

**FOR IMMEDIATE RELEASE**

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Of interest to radio hosts, editors and journalists covering: Books, publishing, tools for personal and spiritual development, photography, healing.

**Sand Spirit Insight Cards and Sand Spirits: The Workbook, Gifts from the sea that activate inner wisdom, creativity, healing, and transformation, by Pamela Hale**

Tucson, Arizona -Tucson resident Pamela Hale has used her photographic vision and her expertise as a healer and life coach to create a powerful tool for personal and spiritual development.

Ms. Hale photographed found arrangements of stones, seaweed and other natural objects on a Mexican beach, framing them in a way that reveals forms and figures that she named the **Sand Spirits**. She discovered a way to dialogue with these “spirits” a few weeks later when she was diagnosed with breast cancer. The power of the photographs in her own healing propelled Hale to train as a shamanic energy healer.

For 9 years Pam has witnessed the impact of the **Sand Spirit** images in her work with both children and adults and in corporate settings. She has designed workshops that teach people to use the 36 stimulating photographs to:

- Discover life purpose, power, and passion
- Awaken creativity
- Facilitate problem solving
- Reveal the power to heal oneself
- Inspire dreams and goals
- Communicate the user’s deepest feelings

Hale offers workshops for people using the cards for their own growth and also for teachers, therapists, parents, healing practitioners, and other professionals who want to be certified as **Sand Spirit** practitioners. Pam’s methodology involves using simple questions or prompts and trusting the person’s own vision and intuition about the meaning of the image. The workbook elaborates on the techniques and applications.

A few examples of the seemingly magical results are:

A client suffering from depression sees an eye shedding a tear of glass, and understands why she hasn’t been able to cry.

A cancer survivor sees a Hindu goddess dancing the passionate dance of life, and says, “Yes” to life.

A teenage boy suffering from fits of rage picks three cards and tells a myth in which a being from the cosmos dives into the ocean, is tumbled by turbulence, and then remembers that he is supposed to “find his feet” and morph into a warrior chief. The boy sees his path and is able to share his myth with his family to gain support.

A simple reaction from an elderly man unaccustomed to personal processing is, “Well, I’ll never see a beach in the same way again!”

“When a person’s perception shifts and she or he sees something that was formerly unseen, an awakening occurs that signals increased consciousness and awareness. The more we can see in the inner and outer landscape, the more options and possibilities we have for becoming the artists of our own lives,” Hale explains.

Pam is a graduate of Stanford and Columbia universities, and was a pioneer in the therapeutic photography movement. Her keynotes, workshops, and retreats inspire and awaken creativity, intuition and wisdom and empower people to live with joy, passion, and well being. She is currently working on a book, *Flying Lessons: A Journey into Authentic Power*.

#### **Reader reactions:**

“The Sand Spirits are a beautiful and effective tool for leading people into different perceptual states, crucial for shamanic work and for appreciating and living life with passion and wholeness.”

—**Alberto Villoldo, Ph.D., author of Shaman, Healer, Sage**

“A most sensitive and useful instrument for helping understand and honor personal material.”

—**Sheila Bender, author, poet, publisher of WritingItReal.com**