WORLDASSOCIATIONOF
SANDTHERAPYPROFESSIONALS

FROM THE SAND

Symbol, tray and story



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Welcome to Our New Sand Therapy Magazine

Welcome to a new space created to bring the world of sand therapy closer to our community.

While scholarly journals provide an important place for research, theory, and academic discussion, this magazine has a different purpose. It is a place for stories, creativity, reflections, practical ideas, conversations, and the everyday experiences of sand therapists. Our goal is to offer a more informal and accessible space where members of our community can exchange ideas, discover new perspectives, learn from one another. Most of all, we hope this magazine will encourage curiosity, spark of conversations and strengthen the connections within our community.

Through these pages, we hope to discover the many ways sand therapy is experienced around the world. We will explore the meaning of miniatures and symbols, share inspiring trays and creative work, hear from practitioners and members, discover new ideas for practice, and reflect on the moments that make our work meaningful.

Some contributions may be personal. Others may be practical, artistic, cultural, or reflective. We will also bring research into the conversation in an accessible way—making interesting findings easier to understand and connect with everyday practice.

Most importantly, this magazine is about our community. There is no single way to experience or understand the sand. Each therapist brings their own perspective, culture, creativity, knowledge, and curiosity to the sandtray.

We invite you to read, reflect, contribute, share, and mostly participate to make it your magazine.

Perhaps when you will participate you will discover a new question, a new perspective—or simply a moment of connection for our WASTP community.

One grain of sand may seem small, but together, the grains create a landscape.

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NEWS...

Community Gatherings

November: Treasure chests

December: Sacred Spaces: Exploring Spirituality, Belief, and Meaning Through Sand Therapy

Sand Study Circle:

November, Monday 9/2026 at 5:00pm EDT

WASTP Journal Article: (2024). Vol. 2, no. 3: The Efficacy of Brainspotting and Sand Therapy to Reduce Anxiety Symptoms in Children Aged 8-9

By Davi Stein-Kiley

December, Monday 7/2026 at 3:00pm EDT

WASTP Journal Article: (2025). Vol. 3, no. 1. Using Sand Trays Within an Online Arts Based Review of Current Emotional Climate

LATEST WASTP JOURNAL EDITION

Current Issue

Vol. 4 No. 4 (2026)

DOI: https://doi.org/10.58997/wjstp.v4i4

Published: 10/01/2026

Articles

The Geometry of HealingThe Sand Tray as Therapeutic Medium

Dr. Mindy Parsons, Dr. Ashley J. Luedke (Author)

Case Study

Seizures in the Body, Stories in the Sand: A Case Study in Psychosomatic Healing

Julia Knach (Author)

Practice

Sacred StorytellingApplications of Sandtray with Tarot Counseling

Michelle Robinchaux, Lacey Castilleja Fisher (Author)

Book Review

The 12 Steps: Symbols, Myths, and Archetypes of Recovery

Nathalie Smith (Author)

Editor's Commentary

Editor's Commentary

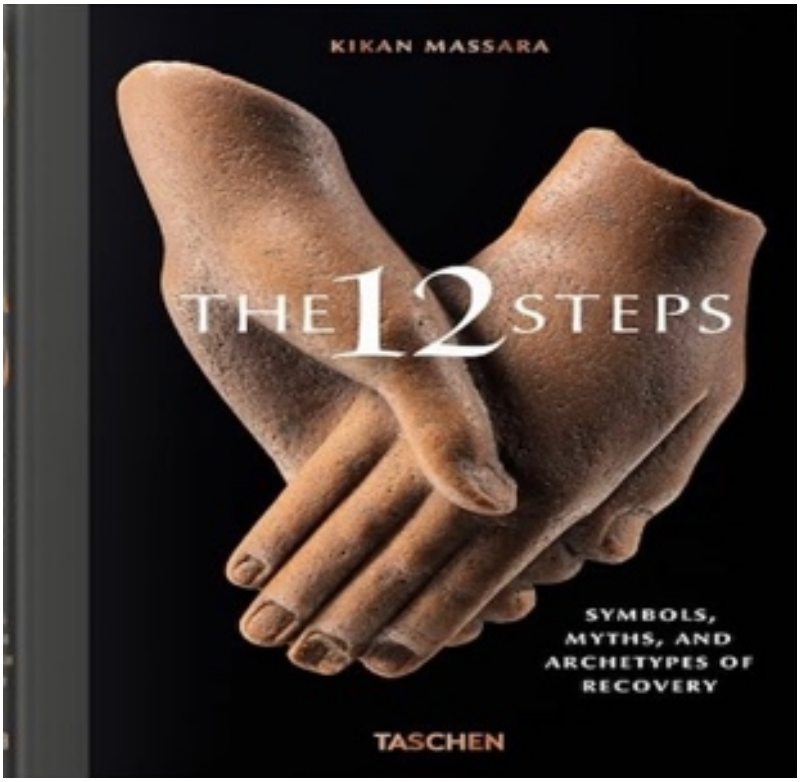
Homeyer (Author)

