



The Seven Elements of a Soul Page

A visual language for speaking with the
unconscious

Rakefet Hadar, creator of the SoulPages method

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What the SoulPages method is

The blank page stops your hand. Not for want of talent, but for fear of beginning.

This is not an art class. It is a visual language that bypasses the verbal mind and speaks straight to the unconscious.

The page itself is a container. Like a parent holding a child, it is strong enough to hold the whole range, from the darkest pain to the brightest joy.



One family, seven elements

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The parents Intention, the father's energy · Magic of Chance, the mother's energy

The children Background · Image · Line · Color · Text



The background of the slide is a textured, light beige surface with various watercolor splashes in shades of blue, purple, and yellow. It is adorned with autumn-themed illustrations, including large pink and orange flowers, green and brown leaves, and a small wooden paint palette with various colored paints. Three paintbrushes are also visible, resting on the surface. The overall aesthetic is artistic and creative.

What the seven give you

- A method instead of trial and error, so you learn the technique quickly
- Pages that are genuinely beautiful, not only meaningful
- A sense of success from the first page, because every stage has a clear way in
- A language for reaching the unconscious, instead of waiting for words to arrive
- A way back to the inner children, the ones who speak in images
- A safe frame that holds difficult feelings too
- A journal that goes on speaking to you months after you close it

A watercolor illustration of a brass compass with a heart-shaped needle, surrounded by flowers and leaves. The compass is positioned on the left side of the page, with its needle pointing towards the top right. The background is a collage of watercolor flowers in shades of pink, purple, and orange, with green leaves and small blue and yellow dots scattered around. The overall style is artistic and textured.

1 Intention

The father's energy, the compass

Intention is the air that lets the page breathe. It gives direction, purpose and a safe boundary.

It is the conscious decision to meet yourself, here and now.

In practice: one breath, a question, a wish or a prayer. It tunes the frequency of the whole page.

2 Magic of Chance

The mother's energy, letting go of control

A principle of uncertainty, of yielding, of holding the unknown. The psyche learns to loosen its grip on perfection.

The mistake stops being a failure and becomes a message from the unconscious.

In practice: magic papers, ink blots, monotype, a deliberate spill.





3 Background

The ground, breaking the blank page

Covering the white is the first physical act. It dismantles the fear of beginning and steadies the page.

The moment the mind stops judging, a kind of waking dream begins.

In practice: a carpet of collage, a wash of paint, pasted newsprint. What matters is that the white disappears.

