

SoulPages Facilitator course

Introduction



The Creative Journey School

Founded in 2014

More than 100 Facilitators In Israel

among the few in the world that provides professional training to mentors

Allow you to work with confidence in yourself and your abilities

My vision is that you will spread the joy of the visual Journal and the simplicity with which you can learn and work within it.



So what is SoulPages facilitator?



Facilitators in my method are mentors, they show the road to others after they tried themselves.

The main goal of this course is that you all become your own facilitator.

Facilitators are not therapists.

but they should be very careful with other people's soul.

What will our year look like?

Module 1- 10 experimental lessons

personal journey

within the supportive womb of a group.

Module 2-basics of mentoring groups and individuals

Module 3-"My Diamond Mine" -how to create a course
from my personal materials.

Module 4- Co-Presentations



Setting of a group

- Respect and non- judgmental comments
- Descriptive comments- not interpretation!
- Inner work in a group environment
- Cameras on during sharing times
- Attending the live sessions
- Sharing in the group space- commenting on other's work(facebook)
- Confidentiality



What are the seven elements that compose every spread in the visual journal?

From chaos to order, from the unconscious to the conscious, a back and forth flow from the inner to the outer; this is the essence of creation in the visual journal. It gives us freedom and beauty and magical coincidence that lead to meaningful work and connection with inner passion.

Over the years of my work with groups and individuals, I've tried to understand the building blocks of visual journaling.

I tried to understand what led to the creation of each spread in the magnificent journals of the soul that I saw taking shape before my very eyes.

Looking through hundreds of my own and my students' works, I began to see elements that repeated themselves in each of the spreads that we call "visual journaling" or "art journaling." These elements are in fact layers. Each layer adds more meaning to the developing work, and in the end, the visual journal spread has as many meanings as there are layers.

Intention, magical coincidence, background, images, lines, colors, text - these are the seven elements that make up the visual journal as I create it and as I teach in the Visual Journey Journaling (VJJ) method.

These elements are not simple, nor are they one-dimensional. Each one is a world of its own, and it's the combination or integration of all or most of these elements that create work that reaches inside and forms new connections.

You can think of these seven elements as seven layers of meaning - each element has a unique meaning in the creation of a journal spread. Visual journaling creates connections between the elements. In each spread that we create, we connect between the elements/layers in different ways.

Two of the elements, intention and magical coincidence, are meta-elements; that is, very central elements in journaling. They are also expressed visually but mostly as part of an inner process. I view magical coincidence and intent as the "mother and father" of all the other elements.

Background, images, lines, colors, and text are the five visual elements of every journal spread. They are called visual elements, but each one has a role in the inner process.

The magic happens in the alchemy of all the elements together, and in the countless ways they can be connected to create exciting possibilities.



The Inner Image is part of my inner world

Visual Images are the language of our unconscious.

According to Rosman, "The inner image is a mental process or language that can evoke a profound change in our lives if it is given a place. Suppose we allow ourselves to invite images from our unconscious into the conscious and listen to what they have to say"

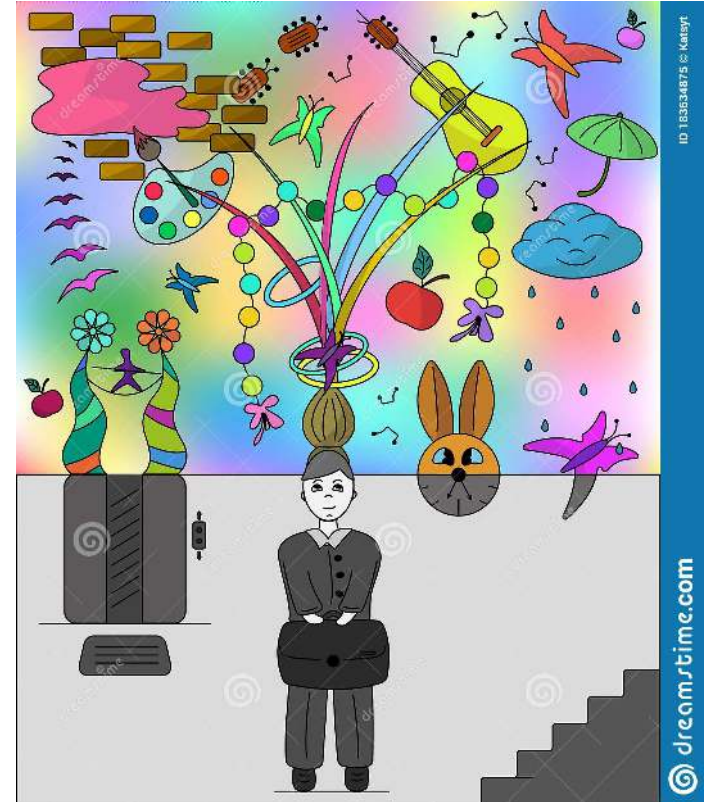
Guided Imagery for Self-Healing Paperback – October 15, 2000

by [Martin L. Rossman M.D.](#) (Author)



How can we connect with our inner images?

- Through guided imagination.
- Intuitively choosing images that we are drawn to.
- Dreams-Irregular or outstanding images
- Noticing coincidences in our lives.
- Invite an image to come forward as an answer to any specific problem.