Focus on Miniatures

Focus on MiniaturesThe Oddest Miniatures

Theresa Fraser (Author)

NEW BOOK/NEW LITERATURE:



The 12 Steps by Kikan Massara. Symbols, Myths, and Archetypes of Recovery.

The WASTP board member Nathalie P. Smith wrote a book review that you can read in the latest WASTP Journal: Vol. 4. No.4 (2026)

MINDFULNESS MOMENT...



Be kinder to yourself. Be patient with yourself. You are a work in progress. A star that is constantly changing. Learning. Shining. Flowing. Some days brighter. Some days dimmer. But you are still made of light. Everything in your heart will show you who you are. It will remind you that it is okay to have flaws. That it is okay to have several doubts. But it will also remind you... not to dwell on them. Not to stay in those places for too long. You are a work in progress. Remember this. And it is okay for you to change... To grow. To leap. To shine... anytime your heart desires. Stay beautiful.

~ R. M. Drake

Artwork: Olivia L 90

SACRED SPACE...

Instructions Before Visiting Earth
In the event that you wake up
and find your soul separated from source
and manifest into material form, don't panic.
Your condition is only temporary.
You have been selected for the opportunity
of human incarnation.
This 3D simulation is designed
to break up the monotony of eternity
by giving you a fully immersive experience
as a distinct ego identity.
Your body will serve
as your physical avatar
as you navigate a dense and dramatic reality.
There will be many distractions
causing you to forget your true nature and origin.
You will experience a range of emotions
from joy to loneliness to despair.
But remember – no matter
what trials and traumas you encounter,
your soul remains perfectly safe.
At times you may feel lost or afraid.
This is totally normal.
If you ever need guidance,
simply slow down your busy mind
and bring your awareness
to the quiet place
inside yourself.
On this planet, nothing is permanent.
People and things will come and go.
You will fall in love and form sentimental attachments
only to lose everything you hold dear.
So cling to nothing too tightly, even yourself,
and when it's time to let go, let go with grace,
for nothing is owned, only borrowed.
As you walk among
the people on the planet,
try to be a good guest.
Tread lightly. Remember
that you are only visiting.
Don't make a mess.
Listen more than you speak.
Give more than you take.
Don't keep your soft heart
locked inside a glass cage,
protected from wear and tear.
You'll never make it out alive
and time passes quickly.
So come back with some battle scars
and good stories to tell.
Instructions Before Visiting Earth," was written by the author and poet James McCrae.

PERSONAL REFLECTION ...

Circles, Kusama, and Sandtray

Yayoi Kusama, the Japanese artist known to many as the polka dot lady, died in August 2026 at the age of 97. For decades she lived in a psychiatric hospital and made her art during the day.

Her hallucinations filled her vision with endless circles, and she described her work as a kind of self-therapy, a way to live alongside OCD, anxiety, and other struggles.

To me, she shows how deeply we humans rely on symbols. Her drawings and paintings of circles were a way to make meaning when the people around her couldn't see what she saw. She spoke of the circles as infinity, as countless stars. The repetition carried her through very hard times.



