

# Embodying the Suits of Your SoulCollage® Deck

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## A Guided Exercise

If you are able, stand up with your feet about shoulder width apart. (You may do this sitting, just have your feet on the ground and your back straight.) Give yourself enough room to stretch your arms out to the side of your body.

Reach up to the sky or ceiling above your head, and imagine your *Council* members of your SoulCollage® deck above you. Reach out to them; these are the energies that are guiding you. They are archetypal helpers and guides. They are pleased that you are reaching out to them. Imagine pulling them into the top of your head and down into the area in the center of your chest, your *heart chakra*.

This area in your heart center is where your *SoulEssence* lives. Imagine bringing your *Council Neters* into your heart and *SoulEssence*.

Now reach down to your toes, as far as you can. Touch the ground if you are able. Imagine your *Animal Companions* under your feet. These are your instinctual energies, the drives that keep you alive. The wild energies that remind you that you are a being of the Earth, and that you must pay attention to your instinctual nature. Imagine reaching down to these *Animal Companion* energies and pulling them up through your legs, pelvis, and torso, into your heart chakra where they meet the *SoulEssence*.

Notice that the vertical line between the *Council* and *Companions* represents eternal energies that were here before you were born, and will be here afterward.

Now reach out to your left side and imagine your *Community* members at the end of your hand. These are real people, places, and pets that you have known, or known of in this lifetime. They are role models, family members, teachers, pet, places, and friends who have made an important impact on you in this lifetime. Reach out to them and pull them into your heart.

Now reach out with your right hand and imagine your *Committee* members at the end of your hand. These are the many parts of you: your sub personalities, your many roles you play or have played in your life, the many sides of you. Reach out and pull all of them into your heart.

Notice how it feels to have all four Suits together in your *SoulEssence*. Notice also that the horizontal line between the *Community* and *Committee* represents the temporal plane, or the energies that only exist for you in this lifetime.

Now notice that there is a small circle just above your heart where the *Witness* lives. This is the one who is detached, non-judgmental, transpersonal. The *Witness* is consciousness, or awakeness. It is the one who knows we are spiritual beings having a human experience.

Now draw an imaginary circle around yourself with your right hand. This circle represents *Source*, or the "One" in the One and the Many. You may think of this as God, or the cosmos, or the universe.

Notice how it feels to stand in the middle of this circle with your many facets coming together in your heart.