4 Image

The messenger, the language of the unconscious

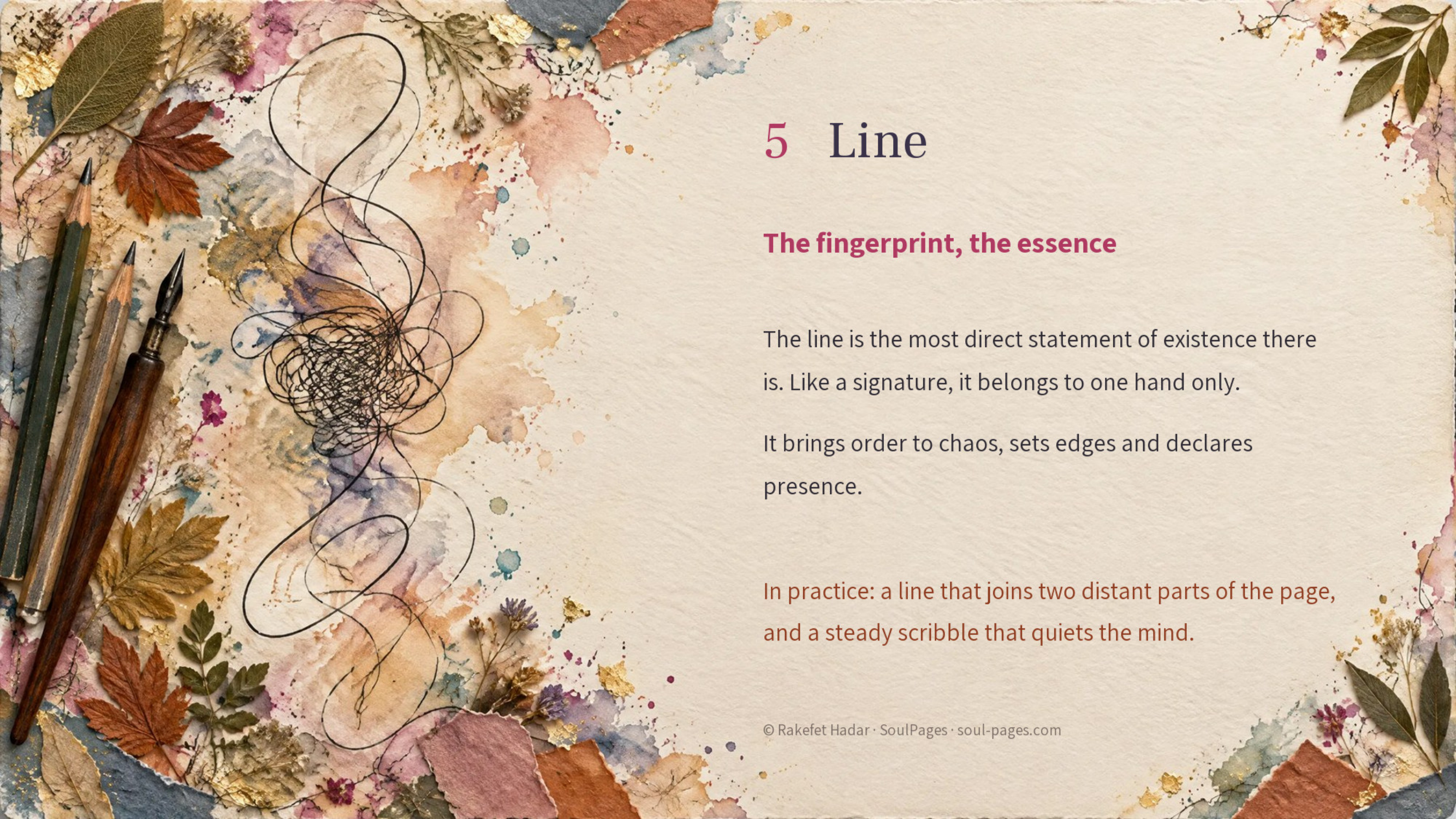
Images are symbols and metaphors. They let an inner state be projected onto an outer figure.

In an image we see exactly what we need to see in ourselves.

In practice: the wink. Choose the image that calls you, even without knowing why.

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5 Line

The fingerprint, the essence

The line is the most direct statement of existence there is. Like a signature, it belongs to one hand only.

It brings order to chaos, sets edges and declares presence.

In practice: a line that joins two distant parts of the page, and a steady scribble that quiets the mind.