Japanese culture also has the Zen enso, the hand-drawn circle. Can we imagine that some of that was present in every circle she made? A sense of wholeness in the middle of daily struggle? Of being free and present in the moment, even without inner balance? Perhaps each circle was another way of feeling connected to the universe.

As sand therapists, we see many circles in our clients' trays. We often think of a circle as a container, a safe place for the client, whether it is drawn in the sand or the tray itself is round. Would repeated circles in a tray disturb you? Or would you read them as a sign of safety?



A TRAY TO EXPLORE...

Any images presented in this section will have been authorized by the client/patient to be represented in our magazine.

Each issue of our magazine will explore a sandtray invitation. Rather than giving a rigid interpretation, we are inviting you to discover what the tray means for you. Please share your feelings, emotions, understanding of the tray without any details shared with you. We will share some of your answers in our next magazine issue.

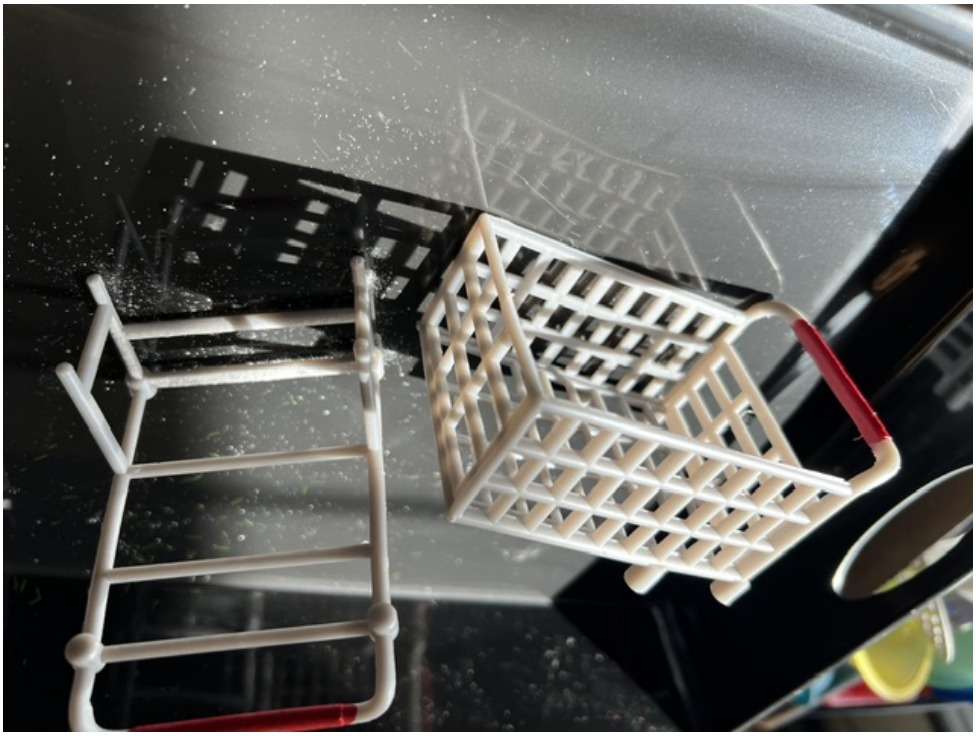


CREATIVE CORNER

This section of our magazine addresses art, poetry, photography, collage, mandalas, miniature making, or other creative responses to sand therapy.

This creation was done by a client who took a shopping kart and undid the parts to create a climbing wall to work out. A miniature can be reinvented, modified to answer the needs of a client.





CULTURAL PERSPECTIVES...

An exploration of the sacred landscapes of Britain, the spirit of the land, and the magic of the unseen world

There is something sacred about a tray of sand. It is a small, contained landscape, created from our inner world, where the outer world becomes quiet and the inner world is invited to speak.

In the sand tray, we create, explore and remember. Yet sometimes, the most powerful creation is the one we choose not to make. Sacred spaces are often places of wonder, holding so much meaning. The untouched sand offers endless possibilities.

