



Sand Symbols

Carl Jung says “often it is necessary to clarify a vague content by giving it visible form... Often the hands know how to solve a riddle with which intellect has wrestled in.”

Sand Symbols is a creative, hands-on tool that allows us to express what is in our hearts and souls. It is perfect for those of us who may find ourselves over-verbalizing or over-thinking a problem and spinning our wheels while getting nowhere. Symbols are a spiritual messenger that help us create an open pathway to communicate to our deeper feelings and beliefs, allowing our natural capacity of healing to emerge.

Sand Symbols helps us to honor our internal symbolic world and provides a place for its expressions within a safe container; a box or tray filled with sand. The scene in the box is guided almost entirely by the choices made by the hands which gives us a chance to portray rather than verbalize our feelings that are often difficult to express. The symbols act as a bridge between our inner and outer worlds. With the help of a witness, when one sand tray is finished we can begin to integrate and heal in new ways.

Sign up for a one hour session with Terry to discover the treasures of your own soul in the *Sand Symbols*.

\$40 - includes materials to play: sand, box and miniature symbols