

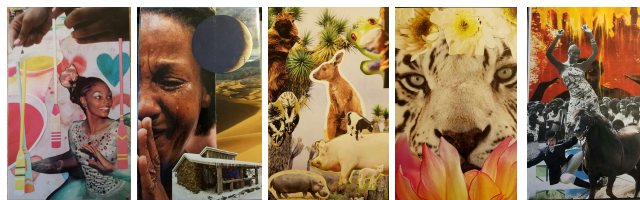
SoulCollage® with Megan Menkveld



MMSoul
www.mmsoul.com

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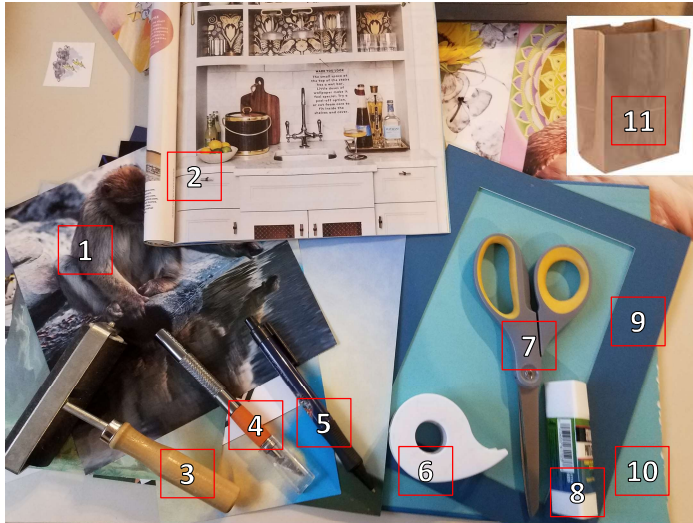
- There are no rules to SoulCollage®.
- Use your intuition, imagination, and instinct.
- There is no such thing as a bad SoulCollage®.



- Everything is recommended and optional.

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Supplies

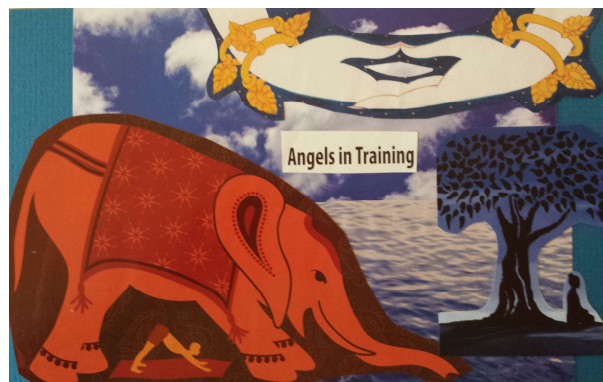


1. Images
 2. Scrap Paper (old magazine)
 3. Brayer
 4. Exacto Knife
 5. Pen
 6. Post-It™ Tape
 7. Scissors
 8. Glue
 9. Frame
 10. Exacto Knife Cutting Surface (old book cover)
 11. Paper bag for cutting scraps
- 5" x 8" Cards and Sleeves, not pictured

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Special Card Example

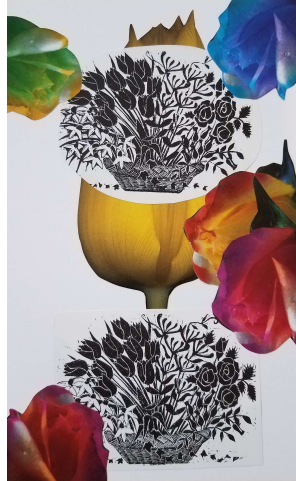
First Card



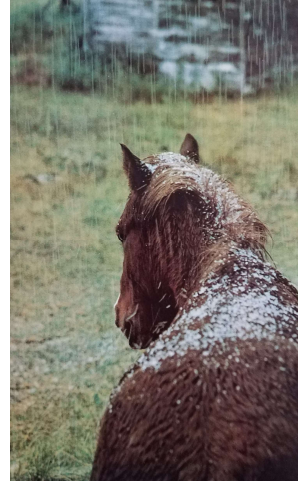
4

Special Card Examples

No Background Card

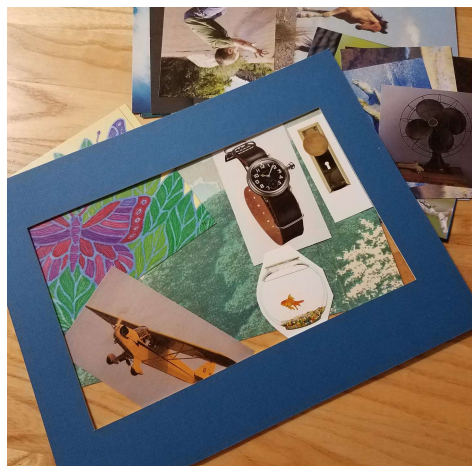


Single Image Card



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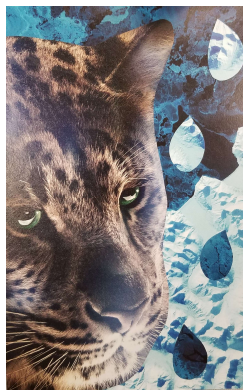
Using the Frame: A Tool for Arranging



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8

The tears are cut from a blue/white image. The large animals are overlapped to fit.