Jung and Active imagination

Jung talked about the need to understand the inner image, delve into it, seek it, understand it, and make friends with it.

Even if it is dark, complex, scary, and unclear, according to Jung, the personal and collective unconscious is a kind of **land full of meaningful symbols**.

After the unconscious raises the image, Jung argues that the conscious should help give meaning to the image. It is the combination of the action of the unconscious and the conscious in the context of rising symbols that creates mental health

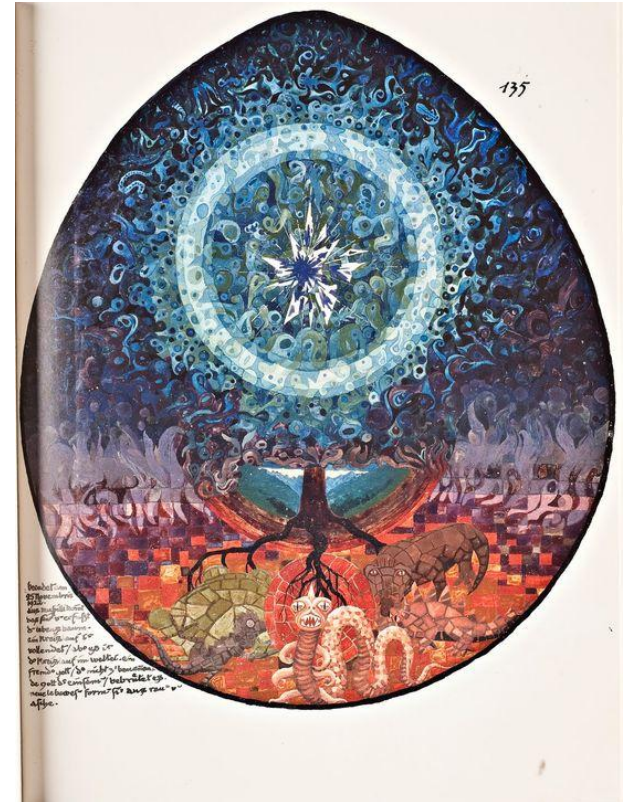
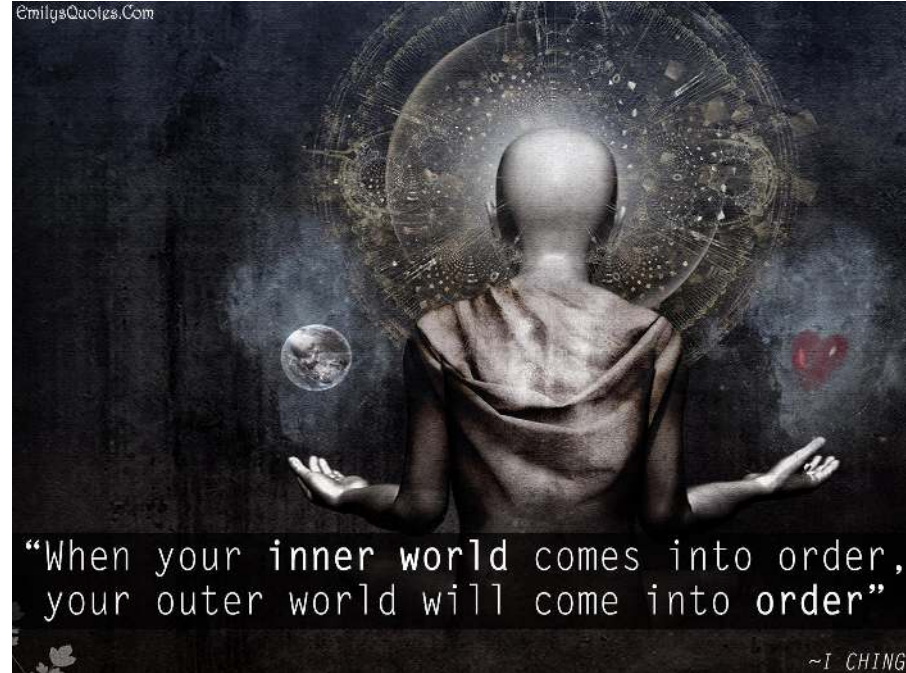


Image creating in the visual journal

The visual journal is a puzzle that includes color, images, text and together allows the inner image to be expressed and become more understood.

Combining the ability to see pictures in our mind's eye and then bring them to life on the page allows for deep healing and change.



Lesson 3- The shamanic tree

Neo-shamanism

Everyone can Journey

Open, endless symbolism

Do it in your own pace



The 3 worlds

The shamanic worlds are like a hidden cosmic fabric parallel to physical reality. We are all aware of metaphysical phenomena like synchronicity, intuition, telepathy, strange feelings, or messages we feel we have received from the universe in different ways, most often through dreams or coincidences.

