

## Vision Seed Mapping and Soul Coaching Collage®

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This information is based upon my trainings with Denise Linn ~ the founder of the International Institute of Soul-Coaching®. I have been following Denise for over 10 years and have been personally training with her for the past 5 in various programs. Many people 'do' and teach collaging. However, this program is UNIQUE and very eye-opening.

Denise's creation of a Soul Coaching Collage® is an out-growth of having done them for over 37 years. Her knowledge of gaining clarity about this has expanded over the decades. This powerful process generates much growth for many. And, indeed, I have been doing them for since college and with each collage, with each process, I gain much knowledge, personal clarity and abundant growth.

Denise has said this of me:

*"Laura is one of the few select individuals worldwide that I have chosen to personally train in my specialized methods of coaching. Laura is a remarkable and compassionate certified Soul Coach. She creates a safe and nurturing environment for discovering your soul's truth!"*

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Your intuition ~ your soul's voice ~ can be heard through the images, feelings, and insights that surface from creating this kind of collage! Layer after layer of deeply hidden meanings & messages about who you are—and who you are becoming—can be uncovered in this process. It also can dramatically increase your ability to manifest your dreams & desires.

The creation of a Soul Coaching Collage® initiates an awakening. It opens the door to even deeper levels of communication with your soul ~ your intuition. After the completion of the Soul Coaching Collage®, just having it in your physical space will further anchor those messages and new realities into your life. This kind of collage impacts and infuses your space with positive energy. You do not even have to look at it everyday, merely having it within your space deepens the connection.

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### **What Exactly is a Soul Coaching Collage®?**

A simple description of this type of collage is a piece of poster board on which you glue images, words, and phrases (that you've cut out from different sources or magazines) that are placed on the board with an intention. That is it! The basic concept is that with the setting of your intention (and reinforcing it with the physicality of the images and words on the board) you are grounding your intention into the physical world. In this process, you create a potent interpretation of not just the actual images of things you desire, but more importantly, the feelings you wish to experience when you achieve your goals. (For example, the actual image of the particular new car you want is not as valuable as the images that elicit the feeling you perceive having the car will give you. This is a very important distinction from most collage systems.

The Type of Soul Coaching Collage® that we will be doing is one that manifests your intentions for this program. Some of you are wanting personal growth, some clarification in relationships, other's are looking to clarify the next phase of their business. You will be creating your Soul Coaching Collage® based upon this intention.

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## The Actual Creation of the Soul Coaching Collage®

- 1) **Gather** magazines, scrap paper and the 'board' you've chosen. You may want to grab crayons or colored pencils to enhance your board. Get glue and scissors ready!
- 2) To begin, **simply grab magazines, old postcards, old pictures and start going through them...**tearing, cutting and accumulating images, words or phrases, colors and shapes. Allowing intuition to be your guide and collect without hesitation.
- 3) When the hunting and gathering time feels complete, stop and **edit your findings**. You may separate your findings into images, words, phrases or whatever works for you. **This step allows the intuition to kick in, as some items are kept, some discarded.**
- 4) Then each chosen item can be **placed where you think it will go on the board**—*without glue*. The images are then moved, replaced, changed, cut, shuffled around and so on, until it feels right!
- 5) **Glue everything onto the board**. Some people get even more creative and embellishments can be added if desired such as glitter, beads, leaves, moss, feather or some people write using markers, or add words or add extra "tidbits".
- 6) **Connect with your Collage:** Take some time to reflect upon what you have just created. Run your hands over it ~ feel the areas in which they may linger. Enjoy the images and sense what clarity it may bring right now.
- 7) **Place your collage** in an area that signifies to you your intention for this program. You may even want to frame it! If your intention is for business, place it in your office. If it is for personal healing, place it in your personal space etc.

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I'd love to see your creation when it's done~ Just send a jpeg of it to me at

[Laura@soul-wiseliving.com](mailto:Laura@soul-wiseliving.com)

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### **Want Greater Understanding of your Soul Coaching Collage Creation??**

I've been doing collages of this kind since I was a teen-ager. Since that time, I've noticed themes and golden threads that weave from people's souls into their collages holding sacred meanings for each person to discover. If you would like me to read your collage and send you a detailed report, please click <[here](#)> and choose the Head, Heart & Spirit reading. Then send me an e-mail with a jpeg to me at [Laura@soul-wiseliving.com](mailto:Laura@soul-wiseliving.com)!

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