6 Color

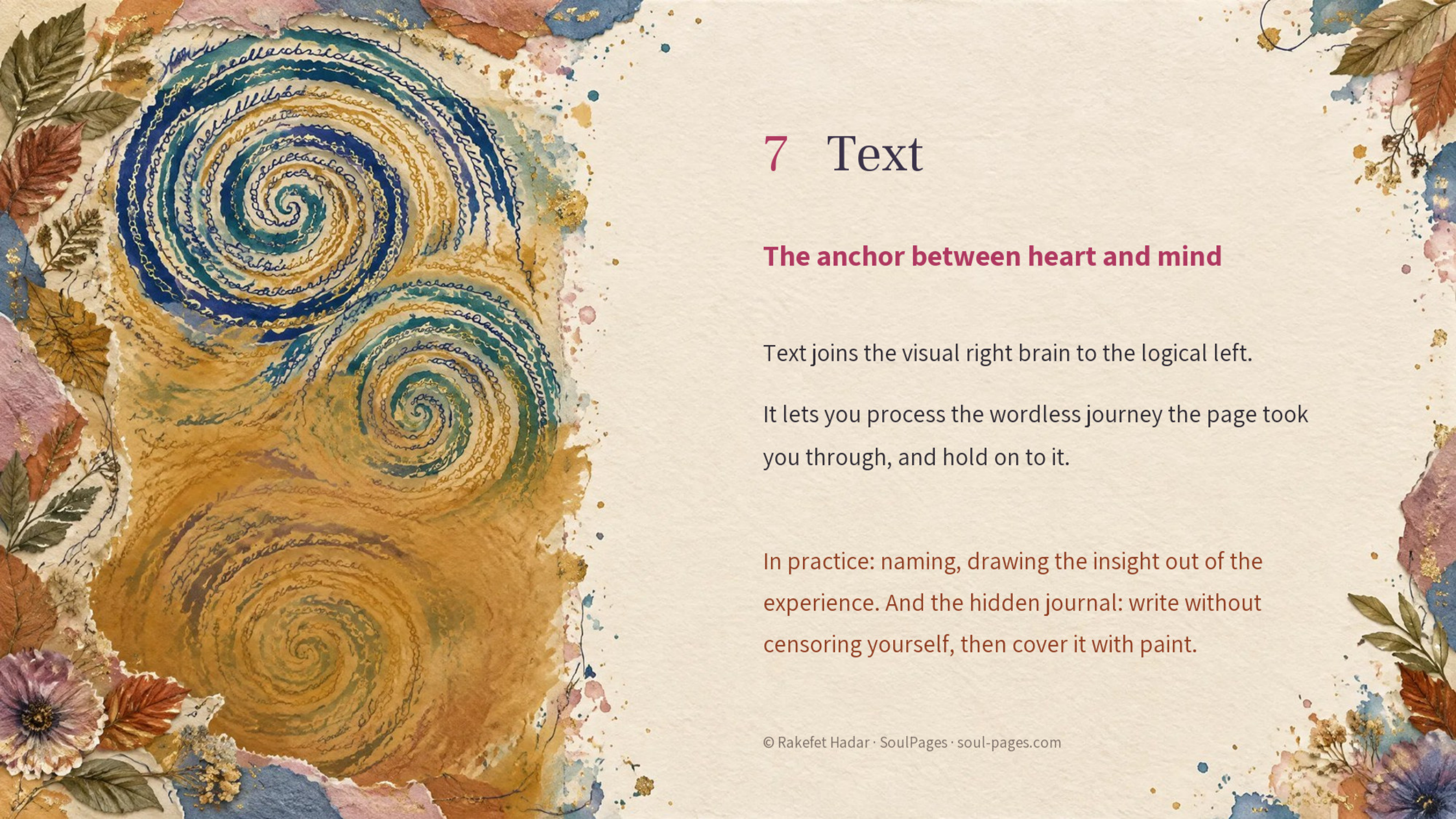
The emotional frequency

Color reaches feeling before thought does. It sets the weather of the page and opens a path for release.

Every color carries its own energy.

In practice: wash color over the edges to pull separate parts into one whole.





7 Text

The anchor between heart and mind

Text joins the visual right brain to the logical left.

It lets you process the wordless journey the page took you through, and hold on to it.

In practice: naming, drawing the insight out of the experience. And the hidden journal: write without censoring yourself, then cover it with paint.

The alchemy of the page

A soul page is not a collection of parts. The magic happens where the elements meet and answer one another.

Change the composition, bring light into a dark passage, join figures that were kept apart.

Heal the image in order to heal the psyche.





Your journey begins

A visual journal is not only art. It is a container for the psyche.

Open the journal. Break the blank page. Let the psyche speak.