The shamanic universe consists of three main worlds:
the earth-middle world- conscious,

The upper world-subconscious

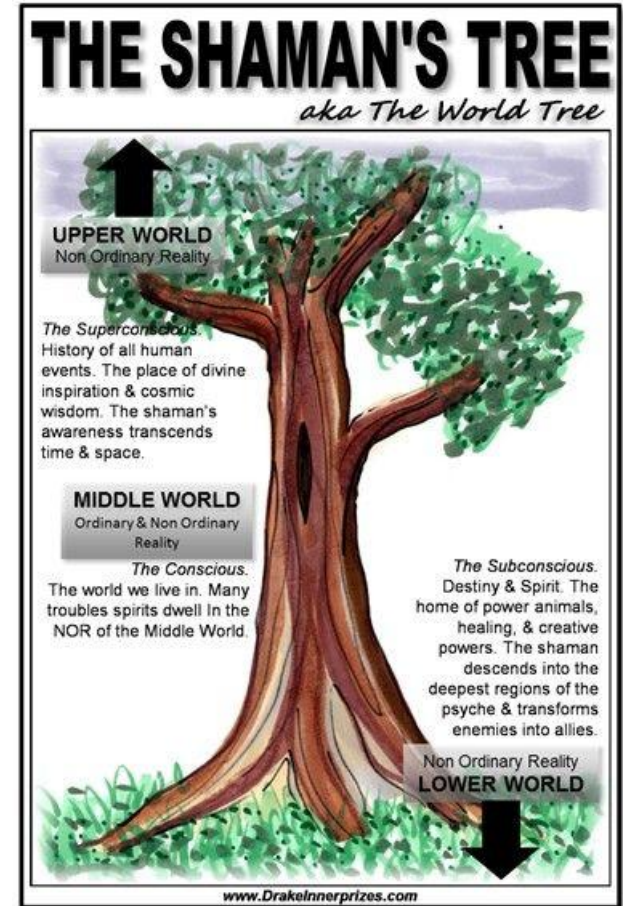
The underworld- collective unconscious



The shamanic Journey-safety rules:

Journeys are not magic, it is impossible to make a journey for someone else without their consent, and it is impossible to get others to do things for us.

In each journey, one should concentrate on one goal. However, if you want help on several issues, you will go on several separate journeys.

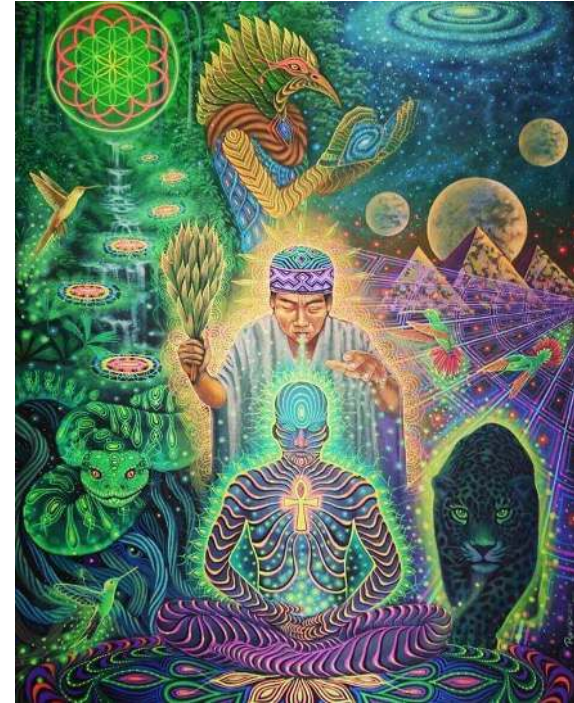


More safety rules

You need to insist during the journey and ask and beg if you do not get an answer or meet any spirit or animal, or guide. You need to **keep insisting**. Help will finally come.

Every experience you have on the journey is significant. Every detail is essential.

The limits of logic do not work in the shamanic journey, and everything you see or experience is acceptable. So try to stay focused and see what happens like in the movie.



Preparation for next week

The Temple - It is recommended to prepare a small place for you that will symbolize your inner temple. The temple is made up of four essential elements: **earth, fire, air, and water**. These four elements make up the universe and make up our body.

In order to change our consciousness and slow our brain waves we will use **shamanic drumming**.

The drum imitate the heart bit that the baby felt when he was in his mother's womb.

This is my favourite recording

<https://www.youtube.com/watch?v=MmQ1H4wU0zs>



4th Lesson- A journey to the Underworld

The underworld is the powerhouse of the three shamanic worlds, from which we draw our deep origins, our traditional heritage, our memories, the heritage of our ancestors.



what we need to know?

The underworld communicates with our past and is an excellent place to examine the roots of a problem or seek healing.

Animism - The shamanic belief is based on the idea that everything in nature has life and consciousness. Everything in nature is a guide for us.

