

Questions & Readings for Your SoulCollage Cards

Suzie Wolfer LCSW ©2007

www.suziewolfer.com

Getting to know your cards:

- ☐ What is your mission or purpose?
- ☐ What are your hopes? Dreams?
- ☐ What do you do when I'm not aware of you? What are you working on? Working for?
- ☐ What makes you laugh? Cry?
- ☐ What makes you angry?
- ☐ What do you fear? What is your worst fear?
- ☐ What inspires you?
- ☐ What would be the most rewarding thing you could imagine doing with your life?
- ☐ When did you come into my life and for what purpose at that time?
- ☐ Mundane: what is your favorite color and why? Your favorite food and why? How do you like to dress and why? What's your idea of a perfect vacation and why?
- ☐ What do you think of my (best friends, husband, children . . .)? Who do you like least and most in my life?
- ☐ What do you think of my: career, health, life style, hair style, hobbies, friends, family, children, finances, food intake, use of alcohol/drugs
- ☐ What would you like more of? Less of??
- ☐ What would be a perfect life?
- ☐ Who is your favorite among all the SoulCollage cards? Least favorite?

Getting insight about your life and concerns:

- ☐ What do I need to know in my life right now?
- ☐ What do you see as my greatest strengths, biggest challenges?
- ☐ What do you see as my mission? My purpose in life?
- ☐ What is keeping me from my bliss?
- ☐ What action will be in my highest good, leading me to right action?
- ☐ How can I be a better mother? Partner? Artist?
- ☐ How do you think I can attract more support in my life and work?
- ☐ How can I manage difficult emotions?
- ☐ How can I deepen my spiritual life?
- ☐ How can I be more playful?
- ☐ What do you think I am afraid of?
- ☐ What is causing my pain (or other health problems)? What can I do about it?
- ☐ In what areas of my life am I too serious? Not serious enough?
- ☐ What advice would you give me?
- ☐ If you could have me make one single change in my life what would it be?
- ☐ If I were your SoulCollage card, how would you put the "I am the One who . . .?"

Issues to consult about: physical or health problems, relationship issues, career concerns, blocks to financial well being, self confidence, Feng Shui, how to be more effective in friendships, parenting questions, morality questions, political issues, financial decisions, time management, problem solving, everyday concerns such as what to eat, wear, TO DO List, use your cards in a time of indecision or ambivalence about something.

Types of Readings

Consider keeping a SoulCollage journal, dating and recording each reading. You'll be amazed!

1. **Single card**, single issue, a nice way to start each day. How can I make the most of my day today?
2. **Right Action:** One of the “short cuts” to personal growth and adventures in consciousness raising, it to consult your cards each day for “right action” for daily focus. When we begin to take responsibility for our thoughts, emotions and actions, our sphere of influence grows. On the other hand when we absolve ourselves of responsibility, we move toward a sense of powerlessness and helplessness. A daily SoulCollage reading can be like a daily spiritual weather forecast, helping us understand the atmospheric conditions for the path of highest and best good.
3. **No Card Reading:** Consult your cards during the day even though you don't have them with you. Pose a question or concern while you're driving. Notice which card comes to mind and invite it to give a consultation by saying the usual “I am the One who . . .”
4. **Three-card spread – Past, Present, Future:** draw a different card for past, present, future and ask what issues from the past are effecting my concern? What do I need to know about the future that will impact this concern? What in the present moment is effecting this question?
5. **Three Card Spread – Inside, Outside, Unknowable.** Pick three cards and turn them face down, and ask What patterns and conditions are arising inside me are effecting this situation/issue. Then ask what patterns and conditions are outside me and likely to be not in my control. And the wild card question, what is it I don't know right now that is affecting my concern?
6. **Interview the Whole Family.** Pose a question and ask every one of your SoulCollage cards the same question.
7. **Suits:** Draw a card from each suit in this order: Committee, Community, Companion and then Council. Ask them each the same question
8. **Holiday or seasonal ritual.** At your next Easter, Christmas, Thanksgiving, anniversary or solstice gathering, invite each friend to create a card and do a reading for the greater meaning or purpose this special day honors. Council cards may present themselves on these pivotal days.
9. **Rites of Passage.** Use your SoulCollage cards to honor and process passages in our lives: death of loved one, beginning of new life after marriage, the birth of a child, retirement
10. **Birthday or Valentines Day tribute.** How better to honor someone in your life than to make a Community card for them. Write down your “I am the One who comments” and present them in a lovely portfolio. We all love to know that we have been an inspiring and positive influence in people's lives. You can have birthday party or tribute to friend, where everyone makes a card for the guest of honor.
11. **Problem definition Spread:** Draw 4 cards and put them face down. Let the first card define the problem, the second card speak to issues that will effect the problem, third card describe what is not working to solve the problem and the fourth card can offer solutions.
12. **SoulCollage Poker!** You will need at least 2 people each of whom has their own SoulCollage deck. Start with a question. It could be something as simple as where should we go on vacation, or it could be mission work at your company. You could also use the cards to tell a story or joke. Each person draws 5 cards and the first person “plays” their first card, and the next plays by drawing one of their cards and responding. When all the cards have been played, you can summarize. This can be played just for fun, or it can be used to diffuse a difficult issue or be used for strategic planning.