Bringing compassion to my practice to engage and encourage creativity& hope for our futures

Shelagh Hetreed - shelaghh@live.co.uk

Compassionately engaging through creativity to encourage, include and seek solutions to barriers of mind and body. Creating therapeutic settings for gentle guidance towards self fulfilment, ambition and success. Seeking creative responses that demonstrate trust acceptance & love

Through my minds eye and then the lens, I reflect & capture transient moments, to influence perceptions of the unnoticed, bypassed and demeaned., giving new significance to the everyday

Pictures tell stories. I capture & share gentle moments of everyday wonders, alternative perspectives noticed and revealed . I share my stories to question, challenge & influence . Shining a spotlight on amazing & significant undervalued others

Focusing attention on a detail gives it new significance. The ordinary becomes special, considered & admired. Wonder, delight, beauty & reverence. My hope is to deepen our love for humanity & the planet

I am the shadow- That is my place. My presence quietly challenges and encourages gentle change.

Sharing, informing, infiltrating, subverting ,pursuing, engaging, suggesting & always speaking up, speaking out for inclusion & social justice

Culture is fluid, identities complex. I am the sum of my experiences. No one can be reduced to 'dualistic polarities'. Acceptance, inclusion, and respect emerge from valuing myself and others.

Life journeys gathers momentum. We adopt roles & others are given to us. I care, am a carer, love, am a lover, hug, am a hugger. Lucky me!

When I can apply 'beginners mind', I possess a new awakening to possibilities & ideas, free of misconceptions & prejudgements

'We cannot do great things, only small things with great love'. *Mother Theresa*