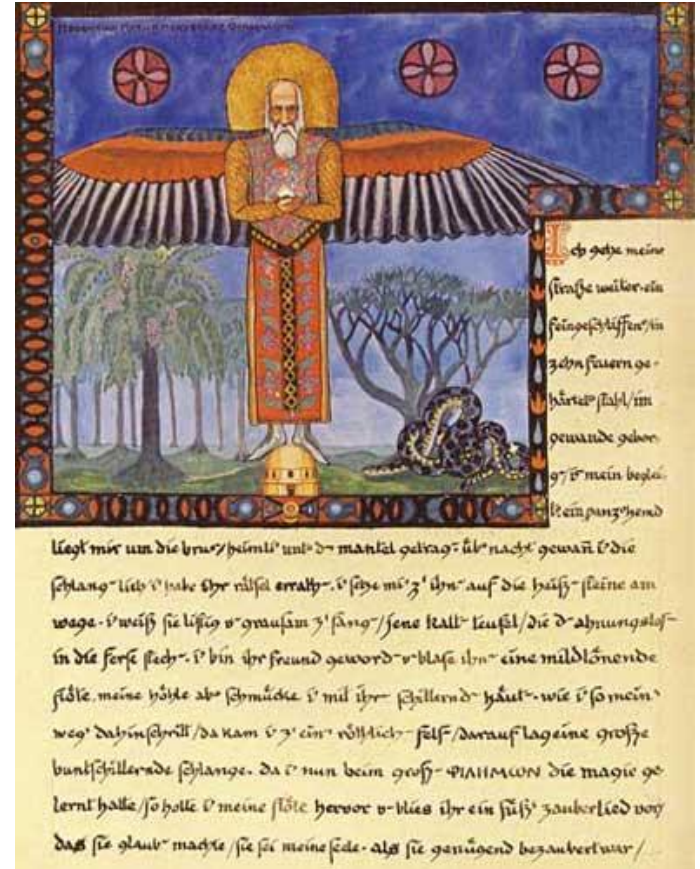
Our first guide - a power animal - the first journey of anyone who learns to make shamanic journeys is a journey to find an accompanying guide, usually a powerful animal

Our power Place - The place of empowerment is a place that exists in nature

Purpose of the journey

Purpose of the journey - Every journey begins with a request for help, healing, or guidance. The request or question should be clear. The purpose of the journey will be worded in the form of a declaration.

"I'm going on a journey to the underworld to meet my power animal/ first guide for this period of time..."



A journey to the underworld to find your first guide

be at your power place

look for an opening to go into the underworld

say the purpose of the journey 3 times

Go through and reach the underworld

look around and ask every animal you meet- are you my guide?

if you see an animal a few times-its a sign!

When you meet your power animal ask it for a message

come back when the drum changes its rytme

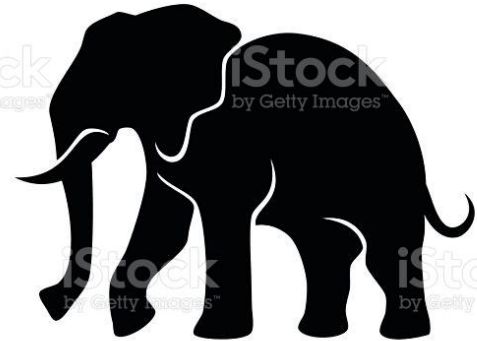
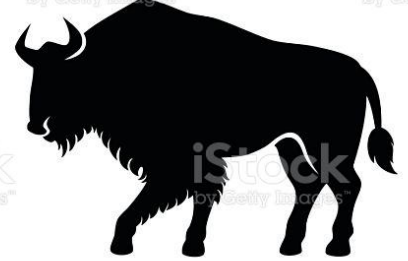
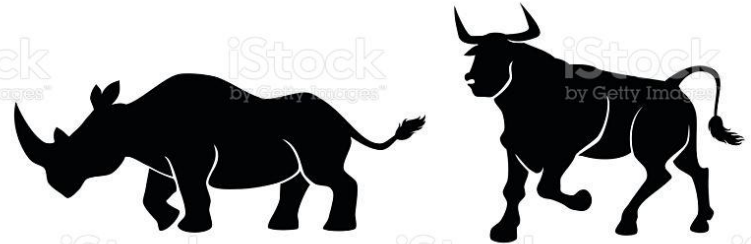
say goodby and thank you to everyone you met.



The drumming

<https://www.youtube.com/watch?v=MmQ1H4wU0zs>

for next week..
cut out your power
animal silhouettes
Glue it on cardstock.
you can prepare
more than one
animal





5th Lesson- power animals

According to the shamanic belief, every person is born with a major power animal. This power animal is from the world of mammals or birds, and it contains all the strengths and powers that a person needs in his life. Usually, pets are not considered power animals because, in their essence, they already serve man.



Power animals- one or many?

The main power animal we receive at birth - protects us from negative energies and directs us towards our destiny.

This animal helps us to strengthen our positive qualities so that we can achieve our goals.

But in our lives we can get lots of animal guides..there are Totem animals, spirit animals...





Finding our Main power animals takes time

synchronicity

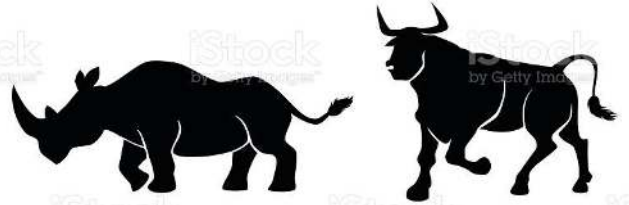
Dreams

Cards

Shamanic Journeys

Visual Journaling

Intuition



For next week- a few photos of your ancestors

Grandparents/Parents

old family photos

Influential historical characters



6th Lesson- Journey to the upper world

The Upper World is a less dense world and has a great deal of knowledge about many issues that bother us.

In addition, the guides you will meet in the upper world are more human. You may meet deceased family members, **your ancestors**, historical figures, and more.



Stages of the journey- The purpose

Purpose of the journey- You will ask for knowledge or insight about anything in your life.

You would take 5 minutes to try and write you purpose.

start with just writing on a topic that you want to get more knowledge on.

