

# SoulCollage® and Intentional Boxes

You may already be aware of the Magic of SoulCollage® cardmaking and Dream-Tending Retreats... but in case you are not, SoulCollage® is a creative process of self-discovery using simple materials found images, scissors, glue, blank cards – combined with your own imagination and intuition, creating cards – or in this case, boxes - which reflect your inner world and aspects of your outer world.



Another approach to deepening our work with SoulCollage® cards is the creating of Intentional Boxes. Small empty boxes and an abundance of art and craft materials for creating and personalizing the boxes will be provided; you are also encouraged to bring any small items or embellishments for your own use.

We will be using specific journaling prompts to facilitate exploring connections with a SoulCollage® card –your own or another’s if you have not made cards yet. The prompts are designed as paths to awareness and development of intentions, as suggested by the card. A final distillation and writing of the intention on a small piece of paper, placing it into the box, can help set an intention for a day, a week, a year – whatever fits for you.

Intentional Boxes combined with SoulCollage® can be useful for working on goals, both short-term and long-term, and for letting go of what no longer serves us well. Because the box is a designated size and format, just as the SoulCollage® card is, the same type of freedom and clarity often emerges.

And, you have created a beguiling treasure...



## Details, Details, Details

**When:** Saturday, October 1, 2016 from 9:15 am-1:30 pm.

**Where:** Bonsall Counseling, Bonsall, California (directions provided at time of registration). Light refreshments are offered through-out the workshop.

**Cost:** \$75 for the workshop, all materials and tools provided

**Registration:**

**Best Method:** Call/text: 760.586.4877;

Alternate Method: email [gale@bonsallcounseling.com](mailto:gale@bonsallcounseling.com)

Go to [www.BonsallCounseling.com](http://www.BonsallCounseling.com) under SoulCollage® to download the Registration Form and either email, or mail the form to P.O. Box 665, Bonsall, CA 92003.

Workshop spaces are limited in a garden-setting environment for self-discovery to flourish!  
Early registration is suggested...

Gale Denning-Mailloux, M.A., Licensed Marriage and Family Therapist, art therapist, is a Trained SoulCollage® Facilitator, in private practice at Bonsall Counseling. Phone: 760.726.1625 Website: [www.BonsallCounseling.com](http://www.BonsallCounseling.com); email: [gale@bonsallcounseling.com](mailto:gale@bonsallcounseling.com)