

Doodling Your Way To A SoulCollage® Card

by Lisa Handley, SoulCollage® facilitator

"I have been doodling with ink and watercolor on paper all my life. It's my way of stirring up my imagination to see what I find hidden in my head."

- Maurice Sendak

First, your doodle art...

- > Decide on an image to doodle, and using either a stencil/template or creating freehand, draw an outline of your image lightly in pencil on white paper.
- > With a black fine felt-tipped pen, trace over your outline and begin filling your image with doodle patterns/designs. It may be helpful to lightly draw a few pencil lines to designate multiple sections within your image and fill each section with a different pattern or design.
- > When your doodle art is complete, carefully trim your image. If you want the outline of your image to be included, trim around the outline, so a bit of white paper extends from the outer edges of your outline.
- > Your doodle art, the overall image as well as the patterns/designs filling your image, can be as simple or complex as you wish. You may wish to vary the nib sizes of your pen. Perhaps experiment with doodling in a color instead of black or coloring your doodle art (like a coloring book image.)
- > My favorite pen is the Pigma Micron by Sakura, but a fine point Sharpie also works well, or you may already favor your own art pen. A no-bleed high quality paper such as smooth Bristol paper is preferable

Then, your SoulCollage® card...

- > Gather a few images as background possibilities.
- > Also, gather a few secondary images to potentially support or enhance your primary doodled image.
- > Similar to the typical process of creating a SoulCollage® card, tap into your imagination and experiment with your doodle art and the images you've gathered until your intuition settles on the final combination for your new card.

- > Complete your card, and as with all cards, enjoy contemplation and consultation with your new card.

Discover how drawing your own image for a SoulCollage® card can empower you to draw upon your inner wisdom!

Sample Heart Templates:

