

SoulCollage®
Preparation and Tool List for Zoom Participants

Here's how you can prepare before we begin to explore the concepts and practice of SoulCollage®:

1. Choose your space: Find a quiet, private space where you won't be disturbed during our time together. Inform any family members, roommate, or other colleagues that you will be unavailable during our time, between noon-2:30 p.m. Consider putting a "Do not Disturb" sign up on the door. I'll be inviting you to turn inward to connect with your creativity and intuition so it will also be important to limit distractions such as (even if sweet!) pets and children, if possible.

2. Your collaging materials: Have room on a surface near your computer to spread out images that you've received in the mail. You can also tear pictures out of your own magazines or old calendars ahead of time. It's best if you remove any surrounding words or headings so it is just images you see. I recommend that you not thumb through magazines looking for images during the workshop.

You should have received a variety of backgrounds and images, 3 blank mat board cards, 3 clear cellophane sleeves, and a paper frame. If you run out of (or don't have) cards during the workshop you can cut out blank pieces of paper to 5x8 inches, collage directly onto the paper, then glue your finished collage onto mat board cards when you get them.

Have on hand:

- *A glue stick (not liquid glue or rubber cement)*
- *Scissors (large and small detail ones if you have them)*
- *A journal or some paper, and a pen, to record the readings*

you will do together when the cards are completed.

Optional

- *An exacto knife*
- *A cutting mat (You can also use the cover of a discarded hard back book as a cutting mat, or a kitchen cutting board)*
- *Other tools like a ruler, colored pens, paper cutter, brayer roller to smooth images*

3. Creating a sacred space: SoulCollage® is so much more than just cutting and pasting. We will be creating a sacred space to gently tap into our inner experience and connect outwardly together online. You can begin this theme by tidying your physical space, lighting a candle, making your favorite cup of tea, maybe bringing in some flowers from outside or anything that feels right for you.

4. Zoom details: Be sure you have a secure internet connection. Consider restarting your computer or device to be sure all other tabs are closed. You might like to use headphones or a microphone to improve the sound quality. Turn off all notifications on your computer and phone so you aren't distracted by 'ding's and alerts'. You can set the 'do not disturb' option in Settings. Don't forget to silence your phone ringer.

I'll be opening up the Zoom meeting room at 11:45 a.m. Please come in early and get settled before we begin at noon sharp. We will finish at 2:30 p.m. but I will leave Zoom open for a bit after that if there are follow up questions. Simply click on the Zoom link to join our meeting. You will be admitted from the waiting room, so be patient if it takes a few minutes.

<https://us02web.zoom.us/j/7576726889>

Note: If you are new to Zoom - You can join a test Zoom meeting

by visiting zoom.us/test to familiarize yourself with Zoom and test your microphone and speakers.

If you have any questions or issues ahead of time please call or text me at 503-504-6040. Please use chat or text only during the session.

I am delighted to be doing this workshop with you. I look forward to meeting and getting to know you all.

Jean