



Invitation to Collage

Collage brings together disparate images into an expression of wholeness.

As a spiritual practice, collage invites you through attention to your deep desire, to welcome your whole self into a time of prayer: the parts you love and the parts you don't, the parts you've forgotten or dismissed, the parts that frighten you and the parts that embolden you.

For this practice you will need:

- scissors
- glue or double-sided tape
- a piece of paper or, if you like a small canvas
- an assortment of images from magazines or other paper sources

As you begin, gently hold the question "What is my heart's deep desire?" You are not trying to answer this question so much as plant a seed of awareness.

As you look through images, pay attention to images that create a sense of resonance, ones you are really drawn to and that spark a sense of joy or aliveness in you. Also pay attention to images that create a sense of dissonance, ones for which you feel resistance or even aversion.

Given you attention, these images are choosing you as much as you are choosing them. Your strong energetic responses provide clues to things within you that want expression. During this practice, let go of the need to figure out or analyze why certain images call or repel you. Simply notice them and trust the process.

When completed, rest for a few moments with your breath and notice how your body feels.

Now, if you like, allow some time for writing and reflection. You may even wish to light a candle as a reminder that the compassionate curiosity you bring to this creation is God's presence bearing witness with you.

Rather than analyzing the images, hear their voices. You might select one image and allow it to "speak," beginning with "I am..." See what each image has to say to you and then allow them to enter into conversation with one another.