How you formulate your request is most important!!

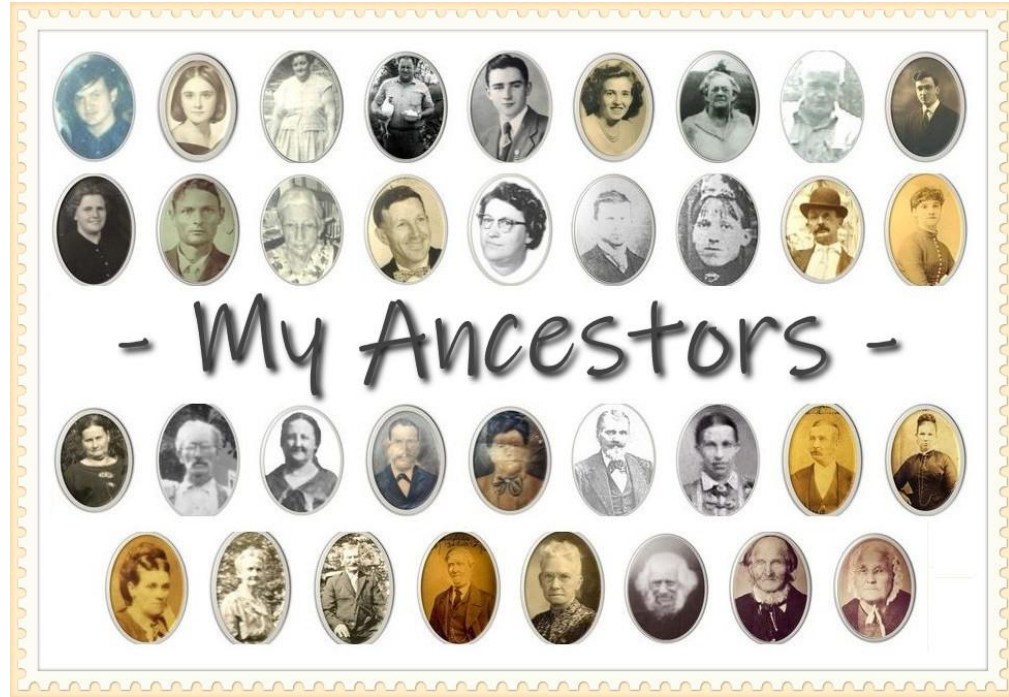


Meet your ancestors

In neo shamanism we speak of 7 generation of ancestors..

every person is responsible to the next 7 generations...

so we are connected to our ancestors and they are believed to be out there looking after us.



Stages of the Journey

Start recorded drumming - imagine yourself in **a high place in nature**: a mountain or a treetop...

Call on your power animal/ 1st guide to come and accompany you.

Say the purpose of the journey three times in your heart:

"I'm going on a journey to the upper world to meet one of my ancestors and learn more about...."

Jump up and feel like you are crossing a thin transparent crust

The drumming

<https://www.youtube.com/watch?v=MmQ1H4wU0zs>

7th Lesson-Voice dialog Technique

we are made up of a lot of inner voices. Each voice within us is a specific character with unique components, desires, and agendas. As we begin to know the characters within us in-depth, internal conflicts become apparent, and the way to resolve them through means of awareness and self-acceptance is paved.



The conscious self

As long as we are driven by a desire and curiosity to know all the inner voices within us without judgment and without identifying with them, we can enter into an internal space of inquiry. In this curious state of investigation called- **The conscious self**, we can accept our inner voices for all their limitations without identification and judgment.

The "**conscious self**" is a state of mind that is calm and balanced, a condition in which we can look at ourselves from above, a kind of mindful meditation in which we can engage in dialogue with our characters.



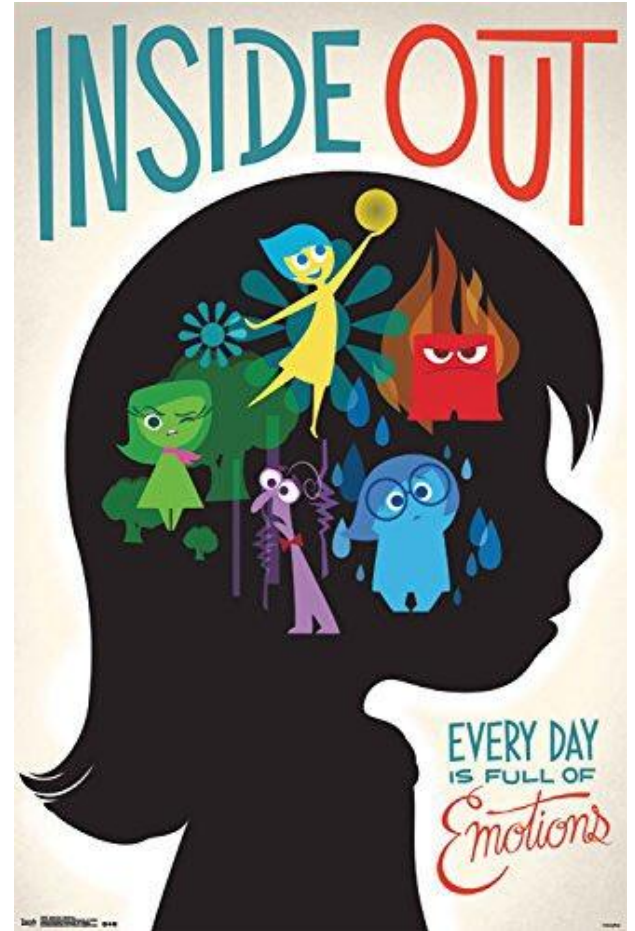
Inner voices are like a community

The inner characters/ voices conduct relationships within themselves. They resist, accept, form subgroups, and lead their own lives.

