Preparation Instructions for May 14, 2026 Dream Studio Session
Inviting the Soul to Speak with Jeanne Marie Merkel

In order to fully engage the SoulCollage® process in community, it is highly recommended that you gather and cut out a few images before the session.
You can create SoulCollage® cards either intentionally or intuitively, but to simplify the process for the purpose of this workshop, let's begin with 7 Easy Intuitive Steps.

1. Begin by slowing down, taking a few breaths, and inviting your soul, or Dream Maker, to intuitively guide you to whatever images might further support you in your individuation process. Stay open and let yourself be surprised!

2. Choose one or two magazines and spend 15 minutes tearing out images that draw your attention: be sure to include a person, an animal, an interesting object, and a few backgrounds (approximately 5x8 inches). Set a timer, and trust that you will be able to work with what you have found!

3. Choose one primary figure (human or animal) that feels compelling. Cut that figure out from its background, so that it stands alone.

4. Select a new background for that figure that feels right – it may put the figure in an unfamiliar context, or one that provides a sense of textural richness, or a deeper meaning. The background can be 1 image or a few related images.

5. Then see if there are any other images in your collection that somehow add to the whole. Cut these images out. Try to keep only one primary energy.

6. Cut a piece of heavy paper or cardstock so that it is about half a page (most SoulCollage® cards are 5x8 inches), and begin arranging your images on that foundation. You can create a SoulCollage® card with just 2 images, or with many. It is not about creating a work of art, it's about self-exploration! Working within a small frame encourages you to limit the energy. Some of us have had collage experiences where you collect images of all the things that you love and paste them in one grand celebration. In SoulCollage® the intention is to honor just one energy so that you can dialogue with it and get to know it more deeply.

7. *(You can wait until our session to complete this final step, as the presentation may awaken new ideas to integrate.) When the card feels complete, use a glue stick to attach the background to the cardstock, and then the other images in their places. If you are commitment-shy, you can use removable tape folded underneath to hold the images in place until you are ready to finalize the collage.

SUPPLIES NEEDED:
5X8 inch cardstock, index card, mat board, or heavy paper
1-2 magazines Scissors Glue Stick (Optional: Removable tape)
See my website for inspiration: https://www.jeannemariemerkel.com/soulcollage