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Opening Doors and Crossing Thresholds SoulCollage® Workshop

SOULCOLLAGE® IS A DOORWAY TO YOUR INNER WISDOM. IT INVITES YOU TO GIVE VISUAL AND POETIC EXPRESSION TO THE UNIQUE TAPESTRY OF YOUR LIFE EXPERIENCES, AND TO DISCOVER AND NOURISH THE SEEDS OF YOUR DESTINY. ~MARIABRUNA SIRABELLA

SoulCollage® is a powerful tool for exploring liminal or threshold space, a place of transition, a state of unknowing, a time of waiting. Standing on the threshold of a door open to uncertainty can be a doorway to personal transformation.

Symbolically, doorways are portals into other worlds, invitations to new places, and openings to fresh perspectives. Doors symbolize transition and change, rebirth and new beginnings. Doors themselves can signify protection – a place of safety and refuge, or a locked door can indicate separation or lack of freedom.

Seeing things from a different perspective can help us to make real life choices and changes. In this workshop we will explore the metaphor of thresholds and doorways and how they can lead us to new options and self-discovery.

We will be creating new cards, journaling with our cards, and learning how to check-in with them as trusted guides on our journey.

No prior art experience needed. This online workshop is open to beginners as well as those with SoulCollage® experience who are looking to grow their practice.

Using intuition and imagination, you create your own deck of collaged cards, where each card reflects a different aspect of who you are. The cards are made from simple materials: magazine images or photographs, scissors, glue, and mat board. This method has helped hundreds who declared themselves non-artists discover their creativity and fuel their imagination.

Once a card is created, your images will speak to reveal their gifts and wisdom through journaling, visualization and other activities. Each SoulCollage® card becomes a portal to your story and to your innate knowing. Accessing these deep parts of yourself will help you navigate your daily life and find answers for personal and



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existential question. All emerging from within you and reflecting back to you – your strengths, your beauty, your complexity, your dreams and your accomplishments.

"The process is so simple and so absolutely magical." ~workshop participant

What you need for an online workshop...

If you live in the US and you have registered at least 10 days in advance, I'll be mailing you a "kit" that contains, 3 blank collage cards, some images, and a welcome letter. I will also email you the zoom link, and some handouts for you to use in this workshop and when you next make your own SoulCollage® cards.

We ask you to set up your space before we start as follows:

- Please create atmosphere that allows you to work in a concentrated meditative manner, away from distractions, in an area that gives your privacy
- Have in front of you an empty space that allows you to write
- Have a stack or a box with different magazines (if you don't resonate with the images I have sent; you can also have on hand, pages that have caught your attention and that you have torn out previously. We will not be using words.
- Scissors (some people like very thin one to finely cut out images, bigger ones will work, as well
- A glue stick
- Your notebook/journal and a pen
- Something to drink (concentration makes you thirsty ;-)

I look forward to ARTing with you! ~Sasha