Sometimes strong characters take over weaker characters and make them silent.

It's not good to suppress sad, heartfelt, vulnerable voices

https://greatergood.berkeley.edu/article/item/our_lessons_from_inside_out_to_discuss_with_kids



How do you work with the inner characters?

a verbal dialogue where the facilitator asks the questions and the person can answer them verbally as if he let himself speak from his inner character way of thinking. This situation is ideal as it allows a lot of freedom.

The 2nd way is via a written dialogue in which the person writes the question and lets the inner character write the answer for him.



Safety Rules

It is always essential to work with the characters in pairs because, in most cases, the characters balance each other energetically.

Our inner characters always believe they are protecting us with their behavior.

Once we dialogue with the two characters, we accept both and learn not to identify with either of them.

we will try to conduct the dialogue from the inner place of the Conscious Self.

The conscious self is a mental space of acceptance without judgement and without identification.

More safety rules

- Characters must not be harmed, insulted, or even forced to change or threaten.

The characters are as thin as a thread and have one line of nature that characterizes them.

They are responsible for **one role or primary purpose/gift**.

The characters believe they are protecting us!

Our great ambition is to succeed in living from the place of the **"conscious self"**

Types of inner characters

The managers-the protector-manager, the doer, the critic, the child, the organizer, etc. These are all characters who run our lives and take care of us.

The **denied characters** are in our shadow, and we cannot see how they affect us. **other people usually see our denied characters.**

They activate us in precisely the same way that our unconscious activates us without understanding where it came from.

There are also **dark characters, guides, archetypal, historical and cultural characters**



Inner conflict-Stay at home or travel in Christmas?



Conscious Rakefet : I want to invite a character that has an opinion about my conflict

The traveller: I'm here!!! Why didn't you book your tickets yet? You have to go away, this is your chance to finally be on your own.

Go to Thailand, go to Nepal, go somewhere!!

Conscious Rakefet: can you tell me about yourself? How old are you? What do you look like?

The traveller: I'm around 60, I'm a free spirit, I don't need anyone, I just love the adventures, I want you to travel around the world...this is the main thing in life! Just exploring.

Conscious Rakefet: What do you think about me?

The traveller: I'm a bit disappointed, you promise me things and then suddenly because of this boring mother, you change your mind!

Conscious Rakefet: what is your gift to me? how would you like me to live my life?

The traveller: I give you the gift of courage to travel. And if I was in charge of you, it was half of the time-travelling and exploring the world. I honestly don't understand what holds you back.

Conscious Rakefet: thank you dear traveller, I will try to listen to your advice. I now want to hear another voice, maybe a different one.

The Good mother: I'm here! I hate this idiotic traveller! She keeps playing with your head! You should not go anywhere in Christmas; you are already going next week to London!

You need to stay at home and take care of your children. Be an adult for once!

The Traveller Jumps: London is not for Rakefet , it's for Yahli's bat mitzva..she needs a proper vacation!

Conscious Rakefet: I would be happy to speak with the mother now. so, if it was up to you, how would my life look like?

The Good mother: your life would be so different! you would be cooking every day, talking with your 4 children all the time. You would use these 3 weeks to organize your messy house and be ready for next semester...

Conscious Rakefet: what is your gift for me? why it's so important that my house will be organized?

The Good mother: I think it's obvious...I take care that you don't do your parents mistakes, your children are so important...

Conscious Rakefet: what is your Moto?

The Good mother: children always come first!

Conscious Rakefet: Thank you both for sharing your points of view..i will now think about it and decide soon.

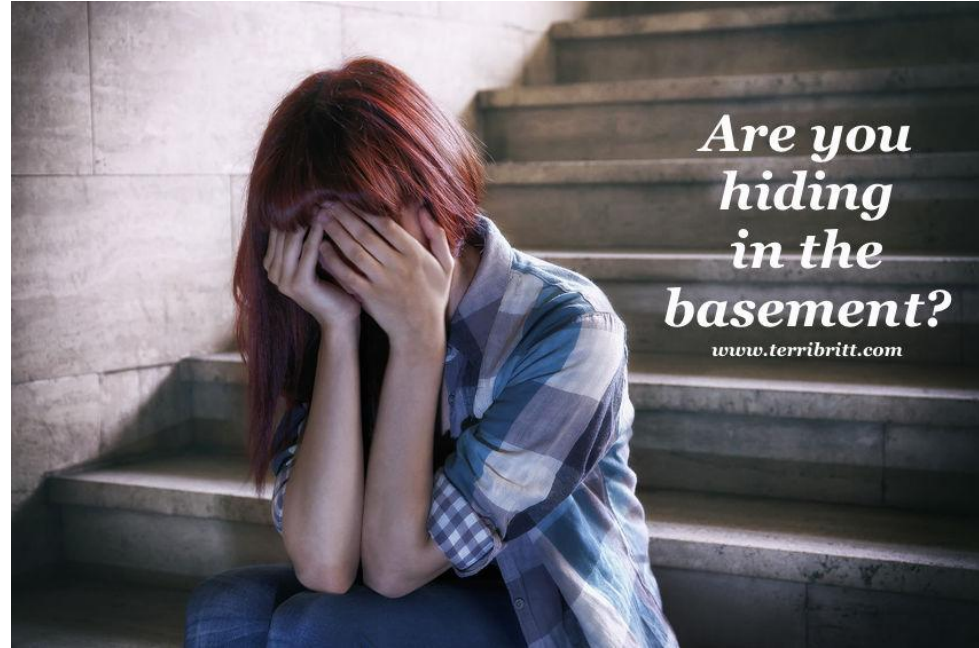
Conflict situations- inner or outer conflicts

