

December 2020



The Association for Sandplay Therapy

... loving kindness, clarity & humility in the practice of Sandplay

Sandplay Consultants are in high demand. AST is growing and more people are seeking STR status. This is exciting news for our organization as we want as many people as possible to receive STR certification. To help with consultations, both individual and group, we are in need of more consultants. If you have been designated as STR for three years or more, please consider filling out the application for STR-C status. See the requirements [on our website](#).

Find Current Information on Facebook

If you are not following AST on Facebook, you are missing the latest information. We post trainings, articles, resources, sites for miniatures and more. Be sure to check us out.

We are also holding drawings for FREE gifts. These are most often miniatures for the sand. **SYMBOLS** you will be proud to offer on your shelves. Go now! Follow us.



FOLLOW AST

The Northern and Southern Lights

The winter solstice often makes us think of the Northern/Southern lights seen worldwide. The magical images they create are not forgotten by those who have witnessed their beauty.

"Polar lights (aurora polaris) are a natural phenomenon found in both the northern and southern hemispheres that can be truly awe inspiring. Northern lights are also called by their scientific name, aurora borealis, and southern lights are called aurora australis."

"The origin of the aurora begins on the surface of the sun when solar activity ejects a cloud of gas. Scientists call this a coronal mass ejection (CME). If one of these



reaches earth, taking about 2 to 3 days, it collides with the Earth's magnetic field. This field is invisible, and if you could see its shape, it would make Earth look like a comet with a long magnetic 'tail' stretching a million miles behind Earth in the opposite direction of the sun.

When a coronal mass ejection collides with the magnetic field, it causes complex changes to happen to the magnetic tail region. These changes generate currents of charged particles, which then flow along lines of magnetic force into the Polar Regions. These particles are boosted in energy in Earth's upper atmosphere, and when they collide with oxygen and nitrogen atoms, they produce dazzling auroral light." Read more here: [More Aurora Info](#)



The Red Cardinal A Member Contribution by Rose Maude Harriet

I have been especially drawn to birds this winter season here in Wyoming. It seems my Christmas decorations can't have too many doves, chickadees, or red cardinals. The symbolism of the red cardinal holds magic for people of many cultures. In Wyoming, USA, we do not get cardinals on their migration, so I can only love them from photos and miniatures.

One symbol I love is that the cardinal is the hinge between Earth and Heaven; it delivers messages back and forth. "Cardinals appear when angels are near." I choose to believe.



Please consider contributing your musing or experiences to the newsletter. We love hearing from our members across the globe. Send your submission to [ROSE](#).