

Card Play Exercises - Getting Started:

1) Embodying the suits *Make any notes about your experience below*

2) Experiencing your deck

Instructions: For this exercise, you're going to be laying out all your SoulCollage cards before or around you. If at all possible, lay them out on the floor. Use the diagram of the SoulCollage deck, place your cards into the suits in which you think they belong, with Council cards at the top of an imaginary vertical line, Companions at the bottom, and the Committee and Community cards anchoring the horizontal plane. You don't have to be certain about the suits right now, but rather start with ones you feel fairly certain of and then just go with what feels right to you. Or perhaps what feels right to your neters... Sometimes this can help you really feel the difference in the different suits, thus making it easier to determine the suit.

Once you have them placed, put yourself into the center of this arrangement. Take in the fact that this is a reflection of all the myriad facets of you! Feel the support of the Council and Companion suits, and revel in the amazing diversity of expressions and reflections of your SoulEssence in the Committee and Community suits.

Now step back, into Witness Consciousness, and observe your deck again from a more objective, less personal perspective. Maybe get up on a chair if you need to. From the perspective of your Observer self, what do you notice? Scan your cards for any patterns. There is no right or wrong here - just see what you notice. Are there certain elements, images, colors or themes that show up repeatedly?

Experiencing your deck Make notes below about what you notice, and any insights you gain from this experience.