- write about the conflict in short sentences.
- close your eyes and breath in for 2 minutes
- ask- who is it inside that want to speak out?
- write it as a dialogue.
- notice if the inner voice changes, maybe it's another character “jumping”
- If not- invite another character that has a different point of view.
- Be curious, ask questions, let the characters “feel” they are heard.



Lesson 8- The Manager protector

According to Voice Dialogue -one of the things that happen to us as children is that some of the characters start to take over the personality to protect it, and they push (into the "basement") other characters that do not fit the opinions, desires, and needs of the managers.



*Are you
hiding
in the
basement?*

www.terribritt.com

The Manager- Protector

This is a very significant figure within us; he appears at a very young age.

His main aim is to take care of us (in his opinion) and protect us.

Many people do not like the manager-protector and experience him as a dictator, harsh, critical, and more.

A strong manager-protector can repress emotions and can make us not feel certain things.



What does the MP wants?

His worldview is very survivable.

A manager-protector has lists of what is essential, and this list can vary depending on the Situation.

It is important for him that we integrate into new places.

It is important for him that we succeed.

He can ask us different things at different ages.

It is very crucial how society sees us!



He is our most layered character

The Manager-protector always means well, so it is important to interview him for the first time to get his consent to do work with the other characters or any other change in life.



Dialogue with our manager-protector

Hello Manager Protector, I understand you're here to keep me safe.

-What do you want people to think of me? (List as long as possible)

- What don't you want people to think of me? (list of characters)

- Are there things you are trying to prevent me from doing or saying?

-What do you think will happen if I do or say these things?

- What are you trying to protect me from? How do you do that?

-What do you look like? How do you dress? What is your facial expression? Is there a profession that describes you well?

- Is there a motto that sums up your worldview or what is most important in life?
- Do you feel that I appreciate you?
- From your point of view, are you satisfied with my performance?
- At what age did you start to be dominant, and what happened in my life that it began to happen?
- In summary- Do you have any advice to give me now?

Thank you for protecting and protecting me. See you in the meantime.

**Homework: Dialogue with one of the denied characters from the MP list
(Question 2)**

Lesson 9- The inner children

The inner children have childlike essences; they are always within us and are very meaningful. When our inner children feel good - we feel good.

The main goal in Voice Dialogue is getting to know our inner children and communicate with them. They can connect us to places of joy and cheerfulness and even playfulness and creativity.



How we connect with them?

One of the essential things is to speak to them in their language.

Be aware that they are children, think like children, are more concrete, respond better to questions of emotion rather than thought.

They need pure love and touch.

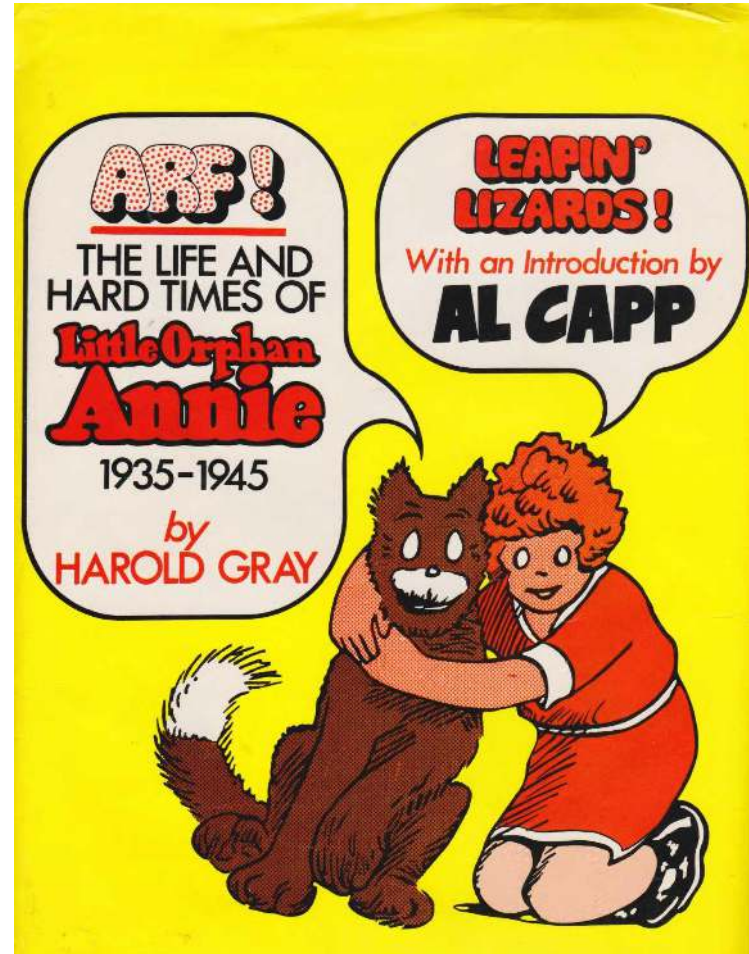
On the one hand, they are vulnerable and on the other hand- they can recover quickly.



