



SoulCollage®

Resources

Websites:

[SoulCollage official website](#)

[soulcollage.com](#)

[How To SoulCollage® – Being Benedictine](#)

[beingbenedictine.com/how-to-soulcollage/](#)

[KaleidoSoul SoulCollage Playground & Soul Collage Supplies](#)

[Kaleidosoul.com](#)

Also, a general search for SoulCollage on Facebook and Instagram can be helpful

Books:

[SoulCollage: An Intuitive Process for Individuals and Groups](#) by Seena Frost

[SoulCollage Evolving: An Intuitive Collage Process for Self-Discovery and Community](#) by Seena B. Frost

[Through the Eyes of SoulCollage, Reflections on Life Through the SoulCollage Lens](#) by Anne Marie Bennett

[Into the Heart of SoulCollage. Diving Into the Many Gifts and Possibilities of SoulCollage](#) by Anne Marie Bennett

[Magical Inner Journeys. 44 Guided Imagery Scripts for SoulCollage and Beyond](#) by Anne Marie Bennett

Questions for your cards

General Questions:

Who are you?

What do you have to give to me?

What gifts do you bring into my life?

What do you want (or need) from me?

Are you related to any other of my inner parts?

Are you related to any other cards in my Deck?

What message do you have for me today?

What are you afraid of? What are you most afraid of?

When did you first appear in my life?

What's your favorite color? Song? Movie? Game? Book?

What is your strongest belief?

If it's a dark/shadowy card:

What is your real job/role in my life?

What do you think would happen if you took a day off, or an hour off?

What are you afraid will happen if you go "off duty" and take a nap?

What are you afraid will happen if you stop doing _____?

Community Suit/Ancesters (Other suits too):

What are the gifts I've received from you?

How do you see me growing and changing?

What guidance can you offer me today?

By Anne Marie Bennett, www.KaleidoSoul.com, Spinning the fragments of your world into wholeness and beauty through SoulCollage®. The SoulCollage® process was created by Seena Frost and is described in her book: SoulCollage: An Intuitive Process for Individuals and Groups. Feel free to reproduce this in any form with complete acknowledgement of its source. Enjoy!