

# Souljourner...

courageous travels in the soul's direction



JANUARY 15, 2010

- ✚ SoulCollage® Workshops
- ✚ Advanced SoulCollage® Gatherings
- ✚ Individual SoulCollage® Consultation
- ✚ Depth Coaching

## Carolyn Durgin

SoulCollage Facilitator  
Certified Coach

303.279.9122

[www.carolyndurgin.com](http://www.carolyndurgin.com)



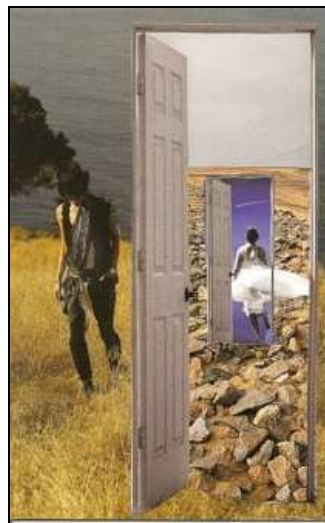
## SoulNotes...

January, a month named after an ancient Latin divinity, Janus. It is said that Janus had two faces, back to back, so that he could look ahead toward the future and back at the past. He was said to be the god of doors and journeys, endings and beginnings, transition and change... an appropriate personification for the start of a new year.

It often seems that as we enter a New Year we begin to feel an upsurge of spirit; there is a sense of new beginnings, doors to be opened. As we move into 2010, we can value the symbols of Janus. Spread out your SoulCollage cards, using them as guides, reflect on your personal journey, the continuum of life, of doors opened and closed, transitions and the miracle of self-renewal.

Blessings in this New Year! *Carolyn*

## Featured SoulCollage® Card...



Committee Suit: Opening Doors

Artist: Kathy

"I am one who opens doors and walks through with anticipation. I am one who remembers the past, but is able to let go and move forward. I am one who believes that what lies ahead is all part of the plan and that I will have whatever tools I need to grow and become more. I am one who is beginning anew day by day."

For last year's words belong to last year's language. And next year's words await another voice. And to make an end is to make a beginning.

T.S. Eliot, *Four Quartets*

# Souljourner



## A New Year's Blessing

May you be blessed in the New Year. May you always find your way back to warmth. May you be given blessings you can see and remember aloud. May you find some meaningful part of the mystery that you cherish and that cherishes you in return. May you have entertainments that delight you. May others be good to you, forgive you, ask your forgiveness. May you touch someone else's heart now and then. May you always find your way back home, even in the cold, even in the dark.

Clarissa Pinkola Estes



## Calendar...

### [Into the Light: Exploring the Shadow with SoulCollage®](#)

Our shadows exist to teach us, guide us, and give us the blessing of our entire selves; they hold the essence of who we are.

Classes: Jan. 22, Feb. 19, Mar. 19 and April 16

Cost: \$120.00

This class is full. *Contact Carolyn for future Shadow Work classes.*

### [Introduction to SoulCollage®](#)

Open a portal to your inner wisdom.

Deepen your connection to Self and Soul.

Awaken your intuition.

This workshop will be an introduction to SoulCollage and the four "suits" of a SoulCollage deck. As a participant you will have the opportunity to make your first SoulCollage card and practice listening to the "voice" of the card through the "I am one who..." exercise. All materials are provided.

When: Sunday, February 20 9am – 4pm

Cost: \$90.00 *contact Carolyn to register ([coach@carolyndurgin.com](mailto:coach@carolyndurgin.com))*

## SoulCollage® Challenge...

A reading for the New Year

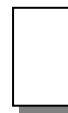
Find a comfortable place to sit; quiet your mind and relax your body... breath. Mix your cards and choose 3 randomly. Place them face down in the following positions:



1

The Past

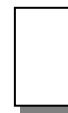
What doors opened for me in 2009? What doors closed?



2

The Present

What new truths, insights have I learned that I want to carry into 2010?



3

The Future

What guides or wisdom will foster personal growth and transformation in the coming year?