archetypal child

Classic options - the magical boy, the naughty boy, the angry boy, the good girl, the jealous boy, the princess, and more ..

We can find them in movies, books, art...



The historical child

inside each of us there are so many children...

as many as our memories...

Some of them are frozen in trauma-Memory pockets.

some of them alive and manage us!



In this lesson...

we will let the children introduce themselves and tell us what they need.

we will experience their energy in a written monologue.



Page preparation -we need 4 spreads one after the other

1. Monologue of the historical child
2. Nothing
3. The historical child paint himself
4. The archetypal child paint himself
5. Nothing
6. Monologue of the archetypal child
7. -8/ The conscious self and the children

writing exercises

start writing in page 1-I'm your inner historical child , i'm...years old and I came today because...

Start writing in page 6- I'm your archetypal child, I came today to help you...let me introduce my self

Our suppressed inner children

When we repress the inner child and do not let him go out and express himself, he may affect us in various significant ways.

The inner child is a feeling child that acts according to his emotions, and therefore he can be a key to our unresolved emotions.

If only we would allow ourselves to get to know him.



Lesson 10- The inner critic and our empowering character



The Inner Critic

The critic is one of the most toxic figures; he always knows we are wrong and hurries to warn about it in any situation.

He sees everything, and no flaw is hidden from his eyes.

The paradox of the critical character is that we all identify with him on the one hand and hate him on the other



How to work with the inner Critic

One can almost look at this character as a **"character who went wrong"** because his main goal was not to be such a rigid critic – his original plan was to improve us.

When we learn to know the critic in-depth, he can become a beneficial and amusing character under the gaze of our consciousness.

When we learn to listen to him and give him appreciation and love, he can balance his behavior and begin to provide constructive and non-destructive criticism.



Our inner guide- empowering character

our own parents

someone we know

a character from a movie, a book

Inner guide that see us in a very positive way.



The empowering critic- Is it possible?

The inner critic is a character that exists in each of us ..

In this lesson I want all of you to meet him, accept him and stop identifying with him. For this purpose, we will create a **new character** today that consists of the two characters we met - the critic and the character of the inner empowering guide.



My critic- about my Monday

You're just lazy, you barely have the strength to move.

Your walk in the morning - this is a joke, you barely walk for half an hour and feel that you are an athlete. Go at least an hour at a faster pace and then we'll talk !.

And why did you provide only 3 articles? you really give up on yourself easily.

And then at noon - you watch TV for an hour, how come you are not ashamed? it's too much!

At three pm you went back to work and wasted your time on nonsense, you were so unfocused.

And at five - you went to the grocery store, really? Every time you run away from hard work to buy more food!

I also do not understand why in the evening you spent another hour and a half on a movie with your child? He's seen Harry Potter a million times, does that seem like an education to you?

And I do not understand why you did not continue to write your new book!!!

My empowering guide- about my monday

I'm so proud of you for the day you went through, delivering so many things.

You also progressed in accounts, you wrote articles, you worked even though you had no desire to work.

I am very impressed with your strengths and your ability to sit for many hours and move forward

And the fact that you started walking in the morning every day - it's really amazing, and it's okay that you can not get up so early, but you get up and it shows that you have strength.

And you also got to see a movie with your son!!!

even though you had no desire for harry potter, it's important to create time to be with our kids!

I think you had a great day yesterday, you were creative and delivered a lot of things!

close your eyes and take a deep breath, feel how your whole body relaxes and you go on a journey of remembrance

You will remember yesterday, everything you did. Try to open up to everything that comes up at a receptive mode

See yourself on Monday morning, what time did you get up? What's the first thing you did in the morning?

How did you pass the hours until noon?

Try to remember what you ate for lunch? who were you with? How did you feel?

It's 3 o'clock, what were you doing? it can be a difficult hour of the day..How did you feel?

It's Five o'clock in the afternoon - where were you? were you alone or with people? Try to remember what did you feel?

Seven o'clock in the evening, the last part of the day, try to remember what you did? How did you feel? Who did you meet?

And move slowly to bedtime - you finish everything that is important to do, you start to get organized for sleep, you really see yourself lying in bed, how do you feel when you think about your day?

מבנה השיעור

תרגיל הזכרות

כתיבה של המבקר ושל הדמות הטובה

הכנת כתמים על דפים בשחור ועוד צבעים

הפסקה

יצירת הדמות החדשה- המבקר המעצים

לרשום משפט שעולה תוך כדי עבודה

Journal work- remembering exercise

start with asking the critic-

what do you think about my yesterday?

As an inner character- what is your gift for me?

now ask your empowering character the same questions.