The ancient spirit of the British landscape and its sacred spaces

Across the UK, there are many magical places where the land seems to hold a deep sense of knowing. Ancient stones stand as silent witnesses to times gone by, forests hold their own quiet mysteries, and rivers, springs and wells carry stories of healing and renewal. Ancient pathways connect us with the journeys of those who came before us, linking the wisdom of the past with our understanding of the present.

These places invite us to consider that sacredness is not always something we create, but something we become present with. Spending time in such landscapes can bring a profound connection to mind, body and spirit, if we allow ourselves to become still enough to notice.



The Sacred Stones- Stone Henge, Avebury etc

The great stones of Avebury help us to reflect on our ancestors, the cycles of nature, and humanity's enduring relationship with the land.



Glastonbury and Avalon

Glastonbury Tor and the magical stories of Avalon, the Arthurian legends remind us of the pilgrimages we can undertake as a spiritual seeking of the known and unknown.



The Ancient Forests

Britain has many ancient woodlands, where the gnarly, twisted branches, deep roots, moss-covered trunks and sunlight remind us of being grounded and wise as we grow.



Sacred Wells, Springs and Waters

Across Britain, holy wells and springs are used for healing and the element pf water is used to cleanse and renew.

Spending time in sacred spaces can deepen our connection with the land and attune us to the stories and feelings these places may awaken within us.#

Calling our sacred landscapes into the sand tray

Bringing these landscapes into the sand tray can open up a world of possibilities and understanding. As we approach the tray, we are not simply creating miniature worlds; we begin to form a relationship with the landscapes we create — our own personal sacred spaces.

Perhaps we are drawn to place a stone in the centre, echoing the ancient stones of a sacred land. Perhaps we create a forest, a winding river or a hidden clearing. The figures we place begin to inhabit the landscape, creating a world that is not yet fully known. There is something exciting about allowing ourselves to explore without knowing what we might discover.

As we create, we might gently ask ourselves:

What is calling to be placed in this landscape?

Where does the energy of this landscape seem to gather?

What wants to grow, move, rest or be released?

Is there a place that needs protection, or a space that needs to remain open?

What might the untouched sand be holding for me?

Throughout history, people have turned towards sacred places to make sense of life's mysteries. These places can hold deep personal meaning, shaped by our experiences, beliefs and connection to the world around us.

The sand tray offers an opportunity to explore the great mystery, both within and beyond ourselves. It creates a meeting place between what we know and what we do not yet understand. As the landscape unfolds, we may begin to discover something new, recognise something familiar or simply find a sense of connection with the sacred space within.

Sometimes, the sacred is found in what we place upon the sand. Sometimes, it is found in what we leave untouched. And sometimes, it is found in the quiet moment when we realise that we do not need to know what comes next.

And so, the landscapes of our trays unfold.

MAKING SPACE IN THE SAND...

Do your website, business card or other promotional items display if you accept and have the knowledge to work with neurodivergent and disabled clients?

If you desire a self-assessment for therapists, let us know. We can help under a low price.

MARKET PLACE ...

This section of the magazine is for sand therapists who would like to sell some of their collection and/or furniture.

A QUESTION FOR THE COMMUNITY...

From Canada: Sand therapists would benefit to have trees of different seasons in their collection.

From US: similar to Canada, add ...

From Japan: Would you have any idea what could be important to have for your practice?

MEMBERSHIP DRIVE

WASTP would like to invite you as a sand therapist or future sand therapist to join our international community and connect with people who share your passion for an inclusive community to learn, share your knowledge, creative and therapeutic growth.

When you join as a new member or renew your membership you could win one of the following:

-3 months of free PlaySpace platform access

-The 12 Steps book by KiKan Massara

-50% off a webinar during the year of your membership

-50 % off a webinar if you invite a colleague who becomes a member as well

Join us today and take advantage of this special membership drive.

The membership drive is open from Nov. 1 to Nov. 22, 2026.