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PROMOTING THE ETHICAL PRACTICE OF SAND THERAPY

Focus on Miniatures The Sun

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The sun has been noticed in the sky by humans throughout time.



In Ancient Egypt, the sun was thought to be both the creator and ruler of the world and referred to as Ra or Re. The Mayans referred to the sun as Kinich Ahau, and the Aztecs referred to the sun as Huitzilopochtli. In 428 BC, Anaxagoras, a Greek philosopher, believed that the sun was not a God but a ball of fire. This was not a popular concept in his community. By the 17th century, Galileo Galilei utilized a telescope to look more closely at this ball of fire.

In China, the sun was traditionally associated with the yin (feminine) and yang (masculine). This symbol epitomizes the balance of these two human forces. Some indigenous communities view the sun as the Great Spirit.

The sun has been represented in various artistic forms by many cultures. In Aztec culture, the sun can appear as a hummingbird or an eagle. In some indigenous cultures, the sun can personify the cycle of life from birth to death and even renewal. The sun has shown up in music with songs like, *Here Comes the Sun* (Harrison, 1969), *the Sun is Shining* (Marley, 1971), and *Black Hole Sun* (Cornell, 1994).

The annual sacred ceremony of Sun Dancing happens yearly in Canada and the United States. Sadly, sun dancing, like many cultural practices, was made illegal in Canada by the

Department of Indian Affairs with the Government of Canada between 1882 and 1949 through the Department of Indian Affairs (Powell, 1976). This, like other acts of government oppression, was instilled to erase culture. Sundancing began again in 2017, and dancers committed to dancing and praying for four days without food or water. Sacrifices were made as an offering to the Great Spirit, along with their prayers for healing for the people and the Earth.

One therapist contributed to this article about using sun miniatures in her therapy space. She resides in Poland and is an Art Therapist and psychologist in Dora Kalf's Jungian orientation to sand therapy. She works with children aged 10-18 years of age as well as their families. This therapist further shared that several boys aged 9-11 utilized the sun in ways that coincided with the alchemical process: night, moon, sun. This therapist refers to the alchemical process and its phases in the context of sunlight and the emerging symbols and colors in sandplay. Nigredo - night/darkness, Albedo - moonlight/white, Citrinitas - sun/yellow, Rubedo - integration/red gold.

This therapist indicated that she views the sun as a clue to the stage of the builder's process. She agreed that the "sun chronicles time, passing and cyclicity." This is because, for 100's of years, the sun and its journey across the sky have marked time for people. A year is often referred to as the sun's journey around the earth. Humankind also uses the sun to mark the time of day and the seasons of the year.

How do you use the sun in your sand tray? Do you have different sizes of sun miniatures? Are they used as beacons of hope or examples of light?

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