



MMSoul

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SoulCollage®
with Megan Menkveld

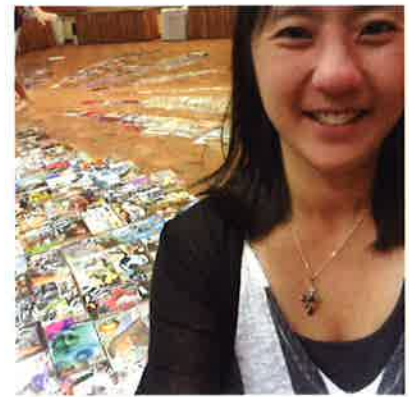
Discover your wisdom. Change your world!™



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About SoulCollage® with Megan Menkveld

Megan's Story: "SoulCollage® has helped me out of the trenches so much that now I automatically reach for it when I need to reset. I learned about SoulCollage® about a year before it called to me again, and I'd always intended to do more. Then, at a very low point, I made time to do it, and it saved my quality of life. Not only is it healing, it's transformative, and that's why I decided to become a SoulCollage® facilitator, to share the amazing gift of SoulCollage® with others."



SoulCollage® is selecting images, cutting and pasting them to a 5"x8" matboard card, journaling a statement beginning with "I am one who," and sharing with other SoulCollagers®. At a SoulCollage® with Megan Menkveld workshop, we work in silence (whispering when needed) while soft music plays in the background. At the end everyone is encouraged to share outloud. The process is simple; the results are powerful.

Create Cards → Journal "I am one who..." → Share with the group



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SoulCollage® with Megan Menkveld for Self-Care

SoulCollage® with Megan Menkveld works well as a healing tool by itself and as a supplement to other therapeutic options. Here is why it is so effective:

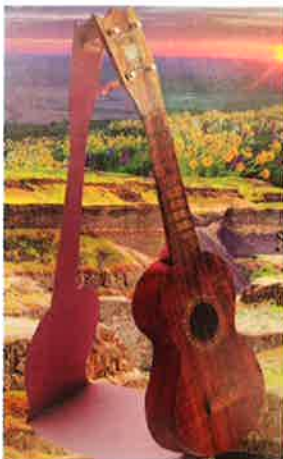
- Craft in quiet - It's time to focus on oneself.
- Relax and be welcome - Everything is clearly explained and all supplies provided so you can just collage.
- Peruse hundreds of quality Images - These are hand selected and prepared for variety and diversity.
- Come as you are - This is a safe space for all to create and share.
- Experience the three-part opportunity for growth and learning. 1) Visually working with images, 2) Writing the "I am one who..." statement, and 3) Sharing outloud.



"SoulCollage® has been an excellent tool for discovering messages in my subconscious. I use the cards to discuss hidden emotional issues with my therapist which has added great benefit and dimension to my sessions."

"I especially enjoyed that this was a personal journey for each of us. I liked the quiet time, something we don't often get, and that we could make it our own, getting what we really needed out of it."

"SoulCollage® is not therapy. But it is therapeutic. You access your own inner wisdom in creating deeply personal art."



"I am one whose body may occupy space and song may be heard."



"I am one who stays grounded even when the world around me is swirling."



"I am one who scowls at bad behavior, and I have backup."

Therapists Encourage SoulCollage®

- "SoulCollage® may not be therapy, but it can be used *in* therapy as a technique, which works well with other theoretical approaches." -Therapist/ Participant
- "Therapists want to send me flowers because the progress these women make in counseling after coming to my twice month SoulCollage® circles is exponential to their 'just' going to the sessions." - Facilitator
- My therapist "therapeutically encouraged" me to do as much SoulCollage® as possible, both as a facilitator and collager because of its substantial ability to heal.



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