the preface I became inquisitive and after a chapter or two I became excited to begin my soul journey. The time leading up to the actual use of the cards entail the making of them. These days become a very important part of the process and you will spend wonderful hours of self-examination and contemplative thought. Beware that some of the time spent here can take on a darkness due to the spiritual nature of this concept. This is a wonderful way for one to reach back into their mind and find correlation between the past and the present. It is a spiritual healing process where one can get back in touch with one's psyche and finally make sense of the past and give hope and meaning to the future. The cards which you have made with your own hands become special keepsakes for years to come.2 of 2 people found the following review helpful. Soul Collage is for the self motivatedBy lynnezi2Friends have taken Soul collage card making classes with great appreciaiton. This book, in place of a class, is very thorough and comprehensive in describing process and intent for building a personaldeck of Divination cards. Process is given, which enlivens and motivates the making of personalstatements in 4 important life areas, also using gorgeous images which need to be kept. Calendars,magazines and brochures can now become personal reflections rather than kept in "someday I will look at these again" stacks.As with any "how to " book, one needs the ability to continue the written direction on one's

own.3 of 3 people found the following review helpful. Raves for SoulCollage!By Susan KullerI LOVE SoulCollage! This book does a great job of describing the process and background. However, the reason I gave it 4 stars instead of 5, is because the newer book, SoulCollage Evolving, better organizes and expands the information. If you are going to buy one of these books, buy the newer book. But they are both great.

Note from the publisher: This book is obsolete and has been replaced by the book SoulCollage Evolving which contains many updates to the original material.

"Seena Frost's work with SoulCollage(tm) represents an insightful and original path to the depths...I cannot recommend this too highly." -- Jean Houston Author, *A Mythic Life, JumpTime* "[T]he most original contribution to the battery of tools for deep self-exploration and psychotherapy in years." -- Stanislav Grof, M.D., Ph.D. Author, *Psychology of the Future, Adventure of Self-Discovery, Holotropic Mind* A terrific resource for spiritual circles, womens clubs, study groups, and anyone interested in archetypes or divination. Most highly recommended. -- *Fearless*, October, 2001 Fine examples of cards made by regular folks are given how to handle the language of symbols and dreams. -- *Midwest Book*, July 2001 In this exciting, spiritual craft book, readers combine intuition with imagery to make personalized Tarot-like cards A handsome and well-presented guide. -- *Today's Librarian*, December 20, 2001 From the Publisher SoulCollage, the book, explains the SoulCollage process: 1) The easy steps for making and consulting the cards 2) How to work with the language of symbols, dreams, and archetypes 3) Suggested suits for your deck (personality parts, community, archetypes, energies, dreams) 4) How to set the mood so that even shy people can say what the card is telling them 5) Ways to encourage inner wisdom to bubble up and answer your deepest questions We are pleased to bring Seena Frost's deeply satisfying, creative process to others in this wonderful book. We expect the process will find many unexpected uses. SoulCollage has already been used with children, elders, in therapy, in deep spiritual exploration groups, in trainings, and in womens groups. One writer made a card for each of her characters in the plot of her novel and sets the cards up for inspiration by her computer as she works. There are more than 200 examples in the book of this process, showing extraordinary cards made by ordinary people. The book contains eight pages of these cards in color. More can be seen on the books website. S. Adrian, in a review of SoulCollage in "*Fearless*," says: Numerous examples from custom-made decks show you what these cards can look like. I was so captivated by the images in the book that I wished I could buy a deck of them! When you start making your own deck you will feel like that about your own cards, only more so. Many cards have a universal appeal because they reach beyond our individual stories and into the deep well where all of us share the same water of Spirit. This is a multi-leveled, creative process which anyone can do All you need is a good pair of scissors, pre-cut matboard cards (also available in packs of a dozen cards), glue, and images you can cut out from magazines, greeting cards, personal photos, postcards, catalogues, and calendars. It is wonderful to have other people with whom to share the process. The cards are fun to take to a friends house, to work with in therapy or support groups, or to keep on your coffee table. There are many examples in the book about how to use the cards in groups. From the Author SoulCollage is a system for creating a deck of cards which is a visual journal, your own living journal to which you can add over years. Your deck of SoulCollage cards will help you identify and image your diverse inner parts, the beautiful ones and shadowy ones, the easy-to-like ones, and the harder-to-like ones. You will also reflect on the external guides and allies in your life, visible and invisible, human and archetypal, and make cards for them. A SoulCollage deck is the Story of You. It is a tangible way to know yourself in your diversity and depth, and also to show yourself to others. Showing your deck of SoulCollage cards to another person is a holy experience. In like-spirited groups, you can share cards and work with them in many sacred ways. You can consult them intuitively and discover wisdom within yourself which will amaze you. Besides all this, creating them is just plain fun! You will love your deck a multi-card Mirror of your Self and your Soul whether it consists of three cards or a hundred. The card-making process evolved over time with the aid of many women in my therapy groups. As they made their powerful, personal cards, shared them with each other and consulted them, we discovered the transforming possibilities of these images. In the book, SoulCollage, I pass on to you what we discovered.