

## SoulCollage® and Dream Work by Nancy Weiss

There is a great resonance between the practice of SoulCollage® and dream work. Each SoulCollage® card is, in essence, a waking dream. In this context, each of the images contained in a card is a dream figure. As we sit with our cards and dialogue with them, we explore them as we might explore a dream. In the same way that our SoulCollage® Neters provide guidance and inspiration, our dream figures carry this same potential.

Dreams are shimmering pathways to deep psyche and to soul. In the language of nuance, metaphor, and pun, they speak to us of visions and callings from unknown places. Dreams hold the power to bring awe, to surprise, to delight, to terrify, and to heal us. Dream work practice uncovers the “medicines” inherent in our deepest self-knowing. SoulCollage® practice holds this same power and can enhance our dream work in many ways.

I do not approach a dream as something to be “analyzed,” but as a “soul-visitor” from the intuitive world of the unconscious, seeking my attention for the deeper purpose of knowing myself more fully. I approach my SoulCollage® cards in exactly this same way. Some years ago, I was in a quandary regarding a decision that would greatly impact a close friend of mine, and I asked for help from a dream.

*I am sitting with this friend on a swing hanging from two clouds in a blue, blue sky. I say to her: “If you don’t step out on the edge now to take the leap, you will never know what might happen.”*

This dream carried a clear message to make the decision that was outside of my more predictable pattern, which was very much a “leap of faith.” It proved to be the correct choice. The following SoulCollage® card and writing was inspired by this dream.

*I Am the One Who leaps: Come, come to the edge.  
Leap! Yes: body first, trust body, trust body.  
Then mold features, love face into being.  
Love: swing between layers, touching stars, touching earth.  
Landing, feet find path, find the way, home.*



Often, I will explore a dream through the process of creating several cards that help to reveal its core energies. The following dream is a poignant illustration of how a source of light and healing often accompanies a shadow image.



*I am at a gathering. An angry dog is out of control, nipping at my feet and growling. I am unable to control him. A beautiful woman enters. She is soft and beautiful, and she carries a strong presence of loving containment. The dog becomes subdued immediately, lies happily at her feet.*

This dream inspired me to superimpose an image of a soft feminine presence on transparency over the initial image of an angry dog. The transparency can be lifted up to reveal the original image underneath. The dog at the bottom is a photograph of my own very dear Springer Spaniel.

*I Am the One Who—uncontained and unsoothed—becomes blind with rage, reddens with rage, my teeth bared: my growl always worse than my bite, but how are you to know? How am I to know, until, remembering Her, I feed on pure presence: boundless love reflected.*



**Here are several suggestions for how to incorporate SoulCollage® with dream work:**

1. Render a single image in a dream, perhaps the most compelling image, as a way to move into a deeper relationship with it. For example, if a landscape is the most compelling part of a dream, you might want to only collage that aspect; then let it speak to you by journaling "I Am the One Who..."
2. A single word, phrase, or even a poem might be all that remains of a dream. Consider making a SoulCollage® card that these words evoke. You might dedicate a card to a poem.
3. At times, all you recall and carry into your day is the FEELING elicited by a dream, with no details. You might want to make a card for these subtle dream energies/images to clarify their meaning.
4. Sometimes a dream image "asks" to be drawn, painted, or collaged to give it visual representation. You might begin with the literal image, and that may be sufficient. Or, perhaps the literal image might morph into something else. Let it tell you what wants to happen.
5. If you have a dream that "makes no sense," it can be very useful to make a collage of the disparate elements in it, laying them out on the same card, and seeing how they "want" to organize themselves.
6. Sometimes a dream makes enormous sense. You might call it "an important dream" or "a big one." As you step into the meaning of such a dream, you might find yourself needing to make more than one card. As the dream unfolds over time, you might return to it and make a sequence of cards representing its teachings.
7. Nightmares are powerful manifestations of shadow material. The nightmare itself is not the problem; it is our fear and unwillingness to meet the figures and energies it contains. Make a SoulCollage® card, and work with it as you would with any shadow material. As you process the material, make a companion "light" card to represent the light that accompanies any shadow material.
8. Recurring dreams are served wonderfully by making cards for the figures, feelings, landscapes, and particular details that visit again and again. Learn about these energies by making one or several cards to represent them.
9. The "I Am the One Who..." journal exercise enhances all dream-inspired SoulCollage® cards. Even if you do not collage your dream, entering into dialogue with your dream energies through this exercise will deepen your understanding and insight.

To summarize, in the same way that we engage the depth of our SoulCollage® cards, a dream unfolds when we step out of our own way. Making a SoulCollage® card (or cards) for our dreams externalizes the insight that we have derived and grounds it into our consciousness. SoulCollage® will often give us access to material that initially seemed to be inaccessible. Because dreams are often subtle and may seem unknowable, the marriage of dream work and SoulCollage® is very potent, indeed. Together they help us reveal and receive transformative gifts from our night visitors.

As Wendell Berry says in **To Know the Dark**:

*To go in the dark with a light is to know the light.  
To know the dark, go dark. Go without sight,  
and find that the dark, too, blooms and sings,  
and is traveled by dark feet and dark wings.*

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