

# SOUL COLLAGE®

**Intuitive Collage: For Insight and Well-Being | Sat, Jan 14, 2017 | 9:30am - 4:30pm**

## **YOUR MANY SELVES**

You are probably familiar with being surprised at something you have unexpectedly said or done. Whether its a wise and articulate flow of words or a disappointingly unkind action, different selves seem to be acting at different times. Indeed, we are not one self, but many. In SoulCollage® participants use images from magazines and other media to assemble small collages to discover these “sub-personalities.” That which supports and sustains is illuminated, that which blocks or undermines is seen more clearly. Through this work, one can bring conflicting voices into dialogue, learn to access deeper wisdom, find kindness and compassion for all parts of oneself, and experience new approaches to overcoming self-created obstacles to happiness. No art experience is necessary. All materials are provided by the facilitators.



a part in her recovery from illness, personal and vicarious trauma, and professional burnout.

**Anne Senryu Pechovnik** has been a Zen Buddhist practitioner since 2005 and graduated as a lay leader in the White Plum Sangha of Zen Community of Oregon. She has been an acute care nurse since 1997 and is a cancer survivor. Intuitive art practice played

**Rinzan Pechovnik** is a Zen Buddhist priest who trains at Chobo-ji in Seattle and serves at No Rank Zendo in Portland, Oregon. He is also a privately practicing psychotherapist and a certified Soul Collage® facilitator. He credits work with Soul Collage® as one of the several means by which he has explored his own unknown and unmet selves.

This event is  
free, donations  
will support  
ChoBo-Ji.



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