

Exercise: A Collage of What You Love
(Muller, 1996)

Gather up a pile of about a dozen old picture magazines. Take time to go through them, holding in your mind this simple question: What do I love? With that question in your mind, be aware of any image that, when you see it, seems powerful or intriguing. You need not understand why, nor do you need to censor your choices. When you see any potent image, rip the page out of the magazine and place it in a pile next to you. When you feel you have all the images you need, cut out the ones you want, and construct a collage on a large piece of paper. Be playful. Move things around until they feel right, accurate. Continue until all the images have been integrated into the collage.

Take a break, then come back and look at what you have done. What do you notice about what you have chosen? How does it make you feel to look at it? Are you pleased with what you love? Is there anything missing? As you reflect on your life, does it include the things you put in your collage?

At the end, pick the single image that seems most powerful to you in this moment. What does this image say to you about your inner life? What does it reveal about your love? Choose one image from your collage and resolve to try to include in your daily life more of what that image holds. Each week you can pick a new image to invite into your life.