

## Heart of SoulCollage® - *A Practice of Self-Discovery*

This year we will draw on teachings from the book “*Into the Heart of SoulCollage®*” by Anne Marie Bennett. Each Monthly Session will center on a different theme. All are welcome – no previous experience with SoulCollage® is required.

### Monthly Themes

- *My Singing Secret Self*
- *Light Up Your Holidays*
- *Winter Gifts Beneath the Surface*
- *Be Your Own Valentine*
- *Peaceful Warrior Rides Again*
- *The Rainy Season*
- *Good Mothering*
- *Fire Tending*

In addition our monthly studio sessions, Sharon will lead offerings specific to the SoulCollage® deck. A Summer Studio day will be announced in Spring 2023.



Visit us online at  
[www.taucenter.org](http://www.taucenter.org)

## Tau Center

26W171 Roosevelt Road  
Wheaton, Illinois 60187

*(located on the same campus as Marianjoy Hospital)*

[www.taucenter.org](http://www.taucenter.org)

Phone: 630-909-6805

In the spirit of St. Francis and St. Clare of Assisi, Tau Center provides a peaceful and reflective environment for people seeking a deeper relationship with God, self, others and all of Creation. We are committed to the transformation of our world by helping individuals awaken to the sacredness of Life and reveal the unique gifts each person contributes to the hope and healing of all.



*a spirituality ministry of the Wheaton Franciscans*

## SoulCollage®

*Open the door and invite creativity in*



## At Tau Center we offer

a sacred space to assist individuals on their own spiritual journey – whether it is to reconnect with nature, their inner-spirit or whether they are seeking a deeper relationship with God and the world around them.

Established in 2008 by the Wheaton Franciscans, the Tau Center is committed to the transformation of our world by helping individuals awaken to the sacredness of life.

No matter where you are on your spiritual journey, you will find a comfortable atmosphere for further spiritual exploration and enrichment at Tau Center.



## Explore SoulCollage®

SoulCollage® is a creative tool for personal growth and transformation. It involves creating collaged images on 5 x 7 cards that may then be used to extrapolate wisdom or give one direction. It's a process that can add meaning to one's experiences with increased self-awareness in one's life journey.

*It is considered to be 'soul-tending' sacred work.*

A SoulCollage® deck is a celebration of the parts of one's soul & personality and no two decks are alike. This intuitive creative collage process allows for new insights and personal empowerment. It can be a way to improve the communication between your conscious and unconscious mind in order for what needs to next be revealed in your transformation journey.

Take a nurturing timeout to slow down and notice being embodied in creating. The most important thing to remember while you are making SoulCollage® cards is to Honor Your Own Process. In other words, go with the flow of whatever is happening for you in the moment.

## Take Time to Create

SoulCollage® is a powerful creative, soul-tending practice that honors one's personal journey, while promoting personal growth and self-discovery.

Facilitated by Sharon Devo, our program offers a safe and supportive space for exploration and discovery. Each session begins with 20 minutes of instruction, followed by guided meditation and card-making. Our morning concludes with journaling and a brief sharing of our images, if desired.

Rooted in the SoulCollage® Process, Sharon integrates aspects of 'Open Studio Process' with extended reflection, work in silence and stream of conscience writing before our sharing circle. We come together to enliven our collective creative energy, while also honoring our own inner voice - allowing our unique creative process to lead our own journey, within the container of community.

Dedicated offerings in the SoulCollage® Deck are scheduled through the year, while our monthly studio sessions focus on a variety of themes for deeper exploration. In addition to our scheduled programs, Sharon is available for Day Retreats for individuals and small groups with customized topics.

*Sharon Devo joined Tau Center in 2012. She is trained as a Coactive Coach, SoulCollage and Expressive Arts Facilitator and Spiritual Director. Sharon is deeply committed to her spiritual practice and personal retreat. She completed a three-year intensive program 'Spiritual Deepening for Global Transformation' in 2010.*



Find our current list of programs and retreat options at [www.taucenter.org](http://www.taucenter.org)