Do You! Use What You Have



Colored utensils
and paper



Paint



Glitter



Words



Textiles

Not included with SoulCollage® workshop supplies

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Do You! Use Personal Images



Photographs



Artwork



Stickers



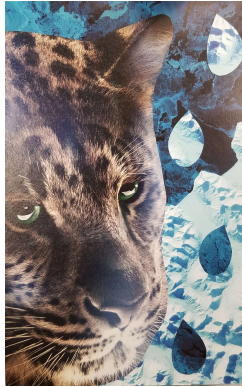
Old Books &
Magazines

Not included with SoulCollage® workshop supplies

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I am one who...

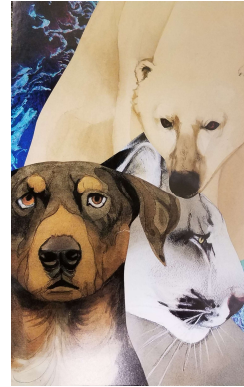
...cries because I'm sad sometimes.



...colors my own future.



...finds comfort in animals.



(Date and Photograph)

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Card Reading Question

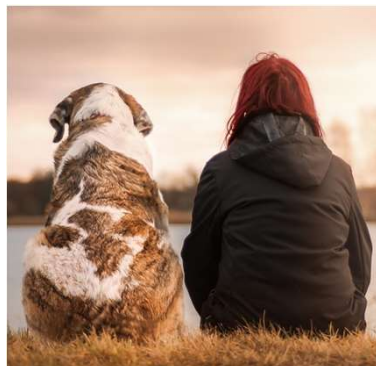
I am one who...

- versus -

Card reading question

...sits with my dog.

What I say & think



What is my wish for the world?

The feeling of calm and special love I get from my dog.

What the card says & thinks

Two different ways to think about your SoulCollage®

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Sharing

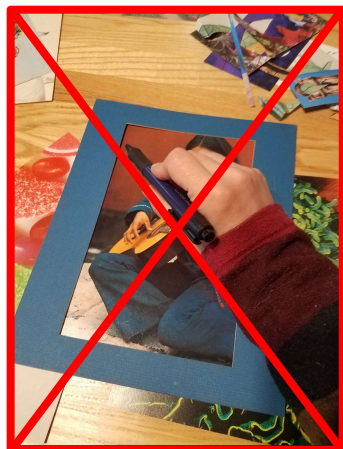
- This is a safe place to be open and honest, to be you!
- Say whatever comes to you – no rules.
- Listen as others share, but no feedback, please.
- Be respectful and understanding.



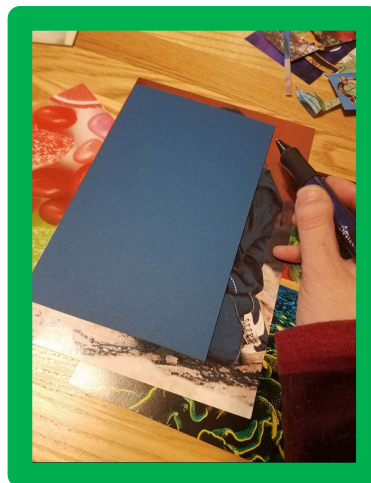
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Collaging Tips

DO NOT trace the inside of the frame assuming it will be the same size as your card.



DO trace the actual card you will glue to.



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Collaging Tips



You can also use "negative" space.



Background too small?

- Combine and overlap with a separate image to connect, or
- Find a color that blends in, or
- Stack to make one.



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Collaging Tips

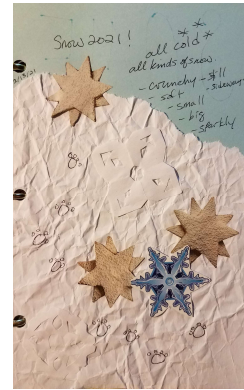
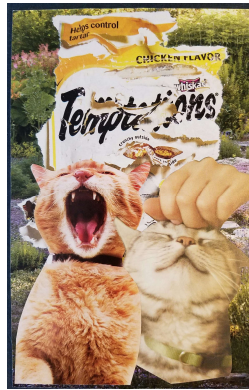
Don't worry about cutting down big images – the mind fills it in.



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Collaging Tips

Do different things with the paper:
Cut apart | Tear edges | Tile | Crumple



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Collaging Tips

1. Enjoy the process
2. Find joy and wisdom in your cards
3. No expectations, no judgement
4. Create something special to you, from you



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