

Interview Excerpts from Life Innovations, a television show with Judy Fishman

Connecting with Pamela Hale

Editor's note: The Sand Spirit Insight cards are a set of 36 photographs Pam made of natural arrangements found on a beach. She has designed a methodology for finding forms and figures within the abstract photos and dialoguing with these "Sand Spirits" for insight about any personal issue, or to enhance learning, perceptiveness and consciousness. The Sand Spirits Workbook is the basis for a training she offers, either for personal use or to be certified as a Sand Spirit practitioner.

Q: How did you decide to create these cards?

A: Well, I didn't decide. They came to me. I had seen beaches thousands of times with rocks and shells and streaks in the sand. But this particular time, I saw constellations or groupings, pictures of forms and figures. I photographed them for four days, knowing they were important but having no idea how I was going to use them.

Q: So how did you end up producing the cards and the process you use with them?

A: Two weeks after photographing on the beach, I was diagnosed with breast cancer. I picked some of the images to help me feel the spiritual support I needed. The experience was so powerful that I worked further with the cards and developed a way to dialogue with them. In the process I asked them what to do with them, and they told me to publish them, how to design them and all the details. They are very practical!

Q: How do you work with the Sand Spirits?

A: I help people move from the literal level of their story to the symbolic level where the invisible layer of their situation becomes visible, understandable, conscious, and therefore helpful.

Q: Can you give an example?

A: Sure. I worked with my 14-year-old grandson, who had been suffering from fits of rage. I had him pick 3 cards and use them to tell a 3-part myth that poured out of him quickly, without thinking too much about it.

Q: What myth did he tell?

A: He drew cards #11, 8 and 19, and told a story of a bird way out in space, who held the weight of the world on his head and was hunched over with the burden. He took the world off his shoulders and threw it out into space. Then, not knowing where to go, he flew into the world, landing in the turbulence of the ocean where he was tumbled. In the midst of his panic and confusion, he had a mental image of a warrior chief he knew he was supposed to become. To do this, he knew he had to "find his feet" and walk onto solid ground. When he did, he found a woman, married her, had children and lived happily ever after.

Q: And how did that myth help Simon?

A: I asked him where he was at the moment in the myth, and he told me he was in the ocean. I could tell him I knew what a rotten place that felt like, and I could tell him that all teenagers and all people go there, even though they try not to let it show. I told him the great thing was that he knew what he was to become and how he was going to get there. I told him his parents and I would support him in finding his feet and strengthening him as a warrior-chief-in-formation.

Q: How do you use them in healing sessions with individuals?

A: They are a great bridge to energy medicine, since they help us see what the energies or forces are that we're working with. Then I can move on to help my client shift that energy.

Q: Let's go back to Simon. Is he cured now of his struggles?

A: I think he'll still struggle the way we all do, but I think it helps him see his healing path, see it "through a different lens." Even though he is still not a very verbal teenager, he has agreed with me that he is now the Warrior Chief and has found his feet. Walking the path is not easy for any of us, but we need our feet and he has his!

Q: How do you see a larger audience using these cards?

A: I would like every cancer survivor to know about these cards, and I donate a portion of my profits to cancer research, prevention and support. In addition, I would like parents, teachers, therapists of all kinds, hospice workers and people who would like to be more conscious leaders to have access to the cards.

Q: And the workbook?

A: The workbook is the basis for a training I give to people interested in the cards for personal use, and also a more in-depth certification for people wanting to be Sand Spirit practitioners.

Q: Are you contemplating more products like this?

A: Yes! I'm collecting images of other nature spirits in the rocks, the clouds and the desert and forest, where I live. Before long you'll be able to pick your favorite landscape and see layers there that reflect the beautiful layers within your own being.