

# Guiding Principles

## for SoulCollage® Group Process

From Noelle Remington, Life Doula Arts

- Trust the process!
- Everyone is an artist
- You have all the answers inside you
- Each part has something of value to share
- All ways are the right way, the way that works for you is the right way
- You are always free to go as deep as you want with the process
- Describe and reflect what you see and hear, let go of analyzing, evaluating or giving advice. Practice co-creating an advise-free zone
- We let our cards be made solely for the purpose of growth and aliveness. We don't sell, trade or barter our SoulCollage® cards once they are created.
- What is shared in the room, stays in our hearts.



## Committee

- Psychological dimension
- Part of our personality
- Inside our local story
- Inner voices

### Examples

- Critic
- Judge
- Angry One
- Hurt Child
- Jealous One
- Rebel
- Shy One
- Artist
- Procrastinator
- Organizer
- Teacher
- Caretaker
- Workaholic
- Happy Child
- Sex Goddess
- Loyal Friend
- Gardner
- Poet
- Controller
- Scared Child
- Hermit
- Loner
- Daredevil
- Dancer
- Cheerleader
- Manager
- Rescuer
- Inner Male

## Community

- Supporting cast in local story
- The real people and pets
- Family, friend, ancestor, pet
- May know personally, or know through art, writing, actions

### Examples

- Mother
- Father
- Sister
- Brother
- Child
- Grandparent
- School Teacher
- Healer
- Famous Artist
- Dalai Lama
- Counselor
- Friend
- Mentor
- Famous Leader
- Role Model
- Pet
- Support Group

## Council

- Spiritual dimension
- Jungian archetypes
- Great themes in our life
- Metaphors in our life story

### Examples

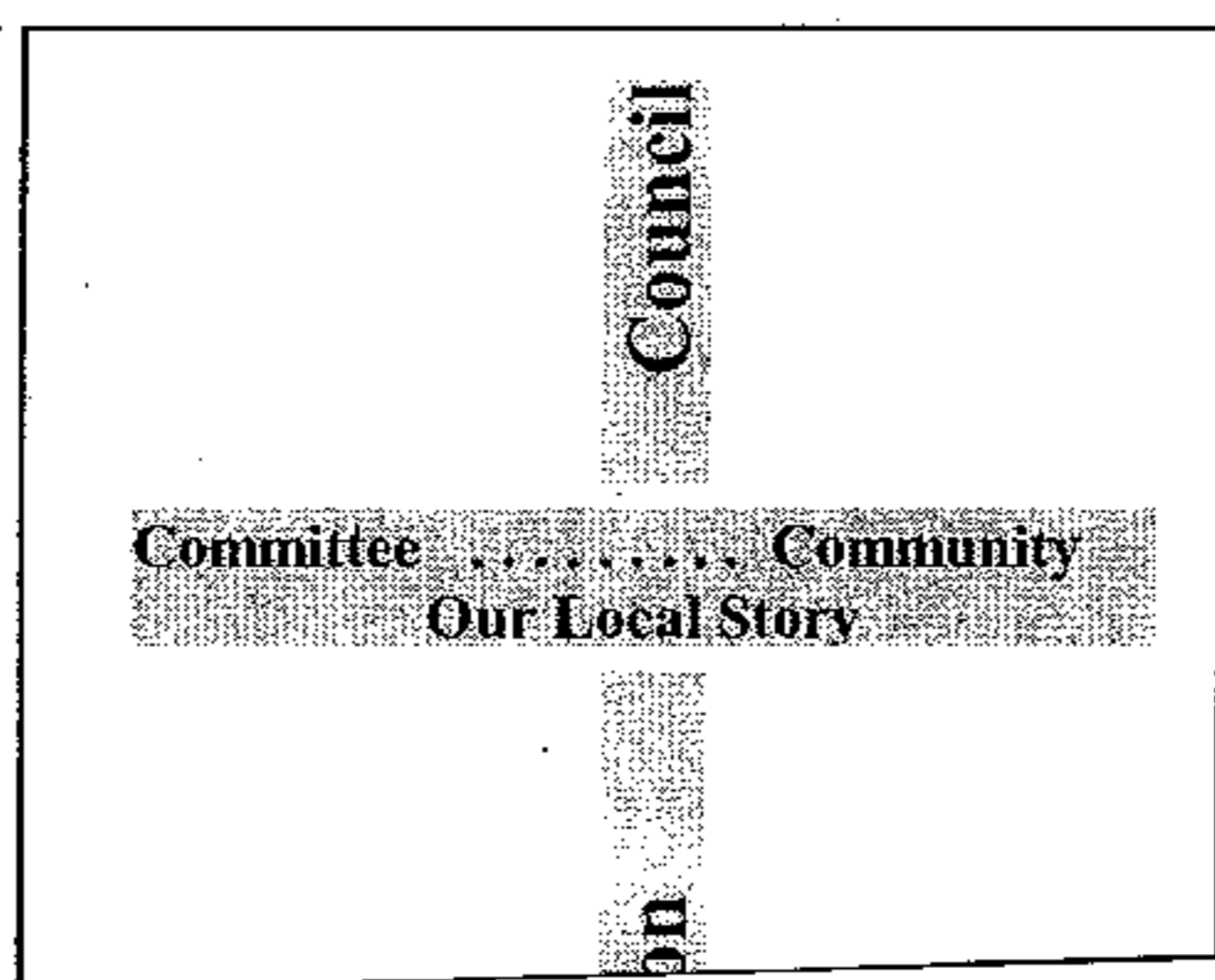
- Death
- Love
- Creativity
- Vision
- Fool
- Grief
- Warrior
- Jesus
- Archangel Michael
- Crone
- Holy Spirit
- Light Bearer
- Mother
- Earth Woman
- Wounded Healer
- Wild Woman
- Wanderer
- Shiva

## Companion

- Animal helpers
- Seven chakras – spiritual abilities that connect us to the All That Is, to Source, God

### Chakra purpose & function

1. Survival, self-preservation
2. Emotional knowing
3. Creativity, making things happen
4. Affinity, oneness
5. Symbolic communication
6. Intuition
7. Ability to Know



### Ignite Change

Move from where you are to where you want to be!

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