

Celebrating 20 Years of SoulCards

Universal Images for Insight, Creativity and Healing

By Deborah Koff-Chapin, artist and creator of SoulCards

In 1995 review, The Bookreader wrote that SoulCards were “*due to become an American deck of reference.*” They were right! SoulCards broke new ground in the realm of divination decks and have yet to meet their match.

SoulCards are easy to use, yet tap great depths. They are used by a broad range of professionals including therapists, creative writing teachers, health care workers, managers, youth counselors, corporate consultants, life coaches, support groups, intuitives and anyone interested in their own soul development.

SoulCards are the outgrowth of many years of deep work with the process of Touch Drawing. In this technique, images are created by the touch of fingertips on paper which has been laid upon a smooth layer of paint. The pressure of the touch creates an imprint on the underside of the paper. The images I created in the early years were raw and emotional. Surrendering to such primal expression taught me the art of listening within. Over time, I began to tap into a more transpersonal level.

By the early '90s, the seed of Touch Drawing had grown into a fruit-bearing tree. It was time to share some of the thousands of images that lay in piles about my studio. One day I decided to see what my Touch Drawings would look like as a deck; I printed card-size photographs and shared them with friends and colleagues. Their enthusiastic response compelled me to publish a selection as SoulCards. There are no written interpretations of the cards. Rather, a companion guidebook offers creative ways to gain personal insight from the images.

Since their release in 1995, SoulCards have found their way into people's lives all over the world. The strength of response confirms the universality of images that are drawn from depth levels of the psyche. The many ways the cards are used reflect the simplicity and openness of the system.

What follows are a few of the many stories of how SoulCards are being used.

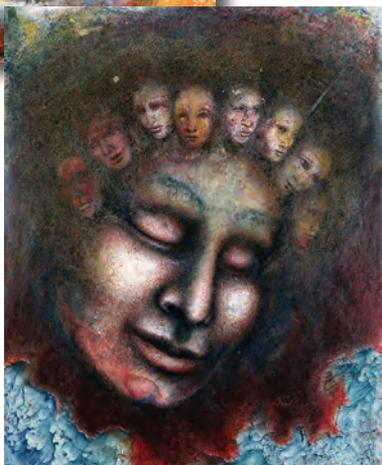
SoulCards for Personal insight and Creativity

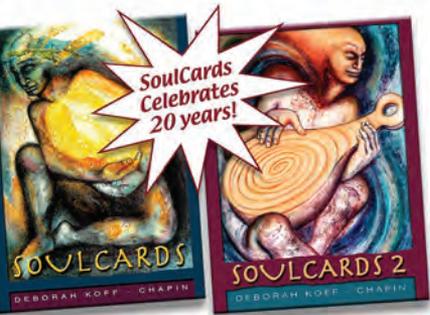
“I recently discovered your Soul Cards. Since then, as I heed the voice within, I've been directed to write response poems to your cards. I meditate on each card and then after a while of internalization, I write the response poems. Your cards are an inspiration, not to just the mind, soul or thought processes, but also to the inner muse that sometimes wanders afar.”
Scott M. Potter

SoulCards in Therapy

“In a session with my therapist, I chose my first Soul Card. I was both attracted to and repulsed by the image I saw. I felt compelled to write about the image. And write I did; pages and pages. It was as if a door had been unlocked in me. I had access to parts of my self that I had had no understanding of, nor compassion for. The more I wrote and allowed those unheard parts of myself emerge, the more the image revealed itself to me as a source of strength and a springboard to my own power. The image transformed what I understood and held at my center. SoulCards have helped me to merge my personal angst with the archetypes and give meaning to the life of spirit on the physical plane. They have helped me so much!” *Joady Charlesworth*

“As a therapist I have been working with your Soulcards for a while now. I am currently taking a 3-year course in Jungian Psychology. During the training I have taken a special interest in the personal unconscious as well as shadow work. One day I found SoulCards. A stream of unconscious emotions came to the surface and I knew I had to work with the cards. I cannot describe in words how much your cards mean to me.





