"I Am One Who…" ("IAOW…") **Key Points**
UPDATED as of February 2, 2020

From **SoulCollage® Evolving, page 97**

"Who is usually the wisest teacher about one's life journey? Surely it must be our own Soul who alone knows our personal coding, our history, our talents, our passions, and our dreams. The problem is that most of this deep wisdom surfaces in sudden ideas and thoughts, in dreams, and rememberings that often vanish as quickly as they come. At times they are pulled down and repressed by Neters in our Committee who are skeptical of intuitive wisdom or who are afraid to listen to it. What we need is some sort of anchor to secure these thoughts when they arise, some way to "net" them.

SoulCollage® is a way of anchoring our wisdom through consulting our cards. In readings, we allow our Neter images to speak aloud, using our imagination and intuition. An apt metaphor is to imagine these ideas and visions fermenting down in our depths, but with no voice.

One woman wrote, *"For some unexplained reason, when an image begins to speak with the words* I am One Who…*some of these ideas, emotions or visions wake up, put on special words as presentable "clothes" for an appearance, and come forth on your tongue. Imagination and intuition link together with the image, and bring about this bubbling up out of your less conscious Soul. Your words slip around the mind, around the Neters who would stop them because this is* "just a silly game of imagination.""

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**BTW, this format with quotes, italics and ellipsis is the proper SoulCollage® format for *"I Am One Who…"*
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1. The *"I Am One Who…"* process is an essential part of SoulCollage®. It is similar to techniques used in gestalt therapy and certain kinds of role-playing psychotherapy techniques.

2. Most children play with their toys, puppets or dolls, pretending to be different characters. The child steps into the role of the toy and acts and speaks from that identity.
    a. The *"I Am One Who…*" is no different. The child is no longer the ego personality known as "Mary Ann," or "Tess," or "Marti."
    b. The child becomes Bob the Builder or Mulan or Aladdin or Buzz Lightyear or Dora the Explorer. (I know, I'm out of touch with these references.)

3. Same thing happens when approaching *"IAOW…"* Once you've created a card:
    a. Choose the specific Neter/image that seems the central energy, the part of the card that is most powerful to you. Gaze deeply at the image. Feel its energy. Then step into that Neter/image.
    b. Temporarily, be like a child and *pretend you are the image*. Embody that Neter/image.
    c. DO NOT DESCRIBE THE IMAGE FROM THE OUTSIDE, FROM YOUR OWN EGO PERSONALITY!
        i. For example, "I Am One Who is a little kid about ten. I seem to be poor. I am alone and I am hungry." vs. "This reminds me of my childhood when there was never enough to eat. My mother and father were always fighting about money. I hid in my room, etc."

d. Then speak from the view of that central Neter/image. For fun, you could try imagining what this Neter's voice would sound like.
e. Let yourself fall into a kind of **stream-of-consciousness-speaking**, beginning each sentence with
   i. *"I Am One Who…"* Describes what is going on in the card from the 1st Person, from the point of view of the Neter.
   ii. Stay with the true voice of the image. Don't censor what comes up. Don't add things you wish it would say!

4. **Suggestions for your Journal**. Always record the date when you made the card or did the readings. Give a **working title to the card and name a Suit**. You can always go back and change it.

Four Questions for your Journal:

- ♥ Who Are You? (response is I Am One Who…)
- ♥ What do you have to give me?
- ♥ What do you want me to remember? Or what do you want from me?
- ♥ How will I remember your message? (What will trigger your memory? Perhaps a color, sound, symbol, a certain being, etc.)

5. *"IAOW…" vs. I Am THE One Who.*

The official language of SoulCollage® is ***"I Am One Who…"***
Some Facilitators use "I Am **The** One Who" despite it only being mentioned once or twice in Seena's book.
I heard Seena suggest that when a Council card speaks, "you can tell it may be quite full of itself" and its voice may naturally boom out with an ego-filled operatic
I AM THE ONE WHO. Not to worry. Let it speak! After all, it is an archetype, know to be larger than life; part of the Larger Story, unlike the Local Story of our Committee members.
Normally, though *"I Am One Who…"* is the voice of most cards.

6 Above all, practice! In time, you will overcome the strangeness or discomfort of *"IAOW…"*
You will get more and more comfortable learning the language of your Neters. Gradually what they are saying to you will allow you to

DISCOVER YOUR WISDOM AND CHANGE YOUR WORLD!™

7 Leave plenty of room for the three S's of SoulCollage® :

- ♥ **Synchronicity,**
- ♥ **Surprise and**
- ♥ **the Sacred.**