SOUL CARDS I (3-1/4" x 5");
 60 color cards; 36 page manual)
 by Koff-Chapin, Deborah
 Publisher: Center For Touch Drawing
 \$24.95, ISBN13: 9780964562301

SOUL CARDS II (3-1/4" x 5");
 60 color cards; 36 page manual)
 by Koff-Chapin, Deborah
 Publisher: Center For Touch Drawing
 \$24.95, ISBN13: 9780964562356

Being a therapist, I could not resist using the cards with others. I found that healing occurs for problems that people had been struggling with for years - just by looking at the images and exploring the emotions that bubbled to the surface. SoulCards are an extremely powerful healing tool!" *Margaret Oldenburger, Almelo, The Netherlands*

SoulCards in Women's Groups

"Just last week my women's group met at one of our member's homes. Her offering for that evening was to do a SoulCard reading for each of us. We came up with our intentions, and then proceeded to choose SoulCards. The first card was the picture of the issue. The second card was the action to take about the issue. The third card was the resources we had to take action.

It was stunning! The combination of cards, the way they were perfect for each of us, the incredible imagery was magical. We all left feeling so moved by the power of the images we had pulled. There was something amazing about doing this process as a group - I can appreciate when I do a reading for myself and it's right-on, but to have four of us doing it at the same time, each one being totally perfect --- now that's an awesome thing. Your cards touch me deeply in the wordless feminine place that resides in all of us. I don't always have words to speak about what I feel, but the SoulCards show me what's going on." *Annah James*

SoulCards in Healthcare

"We have been enjoying the multiple of ways the SoulCards have been integrated into our hospital setting. They are truly part of our team! Many of our patients have physical, verbal and/or cognitive challenges. The cards assist in helping a patient express their experience, without the need to create a visual image, or in some cases, even speak. The images become a partner in the healing process, enlivening and nourishing the patient's own healing imagery." *Karen Berg Smith, Post-Acute Services, California Pacific Medical Center*

SoulCards in Hospice

"I came across your Soul Cards and found them to be useful in hospice work. I am the Bereavement & Volunteer Services Manager. I just completed a presentation on SoulCards for a nation wide conference. I shared how I used the cards for my own personal growth. I also explored various ways they could be used in a grief groups and one-to-one counseling. I was so pleased with the response. I would like to put together a hospice presentation that includes the Soul Cards for church groups, physicians, RN's, home health aids etc. I also plan to use them for new volunteer orientations. I just thought I'd let you know how useful your cards have been." *David Maes, VITAS Innovative Hospice*

SoulCards Enrich Tarot and Intuitive Readings

"I am a teacher of the tarot and a spiritual healer. The SoulCards are opening up a new world of insight for me and for my sitters. When I do readings for people the most wonderful and true feelings come to light. I first ask the sitter to look through the cards and to choose three - one they like very much, one they dislike and one they fear the most. This brings out their innermost feelings from deep within their psyche. My Spirit Guides and Angels can then speak to them. I next ask them to move the SoulCards around (face down) on the table, and with their hands hovering over the cards, to pick up 12 cards and place them face down in order of choice.



From these I read the sitter's soul journey as allied to the 12 houses of the zodiac." *Miriam Cleary, Johannesburg, South Africa*

"I use your cards every day and share them with my clients for whom I read either on The Other Side, or in this dimension. I love the impressions. Invariably, whatever I pick is perfect and describes the situation better than I ever could on my own. Thank you so much for sharing your beautiful gift." *Suzy*

SoulCards Spark Creativity in Prisons

"For several years, I have been writing regularly with Vermont's incarcerated women, developing a trusted presence with more than 150 inmates. The program provides a weekly opportunity for 12–16 participants to write to themed and visual prompts. The women are encouraged dig into their personal histories, motivations and self-responsibility, giving them the chance to rethink and reprioritize

their intentions for healthy lives on the outside.

Due to poverty and educational levels, many have never had an opportunity to explore the stimulating and healing effects of creativity. Their writing has shown how hungry such marginalized women are for affirmation and opportunity; and how self-expression has boosted their esteem, understanding and confidence, pushing their awareness into new territory.

I often utilize Soul Cards as writing prompts. When the deck comes out of the writing supplies bag, a noticeable release of tension escapes the room, an almost audible sigh of relief. The energy focuses on the table where the cards lie, face up; hands reach unerringly toward the image that calls. The same image may elicit one response today, another next month. It is all good and very, very powerful work." *Sarah Bartlett, Writing InsideVT*



Deborah Koff-Chapin